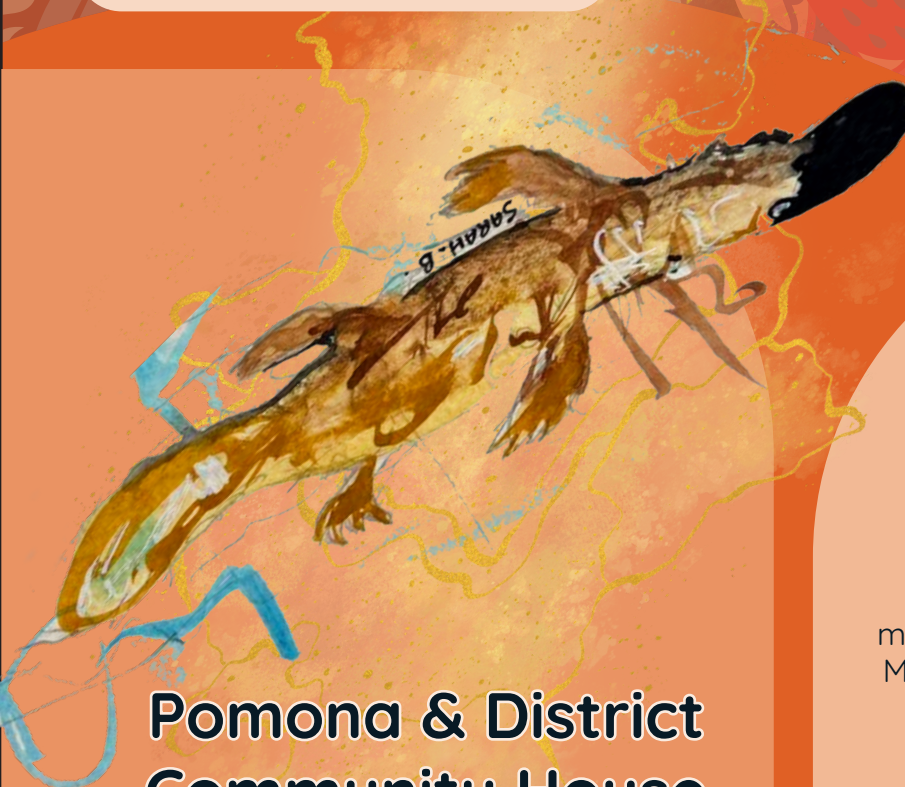


What's On

Pomona & District Community House

October/November 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.

What's coming up at PCH?

Saturday, 14 October

Community House & Lawson Shed made from Lego at PCH Stall, Pomona Markets. Then enjoy "Shelter from the Storm" music at Majestic Theatre

Monday, 16 October

For our carers a special one-day workshop to refresh you.

Saturday, 11 November

Between Now and Then Workshop

Sunday, 12 November

Bowls, music and 'mo off' parade.

Thursdays, 16 Nov to 14 Dec

Pomona Festive Community Choir commences. 4 rehearsals ready for performance at Pomona Night of Lights



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

Open Monday to Friday 9.00am-4.00pm

 Follow us on Facebook



Pomona & District
Community House



07 5485 2427

1 Memorial Ave, Pomona

pomonacommunityhouse.org.au

Dear Community,

It's here! Sorry for the slight delay in getting this edition of PCH What's On out to you all. You'll already know about the Building Home Lego workshops on Sunday and our sellout Seniors Celebration lunch at the Majestic Theatre.

Saturday, 14 October is a busy one in Pomona. If you have not had a chance to see the lego build of our Community House and Lawson Shed, then drop by our stall at the Pomona Markets. We'll be there as part of Noosa Council's "Get Ready Noosa for a scorching Hot Summer" event. It's time we all started to think ahead. Come get informed, play with some lego and connect. Then enjoy an evening of music at the Majestic Theatre "Shelter from the Storm" thanks to Barry Charles who is raising funds for those experiencing homelessness in community. Also Pomona Memorial School of Arts Hall is the place in town where you can do your 2023 Referendum vote.

October is not only Seniors Month, Queensland Mental Health Week, and Get Ready Qld. It is also National Carers Week 15-21 October. To recognise and raise awareness to the 2.65M Australians who provide care and support to a family member or friend, PCH is offering a free one-day workshop for our carers and nurturers in community on Monday 16 October (see page 4 for details).

On Friday 27 October Pomona Music Collective present Songwriters in the Round with Hat Fitz & Cara. Then in November the popularity of the Between Now and Then workshop and the Wills and EPA Information Session we are running them again. (see page 4.)

Sunday, 12 November it's all about "Bowls, Music & Mo off" to support and celebrate men in community. Then come sing it loud with the launch of the Pomona Festive Community Choir on Thursday, 16 November at 6pm. A choir for all in community, leading up to performing out Pomona Night of Lights on the 14 December. See page 5 for details.

Don't forget to get your entries into The Great Upcycle Challenge (see page 8).

with kindness, PCH Team

Save the Date:

- Pomona Night of Lights - 14 December
- Pomona Christmas Street Fair - 1 December
- Bus trip to museums/galleries in Brisbane - early December



Thanks
"Through
the Makers
Window" for
the amazing
Platypus
(*Ornithorhynchus
anatinus*) artwork!
Community have
you seen any
around lately?

PCH Community Support & Services

Free Legal Advice Family Law

Tuesdays, Fortnightly.
 Oct: 10th & 24th
 Nov: 14th & 28th
 5:30pm-7:30pm
 Bookings Essential:
 07 5376 7800

Suncoast Community Legal Service supports the hinterland community by offering free legal advice at PCH. Volunteer lawyer offers 15-20min face-to-face advice and referrals on Family Law matters. We empower community members by facilitating access to justice for those in need.

Community Engagement Officer Carers Gateway

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

Footprints Community - Care Finders

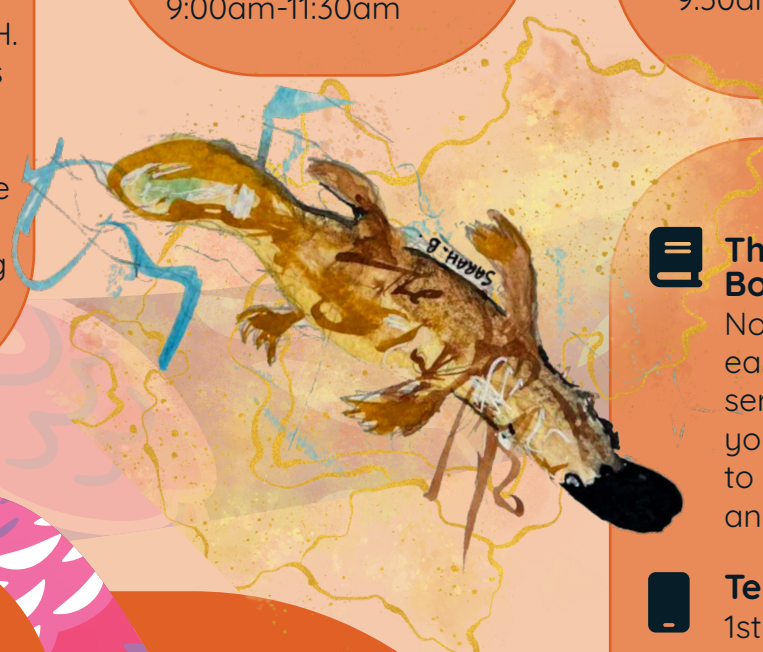
Wednesdays
 1st of month
 9:00am-11:30am

Community Engagement Officer Centrelink

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

Navigating NDIS forms - help by Naradell

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



PCH Community Support Worker

Bookings:
 07 5485 2865.
 Drop-ins welcome.

Monday

Kin Kin Community House
 2nd Monday of the month (Oct & Nov)

Tuesday and Friday

Pomona & District Community House
 Every Tuesday and Friday



The Library Bookshelf

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



Tech support

1st Friday of month - 3 Nov
 Bookings essential via 07 5329 6555 or libraryevents.noosa.qld.gov.au



Learn computer

Bookings essential
 07 5485 2865

QuiVAA code



Special Events

October/November

For full details on events, see our website.



Expressive Art & Creative Journaling One-Day Workshop

Local artist Heather Murphy delivers a one-day workshop to refresh those in caring roles in community.

"Art washes away from the soul the dust of everyday life" Picasso.

Monday, 16 October 10am-3pm

National Carers Week is 15-21 October. It is an opportunity to recognise, celebrate and raise awareness about Australia's 2.65 million carers. This is a special one-day workshop for carers and nurturers in our community. Facilitated by local artist Heather Murphy, it is a day of creative play where you can access your imagination and see where it takes you. You'll have fun with crayons, paint and collage. A handmade journal will be used as a workbook or diary where you can record your creative exercises for personal reflection. No prior art experience necessary. A morning tea and a light lunch will be provided. Held in the Lawson Shed
Bookings: 07 5485 2427 or info@pomonacommunityhouse.org.au



Between now & then Saturday, 11 November. 10am-3pm

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. 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. Please note this is not a workshop for people grieving a recent loss or who require counselling. Bookings: 07 5485 2427 or info@pomonacommunityhouse.org.au



Wills & EPA Session

15 Nov 9:30-11:30am

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



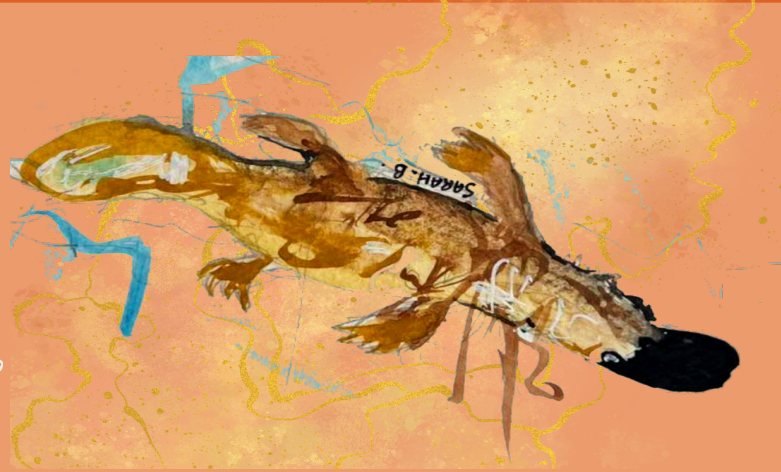
In the Garden!

20 Oct 10am-2:30pm

Join Tracie Sheenan and Andy White as we Explore Some Essentials for Life in the community garden. Book in 07 54852427



Unique Program



Community Lego® Builds

We have hired a bucket load of Lego® to keep the fun going. There are three more opportunities for community to come together to build and connect. No bookings required just turn up and get building.

- **Saturday, 14 October.** 7am-12pm @ Pomona Markets
- **Friday, 20 October.** 3pm-5pm @ The Lawson Shed
- **Saturday, 28 October.** 1pm-4pm @ The Lawson Shed

The lego build of Community House and Lawson Shed will be on display at these build gatherings and also at PCH other times.



Pomona Festive Community Choir starts Thursday, 16 November 6pm-7:30pm

Pomona Night of Lights is set for 14 December but we need your voices. Do you like singing and want to be part of our Festive Community Choir?

All ages and voices welcome!

Led by Clare from Those Folk, you will get to sing a range of festive songs, including carols, and connect with other like-minded folk. The Choir will commence rehearsals on Thursday, 16 November 6pm, and meet weekly on a Thursday night until the performance on 14 December. If there is interest we would love to keep the choir going into the future. Children under 15 years must be accompanied by their adult.

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



Bowls, Music & Mo off parade Sunday, 12 November 10am-2pm

It's Mowember! Lets connect at Pomona Bowls Club for a day of free bowls, music from The Vibe, a feed and the Mo off parade.

The 'Mo off' is a chance to support and celebrate boys, men and those identifying as men in our community. Come show off your finely scaped mo or beard, fake or real in the mo off parade. Connect with the family, friends and neighbours over bowls, music and food. If you don't have a mo then get creative at the crafting table with help from your kids or family or friends. Fun for all ages.

These three projects are jointly funded by the Australian and Queensland governments under the Disaster Recovery Funding Arrangements.



Australian Government



Queensland Government



NOOSA Council

Regular Groups

Weekdays



Pomona Pacers Walking Group
7:00am-8:00am
Weekdays

Meet at
PCH Noticeboard

Mondays



Boomerang Bags
9.30am-3.00pm
Every Monday

Tackling plastic pollution
at its source.



Tuesdays



Learn to Draw Well
7:00pm-8:30pm
Every Tuesday

Contact Noel Foley
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



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



Social connection
over a

Tuesdays



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

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



Wednesdays



EFT/Tapping Season
9.30am-12:30pm
18 Oct & 8 Nov

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



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.



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

Contact Naomi Slater
0497 206 710



Pomona & District
Community House



NOOSA
Council



Queensland
Government

The Lawson Shed & Community House

1 Memorial Ave, Pomona
Ph: 07 5485 2427

-  Community House
-  The Lawson Shed
-  \$3 donation

Thursdays





**Unravellers
Knitting Group**
9.30am-12:00pm
Every 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 of film.
 




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

Book with Amy:
0409 766 634





**Festive Community
Choir** 6pm-7:30pm
16 Nov-14 Dec

Come sing together.
(see page 5.)




Mummas Village
9.30am-3.00pm
Every Friday

For all those mothering in community.


Fridays




Community Garden
10:00am-1:00pm
Every week

Come help us grow.



**Explore Some
Essentials for Life**
10:00am-2:30pm
Friday, 20 October

Bookings:
07 5458 2427




**Exploring the world
of Foraging**
10:00am-2:00pm
Friday, 10 November

Bookings:
07 5458 2427


Fridays



**Community Wellness
Group**
10:00am-1:00pm
7 October & 4 November

Contact Melissa
0419 589 029




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

Barter homegrown
produce, skills,
plants...




Alcoholics Anonymous
6:30pm
Every week



Saturdays

Sundays

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 (Tues-Fri)



The Great Upcycle Challenge is a local response to National Recycle Week. The Great Upcycle Challenge 2023 is a free competition for people of all ages.

You can download an entry form from our website or drop by Community House.

Entries are to be submitted on Saturday 28 and Sunday 29 October at Pomona Railway Station Gallery between 10am-2pm.

A number of cash prizes are up for grabs. Three categories:

1. **Create** from unwanted materials a useful item with an underwater theme.
2. **Upcycle** old clothes to give them a new life.
3. **Make** something for the home from scrap materials.

The Exhibition of entries for The Great Upcycle Challenge 2023 runs 1-12 November at Pomona Station Railway Gallery.

On Saturday, 12 November the Majestic Theatre is showing 'The Giants' movie for National Recycle Week. Bookings via Majestic Theatre.

A big thank you to the volunteers from The Great Upcycle Challenge team who makes this happen each year!

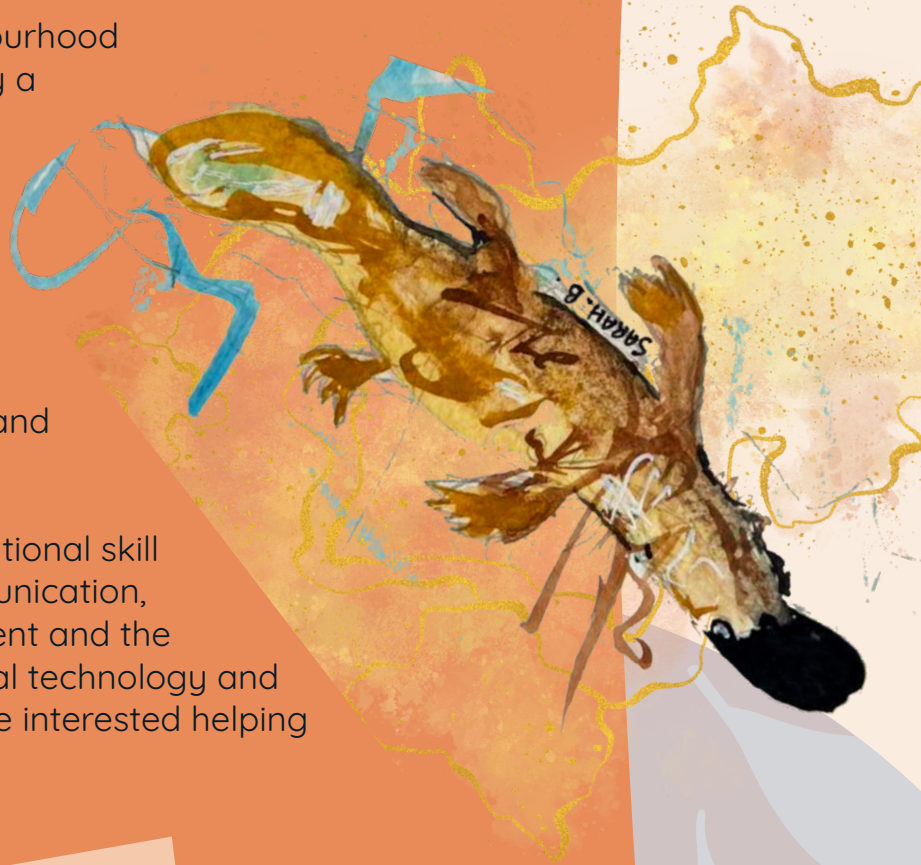


Volunteering Opportunities

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.

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.



**THE GREAT
UPCYCLE
CHALLENGE 2023
PRIZES FREE ENTRY**

Cash for Cans

Use code:
C 1047 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



Kin Kin Community Sports

Every Wednesday
11 Oct - 29 Nov
4.00pm-7.30pm

Join in the fun! All ages from 5 to adult. (Note: this is not a drop-off program.) Contact Kin Kin Community House for more information.

Nurture and Nourish Program

Every Wednesday
4 Oct - 6 Dec
9:15am - 11:15am

For mums and bubs, mums-to-be with young children age 3 and under.

Kin Kin Morning Tea

2nd Monday of month
9 Oct & 13 Nov
9.30am-11.30am

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



Cooran Hall

14 King Street, Cooran

Cooran Acoustic Music Night

Saturday 14 October
Saturday, 18 November

6.30pm for 7.00pm start

Chalkboard sign on & food available.

Cooran Choir

Tuesdays
10.00am-12.30pm



Federal Hall

1642 Bruce Highway, Federal

For hall hire and enquiries, contact Zani.

Phone: 0413 090 548

Happy birthday to Pomona Bowls Club - 75 years! They are inviting community along to celebrate on Saturday 21 October from 10am.

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

Save the Date

Bush Dance, Sat, 2 December. 7pm
Wildlife Fundraiser

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
(thanks Urban Angels Community Kitchen)
Phone Recharge Access
Access to art supplies.



Scan to visit website
for events, services,

Open Monday to Friday 9.00am-4.00pm

f Follow us on Facebook



Pomona & District
Community House



07 5485 2427

1 Memorial Ave, Pomona

pomonacommunityhouse.org.au