

# Caring & Sharing Charities

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## **Knitted Knockers:**

Knitted Knockers are special handmade breast prosthesis for women who have undergone mastectomies or other procedures to the breast. Traditional breast prosthetics are usually expensive, heavy, sweaty and uncomfortable. They typically require special bras or camisoles with pockets and can't be worn for weeks after surgery. Knitted Knockers on the other hand are soft, comfortable & beautiful and when placed in a regular bra they take the shape and **feel** of a real breast. Knitted knockers can be adjusted to fill the gap for breasts that are uneven and easily adapted for those going through reconstruction by simply removing some of the stuffing.

Patterns and further info can be found at: <https://www.knittedknockers.org/>

## **Red Scarf:**

The Red Scarf Project is an HIV/AIDS awareness campaign that takes place in the downtown London area and surrounding communities. The donated red scarves are tied around posts, trees and other structures and look like the red Aids Awareness ribbon. These are available for any who need a scarf and come with a card with awareness information for the movement. Help London reach 1,500 scarves!

More information about the Red Scarf Project can be found at this link:

<http://www.hivaidsconnection.ca/community/aids-awareness/red-scarf-project>

## **Hats for Kids:**

To help with any kid who does not have a hat for winter, the London Mary Maxim is happy to pass donated hats along. All donated hats go to local schools that then pass them out to those who need it most. Drop off any kid sized hat and help keep a kid's head warm this winter.

## **London Humane Society:**

The London Humane Society is looking for donations of blankets to help prepare their pets for their forever homes. London Mary Maxim is proud to be a drop-off centre for small blankets to help the London Humane Society to provide the healthiest environment possible to achieve their goals.

For more information on what you can donate to the London Humane Society:

<http://londonhumanesociety.ca/>