

DECEMBER 2025 NEWSLETTER

Care Bag's Made with Love

In November, Care Bag's was invited to be part of the Spoilt Summer Knysna Gift Fair held at Premier Resort The Moorings.

Care Bag's showcased various essential and handmade items supplied in our care packages, and had the opportunity to discuss our current projects with shoppers.

We would like to extend our thanks to Sasha Campbell, of Sasha Events, for the opportunity to engage with locals and visitors in a relaxed setting. Your continued support for local charities is recognised.

To our volunteers who joined us at the event, Tessa Macdonald, Ann Schutte, and Debi Lavis, thank you for being amazing Care Bag's ambassadors and helping spread awareness of the work we do.



Sarah Huddy and Linda Wambach at the Spoilt Knysna Gift Fair held on 14th and 15th November.



A Very Care Bag's Christmas



Nurse Christmas Gifts

Knysna & George Hospitals were gifted pen holders & lanyards, with Fabulous Scrappers tags



Knysna, South Africa



carebagsmadewithlove.co.za

LATEST UPDATES



Notebook for Oncology Admissions

Every Cancer Care Bag includes a notebook and pen for patients and doctors to write medical notes. We recently launched our very own Care Bag's notebook pack for oncology admissions at George Provincial Hospital.

Contents include A6 lined notebook, pen, and individually wrapped sweets with comforting message. Printed locally by Knysna Press.

Adult Activity Books

During consultation with Knysna Sedgefield Hospice, a request was made for adult colouring pages and wax crayons to help cancer patients fight boredom during treatment and to keep minds active.

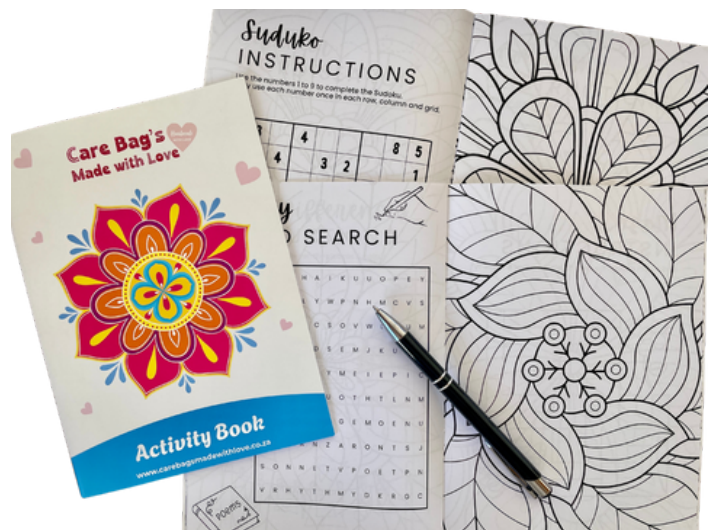
Since everything Care Bag's does is made with love, we wanted to design an activity book with frail patients in mind. This includes large patterns that are easy to fill in with crayon for weak hands, and a variety of simple games with easy to read fonts.

Sarah Huddy designed this compact 24-page A5 booklet, for Hospice and cancer patients. Printed locally by Knysna Press.



Sponsorship Opportunity

Please contact us if you would like to sponsor printing costs. Advertise your business logo.



We are taking time to rest!

Taking a holiday break from:

8 December 2025

Starting the year energised on:

26 January 2026

YEAR END FUNCTION



Packing Meetup

Simola Hotel Country Club

A huge thank you to our wonderful volunteers for joining us at our final meet-up of the year, on 20 November, at Simola Hotel Country Club & Spa.

After such a full and busy year, our volunteers enjoyed a little fun, laughter, and time to connect after packing special Care Bags together.

A heartfelt thank you to Roxanne Marais and Simola Hotel for the gorgeous venue, and for always being so willing to accommodate Care Bags for our larger packing events.



YEAR END FUNCTION



Guest Speakers

It was wonderful to have Sergeant Gendy, Constable Quine, and Ethan Bayman (Chrysalis) from SAPS, as well as Michael Smith from Sinethemba Youth Development Center, pop in to meet the volunteers and share more about the important work they do.

Their role in our community is truly invaluable, and it was special to hand over the Care Bags we packed at the event for them.

To everyone who joined us - thank you for your presence, your energy, and your love.

Bingo Winners

An extra-big thank you to the sponsors of the generous gifts for our Care Bags Bingo - it truly was the perfect way to end the morning.

Congratulations to our winners: Michaela, Ann, Margie, Hilary, & Nina. Well done ladies!

Bingo prizes:

- Simola Hotel Breakfast voucher valued at R640
- Essence Salon voucher valued at R500, sponsored by Carol Schoeman
- LifeTrek Mosquito Repellent gift hamper, sponsored by Bronwyn Greef
- Care Bag's activity book & pen
- Care Bag's notebook & pen



SEPT - DEC DELIVERIES



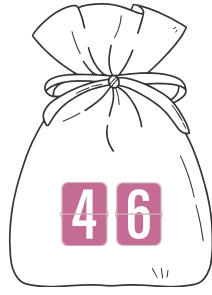
SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER



TOTAL FOR 2025



KNYSNA/SEDGEFIELD HOSPICE



In September, Care Bag's members Linda Wambach and Sarah Huddy were delighted to deliver a variety of care packages, packed in accordance to the specified requirements of Knysna Sedgefield Hospice.

These Care Bags are intended for patients travelling to Cape Town for extended treatment. Through consultation with the nurses and social worker, we provide five varieties of transport bags:

- **Men's Cancer Care:** Comfort items and toiletries, including neck bandana for laryngeal cancer patients.
- **Ladies Cancer Care:** Comfort items and toiletries, including soft beanies for chemotherapy patients.
- **Ladies Cervical Cancer Care:** Comfort items and toiletries, including zinc oxide, course salts, sanitary towels, and waterproof pouch.
- **Children's Cancer Care:** Comfort items and toiletries, including toy and activities.
- **Caregiver Support:** Comfort items and toiletries, including drink and food items.

Care Bag's has committed to provide Knysna Sedgefield Hospice with care packages delivered twice yearly, based on patient demand. Through this partnership, we aim to reach more patients within our community requiring essential items during their cancer treatment.



Volunteers pack to checklists as below

TRANSPORT - LADIES/MEN'S

- Drawstring fabric bag
- Reusable/sml bottled water
- Healthy snack (nuts/dried fruit/bar)
- Travel pillow
- Small blanket
- Soft beanie (ladies)
- Neck bandana (men's)
- Pocket tissues
- Wet wipes/hand sanitiser
- Lipbalm/Vaseline/Zam-Buk
- Toothpaste
- Toothbrush
- Glycerine soap
- Facecloth
- Hand lotion
- Socks
- Cotton underwear
- Notebook & pen
- Worry worm
- Colouring/puzzle book/playing cards
- Prayer card



COMMUNITY NEWS

The Knysna Rotary Anns

Thank you to Cheryl Scheepers and the lovely ladies at The Knysna Rotary Anns for welcoming Sarah Huddy and Linda Wambach to your 14 October meeting.

It was wonderful to have the opportunity to pack Care Bags alongside these vibrant and enthusiastic ladies.

51 children's dental packs and 50 adult mini comfort packs were packed thanks to great team efforts.

Children's dental packs, and ladies and men's mini comfort packs, serve to bring comfort and dignity to patients at Knysna Provincial Hospital.

This special pack was made possible thanks to funds received from The Knysna Rotary Anns, and we enjoyed spending time with them and demonstrating how Care Bags were able to allocate their generous donation to help those who are vulnerable.

Thank you ladies for your support!



COMMUNITY NEWS



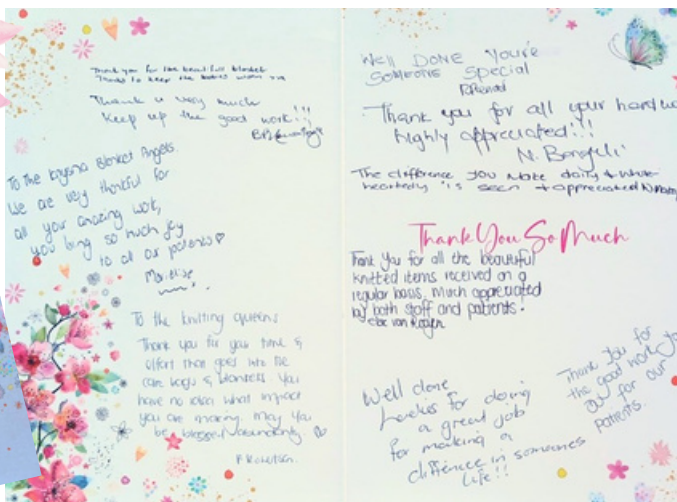
Breast Cancer Awareness at George Hospital

Care Bag's provide a variety of cancer care packages to George Hospital Oncology. Our wish is that the Care Bags that we provide bring comfort and help to maintain a level of dignity for the patients.

In October, George Hospital included our Mastectomy Care Bags on their Breast Cancer Awareness table. We appreciate their dedication and commitment to caring for their patients.



Knysna Blanket Angels



SPECIAL THANKS

- Acton Signs
- Adelheid Davis
- Ann Schutte
- Bronwyn Greef
- Carol Schoeman
- Cheryll van Zyl
- Colleen Huddy
- Creative Crocheters
- Damaris Haasbroek
- Debi Lavis
- Doné Else
- Dorinda Shaw
- Fabulous Scrappers
- Groenkloof Foundation
- Hilary Bigley
- Ingrid Cyrolies
- Isabel van Graan
- Knysna Blanket Angels
- Knysna Rotary Anns
- Linda Herholdt
- Louise Yoko
- Lyn Mckechnie
- Margi McAlpine
- Merilyn Gasser
- Michaela Fraser
- Nicole Reynolds
- Nina Garisch
- Pam Ruger
- Rene Deacon
- (The Little Wool Shop)
- Rhiannon Chauncey
- Sanet Ferreira
- Sasha Campbell
- (Sasha Events)
- Simola Hotel & Country Club
- Sylvia Abel
- Tessa Macdonald

HANDMADE WITH LOVE



Please join the Care Facebook group us!
QR Code.



Attach a slip of paper with the clothing size



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



Care Bag's
Made with Love

HANDMADE PROJECTS



carebagsmadewithlove@gmail.com Knysna, South Africa

HOW CARE BAGS BEGAN

In November 2020, I found myself on the receiving end of a care package – and in that moment, with absolute clarity, I understood the purpose that had been set before me.

I had been admitted through the emergency department at Tygerberg Hospital in Cape Town, in the midst of cancer treatment. As an outpatient, I was completely unprepared for a sudden hospital stay. A nurse, recognising my situation, quietly handed me a care package – offered with such gentleness and kindness. Inside were the most practical items, exactly what I desperately needed at one of the most vulnerable moments of my life.

That simple gesture touched me deeply. When I returned home to Knysna, on completion of my treatment, I shared my experience with some dear friends and, within weeks, they had lovingly put together the first 10 Ladies Essential Care Bags. On 7 May 2021, I delivered them to George Hospital – the humble beginning of what would become The Care Bags Made with Love Initiative.

My journey came full circle when, within my first year of recovery, I was diagnosed with cancer a second time. I returned to Tygerberg Hospital for surgery in early 2022. It was the perfect opportunity to give back to the very ward that had set me on this path of purpose and compassion.

Every bag represents hope, dignity, and love to patients and vulnerable individuals who are often facing overwhelming difficulties and challenges. We strive to bring comfort, dignity, and a sense of being seen and cared for to every person who receives one of our Care Bags.

Today, Care Bags Made with Love continues to provide Care Bags via Knysna Sedgefield Hospice and George Hospital Oncology for cancer patients travelling to Tygerberg or Groote Schuur Hospitals for care and treatment.

Linda Wambach, Founder



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
- ✓ 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.

DROP OFF FOR DONATIONS



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

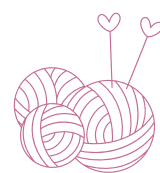
SEWING PROJECTS

- 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



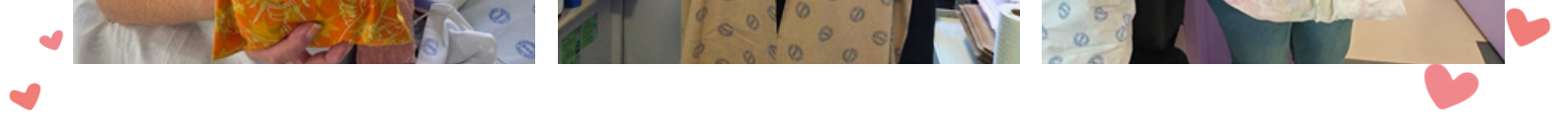
BANK DETAILS

- Bank: Tyme Bank
- Branch Code: 678910
- Acc. No.: 5112 4603 302
- Type: Current Account



PATIENT RECIPIENTS

Care Bag's Handmade with Love
Made with Love



PATIENT RECIPIENTS

Care Bag's
Made with Love

