



Intown centre

Shoestring Cafe

Newsletter – May/June 2023 – Issue 84

Manager's Chat – Leanne Gibbs

May

The sun is still shining, but the nights are getting cooler – winter is coming. Volunteers Week was from 14th – 20th and we thanked our volunteers with a lovely lunch on the 20th, a very cozy group as several were away. Many organisations rely on the volunteer network to provide support. Volunteers are the backbone behind many organisations, groups – next time you see them, say Hi and thank them. ECC Students visited the centre on the 23rd, always lovely to see some young people. On the 28th we held our 9th Blanket Appeal with support of the SW Riders Social Clubs - 70+ riders, 150(blankets/sleeping bags), food hamper and some monetary donation.

June

A very cold/wet start to the month with a weekend of events around the state to celebrate WA Day. I would like to give a big 'Thank you' to Coles – Eaton Fair for providing a box and collecting donated items from customers. Starting end of July, we will be having a visiting Eye Specialist to do some checks with clients from John's Vision Inc. We welcomed a new volunteer-Shirley to the team. On the 14th we held our 'Meet & Greet Breakfast' at the SW Tafe Epicure, the students did a wonderful job. Finally, our Client Support Officer – Symone gave a talk with some other agencies at Dalyellup College to the students about what we do.

Eaton Community College

Students visited the Centre to see what we do and how we do it. They all found it very interesting.

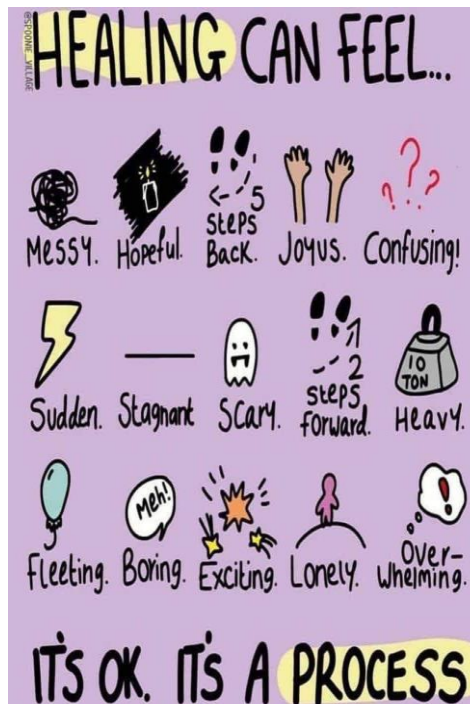


In Town Centre



INTOWN CENTRE MISSION STATEMENT

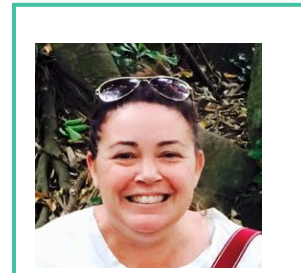
In Town Centre Incorporated is a day centre facility that provides meals and promotes caring relationships and positive participation for all members of the community.



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

Board of Management

The Board held their first 'Centre Future" brainstorming, discussions meeting at Dome on the 11th June. This meeting was informal with members suggesting things to do for the benefit of the centres future and what direction we need to go. The board has also begun updating the policies - it's amazing how things change and need updating from the last review.



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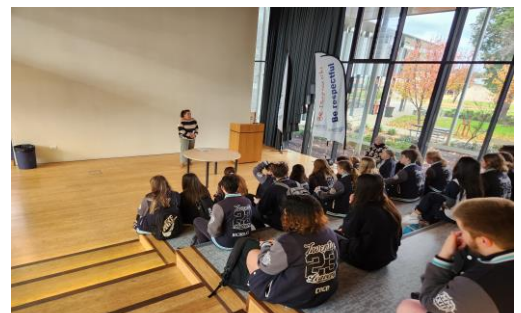
Suggestions, feedback, request, concerns:

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.

Tips and reminders for when you're feeling anxious.

- Go for a walk.
- Journal your thoughts.
- Read a good book.
- Listen to a podcast.
- Put your phone on silent.
- Think of 3 things you're grateful for.
- Tidy your room.
- Spend time outdoors.
- Challenge your thoughts.
- Talk to a friend.

Dalyellup College Talk - Symone



General Statistics



MAY

Services provided -1314
 (morning tea & meals)
 Hampers - 44 (ytd 243)
 Foodbank Letters - 120
 Assistance - 406
 New Clients:
 Meals - 3 (ytd- 23)
 ER - 22 (ytd 171)
 Trading Days - 23

JUNE

Services provided- 1141
 (morning tea & meals)
 Hampers - 42 (ytd 285)
 Foodbank Letters - 97
 Assistance - 353
 New Clients:
 Meals - 6 (ytd- 29)
 ER - 28 (ytd 199)
 Trading Days - 21



Donations and Thank You's

How to make a donation to the Centre

Bank: Bankwest

BSB: 306 004

A/C: 4170253

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.



Check us out on Facebook

Our special Regulars;

- ★ Bunbury Kia
- ★ Jerry, Katrina & Team
- ★ Woolworths - Forum
- ★ Trish Dehring
- ★ Coles – Australind
- ★ St John of Gods
- ★ Bunbury Farmer's Market
- ★ Wigs
- ★ HHG Legal Group
- ★ Carol Cox
- ★ Michelle Meyer
- ★ Bethanie CF
- ★ Marion Eaton
- ★ K Wallis
- ★ Anonymous donors
- ★ The Lord Forrest
- ★ Foodey Meal Kits

Newsletter Special Donors;

- ✓ Moonlighters Book Club
- ✓ Lighthouse Hotel
- ✓ Mrs Janet Rae Ferraz
- ✓ Jennifer & Yvette Iseppi
- ✓ College Row School
- ✓ SW Riders Club
- ✓ Coffin Dodgers
- ✓ Dreambuilders Church
- ✓ Coles Eaton Fair – Winter Items
- ✓ Lions Club of Australind
- ✓ Kroon Family
- ✓ Robin & Cheryl
- ✓ Coles Australind – Winter Items

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..!!!!!!

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

We take donations of.....



“Meet & Greet’ Breakfast – SW Tafe Breakfast



Government of Western Australia
Department of Communities



CHOOSE RESPECT

What's Been Going On !!!

SW Motorcycle Club Blanket Ride Appeal 2023

SW Riders Club Annual Blanket Ride Appeal, done and dusted and what an awesome turn out, over 70 riders, over 100 blankets, cash donation over \$350 and some food donations. A Big thank you to my helpers. Sandy -BBQ Queen, Mick & AJ - soup maestro's, Symone, Jocelyn & Molly for zooming all over the place doing lots of things, Peter behind the scenes, Volunteering is the back bone behind great events like this. 😊



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.

WE LOVE
OUR VOLUNTEERS

Volunteer's Lunch "The Change Makers"



The Green Jade on the Saturday 20th May 2023. Missing a few, but a lovely time had by all.



pixtastock.com - 62148722