

Care Bags Made with Love Initiative

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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 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.

I shared my story with dear friend's, and within a few weeks, they had put together the first 10 essential Care Bags which I was able to deliver to George Hospital.

This was how the **Care Bags Made with Love Initiative** came about.



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.



Essential Care Bags for women and men



Children and parent / guardian Care Bags

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”



The scope of need amongst patients was so large that it was necessary to evaluate how we could do more to help. This encouraged us to start with the Chemo Comfort Care Bags, Mastectomy Care Bags, Cancer Comfort Care Bags, Parent/Guardian Care Bags as well as a whole variety of Children's Care Bags, ranging from premature babies to children in their teens.

Drawstring fabric bags, as well as many other handmade items, including a wide range of knitted items, are made by 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 and face masks for our chemo and cancer care bags as well as soft toys, and children's clothing items.

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

We also receive donations of blankets and other knitted items from local NPO's, church groups and private individuals.

We are extremely grateful when we receive donations of toiletries and other essential items, as these are so desperately needed.

Since May of 2021 we have packed and distributed almost 1000 care packages, to date, to Knysna Hospital, George Hospital, Bethesda Medical and Relief services facility in George, Blanco Clinic and Tygerberg Hospital in Cape Town.

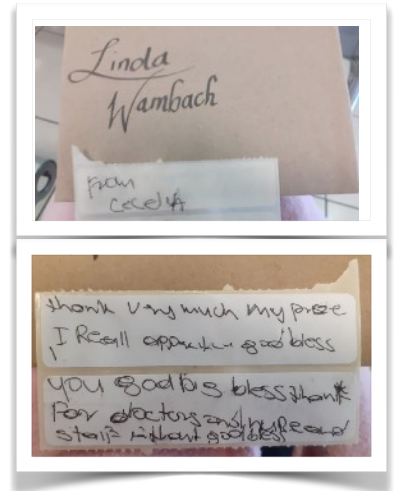


The contents of each bag consists of item's that we not only consider essential but also item's that can be useful when patients are discharged.



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.

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.



ESSENTIAL

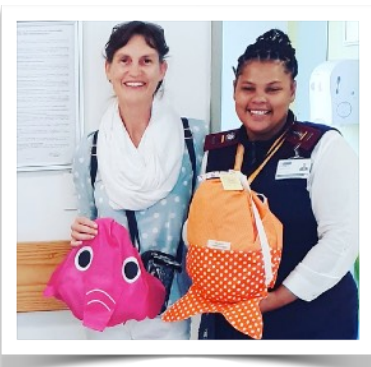
- Soap / Shower Gel
- Toothpaste
- Toothbrush
- Facecloth/ Soap Bag
- Vaseline / Zambuck

DIGNITY

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

COMFORT

- Various knitted items (beanie, bedsocks, blanket mittens, scarves/ prayer shawls)
- Teddy bear
- Worry worms
- Mastectomy pillows
- Drainage holder bags
- Children's activity packs
- Edible treat & drink
- Notebook & pen



"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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