

# 6 steps to bring happiness

## 1. FIND

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



For Christmas delivery your shoebox should be at your church, school or other collection point week commencing 28 October 2019

## 2. WRAP

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.



# CHECKLIST 2019

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

**SUGGESTED ITEMS (ALL ITEMS MUST BE NEW):**  
Please do try to include the following items highlighted in the top box.

- Toothbrush and Toothpaste**
- Hat, scarf, gloves**
- Soap**
- 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 March 2020. **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
- Soap/Shower gel
- Face cloth/ Moist wipes
- Deodorant
- Moisturising Cream
- Comb/Brush
- Sanitary Products
- Shaving foam/Razors
- Underwear Socks/Tights

- 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

**Miscellaneous**

- New Make-up
- Sewing Equipment
- .....
- .....
- .....
- .....

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 - age .....
- Teenage Girl - age .....
- Woman .....
- Elderly woman .....
- Boy - age .....
- Teenage Boy - age .....
- Man .....

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