

Care Bag's Made with Love

We are delighted to share that Care Bags now has dedicated storage space in both Knysna and George.

This is a long-awaited and significant step forward for our initiative. After much consideration, it became clear that secure storage for donations – as well as a practical, safe, and functional workspace for volunteers – is essential to the growth and efficiency of Care Bags.

These spaces will allow volunteers to meet regularly to sort and organise donations, and to efficiently prepare and pack Care Bags and care parcels. With this structure in place, we are able to process donations more consistently and increase the frequency of our packing sessions. This, in turn, helps us uphold our commitment to the care organisations we support – and to the individuals who rely on them most.

The rental of these spaces is currently funded through dedicated fundraising efforts for this purpose. We also warmly welcome any additional financial contributions to help us continue meeting these ongoing monthly costs.

Thank you for being part of this journey and for helping Care Bags continue to grow and serve with care and dignity.

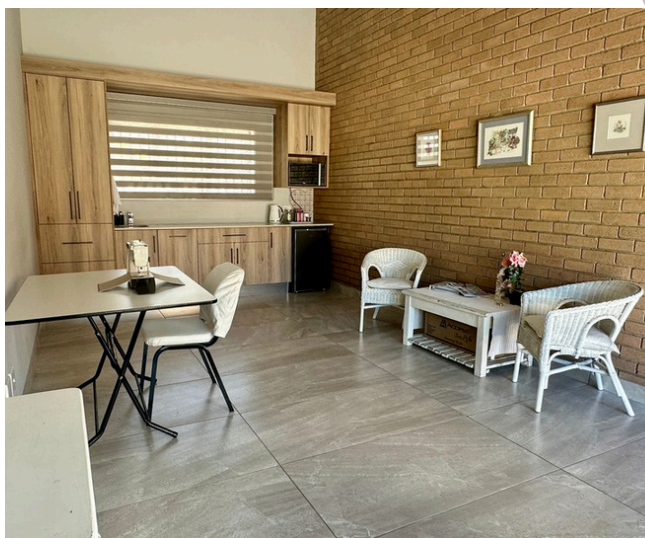


Kids Activity and Sticker Packs

We include activities to keep kids happy during hospital stays. Contact us to sponsor a pack by Busy Sprogs – printed in Knysna.



Volunteers Margie Nolte, Anne Vennemann, and Linda Herholdt at Knysna storage (above) and George workspace (below).



Fun & games with Busy Sprogs



Knysna, South Africa



carebagsmadewithlove.co.za

LATEST UPDATES

Support for George Central Clinic

We are pleased to share that Care Bags, as of 2026, now support George Central Clinic with a variety of hygiene and comfort bags.

Christalene Petersen, and her colleagues at the Community Day Centre, have shown they go the extra mile to assist their patients, helping to restore dignity and bring comfort.

Care Bags is truly grateful to be working alongside committed professionals who care so deeply for their patients.



Tuberculosis Awareness Day



We were delighted to support TB Awareness Day at George Central Clinic and Conville Clinic in March. Caring for people with tuberculosis (TB) means looking beyond the illness – supporting the social, emotional, and everyday challenges patients face.

Drawstring fabric bags, packed with guest toiletries, were gifted to patients by caring nursing staff. Making a difference – one Care Bag at a time. Please contact us should you wish to sponsor future clinic awareness days.



JAN - APRIL DELIVERIES



CANCER CARE BAGS



COMFORT CARE BAGS



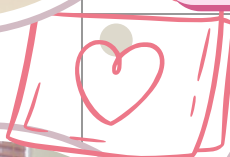
CARE ITEMS



TOTAL FOR 2026



A Care Bags delivery of dignity packs and wet wipes to the neonatal ward at George Hospital brought smiles to the nurses.



Knysna Provincial Hospital



George Oncology



Hospice

SIMOLA PACKING DAY



Ann Schutte, Marilyn Gasser, Pam Ruger, Sanet Ferreira, Nina Garisch, Margi McAlpine, Paula Munro, Michaela Fraser, Bronwyn Greef, and Debi Lavis.



Our incredible Care Bags volunteers came together in the Forest View Room at Simola Hotel Country Club & Spa during February to pack cancer care bags for Knysna-Sedgefield Hospice and the oncology unit at George Hospital, along with dental packs for Knysna Provincial Hospital.

It was a meaningful and relaxed morning – packing with purpose, sharing conversation, and making a tangible difference in the lives of patients in our community.

A heartfelt thank you to every volunteer who showed up with willing hands and big hearts. Together, we are making a difference — one bag at a time.



COMMUNITY PROJECTS

Children's Oral Health Project

Linda had the opportunity to meet with Dr. Dylan Manuel at Knysna Provincial Hospital in March to talk about the children's oral hygiene project that has been close to our hearts for some time.

This month's delivery was kindly funded by a generous private donor. In total, 24 care packs were prepared, in a beautiful pouch lovingly made by the sewing ladies in our Care Bags community, with labels printed by Acton Signs.

These special packs are given to children after undergoing dental surgical procedures performed by Dr. Manuel and his colleagues. The packs offer a small gesture of care and encouragement during recovery, while helping children strengthen good oral hygiene habits.

A heartfelt thank you to our donor and to the wonderful sewing team whose beautiful handmade pouches make these packs so special. We are grateful for the opportunity to support this initiative and hope that, under the guidance of Dr. Manuel and his team, this will be a project we can continue and grow in the future.

Please reach out if you would like to support this project or one of our other special projects.



Sinethemba Youth Centre

Sinethemba is a registered Drop-In Centre and Child Protection Organisation that offers various prevention & early intervention programs to at-risk children and youth.

Photos show students in their back to school, and in Adult Basic Education and Training (ABET) educational programs, receive Care Bag dignity packs. This support plays a vital role in ensuring children remain positive and stay in school.

Their social worker makes weekly visits and every month ensures that children in the program get basic toiletries, including sanitary pads for girls.



Sponsor a Care Bag

Dental Pack at R40 each

Dignity Pack at R100 each

COMMUNITY NEWS

It's a boy, and a boy, and a girl...

A very special delivery at Knysna Provincial Hospital in March — beautiful triplets were born!

We were so delighted that each of the babies, 2 boys and a girl, could receive a Care Bag to welcome them into the world. Moments like these remind us why the Care Bags Made with Love initiative exists — to bring a little practical support and a lot of love to families during such important beginnings.

Congratulations to the proud parents, and thank you to the wonderful staff at Knysna Provincial Hospital for the care they give every day.



Jolly Knits – Beanies from N. Ireland



Hazel Megahey, representing the Jolly Knits group from Groomsport Presbyterian Church in Northern Ireland, have been supporting Care Bags for the past four years with their cheerful knitted items.

Each year Hazel and her husband, Stanley, travel to Knysna. In February they delighted us with an incredible 101 lovingly made beanies for infants and children.

We're so grateful for their ongoing support, and it's always a treat to catch up and hear about all the wonderful work they do for various charitable organisations. Thank you so much for your kindness and support.

A family effort – Bras from London

Thank you Thandi Viljoen, and your friends, for the incredible donation of gently used bras all the way from London. Your generosity from afar is truly appreciated.

Thank you to mom, Estelle Botes, for couriating everything from Joburg, including guest amenities and handmade items. Lastly thank you to Aunty, Lynne Wilkinson, for collecting the parcels and dropping them off at our donation box at Acton Signs. We are so grateful for your help.



HANDMADE WITH LOVE



Fabulous Scrappers – Knysna



Care Bag's volunteer Michaela Fraser, second from left, with her friends – the Fabulous Scrappers – who kindly make exquisite notebooks and gift tags that add a special touch to our bags.



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



SPECIAL THANKS

Acton Signs
Ann Venneman
Anneke Van Schalkwyk
Colleen Huddy
Creative Crocheters
Dorinda Shaw
Elfriede Leitner
Elona Williams
Estelle Botes
Fabulous Scrappers
Groenkloof Vlytjige Vingers
Groomsport Jolly Knits
Hazel & Stanley Megahey
Heidi & Rudi Sturm
Hilary Bigley
Jo Dazeley
Josef Schlemmaier
Ingrid Watkins
Knysna Angling Club
Knysna Blanket Angels
Linda Herholdt
Lyn Mckechnie
Lynne Wilkinson
Margi Nolte
Phyllis Thompson
Roxanne Marais
Sasha Campbell
Simola Hotel & Country Club
Tessa Macdonald
Tessa Tanner - Busy Sprogs
Thandi Viljoen
Toni Connellan
Tristan & Amanda Perks

HOW CARE BAGS BEGAN

Founder's Story – Care Bags Made with Love

In November 2020, during 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 care package filled with practical essentials – exactly what I needed at one of the most vulnerable moments of my life.

In that moment, I felt a deep sense of clarity: I wanted to help patients in similar circumstances, in whatever way I could.

After completing 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 the Care Bags to George Hospital – the humble beginning of what would become Care Bags Made with Love.

When I was diagnosed with cancer a second time, I returned to Tygerberg Hospital for surgery in early 2022. This gave me the opportunity to give back to the very ward that first inspired this path of compassion and purpose.

Over the past five years, Care Bags has grown far beyond anything I ever imagined. What began as a simple desire to support patients in Knysna and George has developed into a meaningful outreach, assisting hospitals, clinics, care facilities, and organisations across the region.

The heart behind Care Bags was born from personal experience and from witnessing the very real needs within healthcare environments – not only supporting vulnerable patients, but also the dedicated nursing staff who care for them each day.

Care Bags has always been about community. It is about every person who is part of this journey – whether receiving a bag, handing one to someone in need, donating items, creating something handmade, volunteering time, or simply sharing our story. Each person has their own reason for being involved, and every contribution, no matter how small, helps bring comfort, dignity, and hope to those who need it most.

My hope is that Care Bags Made with Love, together with our incredible Care Bags community, will continue to make a meaningful difference wherever we can.



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

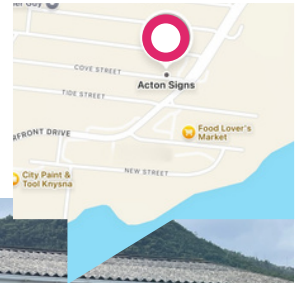
Please contact us for more info and collections.

Linda Wambach - Knysna (071 349 5561)

Sarah Huddy - George (072 333 4204)

DROP OFF FOR DONATIONS


**38 COVE ST
KNYSNA**



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
- Children's toys/activity packs
- Playing cards
- Yarn and fabric

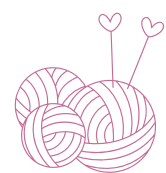
SEWING PROJECTS

- 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
- Worry worms



BANK DETAILS

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



PATIENT RECIPIENTS

Care Bag's
Made with Love

