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.

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

www.upliftbras.org