



# Intown centre

## Shoestring Cafe

Newsletter – January/February 2023 – Issue 82

## 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. It didn't take long for the entire centre to return to our productive, supportive place with our wonderful team.

We were fortunate to have an extra week off in January, staff and volunteers enjoyed the extra rest and returned eager/ready to get back to work. We welcomed a new Volunteer to the team – Carol, who is fitting is just perfectly. We are still looking for a Cook on Monday's.

before you speak... **Listen**  
 before you write... **think**  
 before you spend... **EARN**  
 before you invest... **investigate**  
 before you criticize... **wait**  
 before you **Pray**... **forgive**  
 before you Quit... **try**  
 before you retire... **Save**  
 before you die... **give**

William Arthur Ward

### February

This month we start planning for events throughout the year (this includes meeting with other agencies, looking at programs/projects that can assist our clients etc). It is lovely to meet with people 'face to face', as most times it's over the phone or via emails. This personal contact is beneficial to us.

Also at this time of the year we reflect on 'Past, Present, Future' of our partnerships, events and goals of the Centre to continue with our Mission Statement and the best ways to give support to those in need. We are very lucky in the Bunbury & Surrounding Regions to have great support services with dedicated people.

On a more serious point, the centre like all businesses operates with many expenses (electricity, gas, water etc), we rely on the support of the community to make monetary donations to pay these accounts. Not only does the centre provide meals, hampers etc but we also have a centre that allows social interaction which has been proven to lessen depression which many of clients have. All monetary donations are tax deductible.

*Lastly, I cannot say enough 'thank you' to everyone who assists the centre.*

Receiving a Lotterywest Certificate on the 3<sup>rd</sup> for obtaining a successful grant.



## In Town Centre



## INTOWN CENTRE MISSION STATEMENT

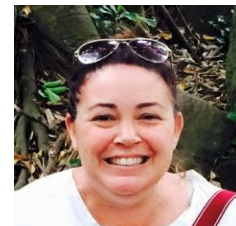
In Town Centre Incorporated is a day centre facility that provides meals and promotes caring relationships and positive participation for all members of the community.



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



### Food Bank Letters

(only issued between):  
10.30- 11.30am

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

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

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

## Board of Management

The first meeting of the year was on the 8<sup>th</sup> February, we welcomed three new members to the team. First item was to approve the increase of the cost of meals for clients, it has been 2  $\frac{1}{2}$  years since the last increase, this will start 1<sup>st</sup> July. Second item is to hold a Strategic Meeting in April, this meeting will be to explore the 'past, present and future' needs of the centre in how we can support 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 share, remember this is our centre-staff, volunteers,

## Southwest Network "Meet & Greet" Breakfast

Our first meeting was at Vat 2 on the 22<sup>nd</sup> February. We had 21 lovely people turn up and share who & what they do and lots of networking was done.



## General Statistics



### JANUARY

Services provided –989  
(morning tea & meals)  
Hampers – 40 (ytd 40)  
Foodbank Letters – 135  
Assistance – 402  
New Clients:  
Meals – 3 (ytd- 3)  
ER – 43 (ytd 43)  
Trading Days – 16

### FEBRUARY

Services provided- 1142  
(morning tea & meals)  
Hampers – 63 (ytd 103)  
Foodbank Letters – 144  
Assistance – 431  
New Clients:  
Meals – 1 (ytd- 4)  
ER – 36 (ytd 79)  
Trading Days – 20



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.



## Donations and Thank You's

### Our special Regulars;

- ★ Bunbury Kia
- ★ Jerry & Katrina
- ★ 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

### Newsletter Special Donors;

- ✓ Summit Real Estate Workers
- ✓ SWAMS
- ✓ Fulton & Hogan
- ✓

Lovely Donation we received from Fulton & Hogan on the 7<sup>th</sup> January.



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.



Government of Western Australia  
Department of Communities





# What's Been Going On !!!

## Australia Day – 26<sup>th</sup> January



The centre was closed, but there was many activities happening around the city all day and finishing off with fireworks.

### Top 11 Facts about Australia

- Australia is a continent and a country. ...
- The Capital of Australia is Canberra. ...
- Kangaroos only exist in Australia. ...
- The Great Barrier Reef in Australia is the biggest reef system in the world. ...
- Australia is split into 8 states. ...
- Australia is home to some dangerous animals.
- Tasmania is part of the continent of Australia
- Indigenous Australians have lived on the continent for over 65,000 years
- 90% of Australians live on the coast
- Tasmania has the cleanest air in the world
- Indian Pacific train has the longest straight section of train track in the world

WE L  VE  
OUR VOLUNTEERS

## "Back to School – Backpacks" Appeal – 2023

We would like to thank all those that donated, even though the cost of living is going up. We have been fortunate in our community that there have been other agencies also assisting with supplying backpacks to those students needing assistance to get back to school.



**SEN  
SPIRIT**  
621 SOUTHWEST

A big thanks to Nay (and team) for the support of the centre over the last 2 months. Monetary donations accepted and appreciated.