

AUGUST 2026 NEWSLETTER

Care Bag's Made with Love



Knysna Oyster Festival Golf Day

Care Bags was incredibly honoured to be the chosen charity beneficiary of the Oyster Festival Golf Day, hosted at Simola Hotel Country Club & Spa in July.

A heartfelt thank you to the hosts, the organisers, Anton de Bruin from Supertec Ceilings & Drywall, all the players, and everyone who helped make the event such a success.

Opportunities like these not only help raise awareness of the work we do, but also much needed funds to provide practical support to the care organisations serving our communities.



Sarah Huddy and Linda Wambach greeting Oyster Festival golf players at Simola Hotel.



Volunteers Michaela Fraser and Debi Lavis were delighted to hand over the prize to our lucky winner, Sean Burt.

Simola Sunset 5km Wine Walk

Thank you to everyone who came along to the Simola Sunset Wine Walk and walked for a cause in support of Care Bags Made with Love, and stopped by our table to purchase raffle tickets.

Sean Burt was announced as our raffle winner following the live draw at the event. He won a Simola buffet breakfast for 4, together with a Wonki Ware hamper, with a total value of R2,800. Thank you to everyone who supported the raffle and helped make the evening such a wonderful success.

A heartfelt thank you to Simola Hotel Country Club & Spa for hosting another fabulous event and for once again including Care Bags as the charity beneficiary. Your ongoing support, generosity, and commitment to local charities is much appreciated.



[Read FB Post](#)



Knysna, South Africa



carebagsmadewithlove.co.za

CARE BAG'S MADE WITH LOVE

RECIPIENT CARE ORGANISATIONS

Knysna Provincial Hospital Serving the men's, ladies, and paediatric wards

George Regional Hospital Serving the oncology and neo-natal wards

Knysna Sedgefield Hospice Providing transport cancer bags and activities for support group

George Central Clinic Serving patients at George Central and Conville Clinics

Sinethemba Youth Development Centre Providing hygiene packs and essential items

Bethesda Medical and Relief Services NPC Serving the Youth Care Centre

Knysna SAPS & Community Police Forum Serving Victim Support and wider community



Care Bag's Made With Love is a charitable initiative providing free essential items for patients seeking treatment at care facilities in the Garden Route, South Africa. Our hope is that every recipient will experience some comfort and that dignity is maintained.

FEATURED PROJECT - NOTEBOOKS

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

Please contact us should your business like to sponsor and purchase advertising space.



CARE BAGS SPOTLIGHT



WINTER WARMER PACKS

This year, 212 Winter Warmer Care Bags were prepared and distributed through our outreach.

CONTACT DETAILS



Linda Wambach - Knysna
071 349 5561



Sarah Huddy - George
072 333 4204



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facebook.com/thecarebaginitiative/



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Branch Code: 678910 Type: Current Acc

KNYSNA PROVINCIAL HOSPITAL

ANNUAL WINTER WARMER OUTREACH

Winter Warmer Care Bags form part of our annual winter outreach to care organisations, hospitals, and clinics. A recent delivery to Knysna Hospital and Lolita House will provide extra warmth and comfort, over and above our standard Care Bags, to patients facing difficult circumstances during the colder months.

This wouldn't be possible without the generosity and ongoing support of our incredible Care Bags community, volunteers, and donors. Together, we are bringing warmth, comfort, care, and kindness to those who need it most this winter.



Care Bag collects gently worn clothing for hospital and clinic patients, with a particular focus on vulnerable mental health and homeless patients who may have little or no clothing when discharged.



Male ward patients very happy. Just to see the smiles on their faces when they're receiving their Care Bags. Thank you for putting a smile on our sick patients faces. Much appreciated.

“Candice Malgraff

GEORGE REGIONAL HOSPITAL

WINTER WARMER PACKS FOR ONCOLOGY

In June we observed International Cancer Survivors month. A time to recognise the journey of those affected by cancer. We were delighted to deliver a selection of beautiful Winter Warmer Packs to the Oncology Department of George Hospital.

It is a privilege to support those undergoing cancer treatment and to acknowledge the healthcare professionals who walk alongside them every day. We hope these packs bring a little warmth and encouragement to all who receive these comfort packs.



DIGNITY FOR GEORGE NEONATAL MOTHERS

Care Bag's Made With Love donates dignity toiletry packs for long-stay mothers with limited resources, at George Hospital Neonatal ward. The photographed sewn pouch bags, lovingly made and donated by the Groenkloof Vlytgie Vingers ladies, were absolutely perfect for our Dignity Packs.

Not only are these beautiful pouches a thoughtful gift in themselves, but we were able to pack each one with essential toiletries to support a new mother in need during a particularly challenging time.



DONATION REQUEST

Infant wet wipes for George Hospital Neo-natal Ward



JOIN OUR DIGNITY VOLUNTEER INITIATIVE

Care Bag's is volunteer-based and our community is vital to ensuring that we meet the growing demand for essential items for patients. Join our volunteer initiative by encouraging your friends, colleagues, or school to donate and pack toiletries as their charity outreach. This is a rewarding team building exercise, with full details and packing checklist available on our website.



DOWNLOAD CHECKLIST
Under Useful Resources

KNYSNA SEDGEFIELD HOSPICE

SUPPORTING PATIENTS AT KNYSNA AND SEDGEFIELD DAY CARE

In July, Care Bags volunteer Linda Heroldt delivered Winter Warmer Packs, along with card-making kits, to the Hospice daycare group at Bond House in Knysna. Care Bags is always grateful for the opportunity to support this special group whenever we can.

The Knysna and Sedgefield daycare groups meet regularly, providing a valuable and supportive space where cancer patients can connect, share experiences and encourage one another along their journeys. The July gathering was all about pampering, making it the perfect opportunity to gift each participant with a Care Bags Winter Warmer Comfort Pack.

A heartfelt thank you to the Hospice team for all that they do to care for patients and for creating a safe and compassionate environment, where meaningful connections, friendship and mutual support can flourish.



Penny Lennon receiving winter warmer packs and card-making kits from volunteer Linda Heroldt at Bond House.



“Morning Linda. We had such a special day at hospice; did some chair exercises with the patients, manicure and hair wash, and handed out a winter pack to each person... a morning of spoiling! Thank you so much!

Penny Lennon”

GEORGE CENTRAL CLINIC

YOUTH DAY COMMUNITY OUTREACH

On 16 June, George Central and Conville Clinics hosted youth-focused awareness days in recognition of Youth Day. Care Bags was happy to show our support by packing bags specially for teenagers, which were distributed to young people attending the events.

Well done to the clinic teams for investing in the health, well-being, and future of youth in our communities.

NATIONAL MENTAL ILLNESS AWARENESS

July is National Mental Illness and Psychosocial Disability Awareness Month in South Africa. This important month is dedicated to breaking the stigma surrounding mental illness, raising awareness about psychosocial disabilities, encouraging compassion, understanding, and access to mental healthcare.

Care Bags delivered beautiful packages for George Central Clinic and Conville Clinic in support of patients facing the challenges of living with mental illness. A special touch in each bag was a Worry Worm—a tiny companion designed to bring a smile, offer comfort, and remind each recipient that they are never alone.



MANDELA DAY OUTREACH - Ithemba Centre

As part of George Clinic's Mandela Day outreach, the dedicated team visited a local men's homeless shelter. Care Bags prepared Dignity Packs containing essential and practical items. These were combined with additional contributions from the clinic team before being distributed to the men at the shelter.

Together, these thoughtful care packs help restore dignity while reminding each recipient that they are seen, valued, and cared for.



SINETHEMBA YOUTH CENTER

BRINGING WARMTH TO WINTER HOLIDAYS

In July, Linda Wambach visited the new premises of Sinethemba Youth Development Centre in Hornlee, Knysna. It was heartwarming to see the children in their youth program receive their Care Bags filled with essential toiletries, along with Winter Warmer Packs of knitted items—just in time for the school holidays.

We hope these care packages will keep the children warm and comfortable during the cold winter months. The hygiene packs also provide a sense of dignity and encouragement as they develop healthy self-care habits.

A heartfelt thank you to everyone who has contributed to making these special gifts possible. Your kindness is helping to bring warmth, hope and care to children who need it most.

A special thank you to Michael, Lindiwe and the entire Sinethemba team for all that you do. Thank you for creating a safe, nurturing environment where children can learn, grow and thrive. Your dedication is changing lives.



Volunteers Bronwyn Greef and Margie McAlpine packing hygiene packs at Knysna storage (above). Social worker, Lindiwe, with the children receiving Care Bags (below).



What a big surprise to be visited by Linda from Care Bag's Made with Love. It was more than just dropping off the Care Bags and Winter packs, Linda really made time to get to know the staff. Care Bags Made with Love keeps on being one of our most valuable partners. Linda, you and the ladies are not just super amazing, you are making a huge difference in our communities. We appreciate your generosity and kindness.

Michael Smith

BETHESDA GEORGE

SUPPORTING OUR VULNERABLE YOUTH

In June, Care Bags delivered hygiene and winter warmer packs to the 24 young people living at the Bethesda Youth Care Centre in George. Welcome care bags are also gifted to children upon arrival at the residential home, to provide comfort and show love at a traumatic and vulnerable time in their lives.

Residential care refers to long-term care given to children who stay in a residential setting rather than in their own home or family home. Children are removed, by government action, from their homes due to abuse or neglect.



We are so grateful for the care packages donated to our Youth and Health Care Centre. Each package was thoughtfully packed with essential items to help bring comfort, warmth, and dignity to the children and young people in our care. Baie dankie vir elke pakkie wat met soveel liefde voorberei is. Thank you for sharing such practical kindness with Bethesda.

Mandy Lucas

PACKING CHECKLISTS

HYGIENE PACK

- ☒ Ziploc bag
- ☒ Soap
- ☒ Facecloth/soap bag
- ☒ Vaseline
- ☒ Toothpaste
- ☒ Toothbrush



WELCOME PACK

- ☒ Drawstring fabric bag
- ☒ Soft toy
- ☒ Facecloth/soap bag
- ☒ Toothbrush
- ☒ Toothpaste
- ☒ Vaseline/Zam-Buk
- ☒ Sweets/biscuits

KNYSNA SAPS & CPF

WINTER WARMERS FOR THE ELDERLY

Care Bags volunteers were busy this June packing 100 Winter Warmer Care Packages for elderly members of our community as part of an outreach initiative with the Knysna Community Police Forum (CPF) and Knysna SAPS. Each pack contained a fleece blanket, a warm beanie, and socks to bring comfort during the cold months.

The packages were delivered to Constable Quine and Lt Colonel Balasana at Knysna Police Station for distribution during the World Elder Abuse Awareness Day (WEAAD) event held on 15 June. Together, we can continue to raise awareness, show kindness, and ensure that our elderly community members feel valued, supported, and remembered.

A very special thank you to the Bheeka family, who generously sponsored 85 of these Winter Warmer Packs in loving remembrance of their dear Grandma Laxmi, who passed away at the age of 85. What a beautiful way to honour her memory while bringing comfort to others.

Thank you to Pam Ruger and Linda Herholdt, who sourced the items and packed each care package with such love and care. This was truly a team effort, made possible through the kindness and generosity of many caring hearts.

Grandma Laxmi (below), packages handed out at the WEAAD event (right), Sgt Gendy (below right).



Lt Colonel Balasana, Pam Ruger, Const. Quine and Linda Wambach (above), and Linda Herholdt and Pam Ruger packing parcels (below).



“ It was truly a privilege to receive the 100 Winter Warmer Packs, the Victim Support Packs, and the sanitary towel packs on behalf of those who will benefit from them. Please pass on our sincere gratitude to all the volunteers involved. Lt Colonel Balasana was equally moved by the visit and asked me to convey her personal thanks to you and your team. The generosity and heart behind Care Bags Made with Love does not go unnoticed.

Constable L. Quine



KNYSNA SAPS & CPF

CELEBRATING THE WOMEN BEHIND THE SCENES



On Friday, 14 August, the Knysna Community Police Forum (CPF) hosted a special Women's Day initiative to acknowledge the incredible women who work "behind the scenes" in our community to help keep others safe. The morning brought together women from the CPF and Community in Blue, NHW footpatrollers, SAPS Youth Desk Crime Prevention and police reservists for a fun-filled morning of bingo, art creating, coffee, and cake.

In keeping with the spirit of the morning, Care Bags was delighted to gift handmade Worry Worms and card-making kits, lovingly created and donated by our wonderful community. A special thank you to volunteers, Margi Nolte and Margie McAlpine, who besides hosting the Bingo also presented these little gifts of appreciation to the women attending. And what a delight to see the creativity that followed. The beautiful cards made using the gifted kits were absolutely wonderful and the worry worms always bring a smile.

Thank you to all the women who give their time, often quietly and behind the scenes, to make our community a safer and better place. You are appreciated, valued and celebrated.



Care Bags volunteers Margie McAlpine and Margi Nolte (above left), with CPF event attendees.

DIGNITY & COMPASSION IN VICTIM SUPPORT

Safety and dignity are part of this year's Women's Month focus. At Care Bags, we show our support in the ways that we can — providing dignity and comfort packs to hospitals and care organisations, while also supporting key groups such as the Knysna SAPS Victim Support Unit periodically, as their needs arise.

Through these packs, we aim to offer dignity, practical support and a reminder of compassion to women who find themselves in vulnerable and often traumatic circumstances. Every bag is a small reminder that someone cares.



Pam Ruger, Const. Quine and Linda Wambach at Knysna SAPS.

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.

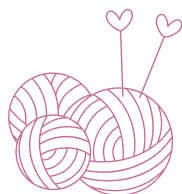
SEWING PROJECTS

- 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
- Worry worms



ITEMS FOR DONATION

- Soap
- Vaseline
- Zam-Buk
- Toothpaste (adults & children)
- Toothbrush (adults & children)
- Roll-on deodorant
- Facecloths & towels
- 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
- Toys/activity packs
- Playing cards
- Yarn and fabric
- Gently worn clothing



DROP OFF FOR DONATIONS

📍 Acton Signs
38 Cove St, Knysna
Business hours

📍 Needle Nook
Meade St, George
Business hours

SPECIAL THANKS

Acton Signs
Adelheid Davis
Alma Sillifant
Ann Schutte
Anne Venneman
Anneke van Schalkwyk
Anton de Bruin
Bheeka Family
Bronwyn Greef
Chere Holt
Colleen in Sedgfield
Creative Crocheters
Debi Lavis
Elona Williams

Fabulous Scrappers
Groenkloof Vlytge Vingers
Health at Kingsgate
Hilary Bigley
Ingrid Watkins
Joey Murray
Knysna Blanket Angels
Linda Herholdt
Louise Human
Lizz Orr
Lyn McKechnie
Margi McAlpine
Margie Nolte
Mary Muller
Matt Bird at Simola Golf

Michaela Fraser
Nina Garisch
Outeniqua Quilters Guild
Pam Ruger
Rita Visagie
Roxy Marais
Sandra Mynhard
Sanet Ferreira
Sarie van Zyl
Simola Hotel & Country Club
SUPERTEC Ceilings and Drywall
Tshipise Vlytge Vingers
Vanessa van der Merwe
Winnie Ingram

HOW CARE BAGS BEGAN

Founder's Story – Care Bags Made with Love

Care Bags Made with Love began with a simple act of kindness at a time when I needed it most. In November 2020, while undergoing cancer treatment, I was admitted through Emergency at Tygerberg Hospital in Cape Town. As an outpatient, I was completely unprepared for a hospital stay. A nurse, recognising my situation, quietly handed me a small care package filled with practical essentials – exactly the things I needed at one of the most vulnerable moments of my life.

That simple gesture stayed with me. I remember thinking that I wanted to do something to help other patients who find themselves in a similar situation. After completing my treatment, I returned home to Knysna and shared my experience with a few dear friends. Within weeks, they had lovingly put together the first ten Ladies Essential Care Bags. On 7 May 2021, I delivered those first Care Bags to George Hospital. And that was the humble beginning of Care Bags Made with Love. ❤️

When I was diagnosed with cancer for a second time, I returned to Tygerberg Hospital for surgery. This gave me the opportunity to give back to the very hospital that had unknowingly inspired the journey I was now on.

Over the past five years, Care Bags' reach has grown. What began as a desire to support patients in their time of need at Knysna and George Hospitals has grown into a community outreach supporting hospitals, clinics, care facilities and organisations across the region. But at the heart of Care Bags, it has always been – and continues to be – about people.

It is about the patient receiving a Care Bag and knowing that someone cares. It is about the nurse handing it over with compassion. It is about the volunteer giving their time, the donor giving what they can, and the person knitting, sewing, crafting or creating something by hand. It is about every person who has helped carry this initiative forward.

Every Care Bag represents a collection of kindnesses – and every contribution, no matter how small, helps bring comfort, dignity and hope to someone who needs it.

I am incredibly grateful to everyone who is part of the Care Bags journey. What started with one care package given to me in a hospital has grown into something that belongs to all of us. My hope is that, together with our wonderful Care Bags community, we will continue to make a meaningful difference wherever we can – and inspire others to do the same.



With love
Linda Wambach, Founder

