

The **Early Morning Centre** provides support and assistance to those experiencing homelessness or impacted by insecure accommodation.

Our services include:

- * Breakfast each week day morning from 7.30am to 8.30am
- * Community hub from 9.00am to 2.00pm
- * Assistance to identify and access other community services
- * Free internet access
- * Free PO box address for personal mail
- * Shower and laundry facilities
- * Special assistance and training programs

Every donation helps to support this important work.

- \$25 provides newspapers for a week
- \$30 provides coffee for 35 people
- \$90 provides internet access for a month
- \$150 provides breakfast for 30 people
- \$200 provides fresh towels for use in the showers for a month
- \$500 pays for special assistance for a month
- \$750 provides breakfast for 30 people for one week
- \$1,750 pays for cleaning of the centre for a month
- \$5,000 provides breakfast for 20 people one day a week for a whole year.

I am interested in hearing more about Friends of the EMC. Please send me the newsletter. My email address is _____

I would like to make a donation to the EMC using my credit card.
(I understand that my payment will be processed through "Hands Across Canberra")

Card number Visa Mastercard. Expires (mm/yy)

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Name on the card: _____ Amount \$ _____

Signature _____ Date: _____

Contact Phone and/or Email _____



Early Morning Centre

Are you looking for an easy way to help make a difference in the lives of vulnerable people?

You can make a difference by becoming a Friend of the Early Morning Centre

A warm safe space and friendly people respecting and responding to individual needs



Your support will help

As a Friend of the Early Morning Centre (EMC), you will be part of a group of like-minded people who share the vision of the EMC to support vulnerable people in our community and have committed to providing ongoing support for this vital work. Each quarter the Friends receive a newsletter with information on activities and also receive invitations to special events.

The EMC on Northbourne Avenue, Canberra City was established in 2005 to provide a safe place for some of our city's most vulnerable people. With the help of dedicated volunteers, we provide a much needed service that is more than just a meal. It's a place where often marginalised people are treated as guests in our community 'home'. Our guests are provided with a place where they feel safe and respected, where they have a voice and can be heard, and where they are part of a community that supports them.

You will make a huge impact ... our guests say

"The service, atmosphere, quality of food – fresh veggies, they set the plates – not a lucky dip of leftovers like everywhere else"

"Who's heard of table service for the poor? No lining up, free food like this? I feel spoiled, it starts my day off - there's no 'here's your food and that's it' - plus, they ask if you want more! They want you to have a good day"

"When I first came in it spun me out - them asking me what I want"

"A year and a half ago I was homeless and used your services for food and showers while I lived in my car for months. [Now] I am walking past in my suit and tie on a break from my interview for a very good job. Thanks for your part in getting me to this point. I am very grateful."

Your support would also provide so much more. We are now implementing social cohesion and community development projects and programs, as resources allow, to assist in creating more lasting change for our guests.

Ongoing activities in our community include poetry, art, footy tipping competition, literacy and numeracy support, and the choir group (Jumpin' Gateway Singers).

Friends of the EMC

I/we would like to join the Friends of the EMC and provide support for the vital work of the EMC with our community's vulnerable people.

Name(s) _____

Contact address _____

Contact phone number: _____

Email address _____

I/We plan to make a regular monthly contribution of

\$10 \$15 \$20 \$30 \$_____

Or I/we would prefer to make an annual donation of \$_____

in _____ (month) each year

I/We will make our regular contribution via EFT to your bank account at UFS. Account name: UnitingCare Canberra City, BSB 634 634, Account Number 100040612 and include our name as the reference.

I/We prefer to make our contribution by cheque payable to UnitingCare Canberra City – EMC.

**UnitingCare Canberra City is registered as a Deductible Gift Recipient
so all your contributions are tax deductible**

Send your completed form to Friends of the EMC:


Post: GPO Box 1526, Canberra ACT 2601

Email: emcfriends@canberracityuca.org.au

Or complete the online form at **emc.canberracityuca.org.au**
then select Join EMC Friends!

If you would like more information please contact the Friends of the EMC by email or phone 02 6247 5041

Tick if you would like to hear about volunteering opportunities at the EMC

 Find us on Facebook