

AWARDS, PROJECTS AND EVENTS

Birthing Kit Assembly

This project is dedicated to improving birthing conditions for women in developing countries, where access to basic maternal care can mean the difference between life and death.

In May 2023 and again in September 2024, we assembled 1,000 birthing kits each time. These simple yet vital kits provide essential tools for a cleaner, safer birth, helping protect both mothers and their newborns.

As we look ahead to 2025 and beyond, our goal is to assemble at least 1,000 kits each year. To achieve this, we need your support. Every kit helps protect a mother and her baby during one of life's most vulnerable moments.

Your contribution—whether time, funding, or materials—will help save lives and bring dignity to the birthing experience for women in vulnerable communities.

Breast Care Cushions

This initiative reflects our unwavering commitment to creating a better world for women and girls.

One of the most widely recognised Zonta service projects in Australia is the Zonta Breast Care Cushion. This simple yet powerful idea was developed in 1994 by Zontian Ann Selle OAM, a member of the Zonta Club of Botany Bay in Sydney. Inspired by a friend's struggles after breast surgery, Ann designed a cushion to provide comfort during recovery.

In 2001, the Zonta Breast Cushion became a National Service Project adopted by clubs across Australia. Since then, thousands of women—and some men—in Western Australia and beyond have benefited from this thoughtful gesture of care.

The cushion is a crescent-shaped, washable pillow with an elastic or ribbon strap. Worn under the arm with the strap over the shoulder, it offers protection and comfort during the post-operative phase of breast surgery.



Cushion with a ribbon



Breast Care Cushion Workshop

Since 2001, Club Members, friends and associated local craft groups have handmade thousands of cushions to support individuals undergoing breast cancer treatment.

These cushions are gifted through Breast Care Nurses in both metropolitan and regional hospitals, as well as cancer support groups. Each one is a symbol of care and comfort, provided at no cost thanks to our Club's fundraising efforts, donated materials, and the generosity of grateful recipients.

As we look ahead to 2025, we are committed to continuing this important work. Your support can help us reach even more people in need. We would be truly grateful for the opportunity to collaborate with you and make a lasting impact, one cushion at a time.

Gillian's Gift for Nursing Students

At the end of 2022, our former member and past Club President (1992–1994), Gillian Cuss, a dedicated nurse and passionate Zontian, left a generous bequest of \$10,000 to our Club, with the wish that it be used to support student nurses.

Honouring Gillian's legacy, our then-President, and another close Zonta friend of Gillian's, met with the Associate Dean of the School of Nursing and Midwifery at Edith Cowan University (ECU Joondalup) to explore how best to use the funds. Together, they agreed on a meaningful initiative: to provide financial support to female nursing and midwifery students facing financial hardship during clinical placements.

It was agreed that 5 x \$1,000 grants would be awarded in 2023 and 2024 to eligible students using the following criteria:

1. Female
2. Domestic students
3. Single Mothers
4. Experiencing financial hardship
5. Limited support networks
6. Adversely impacted by the financial costs of clinical placement

The University's Student Success Team has worked closely with our Club to identify eligible recipients, who remain anonymous except for administrative contact regarding the transfer of funds.

This program has proven to be a lifeline. Many students face the difficult decision to pause or abandon their studies due to life pressures and financial strain, particularly during unpaid clinical placements. Some of our grant recipients shared that they may not have continued their studies without this assistance.

We see this initiative as a win-win: empowering the next generation of nurses while honouring Gillian's enduring legacy. Thanks to our members' efforts, we've proudly raised another \$5,000 to fund five additional grants this year.

Our Club is committed to continuing this vital program in perpetuity. To help us do so, we are seeking donations, sponsorship, or other forms of financial support to ensure Gillian's legacy lives on, supporting students and strengthening the nursing profession for years to come.

Lucy Bohan Nursing Bursary

Lucy Bohan was a highly respected Western Australian Nurse Educator and a Past President of our Club. Following her passing in 1990, we chose to honour her legacy by establishing the Lucy Bohan Bursary.

This **\$2,000** non-renewable award is open to eligible Nursing and Midwifery students from Edith Cowan University. Applications are invited from students who meet the established criteria, with the recipient selected in recognition of their dedication and potential in the nursing profession.

This award is proudly presented each year at our November dinner meeting, continuing Lucy's legacy of excellence in nursing education and community service.

Mental Health First Aid

Mental Health First Aid is the initial support given to someone experiencing a mental health challenge or crisis—such as anxiety, depression, or suicidal thoughts, until professional help is available. It involves recognising warning signs, listening without judgment, offering reassurance, and encouraging appropriate support.

Our Club proudly offers Mental Health First Aid courses to equip community members with the skills to provide this vital early support, just as physical first aid helps in medical emergencies.

Trauma Sensitive Yoga

Phoenix Support & Advocacy Service Inc provides trauma sensitive yoga programs, designed specifically for current and former clients experiencing complex trauma. Delivered over six weeks in one-hour sessions, these evidence-based programs support participants in reconnecting mind and body to promote healthy self-care and improve daily functioning.

This program can also be delivered online, providing a private, non-judgmental space that helps minimise social comparison and negative self-perceptions, ensuring participants can focus on their healing journey at their own pace.

Zonta Women in Business Leadership

The **Zonta Women in Business Leadership Award** (ZWBLA) recognises and celebrates outstanding women who show exceptional leadership, entrepreneurial drive, and ethical conduct in the business world. It honours those making significant contributions to their industries while also addressing global or local issues affecting women, girls, or climate justice.

Despite progress, women remain under-represented in top business roles. This award highlights the importance of advancing gender equity in leadership.

The Area 3 Winner will be presented with a **\$1,500 Award** at a ZWBLA dinner hosted by the Zonta Club of the Perth Northern Suburbs.

This award aims to empower women leaders and promote lasting change in business and society.

Zonta Young Women in Leadership Award

We believe that empowering young women is essential to advancing gender equity in public service. Each year, our Club recognises three outstanding young women aged 16–19 from northern suburbs schools who demonstrate strong leadership potential and a commitment to civic and community causes. Through this initiative, we aim to inspire and encourage their continued involvement in public and political life.

The selected **finalist** receives a **\$1,000 award**, while the two **runners-up** each receive **\$250**. These awards are presented at a special Presentation Dinner, where each finalist delivers a speech on *“The Woman Who Inspires Me Most.”* This inspiring event is attended by family members, school representatives, local councillors, members of parliament, and past award recipients.

Your contribution to support the funding of this award and the costs of hosting this event plays a vital role in fostering the next generation of women leaders and promoting greater equity in public life.