

# 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 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.

- |   |   |
|---|---|
| <input type="checkbox"/> <b>Toothbrush and Toothpaste</b> | <input type="checkbox"/> <b>Small Toy</b> for boys and girls such as cars, dolls, balls. Please only include new shop-bought toys.  |
| <input type="checkbox"/> <b>Hat, scarf, gloves</b>        | <input type="checkbox"/> <b>Sweets</b> (No chocolate or any other food) 'Best before' date no earlier than 31 March next year. <b>No loose sweets, lollies or undated bags of sweets.</b> |
| <input type="checkbox"/> <b>Soap</b>                      |   |
| <input type="checkbox"/> <b>Underwear/ Socks/Tights</b>   |   |

**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
- Soap/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
- Kitchen Utensils

**Stationery**

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

**Clothes and other Items**

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

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

## 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.

- |   |   |
|---|---|
| <input type="checkbox"/> <b>Toothbrush and Toothpaste</b> | <input type="checkbox"/> <b>Small Toy</b> for boys and girls such as cars, dolls, balls. Please only include new shop-bought toys.  |
| <input type="checkbox"/> <b>Hat, scarf, gloves</b>        | <input type="checkbox"/> <b>Sweets</b> (No chocolate or any other food) 'Best before' date no earlier than 31 March next year. <b>No loose sweets, lollies or undated bags of sweets.</b> |
| <input type="checkbox"/> <b>Soap</b>                      |   |
| <input type="checkbox"/> <b>Underwear/ Socks/Tights</b>   |   |

**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
- Soap/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
- Kitchen Utensils

**Stationery**

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

**Clothes and other Items**

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

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

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:

- |  |  |
|--|--|
| <input type="checkbox"/> Girl _____ yrs    | <input type="checkbox"/> Boy _____ yrs     |
| <input type="checkbox"/> Teenage _____ yrs | <input type="checkbox"/> Teenage _____ yrs |
| <input type="checkbox"/> Woman             | <input type="checkbox"/> Man               |
| <input type="checkbox"/> Elderly woman     |  |

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:

- |  |  |
|--|--|
| <input type="checkbox"/> Girl _____ yrs    | <input type="checkbox"/> Boy _____ yrs     |
| <input type="checkbox"/> Teenage _____ yrs | <input type="checkbox"/> Teenage _____ yrs |
| <input type="checkbox"/> Woman             | <input type="checkbox"/> Man               |
| <input type="checkbox"/> Elderly woman     |  |