



**CUSHION COMFORT:** Suzan Stewart, Leanne McBean, Bernice Payne and Meredith Sutherland cut out the comfort cushions.

PHOTO: CONTRIBUTED

## Cushions comfort after surgery

MEMBERS of the Zonta Club of Rockhampton have been busy once again making breast care cushions for women in the central region.

Breast care cushions are designed to provide support and protection for women who have undergone breast surgery. The cushions are made from soft material, usually a soft cotton or satin, wrapped and provided, free of charge, to women while they are in hospital following breast surgery.

They can be worn under normal clothing but are attractive enough to be worn over clothing.

The Rockhampton club has been making the cushions since 2001, making on average 120 each year.

The first cushions were designed and made in 1994 by the Zonta Club of Botany Bay in NSW. As well as continuing to make cushions for women in their local area, the club encouraged other Zonta clubs to make them.

Motions at Zonta district conferences since have resulted in the breast care cushion becoming an Australia-wide Zonta service project. It is estimated that more than 5500 cushions are now supplied each year in Queensland.

If you wish to find out more about the Zonta cushions, contact the service chair of Zonta Club of Rockhampton at [www.rockhampton@zonta-district22.org](mailto:www.rockhampton@zonta-district22.org).

– Berenice Payne