

# What's On

## Pomona & District Community House

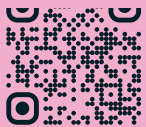
March/April 2024



### 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

 Follow us on Facebook

### What's coming up at PCH?

#### **Celebrating Neurodiversity Week Saturday, 9 March**

Atypical Nest of Songbirds  
An intimate evening of storytelling, poetry, art and song.

#### **Wednesday, 13 March**

Aspy's Open Mic  
Songwriter Aspy Jones shares his music and encourages others to perform

#### **Harmony Week Celebration Saturday, 23 March**

An afternoon of workshops, leading into a community meal share and music.

#### **Wednesday, 27 March**

Cultural Awareness Workshop with Albertina Banks. Lets learn together.

#### **Qld Youth Week in Pomona Thursday, 11 April**

Chiggy Skateboard Workshops, Battle of the Bands, screenprinting and more.



Pomona & District  
Community House



07 5485 2427

1 Memorial Ave, Pomona

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

# Dear Community,



How is everyone? Thanks for being patient with us as we return back to the normal look PCH What's On. Hope you have all had a gentle start into 2024 and happy Lunar New Year to those currently celebrating in community.

Exciting things happening here at Community House. We welcome new faces to the PCH Team with Kristine providing nurse-led health support (read all about her offerings on page 9), and we welcome back Julia. Julia undertook a social work student placement at PCH in 2023. Julia has now graduated and comes on board for our 4-month Digital Inclusion and Outreach program. She can offer one on one support and is passionate about helping community members navigate the digital world of apps, forms and more.

We also welcome John, Waves of Kindness on Thursdays. He is providing counselling for men both young and old in our community. Also, Centrelink's Community Engagement Officer has changed hours and is at PCH every Wednesday 10am-1pm. Don't forget on the first Wednesday of the month Community Engagement Officers from Carers Gateway and Footprints are here to help carers, and navigate care support.

March sees the embracing of diversity as we host events to celebrate neurodiversity week and harmony week (see pages 4 & 5). Lets recognise our diversity and come together. It's about inclusiveness, respect and a sense of belonging for all. Our community garden share on Friday, 16 March will also focus on Exploring Diversity Dynamically: Enhancing our capacity through language and story.

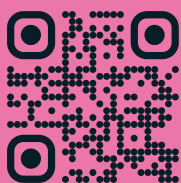
In celebration of Qld Youth Week, an event for young people will be held on Thursday, 11 April in Pomona (see page 8). Thanks to Noosa Council for this great event.

Artists and Cultural Arts Workers check out page 10. Some good opportunities!

A reminder too of our new open hours. Tuesday - Friday 9am-4pm. Open to 6pm Wednesdays. We'd like to say a BIG THANK YOU to Val, Gayl, Helen and Deb who staffed the office on Mondays. Love the teapot Val

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



## Navigating NDIS forms - Nardell

Contact PCH who can put you in touch with a community member happy to provide support.

# PCH Community Support & Services

## Free Legal Advice Family Law Sunshine Coast Legal Service

Wednesday Fortnightly  
March: 13th & 27th  
April: 14th & 28th  
Bookings Essential:  
07 5376 7800

Volunteer lawyer offers  
20min face-to-face  
advice and referrals on  
Family Law matters.  
Empowering community  
members by facilitating  
access to justice for  
those in need.

## Community Engagement Officer Centrelink

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

## Community Engagement Officer Carers Gateway

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

## Community Engagement Officer Footprints

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

FREE - Located  
in Community  
House

new

## Housing Outreach Caseworker, IFYS

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

new

## Counselling for men in community Waves of Kindness

Thursdays  
Every Week  
9:30am-3:30pm  
Drop ins welcome or  
Book: 0499 091 352.  
carecentre@  
wavesofkindness.com.au

## PCH Community Support Workers

new

## 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.

## 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

new

## 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

PCH Bookings:  
07 5485 2865.  
Drop-ins welcome.

# Special Events

## March/April

For full details on events, see our website.

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



### Atypical Nest of Songbirds\*

An intimate evening of storytelling, poetry, art, and songs with a line-up of talented local artists who are empowered to share from their lived experiences of neurodiversity.

**Saturday, 9 March 6:00pm-9:00pm,  
Lawson Shed**

Performers include Amy Ocean, Emma Beau, Jeunae Rogers, Tamsin Kerr and Tiarn Florence and the evening will be hosted by singer/songwriter Kate Marian Rose. The event is part of offerings at PCH to lead into Neurodiversity Celebration Week 2024 (18-24 March). Lets come together, listen and understanding each other and grow a resilient, respectful and inclusive community nest! Low Cost:\$10 per ticket. Limited tickets. Bookings via Humanitix.

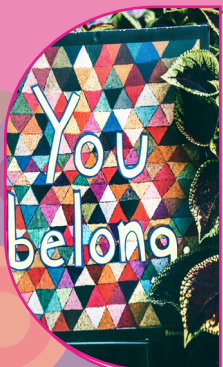


Humanitix



**Aspy's Open Mic\*- Free  
Wednesday, 13 March 5:00pm-6:30pm  
Lawson Shed**

Aspy Jones is a prolific songwriter from regional Queensland. He writes tunes about his unique perspective on life, good mental health and the difficulties he's faced as he's learnt to live with autism and anxiety. After a show of his original songs, he'll be encouraging other performers to showcase their songs in an open mic style experience. This is an invite to the community, whether identifying as neurodivergent or not, to participate as audience or performer. We'd love our young people and emerging artists to come along and be involved. No bookings just turn up. Chalkboard up 5pm.



**In the garden  
Friday, 15 March**

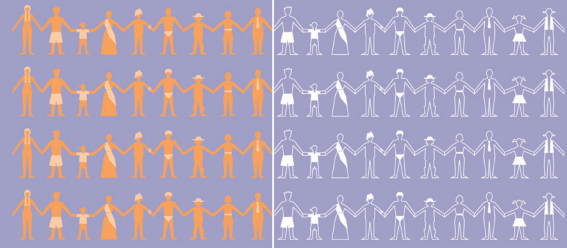
**10:00am-2:30pm**  
Exploring Diversity Dynamically. Enhancing our capacity through language and story.



**Health Chat  
Wed, 20 March**

**10:00am-10:30pm**  
Chocolate and brain health with Kristine in the Lawson Shed. No booking needed just turn up.

# Unique Programs



Almost half of Australians were either born overseas or have a parent who was



## Harmony Week Event Saturday, 23 March 3:00pm-9:00pm Cooran Hall

PCH will host workshops, music and a community meal as part of Harmony Week - Everyone Belongs. Wear orange to show your support (18-24 March).

- 3pm - Welcome to Country and Gubbi Gubbi/Kabi Kabi learnings
- 3:40pm - Bollywood Style dance session
- 4:20pm - Language Walk. Build confidence to learn another language
- 5:00pm - 7:00pm Community Meal Share.
- 7:00pm - Cooran State School Choir & Pomona State School Choir
- 7:30pm - A quick 15 minute bollywood style dance moment
- 7:45pm - Cooran Choir and ASCA
- 8:15pm - Raffle Draw (Money raised for PCH Community Pantry)
- 8:30pm - Groove time with "High Life Dance Band".



Humanitix

Please book in for the workshop sessions, Community Meal Share and/or music using the QR link to Humanitix. If you can spare some time to help prepare the meal please let us know via the link.



## Cultural Awareness Workshop Wed, 27 March 9:30am-11:30am, Lawson Shed.

Join local Albertina Banks, who migrated to Australia with her family in 1962 as political refugees from West Papua, Indonesia. The workshop explores topics of cultural differences in relation to respect and courtesy, individualism and collectivism and communication issues, due to language barriers that can cause serious misunderstanding. Morning tea provided. For 10yrs and up. Bookings via the above QR link to Humanitix or call 5485 2427.



### In the garden Friday, 19 April

**10:00am-2:30pm**

Exploring Native Bee Love. Nurturing nature's tiny wonders.



### Health chat Wed, 17 April

**10:00am-10:30am**

Art of Walking. Kristine with Julieanne Vogler, Exercise Physiologist. Lawson Shed. No booking needed just turn up.

# Regular Groups

See our website for more details and online calendar.

Weekdays



**Pomona Pacers Walking Group**  
6:30am-7:30am  
Weekdays

Meet at  
PCH Noticeboard

Monday



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

Tackling plastic pollution  
at its source.



Tuesday



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

A supportive group to  
get you writing.



Tuesday



**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  
6 March & 17 April

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



Wednesday

new



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

with PCH Nurse-led  
health support



new



**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.



Wednesday



**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



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.  
 





**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.  
 



**Mummas Village**  
9.00am-11:30pm  
Every Friday

For all those mothering in community.  


## Fridays




**Community Garden Care & Grow**  
10:00am-1:00pm  
Every week

Come be an active participant & help us grow.




**Explore Diversity Dynamically**  
10:00am-2:30pm  
Friday, 15 March

 See website for more details



**Exploring Native Bee Love**  
10:00am-2:30pm  
Friday, 12 April

 See website for more details

## Saturdays



**Community Wellness Group**  
10:00am-1:00pm  
23 March & 27 April  
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

2024 sees the introduction of drop in Wednesdays at PCH for young people 12-17 years between 3pm-6pm.

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.

Want to be part of the  
crew on 11 April?  
Come by  
Wednesdays 3-6pm



## Thurs, 11 April 9am-5pm Qld Youth Week

PCH is working with the Community Development team at Noosa Council to deliver an event for our young people as part of Qld's Youth Week 2024.

The full program will be released in March, by Council, so keep an eye out. But here's a taster!

- Chiggy Skateboard workshops
- Morning Movement - yoga, meditation, boxing
- Music and open mic
- Clay & screenprinting workshops
- Zines, games, food, chill zone
- Battle of the Bands 3-5pm  
If you're in the Noosa Shire, aged 12-24yrs and want to showcase your band then start rehearsing!

# Nurse-led Health Support

## Welcome Kristine



Kristine comes on board in our new nurse-led health support role. She is excited to meet you all and is here every Wednesday. Kristine has experience in Mental Health, Aged Care and Chronic Conditions. She has also worked with children with learning needs. Warm and welcoming Kristine loves gardening and her chickens. Drop by and say hi.

Kristine will be running 15mins of mindfulness on the verandah every 2nd and 4th Wednesday of the month, and a 30min health chat on the 3rd of month. On the 1st Wednesday of the month, she'll be doing a pop-up out and about in Pomona and would love to chat with you.

Every Wednesday.  
Drop in.  
10:00am-1:00pm

FREE

## Nurse-led Health Support Ph: 07 54852427

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

BASIC NURSING HEALTH Assessment and Monitoring

- Cardiac
- Respiratory, e.g. asthma, COPD
- Continence + funding application
- Pain
- Diabetes

MENTAL HEALTH listening, advice, referral, assessment

BASIC WOUND CARE (help with dressings)

MEDICATION information/discussion

QUIT Smoking advice/products

SEXUAL HEALTH ENQUIRIES

Please note: this is not a diagnostic service, and is outside nurse's scope of practice.

new



### Health Chat & Cuppa

Chocolate & Brain Health  
10:00am-10:30am  
Wed, 20 March



with PCH Nurse-led health support  
No bookings just turn up

new



### Health Chat & Cuppa

Art of Walking with  
Julianne Vogler  
Exercise Physiologist.  
10:00am-10:30am  
Wed, 17 April



with PCH Nurse-led health support  
No bookings just turn up



Funded by:



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

# Social Connections & Opportunities



Wednesday, 17 April 4:30pm-6pm, Lawson Shed  
National Association of Visual Arts Info. Session



NAVA has been an influential advocate for the Australian visual arts, craft and design sector. It brings together the many voices of contemporary arts sector to improve fundamental conditions of work and practice. Artists and arts workers are encouraged to come along and learn more about NAVA and how they can support you.



Wednesday, 6 March 4:30pm-6pm. Lawson Shed  
Sunshine Coast Arts Alliance Refinery Residency Info. Session

R|6.0 is a 10 week intensive incubator program designed to support creative practitioners in establishing and growing entrepreneurial creative businesses that are adaptive, resilient and equipped to engage in dynamic markets. Applications for 2024 close 31 March. Come find out more.



## Cooran Hall

14 King Street, Cooran

**Cooran Acoustic Music Night**

Saturday 16 March  
Saturday 4 May  
6.30pm for 7.00pm  
start \$5 entry

Chalkboard sign on & food available.

**Cooran Choir**  
Tuesdays  
10.00am-12.30pm



## Kin Kin Community Group

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



## Federal Hall

1642 Bruce Highway,  
Federal

For hall hire and enquiries,  
contact Zani.   
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

### 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

## Pomona Meals on Wheels

Monday, Wednesday, Friday  
Irene Gibbs: 07 5485 1777 or 0459 112 877

## Hall Hire & Enquiries:

Heather Manders: 0411 114 077

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



# 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**



Pomona & District  
Community House



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