

ZONTA BREAST CUSHIONS



HOW IT STARTED

The breast care cushion was developed in 1994 by the Zonta Club of Botany Bay NSW. The idea was sparked by a club member who received a curved cushion from a friend after a partial mastectomy, finding it beneficial for sleeping. Another club member, Anne Selle, designed the breast cushion in collaboration with nursing staff.

The club then took on the project of making and distributing these cushions, which are gifted to women by women.

As the breast cushion gained popularity among patients recovering from breast surgery, leading Zonta clubs throughout Australia made it a national service project in 2001. Today, around 7000 cushions are distributed annually by Zonta clubs throughout the country.

DISTRIBUTION

Zonta clubs distribute cushions to various hospitals in urban and rural areas, as well as cancer support groups. The costs of this project are met by Zonta Clubs' fundraising efforts, donations and gifts from recipients.

COMFORT AND PROTECTION

The cushion is designed to provide comfort and protection to patients who are recovering from breast surgery. It serves as a symbol of support and care towards breast cancer patients. The cushion also provides a sense of security to those who use it.



This project is incredibly rewarding for Zonta members and it helps to raise awareness of Zonta and its clubs' goal of empowering women.

Approximately 1000 cushions are distributed annually in the metropolitan and regional areas of WA.

Our club has made over 2,600 cushions to date, each costing \$5-\$6.

November 2025