



Intown centre

Shoestring Cafe

Newsletter – JULY/AUGUST 2025 – Issue 97

Manager's Chat – Leanne Gibbs

July

We started off the month with the manager having some leave, I would like to thank all those that filled in and supported the operations of the Centre while I was away. It was lovely to return to an amazing team. 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.



In Town Centre



August

We have had a very interest month, due to a Staff Leave (unforeseen), we closed the centre for 1 day per week for the month.

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.

We welcomed two new volunteers to our teams – Annie on a Tuesday and Robyn on Thursdays. I would also like to thank those volunteers who over the last few months have filled in for others while they are away. We look forward from Mid-September to see some familiar faces return to the teams.

On 25th we again had our monthly visit from SBSW with our free haircut Monday. Finished the month with a Meet & Greet Breakfast on 27th held at Vat 2, great networking event.

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



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



Please seek out support
to someone if you are
feeling overwhelmed,
many people here to
give support.



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.

KINDNESS MATTERS
PAY IT FORWARD

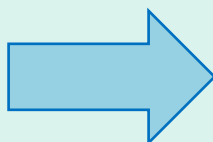
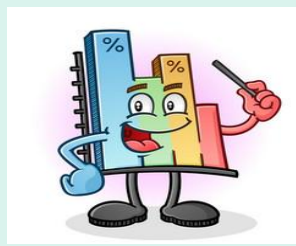


Our Kitchen Teams

Monday – Denise, Rhonda, Sally, Cheryl, Gino
Tuesday – Christine, Lisa, Carol, Emilia, Annie
Wednesday – Jeni, Geoff, Carmen
Thursday – Jenny, Robyn, Shelley, Natalie, Ann
Friday – Mick, Tina, Zac, Carol

WE APPRECIATE ALL OUR VOLUNTEERS

General Statistics



July

Services provided –1475
(morning tea & meals)
Hampers – 40 (ytd 297)
Foodbank Letters – 44
Assistance – 258
New Clients:
Meals – 10 (ytd- 69)
ER – 6 (ytd 93)
Trading Days – 23

August

Services provided- 1093
(morning tea & meals)
Hampers – 27 (ytd 324)
Foodbank Letters – 35
Assistance – 200
New Clients:
Meals – 7 (ytd-76)
ER – 6 (ytd - 99)
Trading Days – 17

Donations & Thank You's

Our special Regulars.

- ★ 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

Newsletter Special Donors;

- ✓ Vivienne Marshall
- ✓ Forrest Personal
- ✓ Dalyellup Pharmacy
- ✓ Service Australia



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.



CHOOSE RESPECT
RESPECT IS TO TREAT WITH CARE AND CONSIDERATION

What's Been Going On !!!

I RELEASE YESTERDAY'S
BURDENS AND START FRESH
TODAY

I AM ENOUGH

TODAY I WILL BE GENTLE
WITH MYSELF

I AM SLOWLY REACHING
MY GOALS

I ALLOW MYSELF TO BE
HAPPY

I CHOOSE TO ATTRACT
POSITIVE ENERGY

I HAVE EVERYTHING I NEED
TO MAKE TODAY A GREAT
DAY

I AM GRATEFUL FOR THE
NEW OPPORTUNITIES
THIS MORNING BRINGS

I ALLOW MYSELF
TO BE HAPPY

I TREAT MY BODY WITH
LOVE AND RESPECT

I GIVE MYSELF GRACE

I WILL MAKE A POSITIVE
DIFFERENCE TODAY

TODAY COULD BE THE
BEST DAY OF MY LIFE

Ask
RUOK?
ANY DAY

The 4 steps
of an RUOK?
conversation

1

How are you travelling?

Ask RUOK?

2

I'm here to listen
if you want to
talk more.

Listen

3

Have you
spoken to
your doctor
about this?

Encourage
action

4

Just wanted to
check in and see
how you're doing?

Check in

Learn more at ruok.org.au

Eye Special Visits

Moses (Optometrist) from "Johnsvision"
is having a rest for a few months,
we will let everyone know when
he is back.



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:
22nd September
20th October



Amazing service and the clients are very thankful.

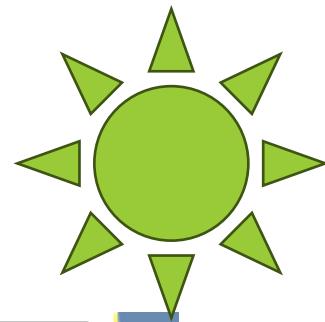
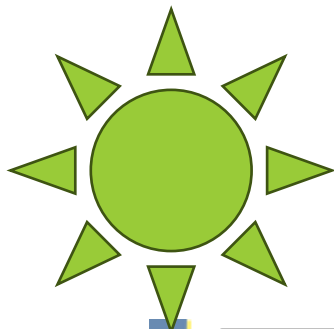
Number of clients trimmed up.

May: 10, June: 9

practice
SIMPLE
acts
of kindness
everyday

Community
Supporters

Thank
you!



From the Board of Management

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 8th October 2025

Time: 5.30 pm

Venue: Intown Centre – 52 Wittenoom Street, Bunbury

All Positions Vacant

Chairperson

Vice – Chairperson

Treasurer

Secretary

General Members also required

Come along and see how you can get involved

Do you have fresh ideas to bring to a Board of Management?
Community minded?

Please note, we hold meetings the 2nd Wednesday of each month at 4.30pm.

For further information/nomination forms, nominations are due 28 days prior to AGM Date (due 10.9.25), all nominations are required to be Seconded by a current Board member -list provided on request.

Contact the Manager through email: intowncentre@bigpond.com



Disclaimer

Under the Constitution of Intown Centre Inc,
the Management Committee must consist of the following positions:
Chairperson, Deputy Chairperson, Secretary, Treasurer
& at least three general members.