

Crafting Community UPDATE

AUGUST 2026



Care Bag's Made with Love

A huge thank you to the **Tshipise Vlytige Vingers**, the wonderful ladies who form part of the Swallows (Swaeltjies) gathering at Tshipise Forever Resort each winter. Since April, these talented ladies have met weekly, enjoying friendship, plenty of laughter, and many hours of knitting and crocheting for those in need.

It's truly heartwarming to see everything that was collected during these relaxed veranda gatherings. A very special thank you to **Sarie van Zyl** and all the wonderful ladies who continue to support so faithfully.

Your kindness and generosity mean more than words can express. Every item you have donated will find a special place in a Care Bag and will be lovingly shared with patients in hospitals and care facilities, bringing comfort, hope, and dignity when it is needed most.

A special thank you to **Sandra Mynhard** for once again donating one of her beautiful handmade blankets for the Vlytige Vingers raffle.

Thanks to everyone's generosity, an incredible **R3,640** was raised, helping to provide much-needed toiletries and essential items.. Congratulations to Helen on winning the beautiful blanket!



ITEMS LOW ON STOCK

- Drainage bag
- Reusable sanitary pads
- Scarves/snoods
- Bedsocks
- Pullovers for men
- Soap bags/face clothes

NOTES

- There are no set patterns. We do provide suggested links, but feel free to be creative and use any preferred pattern and fabric.
- Please mark clothing with sizes.
- Consider using unisex yarn colours. This helps us better balance our stock.
- The health and safety of our Care Bag's recipients is of utmost importance, particularly for patients with weakened immune systems. Therefore, items need to be free of smoke and pet hair.

CONTACT & DROP OFF

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Project Inspiration BAGS 'N BAGS

Care Bag's
Made with Love 



DRAINAGE BAG

Cancer Support Yorkshire - Sewing

Abi's Sewing Den - Sewing Pattern

CROSSBODY BAG

DROPS Design - Crochet Pattern

ViVi Berry Crochet - YouTube Pattern



The purpose of sewing a post-surgical drainage bag (such as after a mastectomy) is to create a secure, comfortable, and hands-free holder. These handmade fabric pouches hold surgical fluid pouch and tubing, preventing painful pulling, tangling, or accidental dislodgement while patients recover.



Mini bag



- Medium weight cotton
- 4.5–5 mm
- Stitches: (ch), sc
- Slip stitch (sl st)

Step 1

Create the Base (Flat Panel)

1. Ch 16 (adjust width of bag)
2. Row 1: Sc in 2nd ch from hook and in each ch across, ch 1, turn (15 sc)
3. Rows 2–20: Sc across, ch 1, turn
You'll now have a rectangle

Step 3

Make the Flap

1. Fold down the top part of the bag
2. Ch 1, sc across the top edge to secure the flap
3. Fasten off and weave in ends

Step 5

Optional Button

- Sew a button on front flap
- Make a small loop on the flap (ch 5, sl st) to close

Step 2

Fold and Stitch Sides

- Sl st along both sides to join

Step 4

Add Strap

- Chain 50–70 (depending on desired strap length)
- Attach both ends to the sides of the bag using sl st



SEWING

- **Drawstring bag:** all sizes welcome. Use your fabric pieces as a guide.
 - Suggested sizing: Sml 23 x 32 cm, Med 35 x 40 cm, Lrg 45 x 45 cm
 - Tip: use t-shirt yarn as drawstring
 - Basic: madeeveryday.com or kids backpack: orangebettie.com
- **Toiletry/wetbag:** to store wet items discretely. Sizing: 15 x 20 cm
 - Tip: use PEP plastic tablecloths for the waterproof lining.
 - Suggested pattern: madeeveryday.com
- **Bufs:** For teen boys and males.
 - Suggested pattern: thelaststitch.com
- **Fabric beanie:** For chemotherapy patients.
 - Suggested pattern: rileyblakedesigns.com
- **Mastectomy pillow:** Post-op pillow for breast cancer patients
 - Tip: use PEP pillow inners for stuffing.
 - Patterns: createtodonate.org or shannonfabrics.com or sparklesofsunshine.com
- **Neck travel pillow:** Suggested pattern: Treasurie.com
- **Microwaveable hand warmers:** For colon cancer patients.
 - Suggested pattern: sumoftheirstories.com
- **Drainage bag:** Post-op for cancer patients. Sizing: 23 x 27 cm
 - Suggested pattern: cancersupportyorkshire.org.uk
- **Soap bag:** Serves as a washcloth and storage for soaps.
 - Tip: Use new or repurposed towelling.
 - Suggested pattern: beginnersewingprojects.com
- **Dental/pencil pouch:** For children with bright fabrics.
 - Suggested pattern: youtube.com
- **Reusable sanitary bag:** For cervical cancer and teen bags
 - Suggested pattern: youtube.com
- **Face mask:** Suggested pattern: hellosewing.com
- **Memory games:** To keep children mentally engaged during treatment.
 - Pattern: sewmariana.com



KNITTING & CROCHET

- **Blankets:** To keep patients warm and comfortable during treatment.
 - Sizing: All sizes welcome. Suggested size 120 x 120 cm or 47 x 47 in.
- **Mittens/gloves:** To keep patients warm during treatment.
 - Knitting: knit-a-square.com
 - Crochet: knit-a-square.com or youtube.com
- **Soap bags:** Serves as a washcloth and storage for soaps.
 - Knitting: snapdragonlife.com
 - Crochet: youtube.com
- **Beanies:** All ages, men's, women's, child and infant beanies.
 - Knitting pattern: <https://www.knotsoflove.org/patterns>
- **Bedsocks:** All ages. Please mark bedsocks/slippers with sizing.
 - Knitting: bevscountrycottage.com
- **Baby and children's clothing:** All ages from infant to 17 years
 - Knitting: mariannaslazydaisydesigns.com
- **Soft toys:** Avoid choking hazards like buttons.
 - Ball: startknitting.org
 - Crochet octopus: crochet365knittoo.com

