

What's On

Pomona & District Community House

May/June 2025



Miatta, Kate, Heather & Susan. Celebrating Heather's 20 years at PCH!

Pomona & District Community House

is a not-for-profit neighbourhood centre. We offer a range of services and support. We have a number of social groups and run a range of activities and events. Drop on in!

Pomona & District Community House acknowledges the traditional custodians of the land on which we gather, the Kabi Kabi/Gubbi Gubbi people; we pay our respects to their Elders, ancestors, land and seas.



Scan to visit website
for events, services,
volunteer and more.

Open Tuesday to Friday 9.00am-4.00pm
Open late Wednesday to 6.00pm

 **Follow us on Facebook**

What's coming up at PCH?

Week of 12-18 May

Neighbourhood Centre Week
Drop on by and say hi.

Friday, 16 May

The Spotlight with Lilliahna
6:30pm doors open.

Thursday, 22 May

Volunteer Pamper - Thank You
Afternoon Tea & seated massage
1:30pm-3:30pm

Wednesday, 28 May

Dogs & Humans Information Session
10:00am - 11:00am

Wednesday, 11 June

Breakfast Share for Women
8:00am-9:30am

Wednesday, 11 June

Healthy Relationships Info. Session
10:00am - 11:00am

Friday, 20 June

In the Garden - Lets Get Serious about Play
10:00am-2:30pm



Pomona & District
Community House



07 5485 2427

1 Memorial Ave, Pomona

pomonacommunityhouse.org.au



Thanks Paul Bielby who donated a beautiful Epiphone guitar. And thanks for the amazing amount of help with our music events set up and sound. Thanks also for restringing the electric guitars for The Social and donating to the catering costs. Thanks also to John for the amps donation, and Deb & Dale for the electric guitars for The Social.

Thanks Sharn for always asking how you can help. Knowing you'll be dropping by each week is such a big help to us. Thanks also to Luke & Jaimie who helped Sharn with the sandbags ready for ex-cyclone Alfred.



Thanks Emma & Adam for the Lego and maze books. It'll keep Lego Club building. Lego Club on 2nd Tues of month 6-7:30pm.



Thanks Bianca & Pomona Distillery crew for venue & lucky door prize for Heather's 20 years celebration.

OUR NEIGHBOURHOOD CENTRE IS THE HEART OF OUR COMMUNITY

Pomona & District Community House is more a reflection of the hearts of our hinterland communities. **Here's just some of the amazing hearts in our community. We know there are many, many more** out there who are sharing, giving, listening, creating, showing kindness, being curious, growing, seeding, empowering, and holding space.



THANK YOU!!

Write a message or draw a picture!

NEIGHBOURHOOD CENTRE WEEK

12-18 MAY 2025



Thanks mystery rock fairy. We love your message surprises.



Thanks to the social group volunteers who grow opportunities for social connections. Thank you to the creatives out there who have created for Community House, and who have helped with events. Thanks Boomerang Bags Pomona for your generous donation to community pantry. Thanks to Anglican Church, Majestic Theatre, Hinterland Dental, Countryside Realty Noosa, and the many local individuals for donating vouchers. to support those doing it tough. Thanks Noosa District Landcare Trainees for oiling the decks.

Thanks Val for all your textile creations we love the pompom tree and making our stalls fab.



Thanks Unravellers Knitting group for the scarfs. On every Thursday 9:30am-12pm

Thanks NDSHS and community members who drop off fresh produce.



Thanks Cooroy Pomona Lions Club for your ongoing support with emergency relief over the years.



Huge thanks to Marg & crew at Pomona Hotel for their generous donations over years to community pantry. We are so grateful for those deliveries.

Dear Community,

Thanks to all the places around town and hinterland who display our What's On.

May 12th to 18th is Neighbourhood Centre Week across Australia. It's a nationwide celebration of the vital role Neighbourhood Centres play in building strong, connected communities. This year's theme is "The heart of our community". In Queensland, neighbourhood centres represent the largest community-led infrastructure. So why not venture up the stairs and say hi, or drop into a social group in the Lawson Shed.

And where would Pomona & District Community House be without the amazing active citizens & volunteers! That's why we are saying thank you. Yes it's that time of year where we get to treat our volunteers in the hinterland-afternoon tea and treats on us. Caz and the crew are back to give seated massages to pamper you. Check out page 6 for more information.



Community House staff want to take a moment to say thank you to the volunteers at PCH who keep the house going. John, Deb, Alan, Andree & Amy on the PCH Management Committee and our Front Counter Hosts Deb, Ann, Cathy, Monica, Eloise, Heather, and Karenne. Thanks Mimi for collating the history of PCH. Thanks Jo-Anne for coming on board as our Volunteer Community Development, and big thanks to Tracie who has developed an incredible community garden and sessions in the garden program. And thank you to the amazing garden volunteers who work with Tracie. We have to farewell Jeannette who

was amazing as our Volunteer Emergency Relief. She made many connections of support, and kept the community pantry stocked. She also gifted massages too - thanks Jeannette we miss you. Thanks Bronwyn from Urban Angels Community Kitchen volunteer who has been delivering the frozen meals for many years.

Bye to John from Waves of Kindness (WoK), who provide free counselling for men and teenage boys. We'll miss you. We're working with WoK to try and continue this offering in some form.



Thanks Willow, 7yrs for visiting PCH and gifting your artwork.

We've made some changes to "The Social: a space for young people" program based on feedback from the group. More information on page 15. May/June sees us exploring relationships - What is a health relationship? See page 7 for more information.



And an apology for an error in the March/April What's On. We incorrectly attributed the artwork, pictured left, to Tamsin Kerr. It is actually a work by Noosa artist, Judy Barrass. Apologies Judy. www.judybarrass.com.

with kindness, PCH Team

PCH Community Support

PCH Community Support Workers



Tuesday & Friday
Book in. P: 5485 2427
9.30am-1.30pm
Drop ins welcome
dependent on availability

Information, Support & Referrals with Miatta

free

Community Support Worker - social work offers:

- Assistance to link in with PCH social groups.
- Advocacy and support to access community services.
- One-on-one connection to assist with complex situations.
- Referral to Waves of Kindness (WoK) for support with essential living expenses, if the request meets WoK's PBI requirements.
- Emergency Relief for immediate financial hardship by appointment and subject to availability.
- A welcoming space to have a chat and find information and supports for your needs.

Wednesday
Book in. Drop in.
9.30am-1.30pm

Nurse-Led Health Support with Kristine

free

Phone: 07 5485 2427

Advice and listening and referral.

Basic nursing health checks and monitoring:

- Blood Pressure, Heart Rate, Oxygen Saturation.
- Blood Sugar Levels.
- Weight and BMI on request.
- Urine checks (dipstick).
- Skin health.
- Pain.
- Cardiac.
- Respiratory, e.g. asthma, COPD.
- Continence & funding application.
- Diabetes.

Mental health: listening, advice, referral, assessment.

- Basic woundcare (help with dressings).
- Medication information/discussion.
- Quit smoking advice/products.
- Sexual health enquiries.



Out & About in Community

ABC Cafe @ Pomona Caravan Park
& Showground, 2nd Wednesday of
Month. 10:30am-12pm
14 May, 11 June, 9 July, 12 August

Pomona IGA, 4th Wednesday of Month
10:30am-11:30am

SLEEPY TIME

How much do you sleep?

Each edition Kristine is going to share a health topic. She has been collecting sleep tips recently, so if you're a poor sleeper have a read and/or come have a chat with her on Wednesdays and see if together you can find some solutions to improve your sleep (and your life). Now to sleep, as demonstrated by John in photo below.

We spend about a third of our life in this semi-comatose state - ideally! But for many of us the 'ideal' is far away. We spend a lot of hours trying to get to sleep, or a lot of time just not getting into bed early enough. Sleep is critical to maintain our mental, physical and emotional health. Without it, after a time we die, just as we do without water or adequate oxygen in our bodies. Many scientific studies have revealed just how important sleep is to our wellbeing.

Did you know?

- Some of us are 'Owls' and some 'Larks'? 30% of the population have a later circadian rhythm (that is, internal clock). So for 'Owls' fitting into a typical working world means less quality sleep. As a result, this part of the population suffer more diabetes, more heart disease and more depression.
- We are surprisingly busy while sleeping. Busy forming and maintaining nerve pathways, clearing away toxins, solving problems, healing memories.

Ideal sleeping conditions include:

- Cooler temperatures 20-22 degrees is apparently ideal!
- Warm bodies to drive core temperature down (this is why a hot bath before bed helps sleeping)
- Restricted screen time - stop 1hr before bed.
- Reduce caffeine - none 3hrs before bed
- Regular exercise but nothing too strenuous before bed, though gentle stretching can help us relax.
- As little light as possible, the darker the better. Exposure to bright morning light once awake can help set a healthy sleep-wake rhythm.
- A regular bed time helps. (Definitely tricky for shift workers, and many others due to family and lifestyle demands.)

Have a google to find Dr Michael Mosley - Fast Asleep for lots of interesting helpful sleep information.



Special Events

May/June

For full details on events, see our website.



Volunteer Pamper Day - Thank you!

Afternoon tea & treats

Thursday, 22 May 1:30pm-3:30pm Lawson Shed

It's National Volunteers Week 19-25 May. Volunteering and active citizenship plays a fundamental role in enhancing social, economic and environmental wellbeing in our communities. Community House and many other organisations would not exist without our amazing volunteers. So we've booked in Caz, Noosa Mobile Massage, who'll be offering free seated chair massages, have a delicious afternoon tea planned and other treats. It's a thank you to all our hinterland volunteers for the social connections and support they provide. RSVPs appreciated for catering. No bookings for massages - it is offered on the day. RSVP: 5485 2427, info@pomonacommunityhouse.org.au or drop in.

PCH is updating the "Community Compass: your guide to volunteering in the Noosa Hinterland."

The 2025 edition due out July in hardcopy & online. Current opportunities can still be found off our website.

COMMUNITY
Compass

Your Guide to Volunteering in the Noosa Hinterland



The Spotlight with Lilliahna

Friday, 16 May 7:30pm The Spot, Cooroy

Doors are open from 6:30pm to gather and feast.

PCH in collaboration with The Spot invites you to celebrate the sweetness of acoustic folk with local songwriter Lilliahna Rogers and her duo, Tahna, followed by local poet and songstress, Jeunae Elita, to transcend the depths of folk. Artist, Primrose Hitchens, will add a unique touch to the evening creating live art. The event supports Lilliahna Rogers to attend The International Youth Initiative Program in Sweden. Lilliahna has been accepted to participate in the 10 month residential societal entrepreneurship training for 18-28yrs. PCH is excited to support Lilliahna in her career and development, and supporting The Spot to expand as a flourishing hub for social connection, creativity and collaboration. There will be chai, dahl, and mulled wine to warm the cockles of your hearts and ease into this Autumnal gathering. Tickets: \$20. Bar available.



The Lawson Shed & Community House
1 Memorial Ave, Pomona
Ph: 07 5485 2427



Call/Email to book

Walk-ins welcome

Book with QR code



Healthy Relationships

Know how to be sure you're in one & when you're not.

Wednesday, 11 June 10am-11am Lawson Shed

Friendships, family and intimate relationships, they can all be hard to navigate at times. Presented by the Sunny Kids team lets consider what a healthy relationship is. Friendships, family, as well as intimate partners. How to know you are in a healthy relationship and how to know if you are not.

Know the things to look for. Learn about healthy communication, active listening skills and conflict resolutions. How we relate to each other builds strong community. Free. No bookings required. Cuppa provided.



Breakfast Share for Women

Wednesday, 11 June 8am-9:30am Lawson Shed

A chance for women to come together and connect. Lets talk all things peri and beyond. Learn through sharing ways to care for self. Come even if you can't stay for all. Free. Yes it's breakfast on us! Just bring yourself.

Next Shares:

- 13 August
- 15 October
- 26 November



Dogs and Humans

Ensuring a mutually beneficial relationship for both.

Wednesday, 28 May 10am-11am Lawson Shed

Join Angela Martin, K9 Talk Dog Behaviourist, who is providing an information session on bridging the gap of communication between humans and K9s. An informal session of question & answer around building Consent, Confidence, Connection and Calm. What are you wanting from your K9? Is it realistic? Know your breed - is it the right K9 for you? Ensuring all species in a family are happy.

Note this is a dog free space to allow focused learning and active listening. Free. No bookings required just turn up.

In the PCH Community Garden



Observing.
Caring.
Harvesting.
Sharing.

Volunteer in the garden Friday 2.00-3.00pm

Join PCH Community Garden Volunteer Tracie Sheehan and get your hands in the soil and help us grow. Tracie also programs our bi-monthly "Exploring..." garden sessions.

- Watering
- Weeding
- Planting & Pruning
- Harvesting

Bring a hat,
water bottle and
snack.



2025 Garden Theme

Our Beautiful Earth Celebrating and Creating Beauty in the World

At each bimonthly Garden Session we will explore the power within life and nature's ability to provide the impetus to appreciate and create beautiful ways of living and sharing.

Future Friday dates:

- 15th August
- 17th October
- 5th December



Lets Get Serious About Play and Light up your Life

Friday 20 June: 10am to 2.30pm

10.00-11.30am:
Garden As Playground
Play for the sake of playing

11.30am-12.30pm:
Light Lunch & Laughter

12.30-2.30pm:
Playing with Purpose
Well being, creativity
and other interesting
outcomes.



**Come to one or all sessions
on the day.**
No Cost.

Bookings appreciated: 07 5485 2427 or
info@pomonacommunityhouse.org.au

Adolescent Allies

Parenting Beyond Childhood

A monthly group that comes together to share an afternoon tea and chat about parenting children as they move beyond childhood into the tween and teen years.

Parents and caregivers are invited to a relaxed space where we discuss relevant topics for our young people and ourselves as we navigate this stage of parenting. The group is built on the idea that connection with other people who are parenting through the same stage provides the chance to fill our own parenting cup; so we can be there for our young people who continue to need us beyond childhood as they develop into the adults of the future. It is a chance for us to share resources, ideas, and our collective wisdom. To feel supported in our community with the challenges and to make social connections locally.

You are warmly invited to bring your questions, bring yourselves, bring a friend, and come along for chats and snacks on the 2nd Wednesday of the month 4:30-5:30pm. If you have a 12-17yr old they can drop into The Social that runs weekly on Wednesdays 3-6pm. This is a child free group space to allow discussion of adult themes as needed.

PCH Community Support Worker Miatta, who is a social worker and mother who has parented beyond childhood, is trained in Circle of Security Parenting, True Relationships education for young people on creating healthy relationships, and supports the PCH Young People's program.

Miatta knows that parenting in these years can feel challenging and often isolating. Finding a group who understands can be valuable for feeling like you are not alone. She knows it can be scary to attend a new group, so if you would like to arrange to meet with her to see if this group is for you, you can see her one on one by appointment.

NEW
MONTHLY
GROUP

2nd Wednesday
of month

4:30pm-5:30pm
(open from 4pm)

@ Community House

- 14th May
- 11th June
- 9th July
- 13th August



Useful Links

Headspace Parent space.
Resources to support you to support your teen.
headspace.org.au/parents

Online parenting course for all ages, including teenagers.
triple-parenting.net.au/qld-en/triple-p/

ABC iView mockumentary show- Role of a Lifetime. "A series about how to parent in the rapidly changing world using a Sitcom family to play out parenting challenges which are then explored in the real world"

Thank you to the
volunteer community
members who run the
social groups!

Regular Groups

Mondays



Boomerang Bags
9.30am-3.00pm
Every Monday

Tackling plastic pollution
at its source.



Tuesdays



Pomona Writers Group
9.30am-11.30am
1st & 3rd of month

A supportive group to get
you writing.



**Cuppa, Cake and
Conversation**
10.00am-12.00pm
2nd & 4th of month



Social connection
over a cuppa.

Tuesdays



Creative Connections
10.00am-12.00pm
1st & 3rd of month

Creative space for
community.



Lego Club
6.00pm-7.30pm
2nd Tues of month

Share skills, build & have fun.
Adults to 8yrs+



8-16yrs
must have
their adult
present.

Come help us build
and create the Lego
window display at Pomona
Newsagency for the lead
into Pomona Family Fun
Day (July). Think fairy floss,
rides, parade floats and
more. Limited only by your
imagination.

Wednesdays



Adolescent Allies
4.30pm-5.30pm
2nd of month

Support & connection
group for parenting the
Teen years. See page 9.



**Young People
The Social: 12-17yrs**
3.00pm-6.00pm
Every Wednesday



See page 15.

new



**Young People
The Social: 18-25yrs**
4.00pm-7.00pm
Monthly Fridays



See page 15.

Wednesdays



EFT/Tapping Session
9.30am-12.30pm
Monthly. See website or
text Pam.

EFT in a group setting.
Contact Pam:
0439 534 056



Rummikub
1.00pm-4.00pm
Every Wednesday

A fun social time.



**Pomona Astronomy
Club** 
7.00pm
4th of month



Come out at
night & look up.



Pomona & District
Community House

NOOSA
Council



Queensland
Government

The Lawson Shed & Community House

1 Memorial Ave, Pomona

Ph: 07 5485 2427



Community House



The Lawson Shed



\$3 donation

Thursdays



Unravellers Knitting Group

9.30am-12.00pm
Every Thursday



Social connection
through knit.



French Group

12.30pm-3.30pm
1st & 3rd of month

Conversational French.



Pilates with Amy Block

4.30pm-5.30pm
Every Thursday

Book with Amy:
0409 766 634



Thursdays



Pomona Cinema Club

7.00pm
1st & 3rd of month

Enjoy sharing your
passion for film.



Fridays



Mummas Village

9.00am-11.30am
Every Friday

For all those mothering in
community.



Fridays



Community Garden Care and Grow

2.00pm-3.00pm
Every Friday

Come participate and
help us grow.



Garden Session:

Lets get serious about play
10.00am-2.30pm

20 June

Talks, lunch and more in
the Community Garden.
See page 8.

Saturdays



Community Wellness Group

Back in July.

Contact Melissa:
0419 589 029



Sundays



Noosa Barter Tribe

11.00am-1.00pm
Every Sunday

Barter homegrown
produce, skills,
plants and more.



Alcoholics Anonymous

6.30pm
Every Sunday



Weekdays



Pomona Pacers Walking Group

6.30am (Oct-Mar)
7.00am (Apr-Sep)

Meet at PCH Noticeboard.

Community Support & Services



Footprints Community Better Together

1st Wednesday of Month
9:00am-11:00am
Drop In.

Footprints Community Care Finder can help you understand what aged cared services are available, set up an assessment and find and choose services.

Supporting those needing support to access services.



YouTurn Housing & Homelessness Outreach

Wednesday
Every week
9:30am-12:00pm
Drop in.



St Vinnies Welfare Support

Thursdays
1st & 3rd of month
9:30am-12:00pm
Drop in.

QuiVAA code



Services Australia Agent Weekly

at times noted below only
Tuesday, Thursday, Friday
9.30am-11.30am
Drop in.
Wednesday
9.30am-1.30pm
Drop in.



Pomona & District Community House staff are trained as Services Australia Agents and can provide:

- Help with registering for digital services with Services Australia.
- Provide support to access Services Australia if a customer can't access digital services.
- Confirm identity documents and photocopies needing to be submitted to Services Australia.
- Support customers with upload of documents.
- Support access and use of myGov app.



Suncoast Community Legal Service

Family Law, Free legal advice.

Highly qualified legal volunteers will let you know where you stand with the law, suggest the best solution for your legal dilemma and tell you about other services which might be helpful.

Monthly Thursdays
1:00pm-3:00pm
• 15 May 2025
• 12 June 2025

30 minute appointments
Bookings essential.
Ph: 07 5376 7800
scls.org.au/book-appointment

Are you a carer?

A carer is someone who helps a family member or friend with:



Support is just a call away.
Phone Carer Gateway on 1800 422 737.

Salvation
Army Financial
Assistance.
Ph: 07 3001 6288

Money Matters available
through YouTurn 07 5442 4277
for help managing money.

Support & Services Calendar

FREE:
Located in
Community
House

JPs, counselling for men and teenage boys, foot care & diabetes prevention clinic, carers support, housing support, grab a library book, help understanding your finances, family law legal advice, & navigating NDIS system.
See pages 4 & 5 for PCH specific supports.

Tuesday	Wednesday	Thursday	Friday
	PCH Services Australia Agent Available every week. Drop in. See page 5.		PCH
9.30am-11.30am	9.30am-1.00pm	9.30am-11.30am	9.30am-11.30am
	PCH Community Support Shower, cuppa, phone charge & community pantry access. Available every week.		PCH
9.30am-2.30pm	9.30am-2.30pm	9.30am-2.30pm	9.30am-2.30pm
	Noosa Council Library Bookshelf Available every week.		
9.00am-4.00pm	9.00am-6.00pm	9.00am-4.00pm	9.00-4.00pm
Nyina Budja Health Equity Van in the Community WEDNESDAY 21 May 2025 10:00am-2:00pm Aboriginal & Torres Strait Islander Preventative Health Pathways Program (PHP) Ph: 07 5479 9852 Dietitians, Health Workers, Nurses, Exercise Physiologist.	Justice of the Peace Weekly 9:30am-12:30pm Housing and Homelessness Outreach: YouTurn Weekly 9.30am-12.00pm Urban Angels Community Kitchen Most fortnights. Drop off frozen meals for community pantry. Footprints Community. Better Together 1st of month 9.00am-11.00am Connect someone you know with support. 7 May & 4 June	St Vinnies, Welfare Support 1st and 3rd of month 9.30am-12.00pm Free Legal Advice Family Law 15 May & 12 June 1:00pm-3:00pm Bookings essential. See page 12 Support and services are generally drop in, unless otherwise specified.	Justice of the Peace Weekly 1.00pm-3.00pm Oz Harveest Weekly Drop off food for community pantry Local Area Coordinators, NDIS Help navigating NDIS 2nd of month 9.30am-12.30pm By appointment only. Book at Community House. 07 5485 2427



INKED

young people leave their mark

"I've really enjoyed being a part of The Social Cooking Class. It's not only been so fun but also super helpful to learn about cooking and easy recipes. I've made tons of friends there and it's just so welcoming and inclusive, and Kate has been so amazing and kind towards us. She knows how to explain techniques and recipes in a way everyone can understand. I feel so welcomed and happy every time I'm at The Social and I hope to be there for as long as possible." - Bella, 13yrs



Collage artwork by Bella



The dragon
by Nakeela

The Social

Arts & Eats & Chats

A space for
young people

At The Social in March, we enjoyed a French cooking session with Mrs Maher from the French Conversation Group, who taught us how to make Croque-Monsieur's and Clafoutis with Chantilly cream. We also snacked on croissants with chocolate spread and French jam, macarons, and French toast. Thank you, Mrs Maher, for volunteering your time and skills.

Over the past several months, The Social has welcomed rotating groups of young people and explored a range of cultural cuisines. These groups have included Young Women (12-17), Young Men (12-17), Beyond Binary (12-25), and our over-18s. As part of our cooking, budgeting, and life skills program, we've enjoyed Thai, Italian, Mexican festive, Japanese, and French recipes—and even created our very own The Social cookbook!

Through ongoing feedback from the group, we've learned that many young people would prefer to come any week, rather than remembering which Wednesday is "their" turn. In response, PCH is making a change: starting this May, The Social will be open to all genders and beyond binary young people aged 12-17yrs every Wednesday at Lawson Shed.

Then monthly Fridays 18-25yrs will meet up.

**The Social 12-17yrs
meets weekly Wednesdays**

**The Social 18-25yrs
meets monthly Fridays**

**All genders & beyond binary
young people welcome.**

**Facilitated by PCH's Young
People Program Officer,
Kate Rose**



**every
Wednesday**



The Social

12-17 years

Wednesdays 3-6pm

A facilitated space for meal sharing, social connection, life skills and community engagement. We like to call it Arts and Eats, because alongside the food you can play music, make zines, collage and draw. It's a relaxed hangout where art, music and games are all on offer. Meet at Lawson Shed.



**monthly
Fridays**



The Social

18-25 years

Friday 9th May, 4-7pm

and

Friday 13th June, 4-7pm

Meal share & hang with
Kate & your peers.
Meet at Lawson Shed.

Thanks Heather!

20 years of Heart & Unity

By Miatta, PCH's Community Support Worker
(with some help from AI)

For twenty years, through thick and thin,
She's been part of a space where all fit in.
A neighbourhood house, a place to be,
A haven of love, of community.

Within these walls, a guiding light,
a community hero to fight the good fight.
In the community house, a second home,
Where all are welcome, free to roam.

Through every challenge, every test,
She gave her all, she gave her best.
Her kindness shines for all to see,
A leader strong in unity.

Through laughter, struggle, joy, and tears,
We've stood together all these years.
With hands held high, with hearts so free,
We celebrate her, a leader in our community.

She's lifted spirits, eased the load,
Walked beside us, paved the road.
A voice of hope, a steady hand,
A heart that helps us understand.

From morning chats to evening care,
She's always first to just be there.
With open doors and arms so wide,
She's filled this house with love and pride.

So here's to her, the work she's done,
The countless lives she's touched as one.
With gratitude, we cheer with glee—
twenty years in community!



Amazing
cake
Kathryn!



PS: No Heather is
not retiring. As John our
President says she's just
come off her probation
period hahaha.
We just wanted
to celebrate and
acknowledge all she does.

Social Snaps & Connections

Photos from our events

Love your Earth Mural, Palooza Unplugged, Open Mic, & Pomonapalooza

Thank you to ALL the local young people who delivered some great events. Alice with Love your Earth mural and all the young creatives who added their artwork. Thanks Mia-Rae for stepping in at last minute to MC Pomona Unplugged, and to those who got up to the mic! Also, thanks to those supporting-Carly & Tia for help with mural. Jade for sandwiches, fruit & juice for the mural makers. Thanks Tenika for keeping the pizzas coming out hot at Palooza Unplugged. Thanks to Pomonapalooza crew!!!!



Alice, Kate & Love your Earth mural. It'll be added to over the next weeks & displayed



On the mic at Palooza Unplugged.



A great time at Pomonapalooza



'The Social' Meals

Thanks to Mrs Maher (from the French Conversational Group) who taught The Social crew how to make tasty French eats and donated some delicious goodies.

Croque Monsieur
· ham, cheese, bread & Bechamel sauce. S+P

cheese: parmesan, cheddar, gruyere, swiss.

1. Bechamel sauce on bread, cheese, ham, sauce, cheese
* close sandwich, cook in buttered pan.



Atypical Nest of Songbirds & Nest Weaving Workshop

Thanks everyone who came and supported these great offerings from the creatives in our community. Thanks Tracie for an amazing feed.



Nest creation



Social Connections



Pomona Railway Station Gallery

10 Station St

There's a number of new exhibitions coming up in the 'Carriage Room' and 'Banana Shed'. Why not add some art to your day. Open: Tues to Fri 10am-4pm and Sat & Sun 10am-2pm.



Kin Kin Community Group

57 Main Street, Kin Kin
office.kkcg@gmail.com

Kin Kin Morning Tea

2nd Monday of month
9.30am-11.30am
Kin Kin Community House

Pilates Mat Combo

with Erin, EFitness
Noosa Council
Living Well

Kin Kin Market

1st Sunday of month
8.00am-12.00pm
Kin Kin Oval

Wednesday
5:30pm-6:30pm
Kin Kin Hall
\$0 conc. or \$5 general

If you are interested in the way gardens and green spaces can boost wellbeing for yourself or the people you care for-



Scan this QR code to find out more about Green Prescriptions and the GRoW Cooroy project.

Let's GRoW something great together.

University of the Sunshine Coast
permaculture
Email: Grow@unisc.edu.au
Phone: 07 54594527

UnISC Ethics approval: A252686

An interesting community-led initiative being piloted in Cooroy. Scan QR for more info.

Cooroy Library. Kids Yoga, 5-12yrs. School Terms. Tues 3:45pm-4:30pm. Free. See library



Cooran Acoustic Music Night

Check out the QR code to Cooran Acoustic Night and Hall Happenings



Cooran Hall

14 King Street, Cooran

Cooran Community Garden

check out local noticeboards for meet up dates and times.



Federal Hall

1642 Bruce Highway, Federal
For hall hire and enquiries, contact Zani.
Phone: 0413 090 548

Pomona Memorial School of Arts Hall



7-9 Reserve Street, Pomona

Monday

Zumba

9.30am-10.30am

Contact: Cathy Tapper

Phone: 0428 161 622

Indoor Bowls

1.30pm-3.30pm

Last Monday of month

Contact: Alen Kenzler

Phone: 07 5447 6223

JKA Karate

6.00pm-7.00pm

Contact: Kim Vines

Phone: 0422 373 198

Tuesday

Pilates

8.30am-9.30am

Contact: Amy Block

Phone: 0409 766 634

Wednesday

Indoor Bowls

9.00am-11.30am

Contact: Alen Kenzler

Phone: 07 5447 6223

Core Balance Yoga

5.45pm-7.00pm

Contact: Jenni

Phone: 0450 335 985

Noosa Council

Living Well

Thursday

Stretch Yoga

8.30am-10.15am

Contact: Andy Pike

Phone: 0415 734 180

JKA Karate

6.00pm-7.00pm

Contact: Kim Vines

Phone: 0422 373 198

Friday

Table Tennis (Lower Hall)

9.00am-11.00am

Contact: Peter

Phone: 0448 882 600

Pomona Christian Outreach Youth Group

4.00pm-6.00pm

Sunday

Pomona Christian Outreach Youth Group

3.30pm-6.00pm

Pomona Red Cross Op Shop

Monday-Friday: 9.00am-4.00pm

Phone: 07 5485 2934

Hall Hire & Enquiries:

Heather Manders: 0411 114 077

Pomona Meals on Wheels

Monday, Wednesday, Friday

Irene Gibbs: 07 5485 1777 or 0459 112 877

Community Spirit at its Best

JP Service

Wed: 9.30am-12.30pm
Fri: 1.00pm-3.00pm

PCH Events

Monthly special events
& weekly regular groups:
see inside and website.

Room Hire

Rooms available for
hire. See website for
details and times.

Office Services

Printing and Photocopying
Scanning and Laminating
Free Computers and WiFi Access
Space to sit and work
Typing and resume support (by appt)

Services Australia Agent
(see page 12 for hours and support)

Get involved

**We welcome your support and
involvement with PCH**

Become a PCH member
Volunteer at the house
Start a group activity
Make a donation

Community Support

Free: All Welcome

Community Support Workers
Information, Support & Referrals
Nurse-led Health Support

(see page 4)

**9:30am - 2:30pm
Tuesday to Friday**

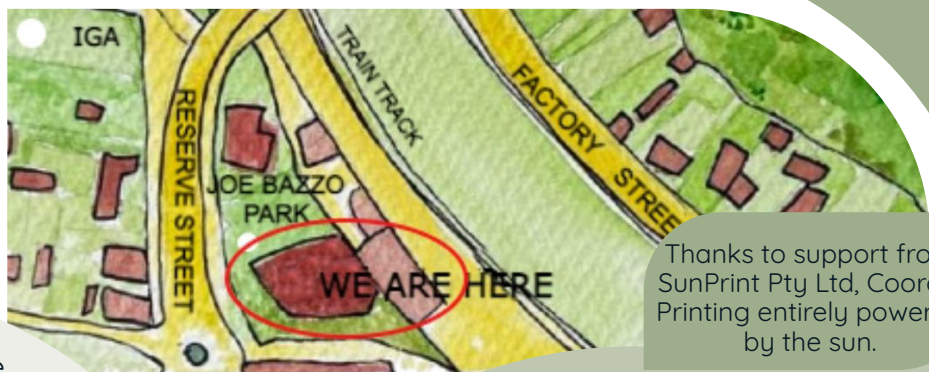
Tea, Coffee & Biscuits
Shower Access

Phone Recharge Access
Access to Art Supplies
Community Pantry

(thanks community for stocking it & Oz Harvest)

Frozen Pre-Cooked Meals

(thanks to Urban Angels Community Kitchen)



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Scan to visit website
for events, services,
volunteer and more.

Open Tuesday to Friday 9.00am-4.00pm
Open late Wednesday to 6.00pm

f Follow us on Facebook



Pomona & District
Community House



07 5485 2427

1 Memorial Ave, Pomona

pomonacommunityhouse.org.au