



# Intown centre

## Shoestring Cafe

Newsletter – July/August 2023 – Issue 85

## Manager's Chat – Leanne Gibbs

### July

Ok, if anyone locates the SUN please bring it home...winter has definitely set in, so stay warm and safe.

In general, the centre operated pretty quietly this month, sadly we are still seeing new clients visiting the centre who have not been on our data system in 4 years seeking hampers, vouchers, referrals and support.

The month is spent doing reports, not only for our information but for our funding body, financial reports and audits are also done to comply with legal requirements. 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.

### August

Sadly, the months are zooming along now, for me the month is spent re organizing, planning and updating for the centre for the rest of the year. This month Housing first (Anglicarewa) held an expo of services during Homelessness Week, this was a great success and well done to those that organized/attended this event. Our new Client Support Officer – Yvette starts at the centre early September. Please note, we have changed banks, see on page 3 for details.

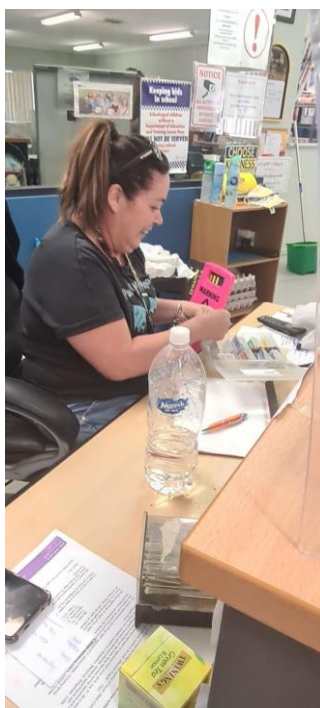


### In Town Centre



### 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.



Sadly, we said “see ya later” to Symone, one of our client support officers. Off to help people in a different way, I am sure we will see her around the centre from time to time. We wish her all the very best.



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

## 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 11<sup>th</sup> October 2023

**Time:** 4.00 pm

**Venue:** Intown Centre – 52 Wittenoom Street, Bunbury

For more information, nomination or to RSVP by (10.10.23) phone 9791 4214 or email: [intowncentre@bigpond.com](mailto:intowncentre@bigpond.com)

Light refreshments will be served following the meeting.



### Intown Centre

52 Wittenoom Street  
Bunbury WA 6230  
PO Box 1666

**Phone:** 9791 4214

**E-mail:**

[intowncentre@bigpond.com](mailto: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.

**LIFE** is like riding a  
**BICYCLE**.  
to keep your  
**BALANCE**  
you must keep moving.  
albert einstein

Free Meal  
Donation from  
Department of  
Health –  
Bunbury  
Tower.  
A big Thank  
you.



## General Statistics



### July

Services provided –1173  
(morning tea & meals)  
Hampers – 35 (ytd 320)  
Foodbank Letters – 73  
Assistance – 306  
New Clients:  
Meals – 6 (ytd- 35)  
ER – 16 (ytd 215)  
Trading Days – 21

### August

Services provided- 1203  
(morning tea & meals)  
Hampers – 23 (ytd 343)  
Foodbank Letters – 80  
Assistance – 309  
New Clients:  
Meals – 7 (ytd- 42)  
ER – 24 (ytd 239)  
Trading Days – 23



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.



Check us out on Facebook

## Donations and Thank You's

### 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;

- ✓ Bunbury Rotary
- ✓ Geographe Civil
- ✓ BWA
- ✓ Kevin Landreth
- ✓ Bunbury City Glass (Adopt a Meal)
- ✓ Health Department, Bunbury Tower - Donation - Free Meals
- ✓ Dorsett Family (Adopt a Meal)
- ✓

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.....



SEPTEMBER IS.....

"ROTARY'S GIVE A DAMN - GIVE A CAN' MONTH

We are fortunate that the school's in the Bunbury and Surrounding areas take on this project with eagerness. If you would like to donate any food items, you can drop them directly to the centre. Sadly, we are experiencing more people struggling with the cost of living.

**KINDNESS MATTERS**  
PAY IT FORWARD



Government of Western Australia  
Department of Communities



**CHOOSE RESPECT**



# What's Been Going On !!!

## Homelessness Week

Housing First held a Expo with services who support those that are homelessness or risk off.

This event was held at the Skate Park on Wednesday 9<sup>th</sup> August. There was 20 + services that attend and many visitors. The Intown Centre was respresented by Sandy our client support officer.



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

## Our CommBank Eaton branch

is so pleased that you are one of two local organisations involved in our local Community Donations campaign. This started on Monday, 3 July and will continue through to 11 August 2023.

## Community Donations Program

**Your community. Your vote.**

Brighten your community by choosing\* your favourite local organisation to receive a funding boost from our Community Donations Program.

Visit [commbank.com.au/communitydonations](https://commbank.com.au/communitydonations) enter Eaton to access your local voting option and vote for us!

Intown Centre - Shoestring Cafe

Supports Relieving Poverty Distress or Disadvantage



We would like to thank Eaton Branch – Commonwealth Bank for nominating us, also to all those that voted for us. We came in second and will receive a wonderful donation.

## 7 Things To Quit!



1. Doubting your abilities.
2. Settling for less.
3. Worrying about what others say.
4. Relying on others for happiness.
5. Fearing change.
6. Beating yourself up over mistakes.
7. Comparing yourself to others.