

The Care Bag Initiative

Est.2021



We are a small group of ladies, all with a story of our own to share, that are combining our efforts and contributing, in a personal capacity, to a cause that we all feel strongly about.

Towards the end of last year I found myself as the recipient of a care package when I was admitted through emergencies to the Tygerberg Hospital in Cape Town.

I had absolutely nothing with me when I was admitted, no money and no means to communicate with my husband, who due to covid regulations, was not permitted into the hospital.

One of the nurses presented me with a handmade bag 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 my cancer treatment was complete and I returned home, to Knysna, that I wanted to contribute in some way towards blessing other's in the same way that I know I had been blessed.

I shared my story with some dear friend's and within a few weeks they had put together the first 10 bag's to distribute within our local provincial hospital's and so The Care Bag Initiative came about.

Since May of this year we have distributed 60 care bag's to both the Ladies and Men's wards of the Knysna and George provincial hospital's.



Handmade Bags with a handmade card



Bags have a reusable purpose and a drawstring opening to enable patients to hang up bag's and keep them off the floor.



A patient receiving one of our care bag's

We are also donating blankets, when possible, and we would like to create special care packages specifically for cancer patient's, in the future

The care bags are made by us and are designed to have a reusable purpose.

Beanies, bedsocks and mittens are currently all been made by ladies in our group.

The contents of each bag consists of item's that we not only consider essential but also item's that can be useful and in some instances restore some dignity and provide some comfort to the recipient's of our bags.

Card's with inspirational messages are attached to each bag in the hope that it may offer a source of comfort and to let patients know that they are thought of during a time when they cannot receive visitor's.



It's all about sharing the love and caring enough to make a difference. No matter how small the gesture. One person touched is better than no person touched at all. 😊

Hi again Linda

I just gave out 3 packs and the one elderly patient almost had me in tears.

She is very frail and sick so I unpacked all the goodies for her to see. She did not want to let go of that pot of Vaseline. Just goes to show how something as small as a little pot of Vaseline can mean more than gold to someone.

Please thank all the ladies in your group for this wonderful gift. I wish you could have seen the joy on this patient's face!!

Warm regards

Elsie van Rooyen

Operational Manager – Female and Paediatric Ward”

Knysna Provincial Hospital



The need is so much greater than what we could ever have anticipated and we would be so grateful to any person or organisation that is able to contribute in any way to our initiative.

Your's Truly,

Linda Wambach.

c/o. The Care Bag Initiative

The Care Bag Initiative

Linda Wambach

071 349 5561

linda.wambach@gmail.com

Or

Beth Beggs (Donations)

066 036 5697

elizabethpsych@gmail.com

1

ESSENTIAL

Soap or Shower Gel

Shampoo

Toothpaste

Toothbrush

Facecloth

Hand Towel

Vaseline

2

DIGNITY

Deodorant

Cotton Panties

Men's Razor's

Sanitary Towels

Tissue's

3

COMFORT

Bedsocks

Beanie

Blanket

Body lotion

Edible Treat

