

# What's On

September/October 2025

## Pomona & District Community House



The PCH Monthly Lego Club display at Pomona Newsagency in July.

### Pomona & District Community House

Your not-for-profit neighbourhood centre in the Noosa Hinterland.

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?

#### **Type 2 Diabetes Talk**

Wednesday, 3 September

#### **Free Bus Trip to GATHAA the First Nations Markets**

Saturday, 13 September

#### **Parent/carers info. session Talking to Tweens about Sex**

Wednesday, 17 September

#### **School Holiday Program for primary age (4-12yrs)**

Thurs, 25 September & Wed, 1 October

#### **The Spotlight-songs, stories, art**

Saturday, 4 October

#### **Qld Mental Health Week Creative Connections**

Tuesday, 7 October

#### **Garden Session: Becoming a Forager**

Friday, 17 October



**Pomona & District  
Community House**

07 5485 2427

1 Memorial Ave, Pomona

[pomonacommunityhouse.org.au](http://pomonacommunityhouse.org.au)



“If we all work together as a community, we can create an Australia where all children can grow up safe and well. What role can you play in supporting children and their families?”

- Leesa Waters, CEO, NAPCAN



Rummikub regulars showed the young people at 'The Social 12-17yrs', the rules of the game and with the help of cake and cordial, math was made fun!

## new social groups

**Cards - Playing 500**  
Weekly on Tuesdays 1-3pm

**K9 talk with Angela**  
Monthly on Wednesdays  
(see pages 12-13)

Celebrating Ann. Five years of helping us out weekly here at PCH. If you've dropped by on Tuesday you'll know that warm, caring welcome of Ann's. Thank you Ann we appreciate all that you do!



Pomona & District Community House has been operating for nearly 30 years and largely thanks to locals volunteering their time for community. The regular social groups are offered by local community members with an interest they are keen to share with others; and where would we be without our front counter host volunteers.

PCH receives Qld Government funding under the Neighbourhood Centres Initiative. This is core base funding delivering social connection, information and community empowerment. Noosa Shire Council provides the Old Station Master 'Community House' and the Lawson Shed and a Halls & Centres Grant. Various events and programs are often funded via Noosa Council Community Grants, other government/organisation grants or delivered by volunteers.



Queensland  
Government



**NOOSA**  
Council

PCH receives minimal Emergency Relief funding and the stocking of our pantry is thanks to our local businesses, other nfp organisations, and community members.



# Dear Community,

As this What's On rolls off the press, we are heading into National Child Protection Week (7-13 September) and here at Community House we believe it takes a village to keep children safe and supported to thrive!

Child safety is everyone's business every day, and Child Protection Week is an important initiative to remind us of the role we can all play. It shines a light on how families, neighbours, schools, community groups, and services can work together to create safe and nurturing environments for children and young people.

PCH Young People Program Officer, Kate Rose, recently attended the Daniel Morcombe Foundation's Bright Futures National Symposium, where experts, educators, and changemakers gathered to strengthen our collective approach to child safety, wellbeing, and trauma-informed care. The event explored how organisations and communities can work together to keep children safe in both physical and digital environments. Kate returned with valuable insights and resources to help strengthen how we, as a community, keep children and young people safe.



Kate Rose with Wave Raiders at Bright Futures National Symposium

Young people thrive with regular, safe spaces to connect and feel supported. That's why we run Mumma's Village playgroup, The Social for ages 12-17 weekly, monthly gatherings for 18-25-year-olds, and community events shaped by young people themselves.

Strengthening the village also means supporting parents and carers—Miatta leads a monthly Adolescent Allies peer-support group, and together she and Kate will host a free session for parents/carers on 17 September on "How to Talk to Your Tweens About Sex."

For our young people, Community House was successful in receiving a grant to host age-appropriate and body-positive relationship education delivered by educator, Natalie Stokell (see page 21). In her Tell Your Daughters and Tell Your Sons workshop series, Natalie will approach adolescence with expertise and empathy. These workshops are just one way we can start important conversations—but they also raise bigger questions for us all. The statistics on gender-based harassment and violence in our country are distressing. So how can we, as a village, raise the next generation to be strong in saying 'no' and respectful in receiving a 'no'? And what responsibilities do the generations before them carry?

How we relate to one another shapes both our understanding and our respect for each other. If it takes a village to raise a child, then it's worth asking: what kind of village do we want to be? At PCH, we are interested in exploring what healthy communication and relationships look like, how social connection can be nurtured, and what makes a supportive and connected community. These conversations are just as important as the programs we run—they help us all play an active role in creating a village where children and young people can thrive.

with kindness,  
PCH Team



# PCH Community Support

PCH Community  
Support Workers



## Community Support Worker (Social Work) free

As a social worker Miatta is "Informed by principles of the inherent dignity of humanity, human rights, and social justice, social workers work with, and on behalf of, individuals, families, groups and communities to:

- enhance their individual and collective wellbeing and social development
- resolve personal and interpersonal problems
- improve and to facilitate engagement with the broader society
- address systemic barriers to full recognition and participation
- protect the vulnerable from oppression and abuse."

(Ref: 1.1 pg4 AASW-Code-of-Ethics-2020.pdf)

Please note, Miatta is now only available for one-on-one appointments on Tuesdays. Appointments are no longer offered on Fridays.

**TUESDAYS ONLY 9:30am to 1:30pm**

Book in. P: 5485 2427

Drop ins welcome dependent on availability

### Information, Support & Referrals with Miatta:

- 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.





# Adolescent Allies

## Parenting Beyond Childhood

Building connections with our kids can look different as we move into parenting beyond childhood. Concerns about device use, healthy friendships and new behaviours can feel like unmapped terrain. Adolescent Allies is a space to think about our young people, and ourselves as parents and carers at this changing developmental time, with others who are also at this stage of the parenting journey.

Come and share stories, find encouragement, and enjoy some nibbles as we support and share with one another through this important time.

The group is facilitated by Miatta, a Community Support Worker. Miatta is also available for one-on-one appointments to talk through any areas where you may be looking for extra support outside of a group space. Her approach is relational, flexible, and tailored to your individual needs. Miatta can offer support finding information or directing referrals to specialist services as well as a space to have a cuppa and a chat about your world.

Miatta is also trained in the Circle of Security Parenting Program, an internationally recognised 8-week course that helps parents and carers strengthen their relationships with their children. This program is available on a one-to-one basis and offers valuable tools to better understand your child's emotional world and build secure, trusting connections.

It's often said that it takes a village to raise a child. By coming together in community, we build our own resilience, strengthen relationships, and grow in confidence—qualities we can then share with the young people in our care. Come and create your parenting village with other Adolescent Allies.

To learn more or to book an appointment with Miatta please contact the Pomona and District Community House.

### Also check out in this What's On:

- Page 15 - How to talk to your tween about sex.
- Page 20-Our Treehouse school holiday program.
- Page 21-Relationship education for young people.

## MONTHLY WEDNESDAY GROUP



### 2nd Wednesday of month

4:30pm-5:30pm  
(open from 4pm)  
@ Community House

10<sup>th</sup> September  
8<sup>th</sup> October  
12<sup>th</sup> November  
10<sup>th</sup> December



## Useful Links

**Headspace Parent space.** Resources to support you to support your teen.  
[headspace.org.au/parents](https://headspace.org.au/parents)

**Online parenting course for all ages,** including teenagers.  
[triplep-parenting.net.au/qld-en/triple-p/](https://triplep-parenting.net.au/qld-en/triple-p/)

**Raising Children.net.au** is The Australian Parenting Website support services for families of teens  
[raisingchildren.net.au/grown-ups/services-support/services-families-of-teens](https://raisingchildren.net.au/grown-ups/services-support/services-families-of-teens)

**Parentline** - telephone support service with online information available and web chat counselling 8am-9pm 7 days a week. [parentline.com.au](https://parentline.com.au)

# INKED

## young people leave their mark

Imagine going to a loved one's house only to see shelves of different coloured cups and when you ask them about it, they say "it's just for the aesthetic", or "I'm a collector". That's the truth for hundreds of privileged people worldwide, fighting over novelty items because of their popularity online. This overconsumption of novelty products is becoming a rising problem, especially with young people prone to being influenced by what they see online. Overconsumption is not just an issue with food and houses, it is an issue with insignificant items such as keychains, coloured cups, make up and skincare. Did you know that over 33% of pollution on Earth is caused by overconsumption? That's right! And the second the "trend" falls away, hundreds of items end up in landfill. Fast fashion clothing is also a problem where trendy clothes are often created from cheap fabrics that don't last. Sometimes fast fashion production also abuses human labour with an estimated 12.3 million people working in sweatshops.

You can help save the environment by stopping the toxic cycle of overconsumption. It isn't difficult to only buy things that you need and only buy one product at a time. You can also just not "buy into" useless items being advertised online. Keep purchases to the items you really want or need, not what the online world tells you that you need. When trends are over, the product remains, and their negative impact on the world stays. Stop purchasing unnecessary and unethical items. Consider the environment in every purchase and don't contribute our wonderful planet going to waste. - Sylvie, 13





# The Social

## Arts & Eats & Chats

A space for  
young people

Leave it to Mia-Rae to get down to the nuts and bolts of things; no instructions, just logical thinking and a package of random parts to assemble the guitar stand- thank you Mia-Rae.

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

**The Social 18-25yrs  
special meet up Sunday**

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

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

We are lucky to have people in our community who know their stuff; Paully came to show us how to re-string the guitars and wriggle wires in amps 'til they make noise (thanks Paully!).

While the crew at The Social prepared to give speeches about ditching fast fashion and unsustainable Tik Tok trends, re-purposed coloured beads have made a craft afternoon of things.

We are literally gearing up for some open mic nights- watch this space!!

**every  
Wednesday**

**The Social**  
12-17 years  
Wednesdays 3-6pm

A facilitated space we like to call 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.

**NB: On Wed 15 October The Social will not be on.**

**The Social**  
18+ years  
Sunday, 7 Sept  
10am-1pm

Make your  
own 'zine' with  
Kate & pop-up  
crafters **PetH8**

**Make your own zine  
morning tea**

**pet h8**

In collaboration with the

**Pomona & District Community Hou**  
**THE SOCIAL 18+**

ON THE  
7.9.2025  
10am  
- 1pm

**LOCATION**

@Memorial Ave.  
Community House verandah



# In the PCH Community Garden



Observing.  
Caring.  
Harvesting.  
Sharing.

## Volunteer in the garden Friday 1.00-3.00pm (spring hours)

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.

Upcoming Friday Dates  
for 2025:

- 5<sup>th</sup> December



## Becoming a Forager Familiar and Proliferating Free Food

Friday, 17 October: 10am to 2.30pm

**10.00-11.30am: Realities and Remedies**  
with special guest

**11.30am-12.30pm: Lunch Session**  
Conversation and light lunch provided

**12.30-2.30pm: The Romantics of  
Gleaning and Food  
Harvesting**



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

Bookings appreciated: 07 5485 2427 or  
[info@pomonacommunityhouse.org.au](mailto:info@pomonacommunityhouse.org.au)





# Gather & Grow

*connecting community through food & garden*

New Project



## About the project

Gather & Grow (G&G) aims to provide a manageable entry into food security, health and well-being through small space gardening. Small space gardening allows simple ways to add nutrition to meals, build confidence in 'non-gardeners' and allow easy garden movement. G&G provides education on a range of nutrition adding plants covering 6 components: See it. Learn it. Pick it. Cook it. Grow it. Share it. We'll be propagating for the community from our garden, sharing knowledge through mini-zines, and most importantly building on and strengthening connections and local knowledge across all the community gardens. Sharing & learning from each other is what it's about.

## Serve Up - Fri, 19 Sept

Tracie will drop by **Mumma's Village** for a **Mumma's & Bubba's Serve Up**. A nutritional boost from the community garden. It's all about Stack & Wrap Meals with a brunch time sample and take home plant. Fresh garden greens & herbs.

Gather & Grow project funding thanks to the Neighbourhood Centres Community Food Program, Neighbourhood Centres Queensland (NCQ). NCQ is the peak body for Neighbourhood Centres in Qld. Our sector represents the largest community-led infrastructure in Qld.



**We'd love your help.**  
**Garden Volunteers needed.**

Propagating and gardening  
**Fridays 1-3pm**  
in PCH Community Garden



**Free Bus Trip**  
**GATHAA First Nations Market**  
**Bushfoods & Botanicals**  
**@ Mooloolah River Landcare**

**Saturday, 13 September**

8.30am to 1.30pm

(Leave from & return to Pomona)

Lets join together and "Explore market stalls featuring First Nations makers, enjoy bushfood-inspired street food, and take part in hands-on cultural workshops. Watch bushfood cooking demonstrations, discover handcrafted goods, and experience the energy of live music and performances."  
[gathaamarkets.com.au](http://gathaamarkets.com.au)

GATHAA First Nations Market moves location each month.across Gubbi Gubbi and Jinibara Country, creating a space for connection, creativity, and community.

**BOOKINGS ESSENTIAL.**  
**LIMITED SPOT on bus.**

Book by phone 5485 2427,  
drop in to PCH,or scan QR  
code. Under 18s must be  
accompanied by adult.



# PCH Community Support

PCH Community  
Support Workers



## Nurse-Led Health Support with Kristine, RN

free

**Every Wednesday**  
Drop in.  
10:00am-2:00pm:

### Information Session Type 2 Diabetes

Wednesday, 3 September  
10.00am-12.00pm  
Lawson Shed

The Footprints Walking on Country mobile bus team are presenting an education session on Type 2 Diabetes. Come along and learn more.

**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 and referral.

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

## MOB Pod - Mobile Health Van



Welcome to Mark, from Manngoor Dja Aboriginal Health Services, who's bringing the MOB Pod to Pomona each month. You'll find the MOB Pod parked next to The Lawson Shed on Wednesdays 3 September, 1 October, 29 October, 26 Nov & 24 Dec.

The MOB Pod is a mobile health van bringing important culturally appropriate health services straight to our Aboriginal and Torres Strait Islander communities. [ncacch.org.au/our-services/mob-pod/](http://ncacch.org.au/our-services/mob-pod/)



How's your sugar,  
Sugar?

## Kristine shares about Type 2 Diabetes

Do you have Type 2 Diabetes? Might you have it and not know?

Diabetes is the fastest growing chronic condition in Australia – and many people in the early stages do not know that they have it, or are at risk of developing it (or are 'Pre-diabetic'). High blood sugar levels make blood circulation more difficult especially to finer capillaries, eg. in eyes, kidneys and feet. These high blood sugar levels increase our risk of heart disease, stroke, high blood pressure, lower limb/toe amputation, nerve damage, and damage to kidneys and eyes. Diabetes also makes us more prone to infections that are difficult to heal.

### The Facts:

- Type 1 diabetes is a chronic life-long autoimmune condition, often diagnosed in childhood, which requires ongoing management and treatment, usually with insulin injections.
- Type 2 diabetes is more common and occurs when the body becomes resistant to insulin or doesn't produce as much insulin, so blood sugar levels become unregulated and too high for a healthy body.
- Risk factors include age, ethnicity, genetic influences, poor nutrition (including too much sugar), and sedentary lifestyle. Poor sleep and high stress levels are also negative influences.

### The Good News:

- Sixty percent of cases can be delayed or prevented through diet and exercise!
- Increasing physical activity and healthy eating lower our risk of developing Type 2 diabetes, especially if it is in the family. TIP: Eat plenty of vegetables, legumes and high fibre wholegrain foods every day, use a small amount of fats and oils. Be careful with sugary foods and drinks!

Come in for a chat about diabetes, food and diet ideas and even a quick Blood Sugar Level Check at Community House on Wednesdays. I'm here every Wednesday and ready to join you on your health journey.

### Further information and support:

- [diabetesaustralia.com.au](http://diabetesaustralia.com.au) and/or
- contact your GP or pharmacist
- Type 2 Diabetes education session on Wed 3 September in Lawson Shed, 10am-12pm

Are you fighting fit like John  
or.....hang on where did John  
go.....oh there he is up to his  
eyeballs in sugar!



Thank you to the  
community members  
who run a regular  
social groups!

# Regular Groups

**Mondays**



**Boomerang Bags**  
9.30am-3.00pm  
Every Monday

Tackling plastic pollution  
at its source.



**Tuesdays**



**Pomona Writers Group**  
working out a new time  
and 'out & about' location

Contact Lee 0414 500 346



**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  
(see page 13)  
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.



**Cards - Playing 500**  
1.00pm-3.00pm  
Every Tuesday

Connecting over a game  
of cards & cuppa.



new

**Wednesdays**



**Adolescent Allies**  
4:30pm-5.30pm  
2nd of month

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



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



See page 7..



**K9 Talk with Angela**  
10.00am-12.00pm  
10 Sept, 15 Oct, 12 Nov  
Informal Q&A to understand  
your dogs behaviour.



Angela: 0432 373 287  
Dog Free Space.

new

**Wednesdays**



**EFT/Tapping Session**  
9.30am-12.30pm  
24 Sept, 29 Oct, 19 Nov  
and 17 Dec.

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 Wednesday of month



Contact Cliff:  
0474 025 215





# 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

## Fridays



### Farewell to Pomona Cinema Club

After years sharing their passion for film the group has decided to finish up. The projector has gone on to Majestic theatre. Thanks Rod for hosting this group!



### Mummas Village

9.00am-11.30am  
Every Friday

For all those mothering in community. A supportive safe group with Esther.



### Gather&Grow Serve Up @ Mummas Village Friday, 19 September

Tracie from Gather&Grow project will be sharing nutritional boosts from the garden. See page 9.

## Fridays



### Community Garden Care and Grow

1.00pm-3.00pm  
Every Friday

Come participate and help us grow. See page 9



### Exploring the Garden

10.00am-2.30pm  
Bimonthly

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



## 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.

# Special Events

September/October

For full details on events, see our website.



## Get Creative with 'Creative Connections' Tues, 7 October 10am-12pm (then stay for lunch)

"Connect for mental health" is the theme for **Queensland Mental Health Week 2025 (4-12 Oct)**, and the Creative Connections regular social group know how much fun it is to connect while getting creative.

The group is keen to share what they do and are inviting everyone along to the **7th October group to get creative, and then stay on and share lunch**. It is a safe place for creativity. A gentle way to express. Creating without any pressure. A place for just seeking some quiet time for oneself in the art process. That's what the group want you to know. No art experience or skills necessary. The group is open to all creative minds, amateurs and 'recovering' perfectionists alike. Feel encouraged to join even if you think "I can't draw" or "I can't go to that" or if you are really tired and worn out then come along and find solace in being able to play with colours on paper.

Group members are also displaying works around the Lawson Shed and Community House for Qld Mental Health Week. So even if you can't make the 7th, drop by to see the exhibition.

The group is always happy for newcomers. It's on every 1st and 3rd Tuesday of the month 10am-12pm (see pg 12).



## The Spotlight - Songs, Stories, Art Saturday, 4 October. Show starts 6pm. Food & bar available from 5pm@The Spot,Cooroy

Pomona & District Community House, in collaboration with The Spot in Cooroy, invites you to The Spotlight— live music, art, great food and excellent company. Matthew Stacey returns to The Spot with his soulful grooves and indie spirit, in collaboration with our Community House songstress, Kate Marian Rose. Scan QR code for more information and to book.

Community House is excited to support The Spot to expand as a flourishing hub for social connection, creativity and collaboration. Low cost: \$20 ticket. (ticket sales support The Spot and the performers. All bar proceeds donated to Community House.)







Call/Email to book



Walk-ins welcome



Book with QR code



## How do we talk to our Tweens about Sex? A free info. session for parents/carers Wed, 17 September. 9am-10:30am @Lawson Shed

Talking to your tween about sex, puberty, and relationships can feel awkward—or even overwhelming. But it doesn't have to be. Join us for a judgment-free information session where we'll cover the basics of sexuality, sexual health, and development. You'll learn practical tips for starting honest, age-appropriate conversations with your kids — and how to answer those tricky questions when they come up. This is a brave conversation for parents and caregivers who want to feel more confident, connected, and informed. There'll also be time for Q&A, so bring your questions (no topic is off-limits). Let's talk openly so our kids can, too.

The information session is hosted by PCH Community Support Worker Miatta, and Young People Programs Officer Kate Rose. Miatta and Kate have completed the 'Teaching Comprehensive Sexuality Education in a Youth Sector Context' training, True Relationships and Reproductive Health; and are passionate about education and knowledge-sharing in this space.



## Breakfast Share for Women - date change

Just like things may not show up in perimenopause, unfortunately the Wednesday, 15 October breakfast share won't either. Sorry women! But the Breakfast Share for Women will be back on Wednesday, 26 November. Looking forward to connecting with you all then, plus we will be following on with some fun creativity after the breakfast share. So stay tuned for more information in the next What's On.

## Our Treehouse is back!

School Holiday Program for Primary aged children.

See page 20 for more details.

## Tell your Daughters

## Tell your Sons

Empowering education for youth

See page 21 for more details.

# from the PCH Management Committee

Volunteer organisations create thriving communities by fostering a culture of collaboration, compassion, and empowerment, where individuals come together to address local needs, build meaningful connections, and make a positive impact.

Did you know that many of our local not-for-profit organisations and groups are managed by community volunteers? Yes, they are! To operate their services for the community, these organisations require an 'executive committee'. The executive committee is a requirement of each organisation's constitution and is comprised of a President, Treasurer, and Secretary, elected at the yearly Annual General Meeting (AGM).

PCH is inviting new committee members to contribute their skills in community development, social work, HR, finance, and IT. It's a fantastic way to be an active citizen and contribute to your community.

PCH AGM: Saturday, 1 November 2025 9:30am. For members of PCH.

Join to be a PCH member \$5 per person for a year. July to June.

As a Neighbourhood Centre at the core of all Community House's work is a social justice lens.

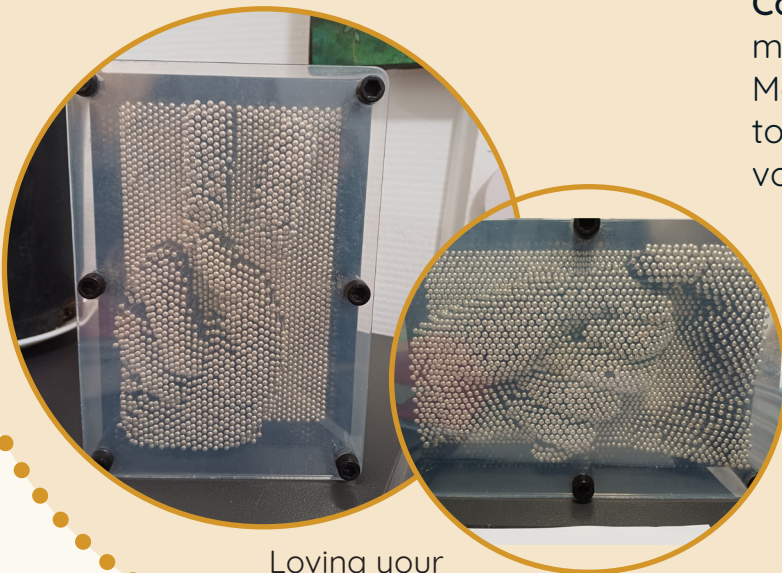
## PCH Management Committee roles:

**President:** To provide team leadership and governance regarding the direction of Pomona & District Community House (PCH). This is a voluntary position.

**Secretary:** To maintain records and ensure the ongoing functioning of PCH. This is a voluntary position.

**Treasurer:** To be responsible for the financial management of the organisation. This is a voluntary position.

**Committee Member:** 3 committee members will be elected to the Management Committee in addition to the executive positions. These are voluntary positions.



Loving your  
work Alicia



# Social Snaps & Connections

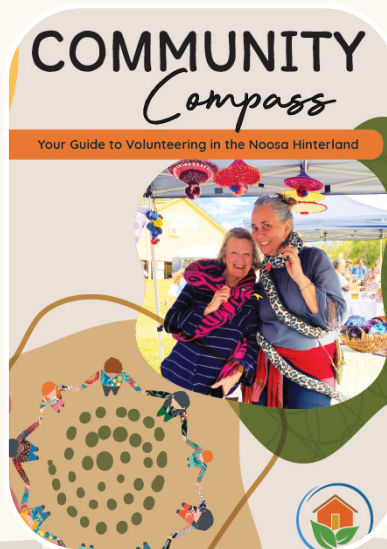
## Photos from our offerings

### Community Compass

The 2025 Community Compass is now available in hardcopy and online.

Pick up a copy around the hinterland or drop by Community House.

Your guide to volunteering in the Noosa Hinterland.



### Community Gardens Bus Tour 25 July

It was a really wonderful experience to be together with fellow community gardeners. A huge thank you to Cooran, Cooroy and Eumundi Community Gardens for hosting us so thoroughly as we swarmed in at each stop!! We at Pomona & District Community House and Garden feel much more connected and understanding of the groups from Gympie right across the lands to Mudjimba.

We really appreciate all the groups and locals who made the effort to join in.

Next bus trip we are off to GATHAA First Nations Market. (see page 9).





# Community Support & Services



## Pomona & District Community House

### Services Australia Agent Weekly (as per times below)

**Tuesday, Thursday, Friday**

9.30am-11.30am

Drop in only.

**Wednesday Only**

9.30am-1.30pm

Drop in only.

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

- Help 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.



## footprints community

1st Wednesday of Month

9:00am-11:00am

Drop In. P:1800 366 877

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.

Find out more about Youturn + how we can support you!



YouTurn is located in Tewantin, 12 Earnest St and can help with

- Washing, showers kitchen & wifi - Weekdays 8:30am-3:30pm
- Homelessness Support. Weekly meal shares Tuesdays 5-8pm and BBQ breakfast Fridays 8-9am.
- Emergency Accommodation & Case Management 5442 4277
- Emergency Relief available Mondays and Fridays 9am-3pm
- Money Matters - budgeting and managing money.

### 2025 Tax Help

[ato.gov.au/taxhelp](https://ato.gov.au/taxhelp)

Appointments available in August/September. But you can leave your name/number if you are wanting an appointment. If you earn \$70,000 or less and have simple tax affairs the ATO community-based Tax Help program is for you.



### St Vincent de Paul Welfare Support

Thursdays

1st & 3rd of month

9:30am-12.00pm

Drop in.

P: 5459 5281

E: [olps4565@svdpqld.org.au](mailto:olps4565@svdpqld.org.au)

Support with:

- Financial support & assistance
- Educational costs
- Food & clothing
- Bedding & furniture
- Hardship support
- Home visits



Stay up to date with Mob Pod news and calendar



[ncacch.org.au/mobpod](https://ncacch.org.au/mobpod)



**Bookings:** Gympie AMS  
07 5329 5872

**More information:** Mark  
0499 221 878



# Support & Services Calendar

**FREE:**  
Located in  
Community  
House

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**PCH Services Australia Agent**  
Drop in. Weekly.



9.30am-11.30am

9.30am-1.00pm

9.30am-11.30am

9.30am-11.30am

**PCH Community Support**

Free wifi, phone charge, cuppa & community pantry access. Weekly.



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

**Justice of the Peace**  
Weekly  
9.30am-12.30pm

**Housing and Homelessness Outreach: YouTurn**  
Every week  
9.30am-12.00pm

**MOB Pod**  
9.00am-12.00pm  
3 Sept, 1 Oct, 29 Oct,  
26 Nov & 24 Dec

**Footprints Community Care Finder**

1st of month  
9.00am-11.00am  
3 Sept & 1 Oct

**Footprints -Mobile**  
9.00am-1.00pm  
3 Sept\* & 10 Dec

**Starting 18 Sept.**  
Welcome back John!

**For Men:**  
**Mens Group & one-on-one chats with John**  
**Waves of Kindness**  
Every Week  
Mens Group  
10am-11:30am

then John is available for one-on-one chats over a cuppa between  
12:30pm-3:30pm  
(nb: Not in 16 Oct)

**St Vincent de Paul Welfare Support**

1st and 3rd of month  
9.30am-12.00pm  
4 & 18 September  
2 October

**Justice of the Peace**  
Weekly  
1.00pm-3.00pm

**Oz Harvest**  
Weekly  
Drop off food for community pantry

Support and services are generally drop in, unless otherwise specified.

**Footprints Walking on Country Mobile Footcare Service (SCUH)**

Foot clinic is a mobile bus service to check blood flow & nerve supply in the feet, foot care (including toenail care) diabetes risk assessments and diabetes support and education.



\*Type 2 Diabetes Education Session (see page 10)

# welcome back Our Treehouse!



Our Treehouse

## **SCHOOL HOLIDAY CLASSES**

**PRIMARY AGED CHILDREN: AGES 4 -12**

**Where:** Pomona District & Community House,  
1 Memorial Ave, Pomona QLD 4568

**TIME: 9:00AM - 11:00AM COST: \$15 PER CHILD**

### **DO YOU WANT TO GET CREATIVE?**

**Loose Parts Play** involves providing children with an assortment of open-ended items such as fabric, cardboard, crates, tubes, and other everyday objects, referred to as loose parts. These items can be combined, moved, and transformed in various ways, allowing children to build, create, and experiment as they see fit.

**LOOSE  
PARTS  
PLAY.**

**TIME: 11:00AM - 1:00PM COST: \$15 PER CHILD**

**THE  
BOREDLESS  
SHOW!**

### **TIRED OF BORED KIDS?**

Are you sick and tired of bored kids? Well let me introduce **The Boredless Show**. **The Boredless Show** is all about engaging our feelings of boredom by getting creative and thinking outside of the box so that we can have endless hours of fun. Goodbye boredom! Hello, fun!

**WEDNESDAY  
1<sup>ST</sup> OCTOBER**



## **BOOK BELOW**



**THURSDAY  
25<sup>TH</sup> SEPTEMBER**





# Tools for Tweens & Teens



Research shows that age appropriate relationships education for young people keeps them safe & thriving.

Natalie is an educator, mum of two, and advocate for positive, inclusive sex education. She founded 'Tell Your Daughters' to address the gaps she saw in school-based sex ed and now delivers engaging, age-appropriate workshops for tweens, teens, and their parents. With a Master's in Psychology and a calm, compassionate presence, Natalie combines evidence-based knowledge with deep empathy to support young people as they navigate consent, relationships, and online life.

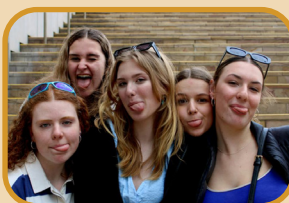


with Natalie Stokell

Alongside her work with 'Tell Your Daughters', Natalie works with Women's Health and Equality Queensland (WHEQ), where she co-designs and facilitates sex education workshops and resources for women, girls, and gender-diverse people. Her work at WHEQ also spans broader health promotion initiatives focused on mental health, respectful relationships, and gender equality.

For more information & to book see QR code  
Limit: 12 per session

## Tell your Daughters Saturday 8 November



For those identifying as daughters.

### Tools for Tweens&Teens aged 11-13yrs 9:30am to 12:00pm

In this free workshop your daughter will learn that her body is unique, it is her own, and it is powerful. This will lay the foundations for a healthy and loving attitude towards both her own body and her emerging sexuality.



- **Body Positivity:**  
Media Myths & Diversity
- **Body Autonomy:**  
Consent & Communication
- **Empowered Anatomy:**  
Knowledge & Self Connection

### Tools for Teens aged 14-16yrs 12:30pm to 4:00pm

In this free workshop your daughter will learn all about healthy relating - both relating to herself, her emerging sexual identity, and relating to others - the people she may feel attracted to or attraction from.



- **Empowered Relating:**  
Consent & Communication
- **Safe Relating:**  
Contraception & Connection
- **Healthy Relating:**  
Red Flags & Green Flags

## Tell your Sons Saturday 15 November



For those identifying as sons..

### Tools for Tweens&Teens aged 12-14yrs 9:30am to 12:00pm

In this free workshop your son will gain tools to foster a healthy attitude toward his body, his masculinity, and to develop a positive mindset about his emerging maturity.



- **Mindful Masculinity:**  
Media Myths & Pressures
- **Body Autonomy:**  
Consent & Communication
- **Empowered Anatomy:**  
Knowledge & Self Connection

### Tools for Teens aged 14+yrs 12:30pm to 4:00pm

In this free workshop your son will learn about healthy relating - understanding his own developing identity, as well as how to build respectful, safe, and informed relationships with others. The workshop will provide practical tools for navigating romantic relationships with confidence and integrity.



- **Empowered Relating:**  
Consent & Communication
- **Safe Relating:**  
Contraception & Connection
- **Healthy Relating:**  
Red Flags & Green Flags

# Hinterland Connections



## Tall Trees Art Exhibition Cooran

Sat 6 & Sun 7 September  
[talltreesart.com](http://talltreesart.com)  
[talltreesincooran@gmail.com](mailto:talltreesincooran@gmail.com)

The exhibition is held in 10+ venues on the main street of Cooran with the historic Cooran Hall transformed into an art gallery for the weekend. A family friendly event with lots for the kids to do, music, food, and of course art, art and more art.

Come support this fantastic event showcasing the many creatives in our community.


## Noosa Seniors in the Hinterland. Sept&Nov



**Lawson Shed  
Pomona**  
Tues, 30 Sept  
10am-1pm

**Apollonian Hotel**  
Wellness Session  
Thurs, 6 Nov  
10am-1pm

**Cooroy Memorial Hall**  
Wellness Session  
Thurs, 13 Nov  
12.30pm-3.30pm

The Seniors Connect program is dedicated to addressing social isolation amongst older people in the Noosa Shire through a variety of engaging, educational and wellbeing sessions at no cost. Register: 5329 6175 

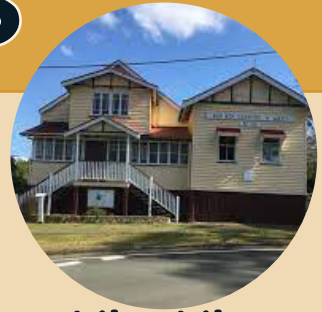


## Hinterland Health Expo Friday, 26 September

9.00am-1.00pm

Cooroy Memorial Hall, 23 Maple St.

Hosted by Livelife Pharmacy (Cooroy & Pomona), unlock a world of wellness. The Expo is an empowering community event dedicated to breaking down barriers to optimal health and wellness. It will showcase a range of health practices, including holistic approaches and specialist services, all aimed at promoting a healthier, stronger future for everyone. **Pomona & District Community House will be there so come drop by and say hi.**



## Kin Kin Community Group

57 Main Street, Kin Kin  
[office.kkcg@gmail.com](mailto:office.kkcg@gmail.com)

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

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



## Cooran Hall

14 King Street, Cooran  
W: [cooranhall.org.au](http://cooranhall.org.au)

Cooran Acoustic Music  
NightCooran Acoustic Night  
and Hall Happenings



## Cooran Organic Garden (COG)

Every Thursday  
3:30pm - 5:30pm

King Park, King St, Cooran  
[coorancog@gmail.com](mailto:coorancog@gmail.com)  
All Welcome.



# 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

## 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

Wednesday to Friday: 9.00am-4.00pm

Phone: 07 5360 6812

## 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.

## 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 19 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

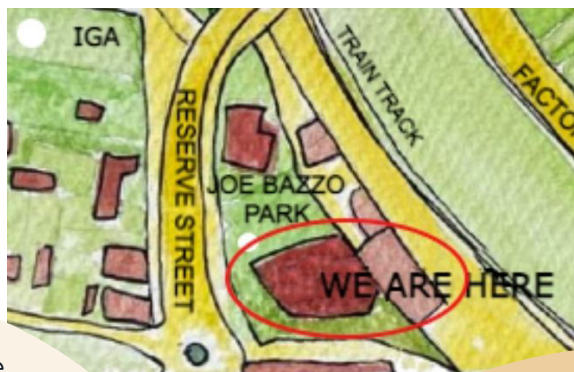
**9:30am - 2:30pm  
Tuesday to Friday**  
(see calendar on page 19)

Tea, Coffee & Biscuit  
Phone Recharge Access  
Access to Art Supplies

Frozen Pre-Cooked Meals  
(Thanks to Urban Angels Community Kitchen)  
for meals and funding by Waves of Kindness)

Community Pantry  
(Thanks to our local businesses and  
community who help stock it & Oz Harvest)

Frozen Pre-Cooked Meals  
(Thanks to Urban Angels Community Kitchen)



Thanks to  
support from  
*SunPrint Pty Ltd*,  
Cooroy for printing  
What's On: Printing  
entirely powered by  
the sun. Thanks to  
*Jemma Pollari: Design*  
for newsletter design.



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**