



Thank you for sparing the time to consider taking part in our *Spread the Happiness Shoebox Collection*. Please find below a list of items that are suitable to donate. Single items or multiple donations are all received gratefully and we will make the boxes up with the children so that they are of equal value for those receiving them.

The boxes will be distributed to people in a range of local areas, with the majority being passed out in East London, through Lorraine, who runs LOLA'S HOMELESS. If you would like to find out more about the fantastic work this lady and her volunteers do, or to get involved yourself, you can follow her on Facebook using the following links. (please remember Facebook users must be over 13)

<https://m.facebook.com/groups/980914055300581>

Suitable items we need are:

Shoeboxes

Toiletries such as:

- Deodorant
- Toothpaste
- Toothbrushes
- Wet wipes
- Soap
- Hand sanitiser
- Shaving foam
- Razors
- Hairbrushes & combs
- Any travel or hotel toiletry items you may have

Clothing for the cold weather such as:

- Thick socks
- Gloves
- Hats
- Scarves

Long life/no preparation food items such as:

- High energy bars
- Biscuits
- Energy drinks
- Crisps/snacks
- Any packets of food that will last and do not need cooking

Thank you for helping to

*Spread the Happiness*

