

# OPEN MONDAY-FRIDAY 9-4PM

POMONA COMMUNITY HOUSE.COM.AU

# WHAT'S ON @ PCH

JUNE/JULY 2023



## 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!

PCH acknowledges the Traditional Custodians of the land on which we meet, the Kabi Kabi/ Gubbi Gubbi People. We pay our respects to the Elders past, present and emerging.

Pomona & District



Community House

SCAN ME!



THE LAWSON SHED & COMMUNITY HOUSE

1 MEMORIAL AVE,  
POMONA

PH: 07 5485 2427



## WHAT'S ON!

**Friday, 9 June**

Explore the world of herbs in the Community Garden.

**Saturday, 10 June**

New mobile library bus launch.  
PCH will be open 9am-12pm

**Tuesday, 13 June**

Free bus to view QUT students visions of Pomona  
QUT Garden Campus, Brisbane

**29 June, 30 June, 4 July, 7 July**  
Winter School Holiday Program

**Sunday, 23 July**

PCH stall at  
King of the Mountain

# Dear Community,

We are looking forward to seeing you at one or many of our events, activities and workshops this June & July. Hope you all like our pull-out monthly overview - perfect to put on the fridge!

New social groups are starting up with the Textilers group on 1st Tuesday of the month and EFT/tapping group on 3rd Tuesday of month. The crafty crafters Reclaim the Void project has shifted to being available Wed-Fri at the Community House. If you would like to contribute and do some weaving, there are some lovely spots in the sun on our verandah and of course a warm cuppa is at hand.

Do you know about our Cuppa, Cake & Conversation? This social group has been running for over 4 years and is a great opportunity to catch up and connect. A special thank you to volunteer Rosemary who has been cooking and holding the group for many years.

In April, we held Zine workshops for young people. Zines are self-published magazines. Drop into the Community House to have a read of the zine our young people created and hear what's important to them.

Winter School Holidays are just around the corner, and we are aware of the limited holiday care options for working parents/caregivers. With this in mind, PCH is piloting an affordable Winter Holiday Program. Check out page 5 for more details.

We also welcome back Suncoast Community Legal Service who will be offering free legal advice on family law (fortnightly) and family law and succession law (monthly). Fortnightly Tuesdays 5:30-7:30pm.

Don't forget to follow us on our socials & see you all at the PCH stall @ King of the Mountain on Sunday, 23 July.

*with kindness, PCH Team*

## Suncoast Community Legal Service

Know where you stand

Suncoast Community Legal Service is dedicated to providing support to the hinterland community by offering free legal advice at the Pomona & District Community House. Our volunteer family lawyer will offer 15-20-minute face to face appointments providing legal advice and referrals on all Family Law matters. By offering this service, we aim to empower our community members by promoting and facilitating access to justice for those in need.

Green Tree Frogs were requested by a PCH volunteer. Thanks 'through the makers window' for the beautiful green tree frog artwork!



**Free Legal Advice  
Family Law  
Fortnightly Tuesdays**

**Bookings Required:**

**07 5376 7800**

**Starts Tuesday, 6 June 5:30pm**

Suncoast Community Legal Service

# PCH COMMUNITY SUPPORT & SERVICES



## Sad news.

Due to lack of funding Sunny Street has had to close.

There is no more Wednesday Sunny Street Pomona Clinic.

We are trying to find other Outreach Program options.

1st Wednesday of Month  
**Carers Gateway**

3rd Wednesday of Month  
**Naradell - help navigating NDIS**

1st & 3rd Wednesday of Month  
**Centrelink**  
Community Engagement Officer



**Trial minibus July**

**Wednesdays in July.**  
Book to secure a seat.  
PCH: 07 5485 2865

**Trip to Pomona**  
Kin Kin Community House 9:30am  
Cooran Shop 9:45 am  
PCH 10am

**Trip from Pomona**  
Leave PCH 2pm to Cooran Shop then Kin Kin Community House

**PCH Community Support Worker**



All bookings please call  
**07 5485 2865.**

Drop ins welcome.



1st Friday of Month  
**Free Tech Support**  
Bookings essential via Noosa Library website.



PCH offers  
**computer lessons.**  
Bookings essential  
07 5485 2865

## MONDAY

**Pomona & District Community House**

1st & 3rd Monday of the Month

**Kin Kin Community House**

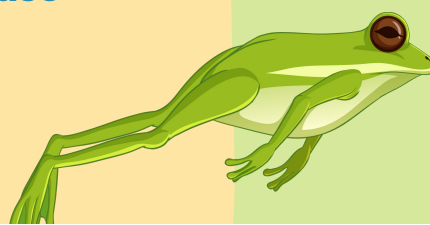
2nd & 4th Monday of the Month

## TUESDAY & FRIDAY

**Pomona & District Community House**

Every Tuesday & Friday

QUIVVER CODE



# Monthly Specials

# June/July



## EXPLORE THE WORLD OF HERBS

Lets look into the wonderful world of herbs together.  
Come to one or all sessions. Bookings appreciated.

### Friday, 9 June @ PCH Community Garden

**10am-11am: Herbal Interactions** with *Tracie Sheehan @earth.unity*

Moving amongst the garden landscape and finding connection.

**11am-12pm: Light Lunch Creations** with *Tracie Sheehan*

Herbal fusion, what flavours blend well and what flavours to feature.

**12pm-1pm: Medicinal & Energetic Relations** with *Andy White @hara\_therapies*

The subtle communication of Nature and our body.

**1pm-2pm: Creative Flow with Herbs** with *Susan Schiotz, PCH*

Explore your creativity taking inspiration from herbs. Materials provided.



## BUS TRIP to QUT, Brisbane Tues, 13 June leaves 9:30am

Join us for a free bus trip to Brisbane to view the Qld Uni of Technology Architecture students designs for a re-imaged Pomona.

See flyer insert for more details or our website.

All welcome. Free. Bookings essential. 07 5485 2427



Community House open on **Saturday, 10 June, 9am - 12pm** to celebrate with Noosa Library.

A great chance to drop by, see the Library Kiosk, and find out all that happens at PCH.



## NOOSA LIBRARIES 50th BIRTHDAY EVENT

You are invited to attend Noosa Libraries 50th Birthday Party!!

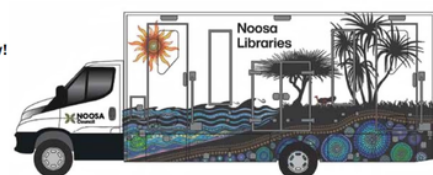
*fifty*

With the first library in Noosa Shire being opened on 1 December 1973, this year we are celebrating being an essential community asset at the heart of the shire for 50 years. A range of activities are planned throughout this year to celebrate this momentous milestone, starting with the launch of our new Mobile Library and new library cards.

**When:** Saturday 10 June 9am - 12pm  
(Official speeches 9-9.30am)  
Family friendly activities to follow!

**Where:** Joe Bazzo Park  
Reserve Street, Pomona

**RSVP:** [libraries@noosa.qld.gov.au](mailto:libraries@noosa.qld.gov.au) by  
Friday 2 June 2023



# Winter Holiday Program!

Prep to Grade 6

PCH's Winter Holiday Program is open to children Prep to Grade 6 ages. The program aims to provide accessible low cost vacation care in the hinterland. Cost is \$25 per day. Bookings are essential. Bookings open Monday, 5 June at 10am via Humanitix, <https://events.humanitix.com/pch-winter-school-holiday-program>

PCH has free wifi and computers if you need access to book. We are happy to help you.

The program is subsidised by PCH thanks to funding by Dept of Communities, Housing & Digital Economy.

Sessions are capped at 12 children. All staff hold blue cards and 2 staff are present at all times. Children are to bring morning tea, lunch, afternoon tea and water bottle. All sessions are held in the Lawson Shed, PCH. All materials are provided.



**Thursday, 29 June**

9am - 3:30pm

**Learn to make a documentary**

[jacobschiotz.au](http://jacobschiotz.au)

Join local film maker Jacob Schiotz. From pre-production to final delivery, we will make our very own documentary and explore each step along the way.



**Friday, 30 June**

9am - 3:30pm

**Micro:Bit & self drive cars**

[mindsetdo.edu.au](http://mindsetdo.edu.au)

Delivered by MindSET-do, UniSC, learn the function and digital system of Micro:Bit (coding with images, music and sound). Code a Micro:Maqueen to carry out self-driving car tasks.



**Tuesday, 4 July**

9am - 3:30pm

**Make a terrarium & kokedama**

[artmeetsplants.org](http://artmeetsplants.org)

'Art meets plants' mindfulness workshop for young people. Join environmental scientist & mental health advocate David Pearce for a day with plants

**Friday, 7 July**

9am - 3:30pm

**Collage, Zines & Badges**

Be taken into the world of zines, collage & badge making with Sarah Bartel, Through the Makers Window. (Yes she does our fab, PCH What's On design!)



# REGULAR Groups

New pull-out month overview.

Grab those magnets & put it on the fridge!



## Mondays



Community House



The Lawson Shed




\$3 donation




Crafting Group Project: Rug Hub


[reclaimthevoid.com.au](http://reclaimthevoid.com.au)

Available Wed-Fri on the verandah 





Boomerang Bags Mondays 9:30am-3pm 

## Tuesdays

 Pomona Writers Group

9:30-11:30am  
1st & 3rd  
Tuesday of month

A supportive group to get you writing  

Textilers

9:30-11:30am  
1st Tuesday of month




GIVE CLOTHES A SECOND CHANCE

share skills, work on projects, revamp your style.



Cuppa, Cake & Conversations



9:30-11:30am  
2nd & 4th  
Tuesday of month

Connect over a cuppa & home-baked goodies 



EFT/Tapping

9:30-11:30am  
3rd Tuesday of month

Join local Pam Buttenshaw and benefit from Emotional Freedom Technique (EFT) in a group setting  

YOUNG PEOPLES

Collab 

YOUNG WOMENS

AGES 12-17 YRS

YOUNG MENS


The Young Peoples Collab is a chance for young people in our community to meet up, hang and connect in a safe space.

Facilitated by social workers.  
Bookings required.  
Tuesdays 3pm-6:30pm  
(each school term)

GATHER  
SHARE  
COOK  
ACTIVITIES

LIFE SKILLS  
RESILIENCE  
BUILDING WELL BEING  
PEER CONNECTION

10 Week Beginners Drawing course with Artist Noel Foley Tuesdays 7:00-8:30pm

Starts 30 May   
P:0455 494 759  
Bookings through Noel



## Wednesdays

Rummikub

1:00pm - 4:00pm  
Every Week




A fun, social time



Astronomy Club

7:00pm  
4th Wednesday of month

Time to come out at night and look up 

# REGULAR Groups

THE LAWSON SHED  
& COMMUNITY HOUSE  
1 MEMORIAL AVE POMONA  
P: 07 5485 2427

## Thursdays

### The Unravellers knitting group

9:30-12pm  
Every Week

Social  
connection  
through  
knitting



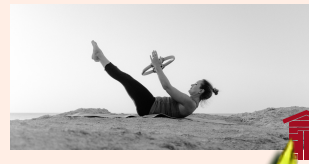
### French Group

12:30-3:30pm  
1st & 3rd  
Thursday  
of the month

Socialise in  
French.  
Share food  
French Cinema  
& Music.



Pilates  
with Amy Block  
Thursdays  
4:30-5:30pm  
ph: 0409 766 634  
Book with Amy



### Pomona Cinema Club

7:00pm  
1st & 3rd  
Thursday of  
the month

Enjoy Sharing  
your passion  
for film



## Fridays

### Community Garden Group

Come  
help  
us  
grow!

10am - 1pm  
Every Week

A collaborative  
group where all  
are welcome  
and respected



### Storytime on the Verandah

9:30am - 10:30am  
4th Friday  
of the Month

For young readers  
& their adults  
Free



## Saturdays

### Community Wellness Group

10am - 1pm  
Saturday, 10 June  
and  
Saturday, 15 July

Melissa  
Ph: 0419589029



## Sundays

### Noosa Barter Tribe

11am-1pm  
Every Week



Every Sunday  
11am - 1pm  
Lawson Shed, Pomona



### Alcoholics Anonymous

6:30pm  
Every Week



## Weekdays

### Pomona Pacers Walking Group

7am Weekdays

Meets at  
PCH Noticeboard  
1 hour walk



Pomona & District



Community House

# SO HAPPY TO BE SUPPORTING OUR HINTERLAND COMMUNITIES



Neighbourhood Centres Qld in May 2023, released the Making an Impact 2022 report showing the importance of the sector. Here's PCH's Impact Snapshot 2022. (Yes, we too believe value is more than financial, but still an interesting read).

We could not operate without the community's support and amazing volunteers. A special thanks to PCH Management Committee volunteers.

IMPACT SNAPSHOT 2022

## Pomona & District Community House

Provided \$511,554 in community value in 2022

This community value equates to \$4.04 for every \$1 of Queensland Government Neighbourhood Centre funding or \$189.46 for every 1 hour the Neighbourhood Centre was in use.

This includes the value of:



Improved quality of life through social connection

**\$174,458**



Volunteer contributions

**\$309,878**



Emergency relief provided

**\$8,409**

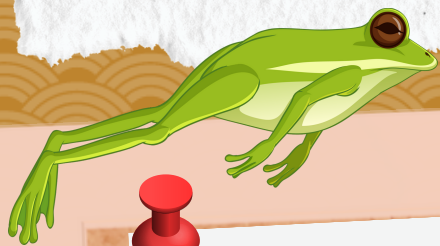


Services provided

**\$18,808**

These values are produced by Neighbourhood Centres Queensland based on data provided by Pomona & District Community House in the 2022 Neighbourhood Centre Survey. Only a limited range of activities where a determinable valuation method exists are included. Data was collected from the Second Quarter of 2022 when no Stage 1 Lockdown Restrictions were in place. Additional data calculation support was provided by Neighbourhood Houses Victoria.

# VOLUNTERING OPPORTUNITIES



## POMONA & DISTRICT COMMUNITY HOUSE

We are still looking for our new  
Monday receptionist/meet and greet  
extraordinaire!

We are needing a volunteer for the  
Monday afternoon shift 12:15pm to 4pm.

Contact Heather or Susan @ PCH:  
07 5485 2427 or email  
[admin@pomonacommunityhouse.com.au](mailto:admin@pomonacommunityhouse.com.au)

## KIN KIN COMMUNITY HOUSE

Kin Kin Community Group are looking  
for volunteers to help at the  
Community House, event and canteen.  
To help with upcoming events  
and community-lead programs.

KIN KIN COMMUNITY HOUSE  
57 MAIN STREET KIN KIN  
[OFFICE.KKCG@GMAIL.COM](mailto:OFFICE.KKCG@GMAIL.COM)

A local response to NATIONAL RECYCLE WEEK  
**THE GREAT  
UPCYCLE  
CHALLENGE 2022**

Cash for Cans  
use code  
**C 1047 2898**  
to donate for funds for  
The Great Upcycling  
Challenge  
November 2023

# SOCIAL Connections



## COORAN HALL



**14 KING STREET,  
COORAN  
PH: 0493 113 250**

### Cooran Acoustic Night

Saturday 17th June  
Saturday 29th July  
Chalkboard sign on &  
food available  
@6:30pm  
show starts @ 7pm

Cooran Choir  
Gathers on Tuesday  
during Term  
10.30am-12.30pm  
sing, connect &  
have fun.  
No experience  
necessary,  
open to all.  
\$10 a session

## FEDERAL HALL



31st May- State of Origin Community Night  
2nd June- Community Social Night  
17th June- Free Community Art Class  
21st June- State of Origin Community Night  
7th July- Community Social Night  
12th July- State of Origin Community Night

**1642 BRUCE HIGHWAY, FEDERAL  
FOR HALL HIRE & ENQUIRIES  
CONTACT ZANI  
PH: 0413 090 548**

**KIN KIN  
COMMUNITY HOUSE  
57 MAIN STREET KIN KIN  
OFFICE.KKCG@GMAIL.COM**

### **KIN KIN COMMUNITY SPORTS**

**10-WEEK PROGRAM  
STARTS TERM 3, 12 JULY  
4PM - 8.30PM**

INCLUDES COMMUNITY FOOD NIGHT!

Join in the community spirit.

**ALL ages from 5 to adults**  
(not a drop off program)

Contact kin kin community  
house for more info.

SUPPORTED BY PCH

*Kin Kin  
Morning Tea*

**@ KIN KIN COMMUNITY HOUSE  
9:30-11:30**

**2ND MONDAY OF MONTH  
12 JUNE & 10 JULY**



### **MUMS NURTURE & NOURISH 10-WEEK PROGRAM**

SUPPORTED BY PCH  
Wellness Wednesday  
Program for mums &  
mums to be.

**STARTS TERM 3, 12 JULY 9AM**

### **Dance to Wellness**

5 week June Series  
Every Friday 6pm - 7pm  
Kin Kin School of Arts  
Register interest 0413 851 266

Meet Miatta the  
Community  
Support Worker.  
Have a cuppa &  
chat. The jigsaw  
will be going.

### **Community Support Worker Available**

2nd & 4th  
Mondays  
of month

Book via PCH:  
5485 2427

# POMONA MEMORIAL SCHOOL OF ARTS Hall



7-9 RESERVE STREET POMONA

## MONDAY

**ZUMBA 9:30AM-10:30AM**  
CONTACT: CATHY TAPPER  
PH: 0428 161 622

**JKA KARATE 6PM-7PM**  
CONTACT: KIM VINES  
PH: 0422 373198

## TUESDAY

**PILATES 8:30AM-9:30AM**  
CONTACT: AMY BLOCK  
PH: 0409 766 634

**KO-JI MARTIAL ARTS**  
5:30PM-6:30PM  
CONTACT: KAIN  
PH: 0422 389 683

**POMONA DANCE 6:30PM-9:30PM**  
CONTACT: PAT & NORM YOUNG  
PH: 5485 2007

## WEDNESDAY

**INDOOR BOWLS 9AM-11:30AM**  
CONTACT: ALAN KENZLER  
PH: 54476223

**YOGA 6PM-7:15PM**  
CONTACT: AMY SORENSEN  
PH: 0432 066 935



## THURSDAY

**STRETCH YOGA**  
9:15AM-10:50AM  
CONTACT: ANDY PIKE  
PH: 0415 734 180

**JKA KARATE 6PM-7PM**  
CONTACT: KIM VINES  
PH: 0422 373198

## FRIDAY

**TAI CHI**  
8AM-9:30AM

**TABLE TENNIS LOWER HALL**  
8:30AM-11AM  
PETER PH: 0448 882 600

**POMONA CHRISTIAN OUTREACH  
YOUTH GROUP**  
4PM-6PM

## SUNDAY

**POMONA CHRISTIAN OUTREACH  
YOUTH GROUP**  
3:30PM-6PM

**Hall Hire  
&  
Enquiries  
Contact:**

Heather Manders  
Ph: 0411 114 077



**POMONA RED CROSS OP SHOP**

OPEN MONDAY-FRIDAY 9-4PM  
PH: 5485 2934



**POMONA MEALS ON WHEELS**

MONDAY, WEDNESDAY, FRIDAY  
CONTACT IRENE GIBBS  
PH: 5485 1777 OR 0459 112 877



**Pomona Uniting  
Church Hall Hires.**  
Ph: 5485 2277

## JP SERVICE

Monday: 1-3pm

Wednesday:  
9:30-12:30pm

Friday: 1-3pm

## WAYS TO GET INVOLVED & SUPPORT PCH

- become a PCH member
- volunteer
- start a group
- make a donation



## COMMUNITY SUPPORT

FREE- ALL WELCOME

- Sunny Street Pomona Clinic
- Community Support Worker
- information, support & referrals
- Tea/coffee & a biscuit
- shower access
- community pantry
- frozen pre-cooked meals
- phone recharge access

## PCH ACTIVITIES & EVENTS

see inside for more details or go to our website

## COMMUNITY SPIRIT AT ITS BEST

## OFFICE SERVICES

- one-on-one computer lessons (by appointment)
- laminating & binding
- typing & resume (by appointment)
- Free computer & wifi access
- printing, photocopying, scanning & faxing

## ROOM HIRE

Rooms available for hire.

See website



QR CODE



Pomona & District



Community House



NOOSA Council

1 MEMORIAL AVE, POMONA  
 PH. 07 5485 2427  
 POMONACOMMUNITYHOUSE.COM.AU

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