

# AUGUST 2025 NEWSLETTER

## Care Bag's Made with Love



In July, Care Bag's was selected by Simola Hotel Country Club & Spa as their designated charity to benefit from proceeds of the Simola Oyster Festival Sunset Wine Run.

The opportunity to be a part of this fabulous event, engaging with the participants, was a wonderful and valuable experience for our team members Sarah Huddy, Debi Lavis, and Tessa Macdonald.

As part of the event, an Ultimate Simola Golf experience for 4 guests including a buffet breakfast, green fees, golf carts and halfway house meal valued at R6,280 was on raffle.

We were thrilled to have sold all 1000 allocated raffle tickets. The draw took place at Knysna Provincial Hospital the morning after the event. Congratulations to our winner, Mr Ian Roberts, on your prize.

A big thank you to Simola Hotel and Knysna Oyster Festival for supporting local charities. We look forward to returning to the same event in 2026. So, please save the date for next year as we'll be back to share new exciting projects and there will be another opportunity to win a fabulous prize.



**On 10 July, volunteers showcased a variety of Care Bag's to participants of the Simola Oyster Festival Sunset Wine Run, held at the Simola Hotel.**



*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



## Knysna Drop-off Location

We are excited to share that we now have a donation box situated in the reception at Acton Signs. Conveniently located in central Knysna at 38 Cove Street, donations can be dropped off during business hours Monday to Friday. Thank you to Jacquie and Tristan for your support.

## Notebooks Made With Love

We include a notebook and pen in every cancer Care Bag for doctors, nurses, and patients to write down their diagnosis, medication and treatment plans. The doctor and nurses at George oncology were so pleased to see we include them, and it's something they feel strongly every patient should receive.



**Hand decorated and PEP notebooks.**



## Featured Care Bag ♥ Cervical Cancer

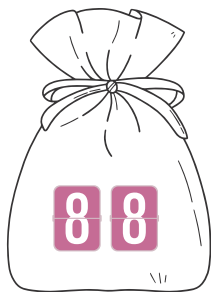


Did you know? Cervical cancer is a significant health concern in South Africa, being the second most common cancer among women. Our Cervical Cancer Care Bag's are especially close to our hearts and all items have a specific purpose.

From the waterproof toiletry bag, to sanitary towels and underwear, the intention is to provide comfort and dignity to patients.

Based on feedback from oncology nurses at George Regional Hospital, we also include a container of course salt for bathing and healing.

# MAY - AUG DELIVERIES



MAY



JUNE



JULY



AUGUST



TOTAL FOR 2025



**Knysna Provincial Hospital**

Knysna Hospital receive regular monthly deliveries, with a focus on Paediatric, Female and Male wards. A new and popular addition to our Care Bag's offering is a dental care pack for kids.

On average, Knysna Hospital performs 24 monthly inpatient dental surgeries on minors. Our aim is to improve oral hygiene in minors by providing oral health toiletries, and to make the child's hospital experience less scary.



**Knysna SAPS Victim Support**

Victim support packs, with essential toiletries, were handed over to Social Crime Officers Constable L. Quine, Sgt C. Gendy, and Ethan Bayman (Chrysalis) for the Knysna SAPS victim friendly room.

We thank the Knysna Community Police Forum (CPF) and the SAPS team for their incredible service to the community. Sarah Huddy was given a tour of the premises, which offered valuable insights into the good work that they do.



**Bethesda Medical & Relief Services**



In June, various comfort and hygiene packs were delivered to Bethesda, George. Many of the Care Bag's were allocated to their outreach programmes within the broader community, and to their Child and Youth Care Centre (CYCC).

Bethesda provides holistic, compassionate, and sustainable care that improves quality of life within their community.

# COMMUNITY NEWS



## Women's Day at Knysna Hospital

In August, Care Bag's were able to give a helping hand in making the Women's Day celebration of the staff at Knysna Provincial Hospital special. Thank you to Bronwyn Greef for baking and decorating 50 beautiful cupcakes for this occasion.



## The Knysna Rotary Anns

The Knysna Rotary Anns invited Care Bag's to talk to their group of ladies in June, as we share the ethos of working together to help the community. We look forward to future collaborations and thank them for the beautiful knitted items already received.



## Knysna Sedgefield Hospice

In May, Sarah Huddy presented to Knysna Sedgefield Hospice a variety of our Care Bags, showing how each is filled with thoughtful essential and comfort items for patients in need. Thank you to Sister Hannelie for this opportunity to chat about what we do, and to learn more about the incredible work Hospice does in our local communities.



## Groenkloof 20-year Birthday Celebrations

Care Bag's joined the Groenkloof Vlytige Vingers at the 20-year celebrations of Groenkloof Retirement Village on 8 August. Sharon Herr and Colleen Huddy shared more about Care Bag's and had the opportunity to meet and interact with this talented and generous group of ladies. Thank you for your phenomenal support and monthly donations.

## SPECIAL THANKS

Acton Signs  
Ann Schutte  
Anne Vennemann  
Bronwyn Greef  
Chere Holt  
Cheryl Scheepers  
Cheryll van Zyl  
Colleen Huddy  
Creative Crocheters  
Debi Lavis  
Dorinda Shaw  
Elona Garbers  
Elsie Hailstone  
Estelle Botes  
Ester Beukes  
Groenkloof Foundation  
Hilary Bigley  
Joey Murray  
Judy Maritz  
Knysna Blanket Angels  
Knysna Rotary Anns  
Linda Herholdt  
Lynne Wilkinson  
Margie Nolte  
Marisa & Wihan Bester  
Nina Garisch  
Pam Ruger  
Picca de Bruin  
Roxanne Marais  
Sally & Jo Dazeley  
Sandra Mynhard  
Sanet Ferreira  
Sarie van Zyl  
Sharon Herr  
Simola Hotel & Country Club  
Stefanie Seydack  
Tessa Macdonald

# COMMUNITY NEWS



## Tshipise Vlytgie Vingers

The lovely ladies from Vlytgie Vingers at Tshipise raffled off a beautiful blanket made by member Sandra Mynhard. The draw was held on 26 June, and the lucky winner, Gert, was thrilled. The proceeds - an incredible R2,480 - went towards purchasing wool for the group so that they could continue to create beautiful comfort items for Care Bags, as well as for the purchasing of toiletries and much needed items for dignity packs. Thank you to Sarie van Zyl for initiating this project, and to Sandra Mynhard for your very generous donation.



## Knysna Blanket Angels meeting at Tidswell Hall



Please join the Care Bag's Facebook group using the QR Code.



Sewing friends Millie Goodchild, Ann Schutte, Juanita Groiss & Venessa van der Merwe meet regularly to make items for Care Bag's.



# FROM THE BEGINNING

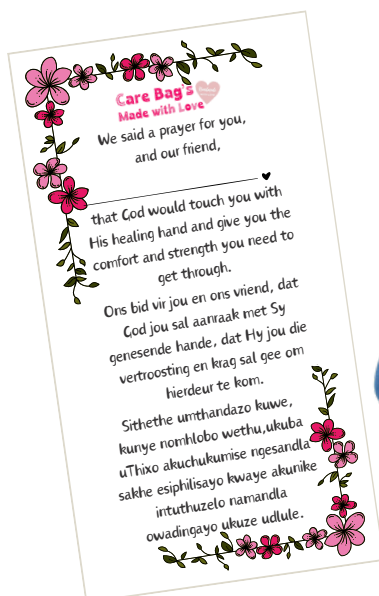
In November 2020 I was the recipient of a care package. I was admitted, through emergencies, at Tygerberg Hospital in Cape Town, where I was receiving treatment for cancer. I had absolutely nothing with me at the time. However, a nurse, recognising my situation, presented me with a care package on the 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 Ladies Essential Care Bag's which I was able to deliver to George Hospital on 7 May 2021.

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 the Men's Essential Care Bags, 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, Founder*



**Prayer cards are available as printable downloads on our website.**



Sr Hannelie, from Knysna Sedgefield Hospice, shared a story of a patient at Knysna Hospital who received a Care Bag, the contents of which were greatly appreciated. However, the patient shared that it was the heart applique on the fabric drawstring bag itself that especially brought her comfort. Special touches mean so much to patients.

# 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

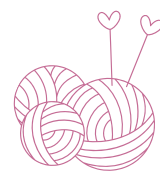
## SEWING PROJECTS

- 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



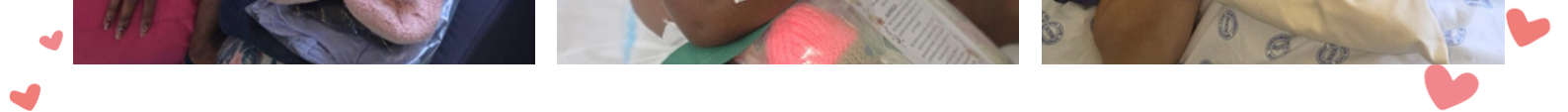
## BANK DETAILS

- Bank: Tyme Bank
- Branch Code: 678910
- Acc. No.: 51124603302
- Type: Current Account



# PATIENT RECIPIENTS

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



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Care Bag's Handmade with Love  
Made with Love

