

**Care Bag's** *Handmade*  
**Made with Love** WITH LOVE



## PURPOSE OF CONTENTS



## VARIETY OF CARE BAGS

Every Care Bag is packed with careful consideration for the needs of the patients for which they are intended for. Care Bags are separated into different categories, each including specific toiletries and handmade items for that need. Each and every donated item contributes to the success of this initiative.

- ✓ **Transport Essentials (Knysna & George Hospital)**
  - The all-round emergency Care Bag for men and women.
  - Intended for patients who are unprepared for an extended hospital stay and without a nearby support network to deliver personal items.
  - Intended for patients who, unexpectedly, are transported from a district hospital (Knysna) or regional hospital (George) to either Tygerberg or Groote Schuur tertiary hospitals for medical procedures. Transport provided by George Hospital.
- ✓ **Chemotherapy (George Hospital)**
  - Intended for patients receiving chemotherapy and other medical treatments.
- ✓ **Mastectomy (George Hospital)**
  - Intended for mastectomy surgery patients.
- ✓ **Cervical (George Hospital)**
  - Intended for patients diagnosed with cervical cancer.
  - Patients scheduled for hospital transportation to either Tygerberg or Groote Schuur hospitals for medical treatment.
- ✓ **Comfort (Knysna Hospital)**
  - General hospital bag for various ages, both male and female.
  - Including infant, children, teen, and adult.
- ✓ **Dignity (Knysna Hospital)**
  - Toiletries in a plastic Ziploc bag for children and adults.
- ✓ **Victim Support (Trauma support)**
  - Intended for victims of assault and abuse.



## HANDMADE PROJECTS

### Drawstring fabric bag

- Fabric bags used for packing various items into for patients in need.
- The drawstring bags serve a useful purpose for patients during their hospital stay, for the journey home and at home.
- Preferred size 35 x 40 cm but varied sizes are welcome to compliment our variety of Care Bags.
- The drawstring fabric bag is currently the most preferred/most frequently used packaging.

### Drawstring backpack

- Fabric or PLU drawstring backpacks.
- Used primarily for the children and teenager Care Bags.
- Useful to the patient during their hospital stay and journey home.
- The intention of a backpack for the children of school going age is that they may serve a practical use once they are well enough to return home and back to school.
- Preferred size 35 x 40 cm but varied sizes are welcome to compliment the various children age groups.

### Soap bag

- Soap bags are included in most Care Bags and compliment the washcloth.
- A repurpose project using upcycled towels and ribbon.
- The soap bag serves as a washcloth for the patient, as well as a storage for wet soaps after bathing.
- The attached ribbon allows for the bag to be hung up after use and therefore prevent wet soaps from lying around. Nurses are particularly thankful for this.
- Soap bags are usually included in the men's and boy's bags.

### Washcloth

- Washcloths are included in most Care Bags and compliment the soap bags.
- A repurpose project using upcycled towels, cotton fabrics and ribbon.
- Washcloths are usually included in the women's and children's bags.

### **Fabric facemask**

- Included in Care Bags for immunocompromised patients undergoing treatment for cancer.
- Offers an extra barrier of protection for patients.

### **Drainage holder bag**

- An attractive, over the shoulder, fabric bag, preferred size 23 x 27 cm.
- Intended for breast cancer patients whom have undergone mastectomy surgery.
- Intended for chemotherapy patients.
- Offers patients a more comfortable and dignified solution to walking around with a drainage bag after surgery or during treatments.

### **Fabric mastectomy pillow**

- An attractive soft fabric pillow, intended for breast cancer patients whom have undergone mastectomy surgery.

### **Knitted Knockers**

- Knitted or crocheted prosthesis for breast cancer patients whom have undergone mastectomy surgery.
- Individually packed and gifted to women in need of these prosthetics at the discretion of the Care Bag's liaison at the respective hospital.
- Instruction and care pamphlet included.

### **Reusable sanitary pad**

- An inclusion in the cervical cancer and teenage girls Care Bags.
- Many patients are unable to afford the costs of disposable sanitary pads. Reusable sanitary pads offer a sustainable solution and restores dignity to women.
- Instruction and care pamphlet included.

### **Sleep shorts**

- For men and boys admitted to hospital unprepared for an overnight stay or extended stay.

### **Velcro pouches**

- Velcro pouches made from bits of fabric to include in children's bags.
- Can be used as a pencil or toiletry pouch.

### **Cosmetic bag/ waterproof pouch/wet bag**

- A small purse sized pouch included in the cervical cancer and teen girl Care Bags.
- The sizing of 6 x 8 inches is large enough to include essential items such as a change of underwear, a couple of sanitary pads, disposable or reusable, to carry discreetly in the patient's handbag (schoolbag) or to clinic and medical appointments.
- Ideally made with waterproof fabric so it can be used as a wet bag should patients need to rinse and store underwear.
- Can be used as a cosmetic bag.

### **Reusable nappy pack and changing mat**

- A repurpose project using upcycled towels and durable cotton fabric.
- Many mothers are unable to afford the cost of nappies. The reusable nappies and changing mat offer a sustainable solution for the new mothers, particularly those living remotely.
- The cloth nappies in the pack are designed to accommodate newborn and growing infants.
- These packs are individually packaged and gifted to mothers in need at the discretion of the Care Bag's liaison at the respective hospital.

### **PICC line**

- A PICC line is a long, flexible catheter (thin tube) that is put into a vein in your upper arm. To prevent the line from getting caught on clothing and bedding, and to keep the arm warm, nurses can place this cover over the PICC line.
- It's easy to check the lines by pulling the cover up rather than removing bandages.
- Knitted, crocheted, or sewn with stretchy fabric.
- The PICC line covers are packaged and gifted to the paediatrics, women's and men's wards to be used by the healthcare professionals to help them to take better care of their patients.

### **Teddy bear or a toy, worry worm or a pocket hug**

- All items intended to bring comfort and a smile to the recipient of a Care Bag, adults and children alike.

### **Comforting prayer card**

- A personalised comforting card acknowledging someone in our own Care Bag community that needs a prayer for healing as well as a prayer for the patients receiving the Care Bag.
- This message is our way of reaching out to patients who receives our Care Bags by letting them know that they are not alone and that there are people that care about them and are praying for them.

### **Cookies**

- Special cookies baked to include in our bags for special holidays such as Easter and Christmas.
- A special treat to bring joy to patients that are in hospital and unable to share the holidays with their loved ones.

### **Variety of knitted, crocheted and fabric items**

- Beanie - an essential inclusion in every comfort Care Bag
- Bedsocks/slippers - appropriate for all Care Bags.
- Mittens - included in the chemo bags.
- Shawl/scarf/snoodie - included in the chemo bags.
- Clothing items - infant, children, teen clothing.
- Blanket - included in the transport essential bag, chemo, cervical and infant bags.
- Comfort items are an essential part to most Care Bags.
- Items made for cancer bags require only soft yarn for knitted and crocheted items and soft non scratchy fleece or soft stretch fabric items.
- Extra blankets are individually packaged and gifted to patients at the discretion of the Care Bag liaison at the respective hospital.



## PURCHASED ITEMS

Care Bags rely on the generosity and donations from private individuals, churches and NPO's of the following items. This affords us the opportunity to gift much needed items to patients in need in an effort to offer comfort and to restore and maintain a level of dignity that is a basic human right.

### Plastic ziploc bags in various sizes

Offer a practical packing alternative to drawstring bags.

#### Small ziploc:

- Victim support dignity pack
- Periodically used to pack small items, such as a soap and facecloth to include in various Care Bags
- Individually package items such as underwear, knitted knockers, reusable sanitary pads, PICC

#### Medium ziploc:

- Dignity packs for adults, children and teenagers
- New or gently used clothing for adults, children and teenagers

#### Large ziploc:

- Comfort packs for adults, children and teenagers

### Essentials items:

- Toothpaste (adults and children)
- Toothbrush (adults and children)
- Deodorant / Roll on (adults and teens)
- Wet wipes for infant packs
- Nappies for infants

### Soaps

- Standard soap bars in various sizes for adults, children and teen bags
- Gentle Soap
  - suitable for cancer patients receiving chemotherapy and radiation treatments
  - suitable for infants
- Shower gel/shampoo
  - Smaller sizes, such as hospitality packs, are more practical for patients and packing purposes

### **Vaseline / petroleum jelly tubs (20ml +)**

- This item, which is gentle on the skin, is included in all of our Care Bags and is versatile, serving many purposes.
- A lip balm for dry and chapped lips.
- Soothes dry and irritated skin and is suitable to be used anywhere on the body.
- Gentle enough to be used by cancer patients undergoing medical treatments such as radiation and chemotherapy.
- An essential in the infant bags.

### **Zambuck 7g**

- A lip balm for dry and chapped lips after surgery or for patients receiving medical treatment.

### **Facecloth**

- An essential item for patients and an inclusion in all our Care Bags.

### **Pocket tissues**

- An inclusion in most of our Care Bags.

### **Edible treats**

- Biscuits/snack or individually wrapped sweets.
- Biscuits are a welcome treat for patients to enjoy at tea time.
- Ginger is said to help with nausea so ginger biscuits or sweets are a welcome addition for the chemo Care Bags.
- Sweets alleviate the bad taste in the patient's mouth after taking certain medications or when receiving medical treatment such as chemotherapy or radiation.
- Sweets also help alleviate a dry mouth. When eating isn't an option it really helps to suck on a sweet.
- We like to include treats in most of our adult Care Bags.
- The children Care Bags receive treats at special holiday times such as Easter and Christmas and hospital staff are informed that food items are present in these bags.

### **Socks**

- Socks for adults, children and infants.
- Warm feet is a comfort for patients.

### **Small notebook/notepad & pen**

- Included in our various cancer bags.
- A cancer diagnosis is news that no person wants to receive and it can be overwhelming.
- A pocket sized notebook and pen can be useful to patients to write down thoughts and questions that they may have, and to diarise any relevant information related to their individual diagnosis. Medical jargon, treatment dates, medications etc., can all get overwhelming and it helps to have ones own personal notes to refer to.

### **Sanitary pads (disposable)**

- Normal absorbency for our teen Care Bags.
- Maxi preferred for our cervical cancer bags.

### **Women and Teen panties**

- Disposable/maternity panty (size L) included in our transport essential and cervical cancer bags.
- Cotton panty (various sizes, sizing to be indicated on the individually packed bag).
- Children underwear is packed according to the age group indicated on Care Bag.
- Period panties (medium size +, sizing to be indicated on the individually packed bag for maternity, cervical cancer and teen patients).

### **Mens and boys sleep shorts and underwear**

- Boxer shorts for men and teenage boys. Various sizes required, sizing to be indicated on the individually packed bag.
- Briefs for boys of various ages is packed according to the age group indicated on Care Bag.

### **Blankets**

- Blankets in various sizes to gift to adults, children and infants in hospital.
- Blankets offer extra warmth and comfort to patients.
- Knee blankets are included in our chemo bags offering patients warmth in the cold environment where chemotherapy is administered.
- Blankets are included in our transport essential bags.

### **Beanie**

- Beanies for adults, children and infants.
- A warm head is comfort for patients.

### **Toys**

- Cuddle, soft toys offering comfort and stimulation to infants and children.

### **Activity packs for children age 3+**

- Items are gifted as the sharing of toys, games and books are not encouraged due to health and contamination concerns.
- Some children come through the social welfare system. Including activity packs and stimulating items to keep children quietly entertained is not only a comfort for the child but a real help to nursing staff who can then focus on their work and care of patients.
- Activity packs (Busy Sprogs does a wonderful all inclusive activity pack and is a local Knysna business).
- Colouring books and crayons or sticker books.
- Stimulating but quiet games for children to play on their own. Children are not necessarily encouraged to play together due to factors relating to their illnesses.
- Reading books.

### **Razors/nail clipper/nail file/emery board**

- Individually packaged to be gifted to patients at the discretion of the Care Bag liaison at the respective hospital. Some patients stay in hospital for extended periods of time and that is when these items are useful and available to them.

### **Hair comb/brush**

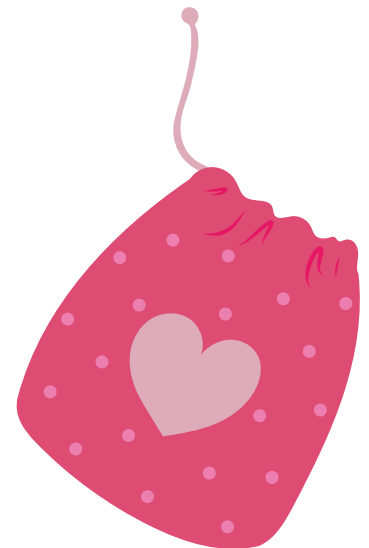
- A welcome addition to adult and teen bags when possible.
- A necessary inclusion in the transport essential bag.

### **Other packaging such as organza bags**

- For the individual packaging of hospitality size toiletries.

## DONATION REQUESTS

- Soap
- Vaseline (20ml+)
- Zam-Buc (7g)
- Toothpaste (adults & children)
- Toothbrush (adults & children)
- Deodorant/roll-on
- Facecloths
- Pocket tissues
- Wet wipes (baby)
- Nappies
- Sanitary pads
- Cotton underwear (all ages and sizes)
- Disposable underwear (size L)
- Sleep shorts
- Socks
- Blankets
- Biscuits/sweets
- Notebooks and pens
- Hair comb/brush
- Nail files
- Children's toys/activity packs



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