

What's On

Pomona & District Community House

August/September 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!

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 Monday to Friday 9.00am-4.00pm

 Follow us on Facebook

What's coming up at PCH?

Sunday 6 August

Between Now & Then Workshop
(for Dying to Know Day)

Wednesday 16 August

Wills & Enduring Power of Attorney
Information Session

Friday 25 August

Beachside Pomona + Zine Workshop
Lets have some arvo fun!

Friday 1-8 September

Women's Health Week events
1 Sept - A Healthy Helping of Her
An evening of storytime & song

Tuesday 12 & 19 September

Youth Mental Health First Aid Training

Tuesday 19 September & Thursday 28 September

Spring School Holiday Program



Pomona & District
Community House



07 5485 2427

1 Memorial Ave, Pomona

pomonacommunityhouse.org.au

Dear Community,

Thanks to all the families who supported our pilot Winter School Holiday Program. We're glad we could support you and provide opportunities for your young ones. It was great to nurture possible future filmmakers, coders, nature lovers and creatives. The animal collages in this edition were created at the Collage & Zine session.

This August, we welcome volunteer Celine who is a community volunteer leading the new "EASI - Expressive 'Arty' Self-Inquiry" group. Meets 1st & 3rd Tuesday of month, 10am-12pm. Celine is a student at the Melbourne Institute for Experiential and Creative Arts Therapy (MIECAT) and keen to connect with people who are looking for a creative space to make meaning of their daily stresses in a playful way. No art experience required. Materials provided. \$3 donation.

Tracie takes us back into the community garden in September with "Explore Some Essentials for Life" (see page 4), and we kick off Jean Hailes Women's Health Week with "A Healthy Helping of Her" on Friday 1st September 7pm. An evening of storytime and song hosted by Kate Marian Rose with special guests Dr Tamsin Kerr, Amy Ocean, georgie, and Lilliahna Rogers (see page 5).

For those adults working with, supporting and raising youth (12-18yrs) you may like to attend the two day Youth Mental Health First Aid Training. This two day course equips you with skills and confidence needed to recognise and respond to a young person experiencing a mental health problem or crisis.

Springs nearly here! On Friday arvo, 25 August, Beachside Pomona & PCH Zine Swap Wall arrive at Community House. Lets connect through fun and games (boule, giant jenga, chess and more)! All ages. All welcome. Free zine workshop. Don't know what a zine (pronounced zeen) is? Then come on down and find out.

There's lots more going on, so enjoy reading!

with kindness, PCH Team

PS: Do you like find a word? Well here's find a letter. Can you find the back to front g in this edition?

Suncoast Community Legal Service

Know where you stand

Suncoast Community Legal Service supports the hinterland community by offering free legal advice at PCH. The volunteer lawyer offers 30 minute face-to-face advice and referrals on Family Law matters. Empowering community members by facilitating access to justice for those in need.

Thank you to our young artists who did the collage art for this edition (Winter School Holiday Program Collage & Zine with through the makers window artist, Sarah Bartel.)

Free Legal Advice Family Law

Tuesdays, fortnightly: 1st Aug, 15th Aug, 29th Aug, 12th Sept, 26th Sept.

Bookings required:
07 5376 7800

PCH Community Support & Services

Aust Govt Tax Help Program @ PCH

Free help with your tax return in person.

Bookings Essential
07 5485 2427

See if you meet the eligibility criteria
ato.gov.au/taxhelp or
13 28 61

Dates: 8 August & 23 August

30min appointment.

Link your myGov account to the ATO before appointment.

Community Engagement Officer-Carers Gateway

1st of month
Wednesday
9:00am-1:00pm

Community Engagement Officer-Centrelink

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

Navigating NDIS forms - help by Naradell

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

Transport Options we've heard of

Noosa Seniors

For 65yrs+.
Transport to medical appointments.
07 5329 6175
Small fee applies.

Shebah Rider App

Women rideshare & will transport unaccompanied minors. No cash.
Fee applies.
passengersupport@shebah.com.au

PCH Community Support Worker

Bookings:
07 5485 2427

Drop-ins welcome.

Monday

Pomona & District Community House
1st, 3rd and 4th Monday of the month

Kin Kin Community House
2nd Monday of the month

Tuesday and Friday

Pomona & District Community House
Every Tuesday and Friday



Free tech support

1st Friday of month
Bookings essential
via Noosa Library website.



Computer lessons

Bookings essential:
07 5485 2427

QuiVAA code



Special Events

August/September

For full details on events, see our website.



Between Now & Then

In line with the principles of Dying to Know Day, the workshop is designed to foster deep conversations about the one thing all humans have in common – death.

Sun, 6 August. 10am-3pm.

The workshop will explore the notion of having a full and vibrant life while navigating a pathway for dying that stays true to our values. Supported through expressive and creative journaling, participants will discover and delve into our inner narrative about death and dying and how we can bring those ideas into our lives between now and when we die. This is a workshop for people of all ages interested in a down to earth, creative and sometimes humorous conversation about a difficult topic. Please note this is not a workshop for people grieving a recent loss or who require counselling. The workshop is free and includes all materials and a light lunch. Limited spaces. Bookings: 07 5485 2427 or admin@pomonacommunityhouse.org.au



Explore Some Essentials for Life

Fri, 15 Sept. 10am-2:30pm. Community Garden

10-11am: Essentials in Nature with Tracie Sheehan. Diversity and its elements.
11-12pm: Essentials for Healthy Habits and Habitats with Andy White.
12-1pm: Essentials to Appetite. Wholistic light lunch and conversation.
1-2:30pm Essential Oils in the making with Bras.
Bookings appreciated: 07 5485 2427. Bring hat, snack & water bottle. Free.



Wills & EPA Session

16 Aug 9:30-11:30am

Suncoast Community Legal Service session on Wills and Enduring Power of Attorney. Free. Book in. 07 5485 2427



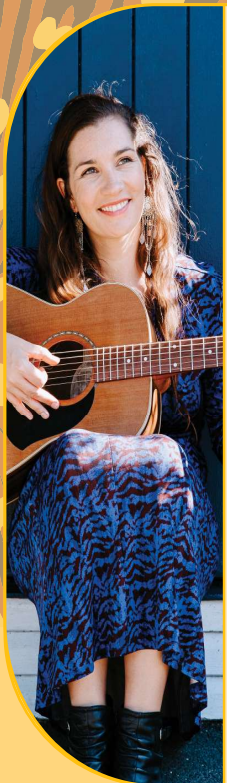
Beachside Pomona

25 Aug 3pm-4pm

It's nearly Spring, lets get the games out! Boule, giant jenga and more. PLUS launch of the **PCH Zine Swap Wall**. All ages. Just turn up.

Women's Health Week

4-8 September



Jean Hailes Women's Health Week. An event dedicated to the health and wellbeing of all women, girls and gender-diverse people.

A Healthy Helping of Her Fri, 1 Sept. 7pm-9pm.

An evening of storytime and song hosted by Kate Marian Rose with special guests Dr Tamsin Kerr, Amy Ocean, georgie, and Lilliahna Rogers. Low cost: \$10. Limited spaces. Book via Humanitix.



Self Acupressure for Women Tues, 5 Sept. 1pm-2:30pm.

Tracie Sheehan will lead us in simple practical techniques to open and stimulate the meridians of our body. Integrating point pressure and stretching as a self care routine. Bring yoga mat and cushion or similar. Free. Bookings appreciated: 07 5485 2427



Hello Hormones: sharing & learning Wed, 6 September. 6pm-8pm.

Hosted by Kate Marian Rose, the night will include a grounding meditation, followed by an opportunity to share and learn together. Open to all those identifying as woman. 16yrs+. Free. Bring yoga mat, towel or blanket + whatever supports you with deep listening, eg journal, stitching. Book in.



Youth Mental Health First Aid Training

12 & 19 September

For anyone supporting youth in our community. Low cost: \$30



PCH Spring School Holiday Program

19 & 28 September

For children in Prep to Grade 6. See page 8 for more details.

Regular Groups

Weekdays



Pomona Pacers Walking Group
7am-8am
Weekdays

Meet at
PCH Noticeboard

Mondays



Boomerang Bags
9.30am-3.00pm
Every week

Tackling plastic pollution
at its source.



Tuesdays



Drawing with Artist Noel Foley
7:00pm-8:30pm
Every week



Contact Noel
0455 494 759

Tuesdays



Pomona Writers Group
9.30am-11:30am
1st & 3rd of month

A supportive group to
get you writing.



Expressive 'Arty' Self-Inquiry (EASI)
10:00am-12:00pm
1st & 3rd of month



Creative space
for awareness.



Cuppa, Cake & Conversation
9.30am-11:30am
2nd & 4th of month



Social connection
over a cuppa.

Tuesdays



Young Peoples Collab
3:00pm-6:30pm
Term time

For ages 12-17 years.
Facilitated by social
workers. See page 8.

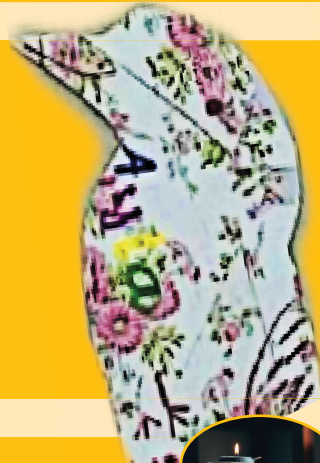


wednesdays



EFT/Tapping Session
9.30am-12:30pm
23 August & 27 Sept

Enjoy benefit of EFT in a
group setting.
Pam:0439534056



wednesdays



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

A fun social time.



Astronomy Club
7:00pm
4th of month

Come out at night
and look up.



Meditation & Self-Development for Beginners (starts 16 Aug)
7:00pm-8:30pm
7-week program



Denise: 0414 955 914

The Lawson Shed & Community House

1 Memorial Ave, Pomona
Ph: 07 5485 2427



Community House



The Lawson Shed



\$3 donation

Thursdays



The 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.



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

Enjoy sharing your passion for film.



Thursdays



Pilates with Amy Block
4:30pm-5:30pm
Every week



Book with Amy
0409 766 634

Fridays



Community Garden
10am-1:00pm
Every week

Come help us grow.
(Plus monthly garden event see page 4.)



Mummas Village Circle
9.00am-11:30pm
Every week



Supporting those mothering in community.



Storytime on the Verandah
9.30am-10:30am
4th of month



For young readers and their adult.

Saturdays



Community Wellness Group
10:00am-1:00pm
12 August & 9 September



Contact Melissa
0419 589 029

Sundays



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



Barter home grown produce, skills, plants,



Alcoholics Anonymous
6:30pm
Every week



Young Peoples Collab

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

The program is for high school aged young people (12-17 years).

The group meets Tuesdays 3pm-6:30pm in term time. Alternating between weeks, one week is the Young Womens Collab and the next the Young Mens Collab.

Facilitated by social workers, young people have the opportunity to connect with peers in their community, share, do activities and cook & share a meal together.

The program helps young people develop life skills, build resilience and wellbeing, and build positive relationships.

Bookings are essential. Please contact the Community Support Worker - Social Worker, PCH.
07 5485 2427 (Mon, Tues, Fri)

PCH Spring School Holiday Program

For children Prep to Grade 6 age. The program aims to provide accessible low cost vacation care for working parents/caregivers in the hinterland. Cost is \$25 per day. Maximum 12 children per session.

Tuesday, 19 September

9am-3:00pm

Songweaving

Facilitated by songwriter Kate Marian Rose, learn how to song write using nature as your inspiration. Rhythm, melody and lyrics. Come find your song!

Thursday, 28 September

9am-3:00pm

Pom Poms & Herb Gardens

First we play with fibre making pom poms, french knitted caterpillars and more. Then we explore the world of herbs in our community garden. You'll get to make your own portable herb garden to take home.

Bookings are essential (events.humanitix.com/pch-spring-school-holiday-program) PCH has free wifi and computers if you need access to book.

Bookings open
30 August
9am



Volunteering Opportunities

Pomona & District Community House

As a not-for-profit neighbourhood centre, PCH is governed by a volunteer management committee. Over the last 20 years, a number of community members have stepped up and helped support the continuation of PCH and all it offers our hinterland communities. These dedicated volunteers are responsible for the governance of PCH, including financial management, legal responsibilities, strategic planning and being an employer.

As times change, the PCH Committee is needing additional skill sets in marketing & communication, HR, community development and the ever growing area of digital technology and software literacy. If you are interested helping out let us know.

Donate to the PCH Community Pantry

If you have excess home grown produce why not drop some off and help those in need of a little help. Other Items needing stocking up: jars of coffee, long life milk (1ltr), lunch box fillers (museli bars, fruit cups), baby wipes, body moisturiser (please no Johnson & Johnson products).

Drop off to Community House during opening hours. 9am-4pm.
Thank you!



Cash for Cans

Use code:
C1047 2898
to donate for funds
for The Great
Upcycling Challenge
November 2023

Social Connections

Kin Kin Community Group

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



Mums and Bubs Nurture Program

12 July - 13 September
9:15am-11:15am

Sports Program

19 July - 6 September
4.00pm-8.30pm

Congrats to KKCG on securing funding for these programs.

Kin Kin Morning Tea

2nd Monday of month
9.30am-11.30am

7th August &
11th September

Meet with Social Worker Miatta. Find out about community services. Have a cuppa, cake and chat.

Kin Kin Community House

Venue Bookings

Kin Kin School of Arts
Kin Kin Community Hse
Kin Kin Sports Ground

Contact KKCG.



Tall Trees Community Art Exhibition

Replanted for 2023

16 & 17 September

Art in Cooran
More information, entry details or to volunteer go to website.

talltreesart.com

Cooran Hall

14 King Street, Cooran

Cooran Acoustic Music Night

Saturday, 9 Sept

6.30pm for 7.00pm start

Chalkboard sign on & food available.

Cooran Choir

Tuesdays
10am-12:30pm



Federal Hall

1642 Bruce Highway, Federal Hall Hire: 0413 090 548 (Zani)

Social Connections

4 Aug & 1 Sept - Social Club
TBC-Sip & Social community catch up also coming with coffee van.

Community Wellbeing. Free.

12 & 26 Aug, 1 Sept - art therapy
Tuesdays 6pm - pilates

Pomona Memorial School of Arts Hall

7-9 Reserve Street, Pomona

Monday

Zumba

9.30am-10.30am
Contact: Cathy Tapper
Phone: 0428 161 622

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

Pomona Dance

6.30pm-9.30pm
Pat & Norm Young
Phone: 07 5485 2007

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

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

Pomona Uniting Church Hall

Hire & Enquiry: 07 5485 2277

Pomona Memorial School of Arts Inc is
proudly supported by Noosa Shire Council.



Community Spirit at its Best

JP Service

Mon: 1.00pm-3.00pm
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 Worker
Information, Support & Referrals

Tea, Coffee & Biscuits
Shower Access
Community Pantry
Frozen Pre-Cooked Meals
Phone Recharge Access



Scan to visit website
for events, services,

Open Monday to Friday 9.00am-4.00pm

f Follow us on Facebook



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