

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 all plastic and cardboard packaging and pack into the box. **Please choose items that will last rather than those with a short life and can't be recycled.**



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 **on top of the items** 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

Checklist

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

ESSENTIAL ITEMS (ALL ITEMS MUST BE NEW)

Please include the following items highlighted in red opposite.

Toiletries (NO TALCUM POWDER)

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

Miscellaneous

- New Make-up
- Sewing Equipment
- Household Candles
- Screwdrivers/Pliers
- Household products

Stationery

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

Clothes and other Items

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

-
-
-
-
-

- Toothbrush and Toothpaste**
- Hat, scarf, gloves**
- Soap**
- Underwear/ Socks/Tights**
- Small Toy***
- Sweets***

NOTE* Small toy for boys and girls such as, cars, dolls, balls. A **small gift** for teens and adults. Please only include new items.

(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.

Please tick the box next to who the box is for and the age of the female or male you have filled this box for:

 **Female**  **Male**

- Preschool age.....
- Primary age.....
- Teenager age.....
- Adult age.....
- Elderly age.....

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