

Care Bags Made with Love Initiative

We are a small group of ladies, all with a story of our own to share, who are combining our efforts and contributing, in a personal capacity, to a cause that we all feel strongly about.

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 other's in the same way that I had been blessed.



Handmade drawstring bags have a reusable purpose and a drawstring opening to enable patients to hang the bag's up and keep them off the floor.



I shared my story with some dear friend's 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 Bags Made with Love Initiative** came about.



A patient receiving one of our Care Bag's

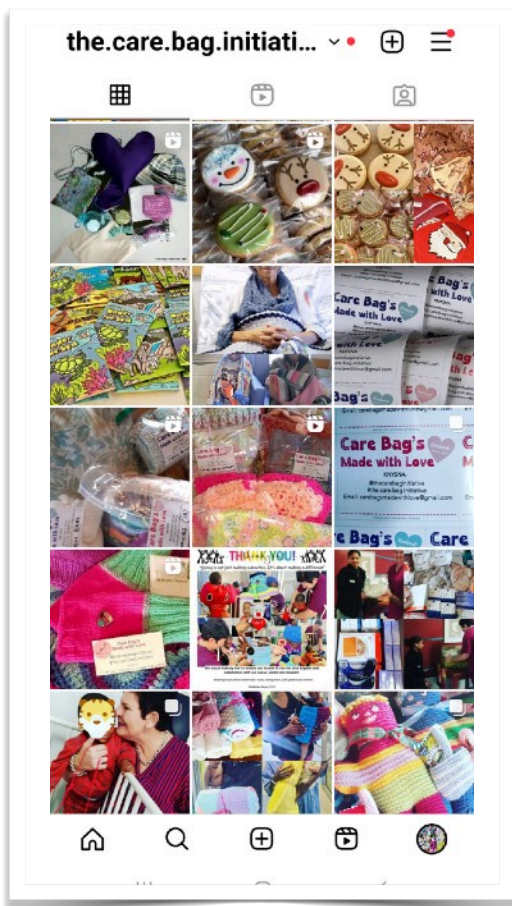
We soon recognised that there was such a large scope of need amongst patient's. This encouraged us to start with our Chemo Comfort Care Bags, Mastectomy Care Bags, Cancer Comfort Bags, Mommy Care Bags as well as a whole variety of Children's Care Bags ranging from premature babies to children in their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

Linda Wambach



Children's backpack Care Bags





Drawstring fabric bags, as well as many other handmade items, including a wide range of knitted items, are made by a number of the ladies in our group.

Knitted items comprise of teddy bears, worry worms, PICC line covers, knitted knockers, beanies, bed socks, mittens, scarves, shawls, clothing and blankets.

The homemade fabric items produced by our group include cosmetic bags, mens and ladies pyjama pants, mastectomy pillows, drainage holder bags, reusable sanitary towels, soft beanies for our chemo and cancer care bags and soft toys for the children's bags.

Our repurpose projects include making items such as reusable nappies with changing mats and soap holders from used towels and linen.



We do, however, receive donations of blankets and other knitted items from local NPO's and church groups. We are extremely grateful when we receive donations of toiletries and other essential items from private donations, as these are so desperately needed.

Since May of 2021 we have packed approximately 950 care packages which have been distributed to Knysna Hospital, George Hospital, Bethesda Medical and Relief services facility in George, Blanco Clinic and Tygerberg Hospital in Cape Town.

The contents of each bag consists of item's that we not only consider essential but also item's that can also serve useful when patients are discharged. Our hope is that every recipient of our care packages, experience comfort and that dignity is maintained. A small gesture can make such a difference in a person's life especially when one is vulnerable.

Hi again Linda

I just gave out 3 packs and the one elderly patient almost had me in tears.

She is very frail and sick so I unpacked all the goodies for her to see. She did not want to let go of that pot of Vaseline. Just goes to show how something as small as a little pot of Vaseline can mean more than gold to someone.

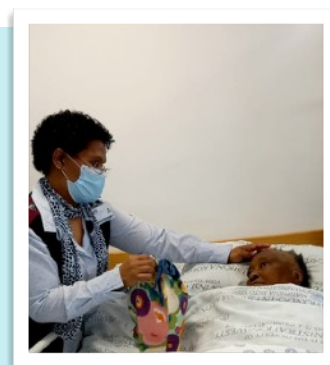
Please thank all the ladies in your group for this wonderful gift. I wish you could have seen the joy on this patient's face!!

Warm regards

Elsie van Rooyen

Operational Manager – Female and Paediatric Ward"

Knysna Provincial Hospital



Each Care Bag is packed with careful consideration for whom they are intended for and will generally include the items listed below. When available additional items may be added to the bags.

1

ESSENTIAL

- Soap / Shower Gel
- Toothpaste
- Toothbrush
- Facecloth/ Soap Bag
- Vaseline / Zambuck

2

DIGNITY

- Deodorant / Roll on
- Cotton Panties/Briefs
- Sanitary pads
- Men's disposable razors
- Men's & Ladies PJ shorts
- Pocket Tissues
- Cosmetic bag
- Nappies

3

COMFORT

- Beanie
- Bedsocks
- Blanket
- Mittens
- Scarves/Prayer Shawl
- Teddy bear
- Worry worms
- Children's activity packs
- Edible treat

"From the bottom of our hearts thank You *Linda and your special team*

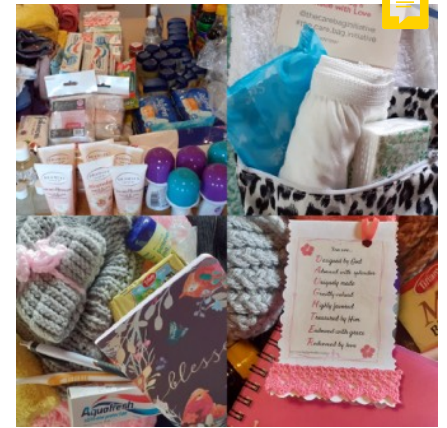
To each and every person who has a helping hand in this initiative we appreciate your efforts and kind donations.



Thank you for helping us to care more holistic for those in need'.

Sr Robertson, Knysna Hospital.







Care Bags
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