

# APRIL 2025 NEWSLETTER

## Care Bag's Made with Love



A charitable initiative providing free Care Bags with essential items for patients seeking treatment at Knysna Provincial and George Regional Hospitals, and care facilities.

Every Care Bag is packed with careful consideration for the needs of the patients. Care Bags are separated into different categories, each including specific toiletries and handmade items for that need.

Our hope is that every recipient will experience some comfort and that dignity is maintained.

Since 2021, we have been blessed with a phenomenal community of like-minded members, each with their own personal reasons for being a part of what we do.



**On 14 March, Care Bag volunteers had a productive morning packing 124 care packages. Thank you to Simola Hotel Country Club & Spa for the use of the Forest View Conference Room, which provided a spacious and pleasant space to work in.**



*A small gesture can make a difference in a person's life, especially when one is vulnerable.*



**CARE BAGS  
DONATED TO DATE**



**Knysna, South Africa**



**carebagsmadewithlove.co.za**

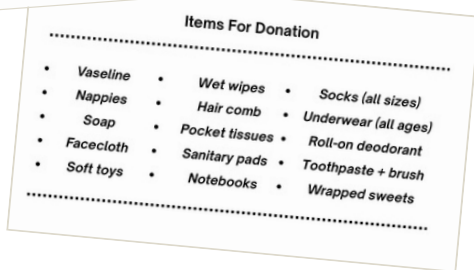
# LATEST UPDATES

## Printing of Labels and Marketing Materials by Acton Signs

Our printed stickers/labels are crucial in ensuring that Care Bags are clearly labeled and reach the patients that need them. Clearly marked bags help nursing staff to select the appropriate bag according to the patient's needs. These durable labels, unlike cardboard tags, do not tear off during handling.

Thanks to a donation from Hazel and Stanley Megahey, we were able to order more labels, along with two presentation poster boards, and business cards. Our new business cards include important contact details on the front, and a handy donations list on the back for easy storage in your purse whilst shopping.

Thank you to Acton Signs for assisting with layout and our printing needs. Your continued support is much appreciated.



## Featured Care Bag ♥ Colon Cancer



Did you know? Colorectal or colon cancer is among the top three cancers for both men and women in South Africa. During a delivery to George Hospital oncology in the latter part of 2024, it was brought to our attention by oncology nurses for the need of a care package specific to the needs of patients undergoing colon cancer treatment. These communications are vital in our efforts to provide care items that serve a useful purpose for patients.

In response to this need, we put together a Colon Care Bag, which can be given in addition to our Chemotherapy Care Bag. Specific items include full fingered gloves, microwave handwarmers, hand sanitiser, sweets and comforting message, prayer card, all packaged in a fabric drawstring bag.

# JAN - APRIL DELIVERIES



JANUARY



FEBRUARY



MARCH



APRIL



TOTAL FOR 2025



**Knysna Provincial Hospital**

Knysna Hospital receive regular monthly deliveries, with a focus on Paediatric, Female and Male wards. In March, for the first time using a hospital meeting room as a packing venue, Care Bags volunteers packed and delivered onsite. All made possible by the generous donations that we receive.



**The Living Cornerstone**

The Living Cornerstone in Sedgefield is a NPO that cares for frail Dementia patients in a well established home. Patients receive 24/7 care from trained carers and registered nurses. They also offer home-based care, where the carers are placed in the homes of patients.



**George Provincial Hospital**

Recent deliveries to George Hospital oncology have made it possible for nurses and care facilitators to gift Care Bags to the patients who need them. Care Bags are separated into different categories - mastectomy, colon, chemotherapy, cervical, and transport essentials - each including specific toiletries and handmade items for that need.



**Bethesda Medical & Relief Services**

Bethesda provides holistic, compassionate, and sustainable care that improves quality of life within their community. Bethesda delivers in-patient palliative, sub-acute, and rehabilitation/restorative care; integrated health and wellness; residential care for abused, neglected, or orphaned children; and other support services.



**Sinethemba Youth Development Centre**

Based in Khayaletu, Knysna, Sinethemba is a registered Drop-in Centre catering for school drop-outs, and children living on the streets, aged 12 to 17 years. They provide meals, life skills, and school reunification opportunities. The children were over the moon to receive the toiletry and sanitary packs delivered by Care Bag's before the Easter weekend.

# COMMUNITY NEWS



## GPC Jolly Knits & Hazel Megahey

Thank you to Hazel and the Groomsport Presbyterian Church Jolly Knits group for such lovely baby items and for always making a plan to bring these valuable donations all the way from Northern Ireland.

## IN LOVING *Memory*



## SPECIAL THANKS

Acton Signs  
Ann Schutte  
Anne Vennemann  
Bev (Brenton Community)  
Bronwyn Greef  
Chere Holt  
Cheryll van Zyl  
Colleen Huddy  
Creative Crocheters  
Debi Lavis  
Dorinda Shaw  
Estelle Botes  
Greta Theron  
Groenkloof Foundation  
Groomsport Jolly Knits  
Hazel & Stanley Megahey  
Heidi & Rudi Sturm  
Ilse Fick  
Ingrid Cyrolies  
Jo Dazeley  
Joey Murray  
Knysna Blanket Angels  
Linda Davis  
Linda Herholdt  
Margie Nolte  
Nina Garisch  
Pam Ruger  
Rika Griffiths  
Roxy Marais  
SAAS (George Birding Group)  
Sally Dazeley  
Sanet Ferreira  
Sarie van Zyl  
Sharon Herr  
Simola Hotel & Country Club  
Tessa Macdonald



## Knysna Blanket Angels

Thank you to KBA for their inspiring monthly meet-ups. Care Bags loves being a part of these "kuiers" and chats with the lovely "angels". A special thanks to Margaret who brought and donated a pile of beautiful fabric for our sewing projects all the way from England. Did you know? You can donate wool at Wool & More in Market St, Knysna for KBA.



## Groenkloof Foundation Trust

This year we have had the incredible blessing of being included as a charity receiving donations from the Groenkloof Foundation Trust. All items are lovingly made by the caring ladies of Groenkloof Retirement Estate, George. Thank you to Cheryll van Zyl for collecting and sorting items, and to Colleen Huddy for delivery.

# FROM THE BEGINNING

In November 2020 I was the recipient of a care package. I was admitted, through emergencies, at Tygerberg Hospital in Cape Town, where I was receiving treatment for cancer. I had absolutely nothing with me at the time, however, a nurse, recognising my situation, presented me with a care package on the morning after I had been admitted. The contents of the bag were items that I desperately needed.

This gesture touched me deeply and I knew that once I returned home to Knysna and, was well enough, that I wanted to contribute in some way towards blessing others in the same way that I had been blessed. I shared my story with some dear friends and, within a few weeks, they had put together the first 10 essential Care Bag's which I was able to deliver to George Hospital.

This was how The Care Bag's Made with Love Initiative came about. We soon recognised that there was such a large scope of need amongst patient's. This encouraged us to start with our Chemo Comfort Care Bags, Mastectomy Care Bags, Cancer Comfort Bags, Mommy Care Bags as well as a whole variety of Children's Care Bags ranging from premature babies to children in their teens.



"From the bottom of our hearts thank you \*Linda and your special team\* To each and every person who has a helping hand in this initiative we appreciate your efforts and kind donations. Thank you for helping us to care more holistic for those in need'.

Sr Robertson, Knysna Hospital.

*Linda Wambach, Founder*



A special prayer card project started by Sanet.



Comfort messages are available as printable downloads on our website.

# HOW TO GET INVOLVED

Care Bag's Made With Love is volunteer-based and 100% of donations go to patients in need. Our Care Bag community is vital to ensuring that we meet the ever growing demand for essential and comfort items for infants, children and adults.

## Interested in getting involved? Here's how to get started:

- ✓ Visit our website - [carebagsmadewithlove.co.za](http://carebagsmadewithlove.co.za)
- ✓ Follow us and engage on [Facebook](#)
- ✓ Join our [Facebook group](#) for crafting projects
- ✓ Follow us and engage on [Instagram](#)
- ✓ Contact us about sponsoring a special project
- ✓ Invite your local sewing and knitting group to make handmade with love items

**Please contact Linda Wambach (071 349 5561) or Sarah Huddy (072 333 4204) for more information and donation collections.**

Download the Handmade Projects guide on our website [here](#)



## ITEMS FOR DONATION

- Soap
- Vaseline
- Zam-Buk
- Toothpaste (adults & children)
- Toothbrush (adults & children)
- Roll-on deodorant
- Facecloths
- Pocket tissues
- Wet wipes (baby)
- Nappies
- Sanitary pads
- Underwear (all ages and sizes)
- Sleep shorts
- Socks
- Blankets
- Biscuits/sweets
- Notebooks and pens
- Gloves
- Hair comb/brush
- Nail files
- Children's toys/activity packs
- Playing cards
- Yarn and fabric

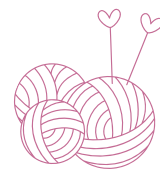
## SEWING PROJECTS

- Drawstring bags
- Toiletry pouches
- Mastectomy pillow
- Face masks
- Drainage bags
- Soap bags
- Sleep shorts
- Reusable sanitary pads
- Dental pouches
- Microwave handwarmers



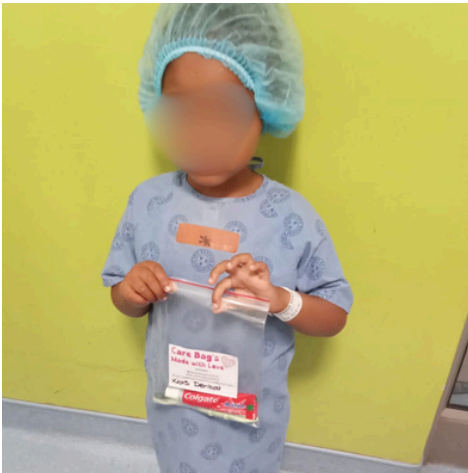
## KNITTING/CROCHET PROJECTS

- Beanies
- Blankets
- Shawls and scarves
- Bedsocks
- Mittens/hand warmers
- Baby clothing
- Soft toys and bears
- Worry worms



# PATIENT RECIPIENTS

Care Bag's Handmade WITH LOVE  
Made with Love



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

