BRA
Decorating
Curves®

Bra Decorating WINNER 2024

Bev Griffin

CONTINUE

BRA Decorating

1

Inspiration

Curves

My inspiration for designing this bra is to embody the strength and bravery exhibited by all individuals—women and men alike—who confront the challenges posed by breast cancer. This bra symbolizes hope, illustrating that just as a garden flourishes by supporting bees, communities and individuals can unite to combat breast cancer and, with any luck, discover a cure one day.

Bra Decorating WINNER 2025

Bev Griffin

CONTINUE

BRA Decorating

1

Inspiration Curves

This bra is a story of my daughter's godmother, Christine, the silver angel who grew her wings on 10 October 2023. Her rose is dried and losing its petals, symbolizing the passage of time, yet she is always remembered.

The gold angel is my school friend, Janet, who grew her wings recently on 6 August. Hence the tears, as she climbs the ladder to heaven. Her roses are still quite fresh, reflecting how recent our loss is.

Always remembered. Forever in our hearts.

Bra Decorating WINNER 2026

Tracey Davis

CONTINUE

BRA Decorating

1

Inspiration Curves

Bee-lieve in Hope

Much like a diligent bee, life persists even after the toughest storms. Bees symbolise community, support, and collaboration—reminding us that the journey through breast cancer is never one taken alone. The vibrant yellow serves as a reminder to continually seek the sunshine, discovering hope, courage, and joy throughout the journey.

I particularly appreciate the symbolism of the Bee Bra; it exudes cheerfulness, strength, and vitality, shifting the focus away from the illness itself.

BRA Decorating

Inspiration Curves

Beads and sparkle and an excellent cause.

Inspiration Curves

However serious the diagnosis of breast cancer is, I decided on a humorous aapproach—a Halloween theme.

BRA Decorating

Inspiration Curves

I decorated it with hearts, each bearing an initial, along with a tag that says, "You Are Beautiful." I chose this design because I remembered being in New Orleans after it was decimated by a hurricane. Amidst all the devastation, someone had written on one of the buildings, "You Are Beautiful" to remind everyone that every person has worth and deserves to be told they are beautiful.

Each heart on this bra carries the initial of someone who is no longer with us, making it a tribute to those we have loved, lost, and will always remember.

Inspiration Curves

My inspiration for my bra is all the women who have been affected by breast cancer.

The pink ribbon is always associated with the fight against Breast Cancer, and the colour pink is always seen in fundraising ventures contributing to the awareness of Breast Cancer.

I chose purple to represent Curves, which, through its fundraising, is helping to assist in the fight against this terrible disease.

BRA Decorating

Inspiration Curves

I have been a member of CURVES Jamison ACT for just over 10 years and have always enjoyed contributing to the various charities, etc. However, the opportunity to decorate a bra for Fight & Beat Cancer was too hard to resist. My flower creation was meant to be an expression of hope and joy.

Inspiration Curves

My inspiration for decorating these bras is to help raise funds for the Olivia Newton-John Cancer Wellness and Research Centre, in memory of all those—especially my friends who have faced breast cancer.

My love for Christmas inspired the Christmas-themed bra, with the hope that it might bring a sense of celebration with family and friends to those battling breast cancer.

BRA Decorating

Inspiration Curves

A Tribute to Mum: A Symbol of Love, Beauty, and Strength

This design is a reflection of my heart and a tribute to my beautiful mum, who passed away in July this year. While it was not breast cancer that took her from me, cancer is cancer—each battle is just as hard.

The inspiration behind this bra comes from everything that made my mum who she was. She loved wearing bling, always shining brightly no matter where she went. The shimmering details at the bottom of the design represent that sparkle, that light she carried with her every day.

As the bling transitions into delicate flowers, it mirrors the soft beauty she found in life. She adored flowers, and in every bloom, I see a reflection of her gentleness, grace, and the vibrant love she gave to those around her.

CONTINUE

And then there are the butterflies, fluttering on the front and back, just as they do in my heart. Butterflies have always symbolized something deeply personal to me—the belief that when they are near, our loved ones who have passed are close by. These butterflies are a reminder that she is never far away. Every flutter is a whisper of her presence, a sign that she is with me, guiding me through life.

Creating this design was not only a way to honour her but also a therapeutic process, filled with love and memories. It allowed me to connect with her in a special way, and for that, I am eternally grateful.

This tribute, like her, will forever be a symbol of strength, love, and beauty. However serious the diagnosis of breast cancer may be, I hope this bra reminds us that there is always love, hope, and strength in every journey.

BRA Decorating

Inspiration Curves

This bra represents an organisation called ‘Days for Girls.’ The petals of the flowers have been made from fabric left over from making washable menstruation kits for girls in many developing countries.

Many girls miss at least one week of schooling every month, approximately, because they have nothing with which to manage their periods. Over 600 teams of volunteers worldwide make these kits, which are sent out all over the developing world and given to young girls and women.

After a session of instruction and education about puberty, their bodies, female and male reproductive anatomy, including why they bleed, menstruation, personal hygiene, self-defence, and how to use and care for the kit, the girls are given the knowledge and resources they need.

For more information, please look at the Days for Girls website: daysforgirls.org

BRA Decorating

Inspiration Curves

I love craft and was going to a sewing retreat, so I chose this as my project for the weekend. The patchwork represents that we are all different, but beautiful in our own way.

BRA Decorating

Inspiration Curves

A childhood friend, my sister-in-law, and a neighbour have faced recurring breast cancer. My inspiration comes from their incredible journeys towards recovery and, hopefully, lasting health.

That's why I chose to showcase my bra on a male, Black model—to raise awareness that breast cancer can affect ANYBODY.

BRA Decorating

Inspiration Curves

Breast cancer does not discriminate by age, gender, race, faith, or status. It can affect anyone at any time.

I have had many friends who have been diagnosed with breast cancer—some survived, while, sadly, others did not. I deeply admire the positive attitude and courage my friends displayed in their battle against this terrible disease.

The Garden-Themed Bra was inspired by the idea of providing a quiet, peaceful place for reflection for those with breast cancer.

BRA Decorating

Inspiration Curves

I chose this bra for my project because it holds special meaning for me—I received it in the hospital after my mastectomy for breast cancer. I'm sharing a bit of my journey in the hope that it encourages other women to speak up when they sense something is wrong.

In February 2017, I had my routine mammogram, which came back clear. Four months later, I noticed a small spot of dried blood on my nightgown and, later, on my bra—discharge from my nipple. Concerned, I visited my GP, which led to more tests at the Breast Centre, all of which initially came back negative.

Despite this, I noticed the discharge followed a monthly cycle, so my GP sent a swab for testing, which was also clear. Three months later, a follow-up biopsy finally detected a progesterone-positive cancer.

CONTINUE

BRA Decorating

Inspiration Curves

I was diagnosed with stage 4 breast cancer, though it hadn't spread. An 8 cm tumour that hadn't shown on mammograms or ultrasounds made me a unique case for medical study, which I gladly supported.

After six months of chemotherapy, five weeks of radiation, and another surgery, I received the best news: no more signs of cancer!

My message from this experience is simple: know your body, trust your instincts, and seek further testing if you're not satisfied with the results. Mammograms can miss some cancers, so keep pushing for answers if you have concerns.

BRA Decorating

Inspiration Curves

One day, I hope cancer will be cured. My grandmother, mother, sister-in-law, work colleagues, and friends have all been affected by breast cancer in some way or another.

I chose feathers in the colours of the Curves family. Purple represents power, peace, pride, ambition, and independence. Flowers symbolise love, faith, and hope. Black and gold represent the unknown, power, and prosperity.

The glass colour represents white light—positive and powerful.

We will fight breast cancer and win.

BRA Decorating

Inspiration Curves

I had breast cancer in 2021, and I am all clear now (we hope).

This bra, decorated with Curves butterflies, is dedicated to all the brave ladies who fought their battle but sadly did not win. The butterflies represent those beautiful women who are no longer with us, reminding us of their courage, strength, and the lasting impact they have left in our hearts.

Inspiration Curves

Breast cancer has impacted so many women, changing their way of life as they know it, and also affecting the people closest to them.

Total bewilderment—"This can't be happening to me." Fear of dying. "Can I beat this disease with treatment?" And "What lies ahead for her?"

The inspiration for my bra comes from my daughter, who was 40 at the time of her diagnosis with Stage 3 breast cancer, after finding a lump in her left breast. The feeling of devastation didn't even come close to describing the news, especially after she had lost her father a few years earlier to brain cancer.

The worst part was that the type of cancer she had was very aggressive, and research and treatment for that specific type of breast cancer were not as advanced as for other types.

It has been nearly two years since her treatment, and at her last appointment, all was good. But she has been told that they can never say she is in remission—so for at least five years, she has to live with the fear that it could come back.

CONTINUE

BRA Decorating

Inspiration Curves

"HER FIGHT IS OUR FIGHT."

This bra is a tribute to my daughter, her courage, and her strength. It represents the journey that she—and all those affected by breast cancer—must face, and the hope that one day, no woman will have to live with the fear of cancer returning.

BRA Decorating

Inspiration Curves

The inspiration for my bra comes from my desire to create something beautiful, bright, and sparkly for the many women I have encountered in my role as an oncology RN.

These women far outnumber most of the patients I have treated for other types of cancer over the past 15 years. Yet, almost without exception, they show up for their treatment week after week, always deeply appreciative of the care they receive.

They come in with a smile and a “there’s someone worse off than me” attitude. They are truly inspirational.

Inspiration Curves

Boob Bees

Life-giving bees work diligently together as a team, overcoming adversity to save our environment and sustain us all. Their everyday battle evokes the positivity of flowers in bloom and springtime.

Cancer sufferers face unimaginable daily battles and challenges, supported by dedicated oncology teams who work tirelessly to help them overcome adversity and provide the hope of new beginnings that spring can bring.

BRA Decorating

Inspiration Curves

My inspiration for the bra is to show people that there is a light beyond darkness or cancer. Life will be filled with hope and happiness once again.

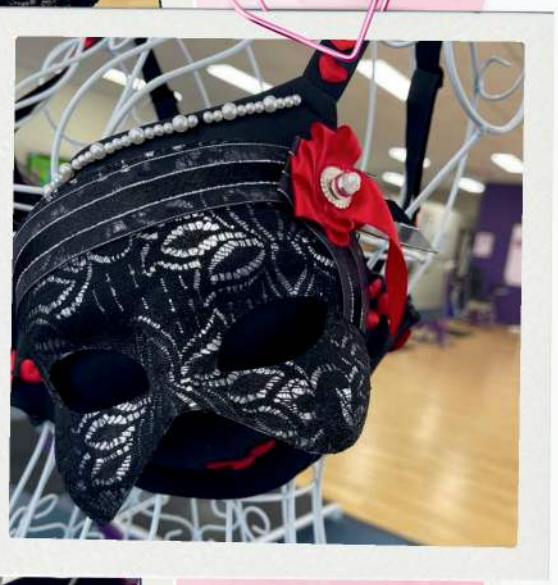
I was diagnosed with breast cancer almost 10 years ago. When I first heard the words, “You have cancer,” it was like a dark cloud over me. Once I had time to digest the situation, I put my mind to beating this awful disease and realised there was light and hope beyond darkness.

My family and friends were an absolute inspiration for me, and I can honestly say they lifted me up.

The beautiful array of colourful and bright flowers on my bra was inspired by my love of life and making sure I enjoy every minute of it. I have always been told I have a bright and vibrant personality with a zest for life. I am naturally happy, with a lot of energy and enthusiasm, and just love being around people.

My mottos in life are, “Treat people how you would like to be treated,” and “you reap what you sow.”

The stunning and vibrant flowers on my bra represent the people I surround myself with—colourful and happy—and they lift up my life!



BRA Decorating

Inspiration Curves

No Need for Masks

Loving hearts join together to provide love, strength, and support.

Like a pearl, a result of trauma and stress, the difficult journey to recovery can be black at times—unsure, threatening, and painful. The statistics are black and white. The risk of being diagnosed with breast cancer over a lifetime is one in seven for women.

Yet there is hope. Hope that in the darkness, there is always the prospect of silver linings.

Inspiration
Curves

The inspiration for my bra was my sister, Lyn, who suffered from breast cancer and continues to suffer from the effects of chemotherapy on her body.

I would do anything that I possibly could to support any breast cancer support group, as they provided essential and extra support to Lyn, especially “Cancer Care” in Wagga Wagga.

The bra itself was new, and the decorations were hand-sewn onto it. They consist of many buttons from my craft collection and bias binding from my sewing basket. All the recycled adornments follow the theme of “Buttons and Bows,” inspired by a very old song from way back!

One of the Coaches came up with the name/theme when she saw my bra.

Inspiration Curves

I took inspiration from the “Burn the Bra” movement. For too long, women have been suppressed. Medical research still largely relies on studies conducted on male bodies, and it’s only when we come together and demand change that anything seems to happen.

I wanted to use the element of fire to show how we can transform suppression into belief—new and powerful beliefs. I burned out the word “not” on every affirmation to show that we are in control of what we choose to believe about ourselves.

Acts of defiance are the first step in claiming our power and saying we won’t be beaten, in health or sickness.

BRA Decorating

Inspiration Curves

My bra is decorated with patchwork because I have sewn with a group of women on Mondays for years. Last year, one of these women was diagnosed with breast cancer and underwent an operation and follow-up radiation treatment. Fortunately, she is now in remission, as is my stepdaughter, who underwent chemotherapy some years ago.

I can think of at least two other friends who have undergone breast cancer treatment. I picked as many pink-coloured materials as I had in my stash and found a pink ribbon to finish the decoration, with the breast cancer symbol between the cups.

My Journey with Cancer and My Inspiration for Decorating a Bra for the ONJ Foundation

At age 10, I heard my auntie had breast cancer. I didn't understand or care. We went to a funeral. As an Integration Aide helping students with disabilities, one of our students got cancer at 8 years old. She was a beautiful girl who made everyone happy. She came to school when she could and had fun. We saw her during the good times. She passed away at age 10.

The full punch in the face was when my mother was told she had lung cancer. My world fell apart this time. My mum was always positive until they told her it had progressed throughout. Mum passed away after I had just left her. We miss her every day.
The next kick in the gut was when my daughter met the love of her life in the USA while on a kids' camp. He moved to Australia when she had heart surgery, and he never left.

One day in summer, he had a cough. An X-ray showed he had lung cancer. He had 18 months of chemotherapy, a stem cell transplant, and five weeks of daily radiation. We are awaiting his results and are so hoping that he will be okay, that they can start their future together, and travel back to the USA.

CONTINUE

BRA Decorating

Inspiration Curves

This journey has touched so many parts of my life and has shown me the strength, courage, love, and hope that surround those affected by cancer. This is my inspiration for decorating a bra for the ONJ Foundation—to honour those we have lost, support those still fighting, and hold onto hope for better days ahead.

THE BRA

First, the left front breast piece, covered in lace, represents the twists and jumbled turns the cancer journey takes. The balls represent the bouncing around of all the emotions. The left strap remembers people battling cancer.

Secondly, the right front breast piece represents small bursts of joy every now and then, or just a good day. The silver rope on the bra strap shows how we are all tied together through the journey, and it's a strong thing. The back left is my wish for two young adults wanting a future, to be able to travel back to where they fell in love.

Finally, the right back is a celebration. It could be a celebration of remission, cancer-free status, or the life of a loved one. I am waiting, wishing, and praying for a good celebration. My journey will continue throughout my lifetime, I am sure.

BRA Decorating

Inspiration Curves

Every day we hear of so many wonderful ladies finding out that they have breast cancer. This hideous diagnosis has affected each and every one of us.

My inspiration is for two extraordinary ladies that I know personally. One has fought a courageous battle and is losing, while another has fought the battle and is stronger every day.

Inspiration is measured in how they both have battled this diagnosis with dignity and honour, making sure that their stories are told to protect others and to encourage us all to make sure that we are as vigilant as possible with our own checks.

The strength that both of these wonderful ladies have shown me is that strength comes from within and that their battle, at times, is also ours.

My beautiful cousin, who is losing her fight, has the strength of 1,000 people. She has explored every possible option, even ones that are new, and each and every day she has demonstrated that she will never give up until her final breath.

CONTINUE

BRA Decorating

Inspiration Curves

I know that this is not far away. However, every time I see her, I am inspired and honoured to share time with her.

They are precious and valuable moments.

My extraordinary friend, who has battled this hideous diagnosis with incredible strength, has now been in remission for a few years. I am inspired every day that I see her and the incredible lady that she is. Her ability to fight this battle head-on, make decisions to improve her future, and share her story with others is truly inspirational.

My bra was designed with both these ladies in mind. The sun, at its most beautiful point, oversees us all and covers us with warmth and love. The colours are soft and soothing, creating a sense of calm and serenity.

The fringe represents washing away the bad with strength, leaving behind hope, courage, and positivity.

BRA Decorating

Inspiration Curves

I know several people who have gone through breast cancer lately, and I wanted to help raise some funds and support my friend, who is retired and needs to keep her mind active. So, I asked my friend to design a bra for me to submit. She totally enjoyed decorating this for me.

When my friend Denise asked me if I would like to decorate a bra to raise funds for breast cancer research, I jumped at the opportunity.

Two of my great-aunts died from breast cancer when I was very young, and my paternal grandmother died from stomach cancer back in the 1990s.

I feel that most people have “experienced” cancer in one way or another, whether that be through a family member, a friend, a colleague at the workplace, or themselves.

I am so happy that my friend asked me if I would like to take part in decorating a bra to raise money for breast cancer research.

BRA Decorating

Inspiration Curves

As breast cancer is still the most common cancer among Australian women, it is important that it is detected early, giving women the best chance of surviving. October, as Breast Cancer Awareness Month, provides an opportunity to focus on this terrible disease.

Curves embracing this cause reminds all our members Australia-wide of the importance of early detection. It is wonderful to see how many of our Curves Orange members have been inspired to embellish a bra to raise awareness.

A bra, to me, is a symbol of womanhood. I was inspired to decorate a bra with metal spikes to represent the pain and harshness caused by cancer. The branches represent the possible movement and progression of cancer throughout the body.

As I have had family and friends affected by breast cancer, I am happy to help spread the message of early detection and how important it is.

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Inspiration Curves

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CONTINUE

BRA Decorating

Inspiration Curves

This bra is not just art—it's a celebration of being proactive and taking control. I'm also adding butterflies, a beautiful symbol of transformation and new beginnings. They'll remind me of the freedom and lightness that come with being healthy and vigilant, and they represent a new start—not just for me, but for every woman who chooses to take charge of her health.

As I think about the journey that brought me here, I feel a sense of pride. I am negative! I am healthy! But I know the journey doesn't end here. Continuing to check myself is crucial, and spreading this awareness is even more important.

With every piece of pink and purple bling I add, and with each delicate butterfly, I'm sparking hope and awareness, reminding myself and others that we are worth the effort it takes to stay healthy.

This bra will shine with a message of love, self-care, and resilience, and I am proud of what it will represent. Keep shining!

BRA Decorating

Inspiration Curves

My bra inspiration comes from the rebirth of the garden in spring after the harshness of winter, not unlike a breast cancer survivor's journey.

The tassels are symbols of protection and offer a sense of safety and security. They also signify completion, marking the end of a journey.

The tiny mirrors (bling) along the bra represent the duality of light and darkness, life and death.

Thank you, Curves, for shining a light on this terrible disease that affects so many.

BRA Decorating

Inspiration Curves

I am a survivor. I love my workouts at Curves, and I love supporting research to help find a cure for breast cancer.

I am a quilter, and my bra is inspired by a number of things and represents memories of my cancer journey.

The flowers represent all the beautiful gifts and loving messages, phone calls, and visits I received during my journey from family, friends, and Curves members from the club in Ballina, where I lived at the time.

The angel wings symbolise the quilt I made during my journey, entitled “Everyday Angels,” which helped me to relax and, at times, forget what I was going through.

The glitter reflects the sparkly shoes and nails that I now love wearing.

BRA Decorating

Inspiration Curves

My bra is about remembering my beautiful friends and family who have fought and lost their battle with cancer.

My husband died of cancer three and a half years ago. I used to sit through all of his treatments and watch all the other brave people in the oncology ward—it used to break my heart.

The inspiration for my bra was my cousin Mary in England, who fought breast cancer for 15 years but lost her battle just over a year ago. Mary's favourite flowers were sunflowers, and another friend loved ladybird beetles.

I loved the brightness of these elements, making the bra cheerful and uplifting despite the sadness that cancer can bring.

I am happy to support anything to do with cancer awareness and research. Curves has been a great supporter, and October, as Breast Cancer Awareness Month, provides an important opportunity to raise awareness and support those affected by this disease.

Inspiration
Curves

Exercise is a great preventative drug. Exercise strengthens the entire body, from our bones and muscles to our mind. The most important thing we can do is lead an active life.

Curves supports breast cancer awareness, and with our small donation, I hope to help save lives one day.

Inspiration

Curves

The inspiration for my bra started with finding the pearl trim that I had saved from a dress of mine from carefree times in the ’60s, in my bits-and-pieces box.

Just like the dress I made, the bra was an opportunity to create something that was feminine and fun.

Inspiration
Curves

My bra, "Mermaid," was inspired by combining my love of the sea with my desire to help raise awareness in the fight against breast cancer.

The mother-of-pearl discs, representing mermaid tail scales, along with the seashells and pearls, both large and small, are references to the sea. It is well documented that spending time by the seaside in the sunshine is associated with the release of "feel-good" hormones, such as dopamine and oxytocin. Sunlight also helps our bodies produce vitamin D and can contribute to the production of serotonin, helping us feel happier and more positive.

And then comes the pink bra, with a touch of lace and ribbons! Lovely and feminine, pink is a powerful symbol of femininity, hope, and solidarity.

The pearl nipples represent pride in being a woman, while the ribbons symbolise breast cancer awareness. Together, these elements highlight the strength, complexity, and resilience that define womanhood, while promoting awareness, hope, and support in the fight against breast cancer.

BRA Decorating

Inspiration Curves

This bra has been inspired and decorated following the ethos of the Olivia Newton-John Foundation. One of Olivia's dreams was to find kinder treatments for cancer. On that journey, she turned to nature, specifically the plant kingdom, to foster and support research in pursuit of better treatments and, ultimately, some answers. While Olivia was personally affected by breast cancer, I truly believe her wish for kinder treatments would extend to patients battling all types of cancer.

For my bra, I have chosen to use primarily Indigenous plants, highlighting their potential healing properties and their use in today's medicine and treatments.

The significance of the plants I have chosen is as follows:

Grevillea – Indigenous people have revered this plant for generations, and it represents strength and vitality. When in bloom, the flowers have been found to be a rich source of vitamin C.
Gumnuts – These come from the eucalyptus tree, which is considered sacred by many Indigenous Australians. When burned, eucalyptus has a purifying fragrance that is traditionally believed to help clear negative energy. Gumnuts and eucalyptus leaves have also been used for medicine and healing by many Aboriginal communities.

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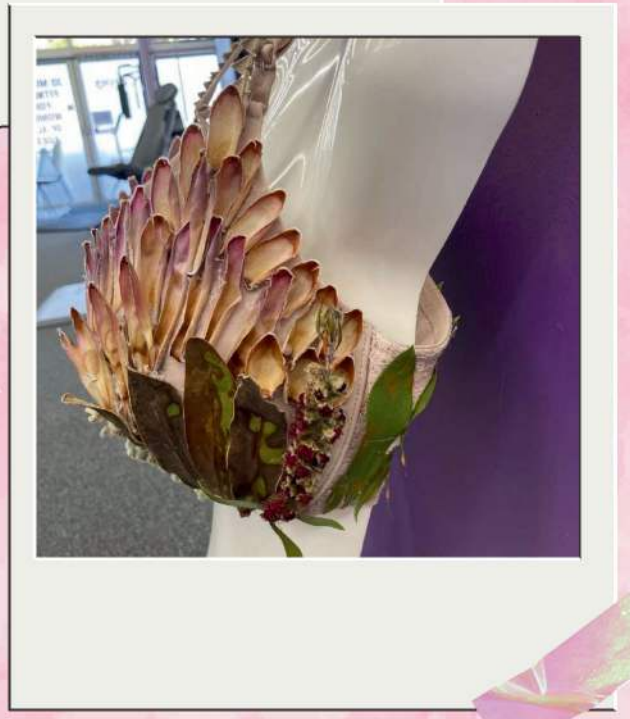


BRA Decorating

Inspiration Curves

Protea – While not native to Australia, its symbolic meaning is irrefutable: strength, resilience, and courage.

The Protea relies on fire to release and spread its seeds into the environment, making the flower a powerful symbol of survival and the ability to endure almost anything.

Some of these plants have been sourced from my own property, my own spiritual sanctuary—a special place for my husband and me. Sadly, he was a victim of cancer just two years ago and was taken from us far too young.

This bra, and what it represents, is for him; for my friends who have battled cancer and won; for those who fought hard but ultimately faced an unwinnable fight; and for everyone affected in any way by this horrible disease.

I hope that one day, cancer may be a disease of the past.

BRA Decorating

Inspiration Curves

My inspiration for my bra comes from a friend of mine—a craft lady who passed away from cancer a few years ago. She taught me so much more than just crafts. She taught me to be resilient and strong; she was always cheerful even when suffering.

I, too, keep a smile on my face no matter how I feel.

BRA Decorating

Inspiration Curves

Honouring My Cousin Lisa

My inspiration comes from my cousin Lisa, a beloved little sister who sadly passed away from aggressive breast cancer this May. She has earned her angel wings and is now reunited with her mother, Auntie Marg, who also succumbed to breast cancer just last week.

Lisa was full of life, always laughing and lighting up any gathering—she was the one dancing on tables. Even when the specialist informed her she had only three months to live, she humorously asked, “So now I’ll be able to grow my hair back?” Tragically, she lived for just six weeks longer.

Ladies, take this to heart—Lisa missed her last two yearly mammograms. It was her only regret in life, she shared.

BRA Decorating

Inspiration Curves

I decorated this bra with paper and ribbons, turning it into a gift. The paper represents the fragility of life, while the ribbon symbolizes the feminine aspect of breast cancer. Although many men are diagnosed with breast cancer, the bra stands as a symbol of femininity and my personal battle with the disease.

Eleanor Roosevelt's words resonate deeply with me and those close to me: “Yesterday is history. No one can predict the path our lives will take. Tomorrow is a mystery—will the cancer return? Today is a gift—that’s why they call it a present.”

Cherish each day and savor the experience of unwrapping it.

Inspiration Curves

After a personal experience with breast cancer, I emphasise the crucial role of regular mammograms in ensuring timely detection. Initially, three small lumps were discovered, with one identified as aggressive stage 3 cancer.

Remarkably, within two weeks of diagnosis and surgery, all the lumps progressed to stage 3, and another had appeared. At the same time, we were preparing our residence for sale.

I sought medical attention that week. Following a successful surgery and removal of the lumps, I experienced a post-operative infection that required rehospitalisation for two weeks. Subsequently, I underwent chemotherapy and radiation therapy, completing treatment just before Christmas.

BRA Decorating

Inspiration Curves

My inspiration comes from a Curves member and friend who is a breast cancer survivor. Her strength and resilience are truly remarkable, as is her sense of humour during dark times. I hope her remission endures, as she continues to inspire those around her. I often recall the day she shared her diagnosis with us; there was a quiet strength in her eyes, a determination that seemed unshakeable. Despite the challenges she faced, she never lost her ability to find joy and laughter, even in the most unexpected moments.

The bra symbolises a sunny garden spot where I imagine her sitting, surrounded by blooming flowers and the gentle hum of bees. It's a place where the sunlight dances across her face, illuminating the hope and vibrancy that define her spirit. In this garden, she seems at peace, a testament to her journey and the battles she's faced with grace. It's a sanctuary where she can reflect on her journey, celebrate her victories, and find comfort in the beauty of life that continues to unfold around her.

BRA Decorating

Inspiration Curves

I've painted this bra for Breast Cancer Awareness as a tribute to friends who have faced this struggle. Each stroke of paint on the fabric is infused with memories of shared laughter, tears, and unwavering support during their battles. With a caring heart and a background in holistic integrated creative arts therapy as a practitioner, I believe deeply in the healing power of the arts. I've seen firsthand how creativity can mend spirits and offer solace during the toughest times.

Yet, as I crafted this piece, I thought of the countless researchers working tirelessly in labs, chasing breakthroughs that could change the future for so many. I'm a firm believer in the vital role of scientific research in finding a cure. This bra, adorned with vibrant colors and symbolic designs, stands as a beacon of hope and resilience. It embodies the necessity of both creative and scientific efforts working hand in hand in the fight against breast cancer. Through this artistic expression, I hope to inspire others to join in this dual pursuit of healing and discovery.

Inspiration Curves

This decorated bra is a heartfelt tribute to my neighbor and dear friend, Sue Payne, with whom I shared 45 wonderful years. She passed away just 9 days ago on October 22. Sue's strength and determination shone brightly when she conquered breast cancer 25 years ago. Her bravery, resilience, and unwavering spirit during that challenging period, and more recently as she bravely faced a terminal lung disease, have left an indelible mark on my heart.

Sue embraced life with an infectious sense of fun, laughter, and joy. She was a beacon of inclusivity, kindness, and generosity. Her family was her world, and her friends were treasures she held close to her heart.

How fortunate I am to have had Sue in my life. I will miss her immensely, but I will forever cherish the countless happy memories we created together. From spontaneous adventures to quiet evenings filled with heartfelt conversations, Sue's presence added a special sparkle to every moment. Her legacy of love and joy will continue to inspire those of us lucky enough to have known her.

Inspiration
Curves

Olivia Newton-John shines brightly, bringing hope and love to countless people. With her name gracing the Cancer Wellness & Research Centre at the Austin Hospital, she continues to be a beacon of hope for fellow wellness and cancer research warriors. Over the years, I have lost my father, two uncles, and a cousin to different types of cancer, so I am all too familiar with the pain, sadness, and slow passing of loved ones.

To families caring for their loved ones in their final days: my father never complained, but his face told his story; it did for me and for my late relatives. Pink symbolizes beauty, joy, and cancer awareness worldwide—roses represent beauty both inside and out.

Green signifies wellness, a reminder of walking with family in nature, and a day of unity and joy in support of cancer awareness. I join Olivia, her husband, and daughter in spirit wherever possible. Lastly, I publicly offer this token to her, as a gesture of hope and love.

BRA Decorating

Inspiration Curves

This bra was inspired by my garden and the beautiful flowers that grow there. Each morning, as the sun rises, I wander through the vibrant blooms, feeling the gentle breeze that carries the sweet fragrance of jasmine and roses. The intricate lace patterns of the bra mirror the delicate petals of my favorite blossoms, capturing the essence of nature's artistry.

Every stitch is a tribute to the vivid colors and the soft textures of the flowers, reminding me of the tranquility and beauty found in my garden sanctuary. It's not just a piece of clothing; it's a reflection of the serene mornings spent among the blooms and the endless inspiration they provide.

BRA Decorating

Inspiration Curves

This bra was inspired by three perfect op-shop finds: two ducks and a doll's feeding bottle. Each piece was discovered on a different day, yet together they sparked an unexpected creative journey. The ducks, with their whimsical charm, seemed to quack stories of forgotten ponds and childhood adventures. Meanwhile, the doll's feeding bottle, a relic of nurturing long past, whispered tales of tender care and nostalgia.

As the design took shape, the ducks found their place as playful motifs, while the feeding bottle's unique silhouette influenced the bra's structure. The result was a unique garment that blended whimsy and nostalgia, celebrating the magic of serendipitous discoveries. Each time it was worn, it carried the stories of its origins, a reminder of the beauty in the unexpected.

BRA Decorating

Inspiration Curves

I've named my bra design "Seasons" because it serves as a fitting analogy for the breast cancer journey. I chose a black bra to represent the diagnosis and beginning of treatment, which can often feel dark and frightening.

As the journey progresses, you move through the autumn of treatments and appointments. Just as leaves fall and leave trees bare, the physical and emotional experience can leave you feeling exposed and vulnerable.

Gradually, you transition into the spring of hope and new beginnings. Throughout your journey, you are surrounded by the beautiful summer flowers—the doctors, nurses, support staff, your family, and fellow travelers.

BRA Decorating

Inspiration Curves

The opportunity to raise money for cancer is something I don't even need to think twice about. I have a niece battling breast cancer and have lost my mom and two sisters to various forms of cancer. It affects us all differently, but what unites us is the goal of raising funds for cancer research, particularly for breast cancer.

Despite having undergone breast surgery, I still wear bras. After a cancer diagnosis, many look forward to purchasing that beautiful piece of lingerie to feel special once more. With all these colors in mind, I set to work, envisioning this as my "Colors of Healing." Moving forward in challenging colors and assembling your color palette allows the inner self to shine through.

I chose a soft, complementary color scheme that resonated with me. I wanted the outcome to be feminine and beautiful, with colors that reflect my piece of art as life—just as life continues after breast cancer.

Inspiration
Curves

Breast cancer is a part of my family's legacy. I have two aunties and a cousin who all passed away from this disease.

Any information, knowledge, and medical studies that can help reduce the impact of this insidious disease are of utmost importance.

Two lovely friends who attend Curves have both been affected and undergone surgeries. We, as women, understand how crucial it is to be aware of our health needs, and breast screening is an essential component of overall health.

BRA Decorating

Inspiration Curves

I thought it was important to decorate a sports bra. Curvy girls spend a lot of time in sports bras, so they are just as important. Like most people, I have a family history of breast cancer and friends who have been affected. Some stories ended well, while others did not.

This is why holding and supporting breast cancer fundraisers is so crucial. Promoting awareness and research is key to ensuring everyone's story ends well. I wanted my design to be pretty and sparkly! We should shine in our sports bras too.

Inspiration Curves

Breast Cancer Awareness is such an important topic. My inspiration for my Bra Decoration signifies: AWARENESS & APPRECIATION. Awareness comes in many forms: from the mind, the physical body, and the knowledge of how our bodies react and live. Many acquaintances I know have endured various diagnoses and treatments.

Their bravery is heartwarming. I acknowledge that the ONJ Cancer Wellness & Research Centre offers a comprehensive care, knowledge, and therapy package. YOUR WELLNESS MATTERS. Having recently lost another friend, after 24 years of her "Journey Through Cancer," it is a constant reminder to BE AWARE. The hands are a reminder for us all to keep self-checking our own breasts. I appreciate the many stories I have come across. We all have our stories and journeys.

The importance of continuing with research and wellness will allow many more stories to be told. My butterfly symbolizes, to me, the journey of cancer treatments and the continued importance of being free. Fly high, Olivia and friends.

BRA Decorating

Inspiration Curves

After losing my mother to cancer, as well as my grandmother and three aunts to breast cancer, I eagerly seized the opportunity to participate in the bra decorating event. Although I initially had no ideas, my primary inspiration was the hope of eradicating cancer from the world—particularly breast cancer. Too many children have lost their mothers to this relentless disease.

As I sat surrounded by colorful fabrics, sequins, and beads, I thought of the women in my family, each one vibrant and full of life until cancer took its toll. Their strength and courage in the face of adversity fueled my determination. I wanted to create something beautiful, not just as a tribute to them, but as a symbol of hope for a future where no child would have to say goodbye too soon.

The event was filled with like-minded individuals, each with their own stories of loss and hope. Together, we shared laughter, tears, and the collective dream of a world without cancer. This gathering of hearts and hands, united in purpose, reminded me that while I might have started this journey alone, I was now part of a community dedicated to change.

BRA Decorating

Inspiration Curves

I wanted to capture Olivia Newton-John's vibrant spirit and career. Perhaps a tribute concert or an art installation, blending her iconic music and inspiring story. The goal is to honor her legacy and share her enduring impact.

Inspiration Curves

I decorated my bra with pearls. Each tiny orb tells a story of resilience, shimmering like moons in the night sky. Among the many powerful connotations, pearls represent my thoughts on the strength and empowerment women gain through adversity and hardship. As I wore it, I felt the whispers of women before me, their stories woven with mine, each pearl a testament to battles fought and won.

Inspiration Curves

I lost my best friend to breast cancer shortly after the tragic events of 9/11 in 2001, and the very next year, my mom went through the same heart-wrenching experience, losing her own dear friend to the same illness. In honour of these incredible women and all the other brave ladies who have battled breast cancer, I am determined to keep their memories alive. Their laughter and warmth still echo in our hearts, serving as a reminder of their strength and courage. Through supporting awareness campaigns and participating in charity events, I strive to contribute to a future where no one else has to endure such loss. Their legacy inspires us to cherish every moment and continue fighting against this relentless disease.

BRA Decorating

Inspiration Curves

My story goes like this. When I was a young child, I noticed that my maternal grandmother had only one breast, and her bra had a prosthetic to fill the void. Curious about this, I asked my mum what had happened. She explained that when my grandmother was around 50 years old, she had felt a lump. It turned out to be breast cancer, leading to her mastectomy.

This experience deeply impacted our family. I remember how my grandmother, despite her hardship, remained a pillar of strength and resilience. Her courage left a lasting impression on me, shaping my understanding of bravery and perseverance. As a result of the history of breast cancer in my family, I make it a priority to visit my doctor yearly for a mammogram, ensuring that I remain vigilant and proactive in my health care. The legacy of my grandmother's struggle has taught me the importance of early detection and self-care.

Inspiration Curves

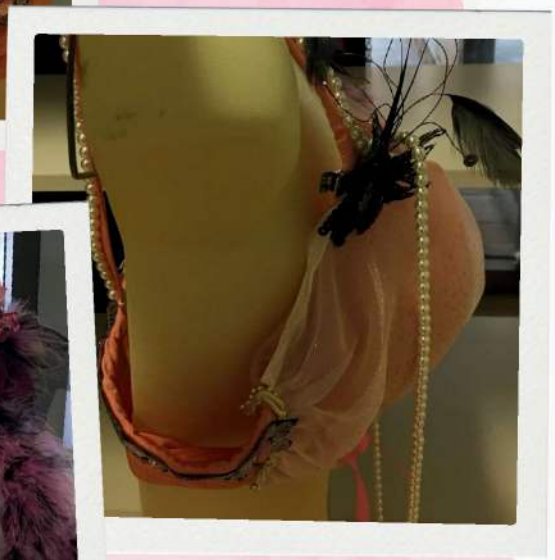
I wished to share some hope, happiness, glitz, and humor with the sisterhood of breast cancer sufferers. Never give up! Each day, as I journeyed alongside these incredible women, I marveled at their resilience and courage. We laughed together, finding joy in the simplest of moments, and supported one another through the toughest times. Our bond was strengthened by shared stories and unwavering determination. Through the sparkle of laughter and the warmth of camaraderie, we discovered that even in the darkest times, there can be light and love.

Inspiration Curves

I decorated my bra in memory of my dear friend Beatrice, who passed away from breast cancer at the age of 41. Her vibrant spirit and unwavering strength left an indelible mark on everyone who knew her. Beatrice always told me to remind every woman I know, “Check your boobies,” a simple yet powerful message that has become her enduring legacy.

As I sat down with beads, ribbons, and fabric paint, I could feel Beatrice’s presence guiding my hands. Each embellishment was chosen with care, reflecting her colorful personality and the joy she brought into our lives. The theme of my bra is a tribute to her message, a reminder of the importance of early detection and self-care. I imagine Beatrice smiling, knowing her words continue to inspire and protect. Through this heartfelt creation, her legacy lives on, a beacon of hope and awareness for all.

BRA Decorating



Inspiration Curves

Earlier this year, my mother sadly passed away, losing her courageous battle with cancer. It was with her in mind and heart that I decorated this bra. Her passion for nurturing roses in our garden served as my inspiration, and her fondness for anything in shades of pink or red guided my color choices.

My mother always carried herself with such grace and class, which is why I chose to embellish each strap with pearls. This detail reflects her elegance and timeless beauty. As I poured my love into creating this "bra-sterpiece," I found a sense of peace and healing. I hope that when people see it, they feel that same tranquility, a reminder of my mother's enduring spirit and the beautiful legacy she left behind.

BRA Decorating

Inspiration Curves

The inspiration for my hand-embroidered bra was my eldest daughter's godmother, a remarkable woman who was a 30-year breast cancer survivor.

Her journey was a testament to resilience and courage. Despite battling secondary cancer and enduring countless surgeries over the past five years, she never let her spirit waver. Each stitch in the bra represents not just the beauty she brought into our lives but also the strength she exuded every day. I remember the stories she shared of her early days of diagnosis, how she faced each challenge with a smile, and how her laughter could light up a room even on the darkest days.

Sadly, on October 19, 2023, she lost her fight. But her legacy lives on through the lives she touched and the love she spread. This creation is in memory of a strong woman who fought until the end, reminding us all of the importance of hope and the power of love.

Inspiration
Curves

The upside of nature reminds us that we, as human beings, are a part of it—organic, growing, and constantly changing. We adapt to our environment, face storms and challenges, develop resilience, and bounce back after adversity, all while being deeply connected to the natural cycles around us.

The answers are divinely intertwined in nature, which supports us in countless ways, providing goodness, nutrients, inspiration, energy, and sustenance for our well-being.

By using the analogy of a "garden" as our own physical body and "nature" as the entire environment surrounding us, I've chosen a few key elements that sustain us: the sun, plants, and love. These elements are fundamental to life and have inspired me to create a therapeutic "garden" that is uplifting, healing, and interconnected.

BRA Decorating

Inspiration Curves

Olivia Newton-John, being Australian, inspired me to use koalas—a mother and daughter—as central figures in my story. I was also influenced by Olivia's store, Koala Blue. With this in mind, I chose florals and earthy colours reminiscent of Olivia's retreat near Ballina, NSW.

My creation was brought to life using decoupage techniques and napkins, infusing each piece with a sense of nature and serenity that Olivia herself cherished. The koalas, nestled among vibrant blooms, evoke a sense of warmth and connection, paying homage to Olivia's love for her homeland and the natural world.

BRA Decorating

Inspiration Curves

I was inspired to decorate this bra to raise awareness about breast cancer. We've all been touched by the stories of breast cancer survivors and the families of those who didn't survive.

Whether we know them directly, such as family and friends. I personally know six women who have had breast cancer, including three from one family (a mom and her two daughters)—or indirectly, such as renowned pop stars like the late, great Olivia Newton-John, the late, great Chrissy Amphlett, and Kylie Minogue, or movie stars such as Julia Louis-Dreyfus and the late, great Natalie Schafer (known for "Gilligan's Island"), who battled the disease in the '60s when women's health was rarely discussed, their stories have touched us all.

I believe that one day this disease will have a cure, and advances in science will ensure this. I hope that very soon, breast cancer will be finally defeated and eradicated from our world.

Thank you.

BRA Decorating

Inspiration Curves

My inspiration for designing this bra was my daughter-in-law, who was recently diagnosed with stage 1 aggressive breast cancer. Despite the diagnosis, she maintains a wonderful attitude toward her treatment and is currently undergoing chemotherapy with incredible strength and resilience.

This bra is crafted to draw women's attention to the importance of regularly checking their beautiful breasts, with the hope of catching any changes early. The pink color symbolizes breast cancer awareness, and the little flowers enhance its beauty, serving as a reminder of the delicate strength every woman possesses.

As I watched my daughter-in-law navigate her journey, I realized the importance of spreading awareness and encouraging proactive health measures. Each stitch and every detail in this bra is a tribute to her courage and the countless women fighting similar battles. It's a reminder that beauty and strength coexist, even in the face of adversity.

BRA Decorating

Inspiration Curves

Pretty in Pink

Pink is widely recognised as the universal symbol of breast cancer. By simply wearing pink, you can demonstrate your support for those fighting breast cancer.

For this bra, I have selected coral pink, which represents optimism and joy; pearls, which are believed to have a calming, protective, and strengthening effect on the wearer; and golden flowers, which symbolise the awakening of the true self.

I hope these elements, combined in the bra, help the wearer feels strong, calm, and confident in themselves throughout their journey.

BRA Decorating

Inspiration

Curves

I love decorating, so these bits and pieces were just begging to be used for a good cause! This cause became very important to me this year when my daughter was diagnosed with breast cancer, and I've been on that challenging journey with her. This week, my second daughter received the same diagnosis, so we'll embark on that journey together as well.

I want to support research and the ONJ Foundation! I've enjoyed creating for such an important cause.

Hydrangeas from my garden, along with a beaded scarf from an op shop, serve as signage to convey the message: take care of your breasts and support them—Think Pink!

BRA Decorating

Inspiration Curves

I love decorating, so these bits and pieces were practically begging to be used for a good cause! This cause became very important to me this year when my daughter was diagnosed with breast cancer, and I have been on that challenging journey with her.

This week, my second daughter received the same diagnosis, so we will embark on that next journey together as well.

I am eager to support research and the ONJ Foundation! I have truly enjoyed creating for such a significant cause.

"My cup runneth over"—a play on words too good to ignore! I used my childhood tea set—or rather, the remaining pieces—to illustrate this adage.

BRA Decorating

Inspiration Curves

I love decorating, so these bits and pieces were just begging to be used for a good cause! This cause became very significant to me this year when my daughter was diagnosed with breast cancer, and I've been on that difficult journey with her.

This week, my second daughter received the same diagnosis, so we will embark on this next journey together as well.

I am determined to support research and the ONJ Foundation! I've enjoyed creating for such an important cause.

Feathers and birds provided an ideal opportunity to repurpose feathers and the little birds I already had—the shape of a bra perfectly lent itself to beautiful long feathers!

Inspiration Curves

I love decorating, so these bits and pieces were just begging to be used for a good cause! This cause became especially meaningful to me this year when my daughter was diagnosed with breast cancer, and I have been on that challenging journey with her.

This week, my second daughter received the same diagnosis, so we will embark on this next journey together as well.

I am eager to support research and the ONJ Foundation! I've truly enjoyed creating for such an important cause.

Garden of Eden—a theme suggested by my partner, who believes breasts should be cared for like the perfect garden, the Garden of Eden.

BRA Decorating

Inspiration Curves

I have a passion for decorating, and these items were just calling out to be repurposed for a meaningful cause! This year, the cause became especially significant to me when my daughter was diagnosed with breast cancer, and I've been navigating that challenging path alongside her.

Now, my second daughter has also received a diagnosis, and together we will embark on this new journey.

I am eager to support research and the ONJ Foundation! Creating for such an important cause has brought me joy.

Some remnants of hair bands and other treasures from the thrift store seemed to say, 'Choose me', so I decided to give them new life!

Inspiration Curves

This decorated bra is to honour the life of Sue Payne, my neighbour and dear friend of 45 years.

Sue survived breast cancer 25 years ago. Her courage, resilience, and perseverance during that time, and more recently as she battled a terminal lung disease, have been truly inspirational for me.

Sue lived her life filled with fun, laughter, and joy. She was inclusive, kind, and generous. Sue cherished her family and adored her friends.

How lucky am I to have had her in my life! I will miss her dearly but will treasure the many happy memories we made together.

BRA Decorating

Inspiration Curves

BRA Decorating

Inspiration Curves

BRA Decorating

Inspiration Curves

I was named after my Aunt Ronda, with whom I shared a deep bond. I was heartbroken when she received a diagnosis of breast cancer. She fought this relentless disease with immense courage for two years before she peacefully passed away, surrounded by her loving family. I would like to honor her memory and pay tribute to all the mothers who came before her.

Ronda Speranza ♡

Curves Stanthorpe

BRA Decorating

Inspiration Curves

The bra represents the foundation Curves provides to members and the support we get from members and coaches. The art represents that when you are a part of Curves, we can all bloom at our own pace; in our own time and that this is our time to shine.

Kerry Warren ♡

Curves Wanniassa

BRA Decorating

Inspiration

Curves

I was inspired to create a bra that represents the medical whirlwind that follows a cancer diagnosis.. The appointments, the many tests and scans, the follow up appointments and the medications that swiftly become the new "normal". Amongst it all are the support crew, the family and friends, and the Curves community that wrap around in times of great need. I used perscription labels to represent the love, care and support that the Curves Community "prescribes" 💜

Megan Drysdale ♡

Curves Nowra

BRA Decorating

Inspiration Curves

My decorated bra is in memory of a nurse who was very much part of my nursing journey. Carol Appleman was my mentor as a student nurse, again as a new graduate nurse, and then orientating me to a medical ward as a registered nurse. Carol was a kind, caring, and giving nurse. The white ribbon with the little feet are in memory of the miles we walked together on the ward. I didn't get a chance to tell Carol how much she moulded me into the nurse I am today.

Lee Murray ♡

Curves Stanthorpe

BRA Decorating

Inspiration Curves

This bra is sewn with lace given to me by my mother-in-law who used to make crocheted coat hangers. I enjoyed the connection to her while I made it.

The design was inspired by a friend who had one breast removed. She tried prosthesis bras for a while but found them uncomfortable. So she decided to "go flat" on one side. She sees it as her choice and no one else's business. The pom-pom represents the one-sided nature of her body now.

Sue Moffat ♡

Curves Orange NSW

BRA Decorating

Inspiration Curves

I wanted to celebrate the joy that I was surrounded by from my friends and especially my family. Everyone came together to support me, and they will never know how much I appreciate them. We are a close, tight knit family and this brought us even closer. This bra represents the LOVE that I was surrounded by.

Dianne Painting ♡

Curves Launceston

BRA Decorating

Inspiration Curves

My bra decoration is inspired by the song "Coat of Many Colors" and is dedicated to the beautiful memory of Dolly Parton.
The vibrant rainbow of colors shines brightly in the world, while butterflies soar high to heaven, carrying the memories of our loved ones who are no longer with us. This bra is crafted with love, and I hope it brings you joy and a smile whenever you see it.

Jayne Hatch ♡
Curves Belgrave

BRA Decorating

Inspiration Curves

My Bra Inspiration came from the Curves Belgrave sisterhood.

To those who are survivors to current to future sisters who fight the fight.

The purple represents the home colour and the gems are the members.

The tassles is the fun that you share with the members who shine!

It was that fun making and decorating it with a friend.

Also thinking of those lost and the love that goes around.

An environment everybody hopes to have but we luckily have it at Curves Belgrave.

Tracey Buckingham ♡

Curves Belgrave

BRA Decorating

Inspiration Curves

My inspiration is being a part of curves community and wanted to support a very worthy cause. Curves has been a lifesaver for me.

Virginia Moore ♡

Curves Mona Vale

BRA Decorating

Inspiration Curves

My bra is inspired by the many angels (nurses who care for women going through cancer treatment) and depict angel wings and feathers representing all the women who have lost their lives to breast cancer.

Cindy Johnston ♡

Curves Nowra

BRA Decorating

Inspiration Curves

On designing my bra, I started by putting pen to paper and listed words that encompassed my experience at Curves. I get up at 6am every morning rain, hail or shine.

It has been my way to start my day for the last 4 years. Some of the benefits are. My fitness level has improved. I have made wonderful friendships but most of all it's fun.

We have amazing trainers that go above and beyond and are so welcoming.
This is what I wanted to convey regarding embroidering my bra.

Dianne Magro ♡
Curves Mona Vale

BRA Decorating

Inspiration Curves

My bra is an expression of the fun and the wonderful friendships made at Curves whilst keeping fit and healthy and of course pink is my favourite colour.

Julieann Boffa ♡

Curves Mona Vale

BRA Decorating

Inspiration Curves

When working out at Curves you need to reach for the stars! Aim high. Set your goals and then try to keep on target. Go for the "bullseye"! Focus on success and good things will follow.

Min Bonwick ♡
Curves Mona Vale

BRA Decorating

Inspiration

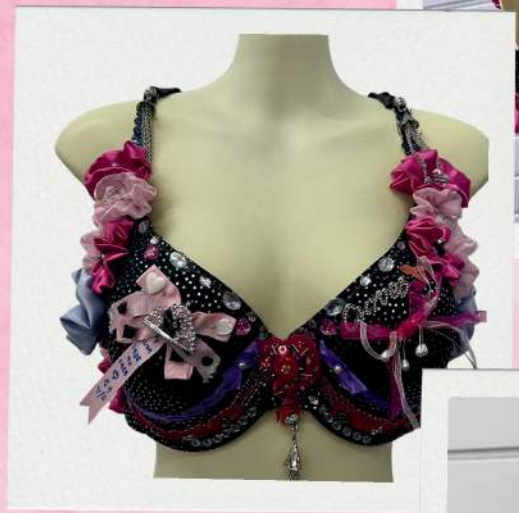
Curves

This bra honours my friend Sue, who died of breast cancer four years ago. Fundraisers were central to her life and now vital to mine. Sue's tattoo combined a butterfly and pink ribbon with Autism awareness elements for her son. Before she passed, we designed a tattoo celebrating her life. This piece incorporates her butterfly of freedom, representing her mastectomy journey and fierce fight for her boys. I am participating to spread awareness and celebrate teamwork.

Samantha Topping ♡

Curves Nowra

BRA Decorating



Inspiration Curves

At Curves Boronia we are more than women who exercise together. We are a community.

This bra was stitched from love, memory and courage. Every button, pin and pearl honours someone: a mum lost to breast cancer at 54, a father-in-law's Akubra, a husband who fought with humour to the end, friends lost and friends who survived.

For every tear, a pearl. For every loss, a memory. For every survivor, a celebration.

No one here faces it alone. Together, we are stronger.

Marie Norris ♡

Curves Boronia

BRA Decorating

Inspiration Curves

The Baling Twine Bra

I know this isn't your traditional decorated bra, but I chose baling twine because it represents the strength and resilience women need to battle and beat breast cancer. Every knot represents the ability to hold things together when life gets tough.

For rural and regional women, that strength often has to stretch even further. While facing the battle of their lives, they may still be holding together their family, their farm, their work and their community — often while dealing with the tyranny of distance and limited access to services and resources.

One cup has deliberately been left without knots. This represents a breast lost through a mastectomy and acknowledges the many women who have faced breast cancer and the physical and emotional journey it has entailed.

But the empty cup is not about loss.
It is about survival, strength and hope — the hope that through research, better treatment and early detection, more women will survive breast cancer.
So while this bra may be simple, every piece of twine and every knot has a purpose.

Inspiration Curves

This Bra Tells My Story

In February 2008 I was wearing a soft cotton nightie. With my fingers I was tracing a piece of lace on the bodice. Through the fabric I could feel a small lump. (It felt like a microchip in a kitten.) With a very close look the lump could be seen. Breast cancer was detected, Treatment was prompt. Within 2 weeks I had surgery.

Radiation began in 6 weeks. I had medication for 10 years. I've had a very good recovery. 18 years later I am still fit and well. This story feels like it belongs to another person in another time. It could have been a very different story without Early detection and prompt treatment.

Gloria O'Connor ♡

Curves Tamworth

BRA Decorating

Inspiration Curves

Inspired by my friend Megan, who faced two different breast cancers with remarkable courage and chose a double mastectomy as her best path forward. Our conversation touched on identity, femininity, confidence, and the legacy of Olivia Newton-John. When Megan mentioned Dolly Parton's passing, it opened a moment of reflection on womanhood in all its forms - humour, heart, resilience and beauty.

This bra honours three extraordinary women: Olivia, Megan and Dolly.

Katie Taylor ♡

Curves Tamworth

BRA Decorating

Inspiration Curves

Originally, my bra was inspired by the spirit of "Girl Power," which emerges when cancer affects women and unites them. It represented a commitment to something greater than ourselves. I aimed to demonstrate to my teenage daughter the incredible strength of women when they come together—much like our Curves family—especially during life's most challenging moments.

Like many women, I have been profoundly affected by the loss of someone close to me who battled cancer. I also have family and friends who have triumphed over breast cancer and continue to fight against other forms of cancer.

This bra was initially designed for them...
And this week, the heartbreaking passing of Dolly (though not due to breast cancer) has further inspired this creation.

CONTINUE

BRA Decorating

Inspiration Curves

Dolly was a staunch believer in the strength of women and their indomitable "Girl Power" – sparkling like rhinestones, regardless of the challenges they faced or the goals they aspired to achieve. She consistently championed the importance of women uniting and uplifting one another.

Thus, this bra was crafted for those remarkable women – the Mothers, Wives, Daughters, Sisters, Aunts, Cousins, and Friends – who stand by each other through thick and thin. Despite facing treatments, setbacks, tears, and heartbreak, they continue to summon the power and strength to persevere, while also giving selflessly to those around them.

"Girl Power" is the undeniable force I witness when women unite in the battle against cancer, a force that is truly unmatched by anything else.

Louella Lush ♡

Curves Tamworth

BRA Decorating

Inspiration Curves

My bra is inspired by Delta Goodrem and her album, MISTAKEN IDENTITY, which she created during her chemotherapy treatment.

Although Delta did not have breast cancer, she was diagnosed with blood cancer at a young age.

Last year, my mum, a friend, her mum, and I attended Delta Goodrem's concert, celebrating the 20th anniversary of that remarkable album. During the event, she shared her journey with cancer and the challenges she faced.

The colors and design of my bra draw from the hues of the MISTAKEN IDENTITY album. I chose blue crystals, flowing light-blue fabric, and dynamic lines to symbolise the tears and pain associated with battling cancer. The gold beads and diamanté strips represent the shining hope and strength that radiate from women who endure and survive cancer.

Minn Lush ♡
Curves Tamworth

BRA Decorating

Inspiration Curves

If we stand together, raise our spirits and raise our funds, we will beat this.

That's what a Curves circle is. Women who show up for each other on the good days and the hard ones — and keep showing up until it's done.

So here's to all our sisters out there. We stand with you. 💗

Jacqui Pradal ♡

Curves Atherton

BRA Decorating

Inspiration Curves

There are four bows on this bra.

Four women I've loved and lost to this disease.

Four doesn't sound like many until they're yours.

So I made something beautiful for them — and I used my grandmother's lace. It holds them the way she held me. With love, care and hope for the future.

Liz Ryan ♡

Curves Atherton

BRA Decorating

Inspiration Curves

Jacquie's Story

My cousin Debbie was diagnosed with breast cancer when she was just 35 years old. Although she had been a heavy smoker, she was always full of life and energy.

Although she underwent surgery and chemotherapy, her treatment was unsuccessful, and we lost her at the age of 37.

Her passing was heartbreaking for me at such a young age, as she was my hero—she truly brought joy to everyone around her!

Recently, I started crocheting and created this bra to embody all the vibrant colours that reflected her lively spirit and the light she brought into our lives!

Jacqueline Smith ♡

Curves Tamworth

BRA Decorating

Inspiration Curves

Bev's Bra Inspiration!

This bra draws inspiration from Elizabeth, Therese, Bev, Cate, Melissa, Selina (John's daughter), Ruth's daughter, the dedicated staff, and other members of Curves who have faced a breast cancer diagnosis, undergone treatment, and emerged as survivors.

A heartfelt thank-you goes to the Olivia Newton-John Cancer and Wellness Centre, which relies on ongoing donations to support vital research!

May they embrace life to the fullest and soar high! Live your best life through strength, hope, courage, and healing.

Bev Griffin ♡

Curves Tamworth

BRA Decorating

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Anne's Story

This bra is a tribute to my beloved friend, who faced a cancer diagnosis with unwavering spirit.

Her positive outlook on life was infectious—she always sparkled and was truly the life of the party!

It wasn't cancer that claimed her; she passed away from old age!

I am certain she continues to shine brightly, wherever she may be!

Anne Prince ♡

Curves Tamworth