

Bling a Bra for October

Creative Bra Decorating Competition

Registration and Information
for Participants

Illawarra and Shoalhaven
2015

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All about Bling a Bra

Why should I/we bling a bra?

1 in 8 women in NSW will develop breast cancer in their lifetime, however finding it early through mammography screening increases survival. You and/or your group can creatively decorate a bra to raise awareness about the early detection of breast cancer and its screening in time for the Breast Cancer Awareness Month of October.

Bling a Bra for October is also a chance for the community in the Illawarra and Shoalhaven areas to recognise the strength of women who have been through the breast cancer journey. You can watch the promotional video online: www.threadinglights.com/blingabra

What bra can I/we use and how do I decorate it?

You can use any bra in reasonable condition in your drawer that you or someone you know does not need anymore. Also try a local second hand store or visit your local BreastScreen site and pick one up.

There is only one theme this year for the decoration of the bras, which is **'breast cancer and screening awareness'**. To decorate the bra, you can get creative and use any materials which you wish which can include (but is not limited to) sequins, glitter, beads, fabric, thread, feathers or materials which symbolise the theme of breast cancer awareness.

Can I do this with a group?

Yes, it's highly recommended to participate in this competition and/or enter with your group of friends, colleagues or community networks. If you need help with organising this, call BreastScreen SESI on (02) 9113 1029.

How do I enter the bra I/we decorated for the competition?

Complete the Registration Form and the Terms and Conditions attached and submit it with your bra creation to one of the following BreastScreen sites **by 16th October 2015** (4:30 pm):

BreastScreen Wollongong	BreastScreen Shellharbour	BreastScreen Nowra
Ground floor, 299 Crown St Wollongong	Stockland Shopping Centre, Lake Entrance Rd, Barrack Heights	Ground floor, 33 Berry Street Nowra (All between 9:00 am – 4:30 pm)

Also please write your full name or your group name inside the bra with a marker or by sewing on a label.

What happens to the bra I decorated?

All bras entered will be displayed at a **Morning Tea/Showcase event on Friday, 30th October at the Kiama Pavilion from 10:30 am to 12:30 pm**. Address: 2 Bong Bong St, Kiama NSW 2533. After the event, they may also be displayed at local libraries and other centres for promotion of the competition.

Participants are encouraged to attend and invite their friends to support. Those wishing to attend must RSVP by leaving a **voice message** on **(02) 9113 3633** detailing their full name, phone number, email address and number of attendees or **via email to boshra.hemmati@sesiahs.health.nsw.gov.au** [Please keep this page]

This is an event is open to the whole community, however RSVP is essential.

What happens at the Morning Tea and Showcase event?

People from the community who wish to support those who have created a bra or are interested to know more about breast cancer and its early detection come together at this event. The program includes viewing of the bras with the participants voting for their favourite bra along with inspiring speakers, music, local entertainment and morning tea. Winners will be announced and prizes will be presented at this event.

What prizes can I win?

A range of fantastic prizes have been lined up by our generous local supporters. Please see the last page to see some of these businesses and organisations.

If I would like to keep my bra after the competition, where do I pick it up?

The decorated bra/s can be taken home after the Morning Tea Showcase event on Friday, 30th October at the Kiama Pavilion from 10:30 am to 12:30 pm. If you are unable to pick it up on this day, please pick it up between **Monday 1st to Monday 22nd February 2016** from the **same BreastScreen site you dropped it off** (Wollongong, Shellharbour or Nowra). If it is not picked up by 22nd February 2015, unfortunately we cannot send the bra/s back to the owner and the organisers will give it to a charity or use it for promotion.

What is BreastScreen NSW?

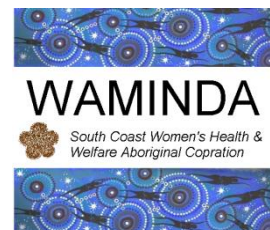
BreastScreen NSW provides a **free** mammogram (breast x-ray) service to women 40 years old and over. Mammograms can detect breast cancer before it can be felt or even noticed; meaning that women have increased treatment options available to them and an improved chance of survival.

Each appointment takes only 20 minutes, and it is recommended every 2 years. The mammogram is done by a female radiographer who aims to make you feel comfortable, and no GP referral is needed.

Appointments can be made by calling **13 20 50**, or 13 14 50 if a language interpreter is needed. For more information visit www.breastscreen.nsw.gov.au

Looking forward to receiving your creative work!

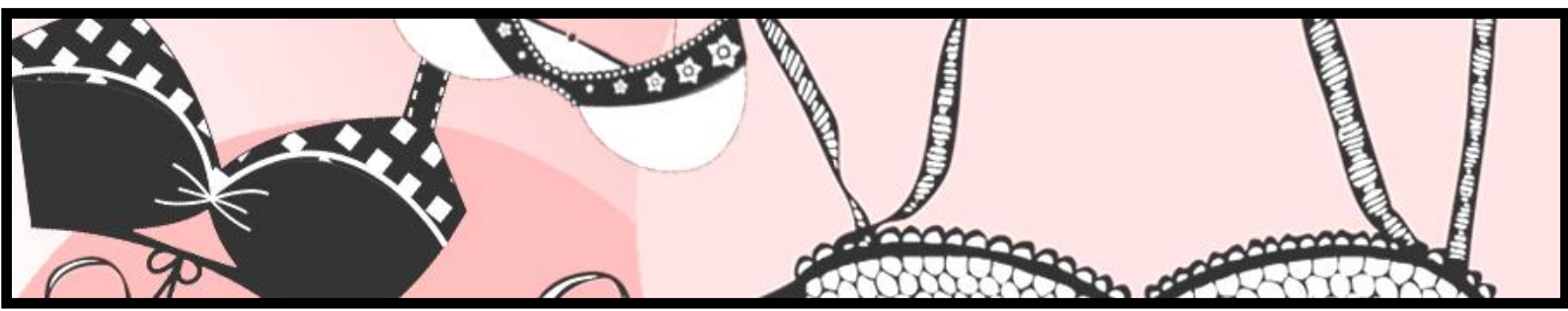
Partnerships:



Thank you to our supporters



...and more



Registration Form

Bling a Bra for October 2015

Creatively raising awareness about breast cancer and breast screening (mammography)

FULL NAME, OR GROUP CONTACT PERSON NAME

Note: Please write your full name or group inside the bra you decorated or sew on a label.

ADDRESS

CONTACT PHONE NUMBER

EMAIL

GROUP (if applicable)

BRA TITLE/INSPIRATION (50 words max)

How many bras have you or your group entered?

Important: Please complete a separate registration form for any additional bra entries.

Please **TICK ONE** of the following 5 options regarding pick up of bra/s:

1. I will pick up my bra at the Morning Tea and Showcase event on 30 October 2015 in Kiama
2. I would like to donate the bra I decorated to the organisers of Bling a Bra
3. I dropped off my bra at the BreastScreen site ticked below and will pick up my bra between Monday 1st to Monday 22nd February 2016 from this same place:
 - a) Wollongong - Ground floor, 229 Crown St, Wollongong
 - b) Shellharbour - Stockland Shopping Centre, Lake Entrance Rd, Barrack Heights
 - c) Nowra - Ground floor, 33 Berry St, Nowra

Note: If your bra is not picked up by 22nd February 2016, the organisers will give it to a charity or use for promotion

Can you describe what your bra looks like?

How did you find out about Bling a Bra?

REGISTRATION CLOSING 16 OCTOBER 2015 (4:30 PM)

Please see next page and sign – thank you!

Terms and Conditions of Entry

Bling a Bra for October 2015

Creative Bra Decorating Competition in Illawarra Shoalhaven and South Eastern Sydney

1. All bras entered will be displayed at a Morning Tea Showcase event on Friday 30th October in Kiama. Bras which are donated after the event may be displayed at local libraries and other centres for promotion of the competition.
2. Decorated bras will not be delivered to the owner/s after the competition. It will only be available for pick up from the same BreastScreen site it was dropped off to, detailed in the registration form. If the bra is not picked up by 22nd February 2016, the organisers will give it to a charity or use for promotion.
3. If participant wins a prize but is not at the event and/or cannot take their prize home, BreastScreen will notify them to pick it up from the BreastScreen site closest to them. Prizes cannot be delivered to the winner.
4. The organisers will use the donated bras for future promotion of the Bling Bra competition for future years.
5. The information collected in the registration form will be kept confidential, according to the Health Records and Information Privacy Act 2002.
6. The contact information provided in the registration form will be used only by the organisers to inform the participant regarding the Bling a Bra competition in the future.
7. Bras entered may be photographed and their images will be used for promotion of the competition in the future.
8. A bra which has been entered in previous years cannot be entered again.

I _____ agree to the above Terms and Conditions
of Entry.

Signature: _____

Date: _____