

# 6 steps to bring happiness

1

**Find:** Find an average-size shoebox. Decide who to fill it for; a child, a teenager, a man or a woman.



2

**Wrap:** your box and lid separately so that the lid can be removed without tearing the paper.



3

**Pack:** Gather the items, remove any excess packaging and pack into the box.



4

**Check:** On the checklist, tick the items you have put in your shoebox and note any that are not on the list.



5

**Donate:** Secure the ticked checklist to the outside of the shoebox lid using sticky tape. Detach the donation envelope as instructed and place with your donation inside your box.



6

**Deliver:** Secure the lid with rubber bands. (Custom regulations require Blythswood Care to check the contents of your box.)  
**Deliver your box to your local collection point.**



For Christmas delivery your shoebox should be at your church, school or other collection point during the last week of October/ beginning of November

Tear along the perforation to detach this panel and secure to the outside of your shoebox

## Checklist

Please tick items included and firmly secure this list on your shoebox lid.

**ESSENTIAL ITEMS (ALL ITEMS MUST BE NEW):**  
Include the following items highlighted in the top box.

- Toothbrush and Toothpaste**
- Hat, scarf, gloves**
- Soap**
- Underwear/socks/tights**
- Small Toy** for boys and girls such as cars, dolls, balls. Please only include new shop-bought toys.
- Sweets** (No chocolate or any other food) 'Best before' date no earlier than 31 March next year. **No loose sweets, lollies or undated bags of sweets.**

**Do not include** used or damaged items; war related items such as toy guns or knives or military figures; hand-made or knitted stuffed toys; chocolate or any food other than sweets. Chocolate Eclairs and Chocolate Limes are not allowed; books that are mainly words should also not be included.

**Toiletries (NO TALCUM POWDER)**

- Shampoo
- Shower gel
- Face cloth/ Moist wipes
- Deodorant
- Moisturising Cream
- Comb/Brush
- Sanitary Products
- Shaving foam/Razors

- Screwdrivers/Pliers
- Kitchen Utensils

**Stationery**

- Pens/Pencils/Sharpener
- Notepads/Colouring books
- Rulers/Rubbers

**Clothes and other Items**

(T-shirts/Pyjamas/Jumpers/ Shirts) etc

- .....
- .....
- .....
- .....

**Miscellaneous**

- New Make-up
- Sewing Equipment
- Household Candles

**Please tick the box next to who the box is for**  
Please specify the age of the girl or boy you have filled this box for:

- Girl.....yrs**
- Teenage.....yrs**
- Woman**
- Elderly woman**
- Boy.....yrs**
- Teenage.....yrs**
- Man**

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