Intown centre

ShoeString Cafe



July/August 2022– Issue 79





July:

We have been steadily moving along this month., for me the month is spent re organizing, planning and updating for the centre for the rest of the year. This month was also reporting to funding providers and auditing of financial accounts. It is very important that we are transparent with our funding. We can look back at these reports and see what we have done and the goals we are setting for the future. I am also in awe on how many donations we get from the community, we are very lucky to live in an area that is so giving, and we thank you all.

The very 1st day of the month I met with the new Coordinator of the Homelessness – SW Trial Project – Andrew Joske, looking forward to the centre working with the project to best help the people that need assistance.

We had a WA Vaccination Day on the 19th, provided by WA Covid – 19 Clinic. The offered Covid boosters and Flu vaccinations to 18 people.

Throughout the month we had 2 lovely students do some work experience in the centre, it is very nice to see some of our younger people getting involved.

On Wednesday 27th we hosted another "Meet & Greet" Breakfast Meeting (for agency representatives to come) to share what we do and any events/programs/projects happening and if we can help in any ways. We enjoy a lovely breakfast a Dome -Koombana with 16 attending.





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.



The centre is operating very smoothly providing Morning Tea and Yummy lunch meals, also assisting with hampers, referrals and Foodbank Letters. The Intown Centre webpage gets updated every two months and has all our contact details.

This month basic planning has begun for Christmas events and the 'back to school' program for 2022/23.





General Statistics



JULY

Services provided –1206 (morning tea & meals) Hampers – 41 (ytd 308) Foodbank Letters – 121 Assistance – 375 New Clients: Meals – 7 (ytd-18) ER – 33 (ytd 272) Trading Days – 21

AUGUST

Services provided- 1198 (morning tea & meals)
Hampers – 57 (ytd 365)
Foodbank Letters – 121
Assistance – 413
New Clients:
Meals – 0 (ytd- 18)
ER – 36 (ytd 308)
Trading Days – 23

From the front desk - (Client Support Officers)

Sandy (Monday's & Friday's) & Sharlain (Tuesday's - Thursday's)



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

Both are willing to help with any request or information you require.

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

Intown Centre

52 Wittenoom Street Bunbury WA 6230 PO Box 1666 **Phone:** 9791 4214 **E-mail:**

intowncentre@bigpond.com



R U OK ????
Talk to someone if you're not, we are here to!

10 habits you must quit to be HAPPY

- 1. Quit procrastinating on your goals.
- 2. Quit blaming others and making excuses.
- 3. Quit trying to avoid change.
- 4. Quit trying to control the uncontrollable.
- 5. Quit talking down to yourself.
- 6. Quit criticizing others.
- 7. Quit running from your problems and fears.
- 8. Quit living in another time and place.
- 9. Quit trying to be someone you're not.
- 10. Quit being ungrateful.



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.

Suggestions, feedback, request, concerns:

If you have any of the above, please feel free to come and see me to share, remember this is our centrestaff, volunteers, clients and

visitors.





Donations and Thank You's

Our special Regulars;

- ★ Bunbury Kia
- ★ Jerry & Katrina
- ★ Muffin Break Centrepoint
- ★ Woolworths Forum
- **★** Trish Dehring
- * Coles Australind
- ★ St John of Gods
- ★ Bunbury Farmer's Market
- **★** Wigs
- ★ HHG Legal Group
- ★ Carol Cox
- ★ St Mary's PS
- ★ Michelle Meyer
- ★ Ann-Lee Steere
- * Bethanie CF
- **★** Marion Eaton
- ★ K Wallis

Newsletter Special Donors; Latest Ones in Orange

Bronze Sponsorship Donations

- ★ Izeppi's
- **★** TC Hutchinson

Silver Sponsorship Donations

- **★** Dorrest Family
- ★ SW Motorcycle Clubs
- ★ Lions Club of Capel
- ★ Terry White Chemist Eaton

Gold Sponsorship Donations

- ★ Seaview Social Club
- ★ Lions Club of Capel
- ★ DJ & ND Jackson & Co
- **★** SA Collins

Platium Sponsorship Donations

- **★** Bunbury City Glass
- * Trono
- ★ Rotary Club of Bunbury Leschenault
- ★ Leschenault Progress Ass Inc
- **★** Dardanup Lions Club

Other Donations

- Café Fez
- Deb/Mick Owens

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.

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.









Relationship Killers

Any Type (friend, co worker, family, intimate)

- 1. Insecurity
- 2. Trust issues
- 3. Jealousy
- 4. Lack of communication
- 5. Assumptions
- 6. Public embarrassment & humiliation



- 1. Make peace with your past so it won't disturb your future.
- 2. What other people think of you is none of your business.
- **3. The only person in charge** of your happiness is you.
- 4. Don't compare your life to others, comparison is the thief of joy.
- **5. Time heals almost everything.** Give it time.
- 6. STOP thinking so much.
 It's alright not to know all the answers
- Smile. You don't own all the problems in the world.



Bunbury Cathedral Grammar Students visited the centre on Tuesday 30th, Wednesday 31st August and Thursday 1st September to check out what we do and how we assist people and stayed to have a yummy lunch.

Terry White Chemist Eaton

A lovely donation of Blankets we received on the 12th August. We thank you for you support of the centre.



Homelessness Week 8th - 12th August

People experiencing homelessness and those at risk of homelessness are among Western Australia's most socially and economically disadvantaged. What is less apparent, but as important, is the intrinsic link between Housing, Health and Homelessness.

David Bailey our Chairperson of the Board attended the Bunbury Senior High School Sleep out o Friday 12th August and gave a small talk.







FROM THE BOARD OF MANAGEMENT

We need new members !!!!

If you would like to become a member of the Board of Management please contact the Centre and speak to Leanne, we are looking for a few more members. Six meetings per year and average of 60 minute meetings.

INTOWN CENTRE INC

The Intown Centre's Board of Management has pleasure in inviting all members and interested people to attend our

ANNUAL GENERAL MEETING

Date: Wednesday 12th October, 2022

Time: 4.00 pm

Venue: Intown Centre – 52 Wittenoom Street, Bunbury

(we are looking for new members)

For more information, nomination or to RSVP by (10.10.22) phone 9791 4214 or email: intowncentre@bigpond.com
Light refreshments will be served.

