



Collections occurring in:

All Australian states and territories
Christchurch
Auckland

We've supplied to:

Fiji
PNG
Philippines
Solomon Islands
Cook Islands,
Bali
Cambodia
Vanuatu
Sri Lanka
NZ
Botswana
Kiribati
Australia
Pakistan
Kenya

We Collect

Second hand:

8-16 A-D cup, good condition
18+ any conditions
E cup plus, any size, any condition.
Nursing bras/crop tops, ALL
Mastectomy bras and prostheses
Swimwear.

New:

Underpants
Any of the above



Many women live without one **RECYCLE YOUR BRA**

In many regions second hand bras are cheap enough, but rarely available. A new bra, if available at all, can cost 10-30 hour's wages.

Nursing mums everywhere leak. Bras allow the dignity of a dry shirt, and the comfort of support. Women and girls prefer to have a bra for social and work situations. A mastectomy bra offers privacy about the problem. Bras control breast swing when women bend to ground level to farm or cook. A bra allows you to play sport.

In humid climates rashes, fungal infections and abscesses occur between the breast and the chest wall. Bras help by allowing air flow.

A girl with no underpants does not go to school when menstruating.

Since 2005 Uplift Project has sent over 2 million bras to 21 countries across the Pacific, Asia, and Africa.

Uplift only sends bras when we have requests from local women's groups.

**DROP OFF POINTS
LISTED ON WEBSITE**

**The bra she receives from Uplift Project
is often the only bra that woman owns.**

www.upliftbras.org