

What's On

Pomona & District Community House

May/June 2024

**STRONGER
Together!**



**Neighbourhood
Centre Week** 13 - 19
MAY '24



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. We'd love to see you!

Pomona & District Community House acknowledges the traditional custodians of the land on which we gather, the Kabi Kabi 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

f Follow us on Facebook

What's coming up at PCH?

Community Science Club

Thursday 9 May, 6 June & 4 July

**Better Together Housing
Information Session**

Shared housing for older women

Thursday 9 May

Health Chat - Dementia Awareness

Wednesday 15 May

Neighbourhood Centre Week Event

Straw Creatures & Worker Bees Picnic

Friday 17 May

Volunteers Fair

Sunday 26 May

Promenade with Pride

Formal Dance & Fancy Dress

Saturday 8 June



Pomona & District
Community House



07 5485 2427

1 Memorial Ave, Pomona

pomonacommunityhouse.org.au

Dear Community,



How is everyone? Do you feel that things are just getting all so busy? Then we'd love to invite you to drop by the PCH Community Garden on Friday, 17 May and take a breathe. Local artist Kathryn Shewring, and the Cooroora Creative Recovery Team, will lead you in making straw creatures. This is a chance to connect with others, connect with nature and reflect on the birds, animals and other wildlife present in the environment we love and care about. There will be two sessions: 10am-12pm and 3pm-5pm. All ages. All welcome. See page 4.

The workshop is our celebration for Neighbourhood Centre Week 13-19 May. Please come celebrate with us. If you can't make it then why not drop by Community House when you are next in town and see what we do. There's always a cuppa on offer and we've got the community jigsaw going. We look forward to seeing you.

PCH extends a warm welcome to the St Vincent de Paul Society welfare team who will be at Community House every 1st & 3rd Thursdays to provide their welfare support to the hinterland and save you time and petrol costs. On 2nd Friday of month we welcome Local Area Coordinators from NDIS who can answer questions around NDIS support.

Do you like science? Would you like to connect with real world current researchers from the UniSC Healthy Ageing Research Cluster? Then why not join our new group - PCH Community Science Club. Each month the group reviews a science paper that has been re-written for community. The researchers are keen to hear what community members think of the research, does it make sense and do they see value in it. Make sure you register to receive the paper prior to group meet up. See page 5.

Put Sunday, 26 May 9am-12pm in the diary. Here's your chance to find out about all the amazing groups and organisations in our beautiful hinterland community and find out how you can help out at the Volunteers Fair. See page 9.

Then on Saturday 8 June it's a chance to frock up and dance the night away at Promenade with PRIDE. Be seen. Be you. See page 8.

with kindness, PCH Team



QuiVAA code



peer-based, user-centred approach



The Library Bookshelf

Noosa Libraries easy to use self-service kiosk. Use your library card to browse, borrow and return items.



Learn computer

Bookings essential
07 5485 2865

new

St Vinnies-Welfare Support

Thursdays
1st & 3rd Thurs of Month
9:30am-12:30pm

new

Local Area Coordinators NDIS

Fridays
2nd Fri of Month
9:00am-12:00pm

PCH Community Support & Services

30min Free Legal Advice - Family Law Suncoast Community Legal Service

Wednesday Fortnightly

May: 1st, 15th & 29th
June: 12th & 26th

Bookings Essential:
07 5376 7800

scls.org.au/book-appointment

Highly qualified legal volunteers will let you know where you stand with the law, suggest the best solution for your legal dilemma & tell you about any other service which might be able to help.

Community Engagement Officer Centrelink

Wednesdays
Every Week
10:00am-1:00pm

Community Engagement Officer Carers Gateway

Wednesdays
1st Wed of month
9:00am-1:00pm

Community Engagement Officer Footprints

Wednesdays
1st Wed of month
9:30am-11:30am

FREE - Located
in Community
House

Housing Outreach Caseworker, IFYS

Wednesdays
Every Week
9:30am-12:00pm

Counselling for men in community Waves of Kindness

Thursdays
Every Week
9:00am-4:00pm
Drop ins welcome or
Book: 0499 091 352.
carecentre@wavesofkindness.com.au

PCH Community Support Workers

PCH Bookings:
07 5485 2865.

Drop-ins welcome.

Information, Support & Referrals

Tuesdays and Fridays 9:30am - 1:30pm

Book in. Drop ins welcome dependent on availability.
Providing support to empower.

- cuppa and a chat. Being heard is important.
- assist & advocate in navigating housing, health or welfare systems.
- mental health support
- provide links to support building social connections & reduce isolation

Nurse-led Health Support

Wednesdays 10:00am - 1:00pm

Drop-in..

See page 9 for full listing of support provided.

- 1st of month offsite pop-up. Out & about in Pomoma
- 2nd & 4th why not come to 15 mins of Mindfulness on the Verandah, starts 10:00am.
- 3rd of month 30mins health chat over a cuppa.
10:00am 20 March - Chocolate & Brain Health
17 April - Art of Walking with Exercise Physiologist

Digital Support



Thursdays and Fridays

Drop-in.

Ensuring all in community can make full use of digital technologies and the internet, with focus given to navigating disaster management platforms.
Jointly funded by the Australian and Queensland governments under the Disaster Recovery Funding Arrangements.



Special Events

May/June

For full details on events, see our website.

* Jointly funded by the Australian and Qld governments under disaster Recovery Funding Arrangements.



Straw Creatures & Worker Bee Picnic* Friday, 17 May 10:00am-5:00pm Community Connect in the Community Garden

In celebration of Neighbourhood Centre Week PCH invites community to hang in the garden. There's often lots going on in our busy lives and we so easily forget to give ourselves time for us; to breathe deeply; to think; to play. Join us for a relaxing and creative playdate with artist Kathryn Shewring and members of the Cooroora Creative Recovery team. You'll have a chance to make a straw creature to take home and/or hang one at Community House. Stay on for a shared light lunch and even get your hands in the soil.

10:00am-12:00pm: Straw Creatures with artist Kathryn Shewring.

12:00pm-3:00pm: Shared light lunch and help us in the garden.

3:00pm-5:00pm: More Straw Creatures play and sausage sizzle.

Come to one session or come to all. No bookings just turn up.
All ages. All welcome. Free.



Volunteers Fair* Sunday, 26 May, 9:00am-12:00pm Pomona Memorial Hall

Discover how your skills and interests can make a difference. Come along and meet local groups, clubs and not for profit organisations that rely on volunteers. Lets connect and be stronger together. See flyer on page 9.



Promenade with PRIDE* Saturday, 8 June doors open 6pm Cooran Hall, 14 King St



A chance to get frocked up and be you. A safe inclusive space beyond the binary. Lets dance the night away at 'prom'. Over 16+ years. see page 8.



Pomona & District
Community House

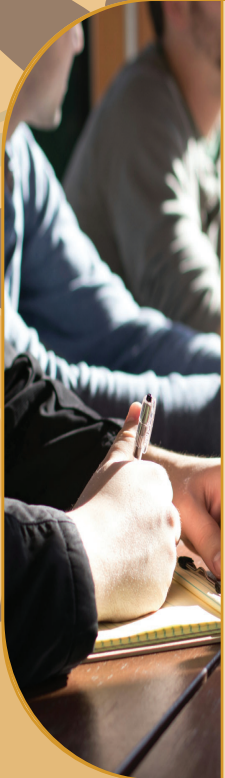


Queensland
Government

Unique Programs



Community input into latest research
Reviewing Dr Fraser Russell's research paper: Anti scarring molecule found in stingless bee nectar.



NEW: PCH Community Science club **Thursdays, 9 May, 6 June & 4 July** **3:30pm-5:00pm, Community House**



Do you like science? Would you like to connect with real world current researchers from the UniSC Healthy Ageing Research Cluster? The PCH Community Science Club connects curious minds with latest research and asks their input. The group learns what 'peer-review' means in science and have the opportunity to provide input on a paper that has been translated from 'science speak'. Researchers want to know if the translation makes sense, and if community sees value in the research. Facilitated by Dr Kathryn Broadhouse, Science Communicator and PCH, Susan Schiotz. Reviewed articles, having taken on feedback, will then be published in an online community newsletter by the Gateway Development team, UniSC. Appropriate for ages 12 years and over. We're all ageing so we'd love to see a range of ages represented. Book in using the QR code to ensure you receive a copy of review paper one week prior to meet up. A different paper reviewed each month.



Health Chat - Dementia Awareness **Wed, 15 May 10:00am-11:00am, Lawson Shed.**

May's Health Chat with PCH Nurse-led Support is to raise Dementia awareness. Lisa, Dementia Australia presents an information session on what is dementia, what to expect when caring for someone living with dementia, how can you as a carer look after yourself, and how to connect with services and education to assist the dementia journey. Have a cuppa, get informed and have your questions answered. No bookings required. Just turn up.



In the garden **Friday, 21 June**

10:00am-2:30pm
Explore our World of Water. Wonders of the visible and invisible form.



Health chat- Falls **Wed, 19 June**

10:00am-10:30am
Muscle strength and balance. Simple exercises to help with both. Join Kristine, PCH Nurse-led health support.

Regular Groups

See our website for more details and online calendar.

Weekdays



Pomona Pacers Walking Group
6:30am (Oct-Mar)
7:00am (Apr-Sept)
Weekdays

Meet at PCH Noticeboard

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.



Tuesdays



Creative Connections
10:00am-12:00pm
1st & 3rd of month

Creative space for community.



Cuppa, Cake and Conversation
9:30am-11:30am
2nd & 4th of month

Social connection over a cuppa.



EFT/Tapping Season
9.30am-12:30pm
22 May & 26 June

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



Wednesdays



Mindfulness on the Verandah
10:00am-10:15am
2nd & 4th of month

with PCH Nurse-led health support



Health Chat & Cuppa
Different topic monthly
10:00am-10:30am
3rd of month

with PCH Nurse-led health support



Rummikub
1:00pm-4:00pm
Every week

A fun social time.



Wednesdays



Young People Drop-in Space
12-17 years welcome
3pm-6pm, Every Week

See page 8



Astronomy Club
7:00pm
4th of month

Come out at night and look up.



Mindful Mandalas
6:30pm-8:30pm
2nd of month

Contact Naomi Slater
0497 206 710



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 week



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 week

Book with Amy:
0409 766 634



Thursdays



Pomona Cinema Club
7:00pm
1st & 3rd of month

Enjoy sharing your
passion of film.



**PCH Community
Science Club**

3:30pm - 5pm
9 May & 6 June

Curious minds and real
world science. See
page 5



Fridays



Mummas Village
9.00am-11:30am
Every Friday

For all those mothering
in community.



Fridays



**Community Garden
Care & Grow**
2:00pm-3:00pm
Every week

Come be an active
participant & help us grow.



**Straw Creatures &
Worker Bees Picnic**
10:00am-5:00pm
Friday, 17 May



See page 4 for more
details



**Exploring our world of
water**
10:00am-2:30pm
Friday, 21 June



See website for
more details

Saturdays



**Community Wellness
Group**
10:00am-1:00pm
18 May & 8 June
Contact Melissa
0419 589 029



Sundays



Noosa Barter Tribe
11:00am-1:00pm
Every week

Barter homegrown
produce, skills,
plants...



Alcoholics Anonymous
6:30pm
Every week





Young People Drop in Wednesdays 3-6pm, 12-17yrs

Drop by Community House and check it out. PCH is a safe, inclusive space and welcomes young people. Come hang and connect with your peers.

A Community Support Worker is on site to host the space and have chats, if needed.

There's space to lounge, play music, muck around, do your studies, play games and share your interests.

PCH is interested in what young people are wanting in their community. So drop by & let us know.

Promenade with PRIDE

Formal Dance and Fancy Dress

with **HUGO AND THE HIVE** & **DJ SU REAL**

a **CHANCE TO BE YOU**
SATURDAY 8 JUNE
DOORS OPEN 6PM
LIVE MUSIC FROM 6.30PM

16 +
Tickets: \$10
All proceeds go to PCH youth program

A safe inclusive space beyond the binary
Be Seen. Be You.
Turn Back Time for a Prom Re-do

COORAN HALL
presented by
Pomona & District Community House

Assistance provided through the jointly-funded commonwealth-state
Disaster Recovery Funding Arrangements (DRFA).

Alcohol and drug free event

A chance to be you.

A safe inclusive space beyond the binary.

For anyone 16+ years young at heart!

A chance for a "prom" (formal) re-do.

Lets have some fun, frock up and dance the night away.

Pomona & District Community House presents

Noosa Hinterland

Volunteers Fair

Promoting active citizenship!



Sunday May 26

9am - 12pm

Pomona Memorial Hall

6 Reserve Street. Pomona

Come along and meet
representatives from local
groups, clubs, and not-for-
profit organisations

- Discover how your skills and interests can make a difference
- Enjoy a chai, cuppa and tasty treats
- Informative talks
- Find flexible volunteer opportunities
- Craft and playful movement
- Community connection

COMMUNITY
SPIRIT AT ITS
Best!

YOU CAN MAKE
A DIFFERENCE

STRONGER
Together!



**Queensland
Government**



This project is jointly funded by the
Australian and Queensland
governments under the Disaster
Recovery Funding Arrangements.



PCH volunteers: Community Pantry
restock and 2023 Night of Lights
Community Choir



Social Connections & Opportunities

SAVE THE DATE

Pomona Family Fun Day
Sunday, 28 July 9am-4pm
Stan Topper Park

New this year is the Cooroy Pomona Lions Club Pomona Family Fun Day. Pomona & District Community House will be there. Come and hang out at our stall, play a game, take a photo at our photo booth and sign up for the tug-o-war, egg and spoon race, and more. See you there!



Cooran Hall

14 King Street, Cooran

f Cooran Acoustic Music Night

Saturday 4 May
Saturday 15 June
6.30pm for 7.00pm
start \$5 entry

Chalkboard sign on &
food available.

f Cooran Choir
Tuesdays
10.00am-12.30pm



Kin Kin Community Group **f**

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



Federal Hall

1642 Bruce Highway,
Federal

For hall hire and enquiries,
contact Zani. **f**
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: Alan 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

Ko-Ji Martial Arts

5.30pm-6.30pm

Contact: Kain

Phone: 0422 389 683

Wednesday

Indoor Bowls

9.00am-11.30am

Contact: Alan Kenzler

Phone: 07 5447 6223

Yoga

6.00pm-7.15pm

Contact: Amy Sorensen

Phone: 0432 066 935

Thursday

Stretch Yoga

9.30am-11.15am

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)

8.30am-11.00am

Contact: Peter

Phone: 0488 882 600

Pomona Christian Outreach Youth Group

4:00pm-6:00pm

Sunday

Pomona Christian Outreach Youth Group

3:30pm-6:00pm

Sunday, 26 May Volunteers Fair

9am-12pm

Presented by Pomona
& District Community
House. See page 9.

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

Laminating & Binding
Free Computer & WiFi Access
Printing & Photocopying
Scanning & Faxing

By Appointment

One-on-One Computer Lessons
Typing & Resume-Writing

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
- Digital Inclusion Program

Tea, Coffee & Biscuits

Shower Access

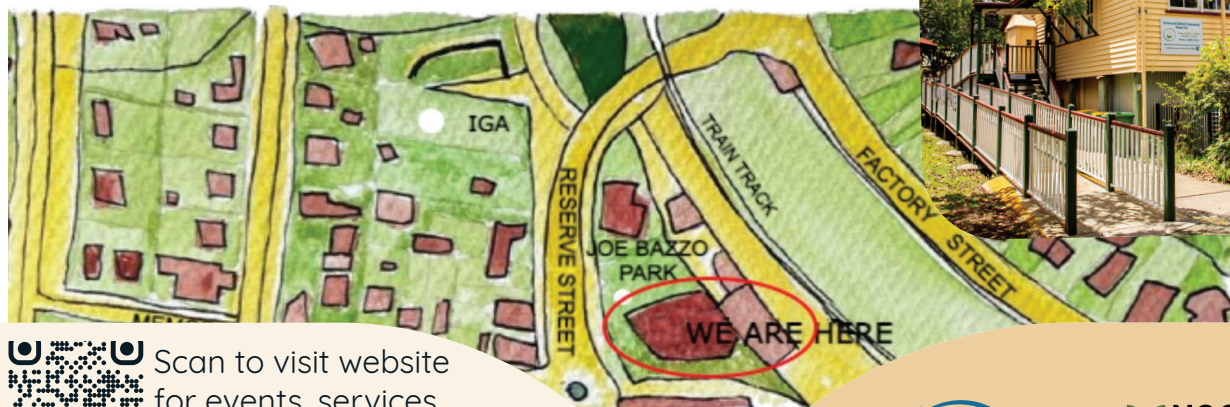
Community Pantry

Frozen Pre-Cooked Meals

(thanks Urban Angels Community Kitchen)

Phone Recharge Access

Access to art supplies.



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



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