



Intown centre

Shoestring Cafe

Newsletter – JANUARY/FEBRUARY 2025 – Issue 94

Manager's Chat – Leanne Gibbs

January



Happy New Year!!!! We hope everyone had a happy festive season and break, time has slipped away again, and we have entered a new year. Wow, 2025

has arrived, we reopened on the 6th to a crowd of people eager to access the support we give. It didn't take long for the entire centre to return to our productive, supportive place with our wonderful team. This month was also our 'Back to school' Appeal and I am happy to say by the end of the month we distributed 53 School Backpacks, via AnglicareWA – Bunbury, making many students happy to return to school. The Board of Management resumed meetings to gather, discuss, and make key strategic decisions regarding the organization's current and future direction.



In Town Centre



February

Already into the 2nd month, This month we started planning for events throughout the year (this includes meeting with other agencies, looking at programs/projects that can assist our clients etc). We are also very happy to support/promote any programs/projects they are doing. Shortback & Sidewalks visited us on the 24th, 13 haircuts done, always a very vibrant place to be on "Haircut Day". On the 26th we had the first big 'Meet & Greet' Breakfast at Vat 2, 33 people attended and enjoyed the food, networking & socializing, with guest speaker Dani Hewton giving a presentation on Sleep/Stress symptoms and tips to help handle this. We are also seeing a lot of new faces seeking assistance, on one hand this is sad but on the other hand we are glad we are here to help as much as we can. Sadly, our pantry is starting to look very sparse, please help if you can with any food donations. A big thank you to all our supporters of the centre – your support is very much appreciated.



INTOWN CENTRE MISSION STATEMENT

In Town Centre Incorporated is a day centre facility that provides meals and promotes caring relationships and positive participation for all members of the community.

Intown Centre

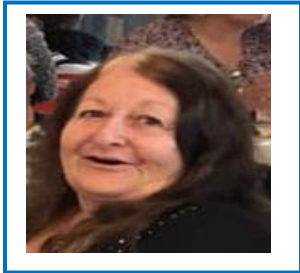
52 Wittenoom Street
Bunbury WA 6230
PO Box 1666
Phone: 9791 4214
E-mail:
intowncentre@bigpond.com

Suggestions, feedback, request, concerns:

If you have any of the above, please feel free to come and see me to have a chat, remember this is our centre- staff, volunteers, clients and visitors.



From the front desk ~ (Client Support Officers)
 Sandy (Monday's & Friday's) & Yvette (Tuesday's ~ Thursday's)



Both are willing to help with any request or information you



General Information:
 9.30 - 10.30am &
 12.30 - 1.00pm.

Food Bank Letters

(only issued between):
 10.30- 11.30am

Please remember to read all notices placed up in the centre.

Unattended Desk:
 11.35 - 11.55am
 Lunch Service:
 11.55- 12.30pm



Eye Special Visits

Moses (Optometrist) from "Johnsvision" visits the centre to do eye checks etc, once a month, call the centre if you would like to find out the date and make an appointment (these are free).



Unfortunately, due to circumstances, Moses can not visit the centre March. The next is April - appointments & collections. Sorry for any inconvenience.....

What People THINK Causes Depression:

- Weakness
- Laziness
- An inability to "suck it up"



What ACTUALLY Causes Depression:

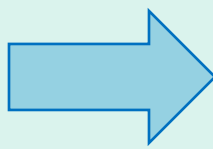
- | | | |
|---------------------|--------------------------|-----------------------|
| • Trauma | • Neglect | • Genetic factors |
| • Overworking | • chemical imbalance | • Low self-esteem |
| • Lifestyle factors | • Perfectionism | • Grief & loss |
| • Abuse | • Bullying | • Lack of fulfillment |
| • Excess stress | • Lack of social support | • Chronic fatigue |
| • Body image issues | | |

Depression is a very complicated illness - there's not simple solution that allows one to just "snap out of it"

Please remember this.
 #BreakTheStigma



General Statistics



January

Services provided - 1100 (morning tea & meals)
 Hampers - 47 (ytd 47)
 Foodbank Letters - 63
 Assistance - 344
 New Clients:
 Meals - 8 (ytd- 8)
 ER - 13 (ytd 13)
 Trading Days - 219

February

Services provided- 1135 (morning tea & meals)
 Hampers - 45 (ytd 92)
 Foodbank Letters - 53
 Assistance - 304
 New Clients:
 Meals - 6 (ytd-14)
 ER - 21 (ytd - 34)
 Trading Days - 20



Donations & Thank You's

Newsletter Special Donors;

- ✓ Alberts Kitchen
- ✓ W & L Shirley
- ✓ Southside Mediation
- ✓ Rotaract
- ✓ Advance Personnel
- ✓ Maureen Ramsey
- ✓ Nought & Nice



Our special Regulars;

- ★ Bunbury Kia
- ★ Jerry, Katrina & Team
- ★ Woolworths - Forum
- ★ Vivienne Marshall
- ★ Coles - Australind
- ★ St John of Gods
- ★ Bunbury Farmer's Market
- ★ Wigs
- ★ HHG Legal Group
- ★ The Lighthouse Mantra
- ★ Bethanie CF
- ★ Marion Eaton
- ★ K Wallis
- ★ Nando's
- ★ The Lord Forrest
- ★ Fredricks Café
- ★ Kajal Variya
- ★ Simon Goddard
- ★ Lions Club of Dardanup



If I have forgotten anyone, please contact me so that you can acknowledge in the next newsletter.

How to make a donation to the Centre

Bank: Bendigo

BSB: 633-000

A/C: 207209560

All donations are tax deductible, please email/contact when you have made a donation requesting a receipt.

Thank you for your support.

If you would like to know more about the Centre and what it does, or how you can help or perhaps would like to visit, please contact us at the details provided. Everyone is welcome, this is a community centre helping OUR community with community support.



Facebook & Webpage

We have been overwhelmed with all the wonderful donations given over the last two months, it definitely shows the community spirit of giving. A big THANK YOU..!!!!

We take donations of.....



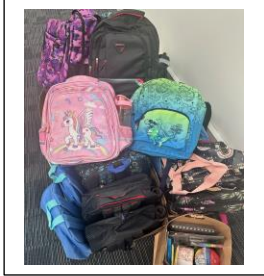
"Pop up Agency"

Other agency that visits the centre to showcase how they can help/assist people. If you are interested, please contact the manager.



What's Been Going On !!!

Back to School 2025 Appeal



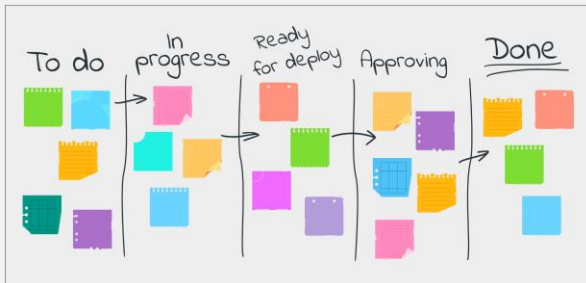
A big thank you to all those that donated, we were able to assist 53 students back to school with wonderful full backpacks.

Meet & Greet Breakfast



Our First Meet & Greet Breakfast was held at Vat 2, wonderful turnout of 33 people and so much shared, I am so happy to be able to organize these events of networking. Thanks Jenny and the Vat 2 team.

What the Board of Management does.....



At the Intown centre we are proud of the peace and harmony that we offer our clients and visitors. It is one of our foundations that we treat everyone the same offering a warm friendly environment to visit and helpful and friendly staff who do their utmost to help those in need.

We stand, as an example of what community spirit is all about we do the best we can for those who need our help, in return we ask that people observe good manners and contribute to the harmony of the centre.

SHORT BACK™ & SIDEWALKS

Our Next Hair Days are:
31st March
28th April



Amazing service and the clients are very thankful.
Number of clients trimmed up;
January: 13, February:

Be Kind

Our Volunteers
Brighten Lives