

# What's On

## Pomona & District Community House

November/December 2024



Thanks to Mummas Village, hosted by Esther, a magic garden has emerged providing a lovely welcome to all.

### 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. Drop on in!

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 Tuesday to Friday 9.00am-4.00pm  
Open late Wednesday to 6.00pm

 **Follow us on Facebook**

### What's coming up at PCH?

#### Wednesday 6 November

Health Chat: Beat the Heat and Advanced Care Planning

#### Saturday 16 November

Barefoot bowls, Music & Films  
It's November

#### Friday 20 November

Breakfast Share for Women

#### Friday 29 November

The Seeds We Sow  
and  
The Community Tree decorating

#### Friday 6 December

Pomona Christmas Street Fair

#### Thursday 12 December

Pomona Night of Lights

Join the Pop Up festive song group  
(see page 7)



Pomona & District  
Community House



07 5485 2427

1 Memorial Ave, Pomona

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

Pomona & District Community House  
will be closed from  
Saturday 21 December to Monday 13 January  
Reopen  
9am Tuesday 14 January

**Pomona Night of Lights 2024**

Thursday, 12 December  
6:00pm to 8:30pm  
Stan Topper Park

Santa's coming too!  
*Ho ho ho!*

Carols singalong with Pop Up Festive  
Community Song Group, Xmas Hamper raffle,  
music by DJ Su Real, Food stalls and more.

Laser Show 8pm

Photo credit: Cindy Vogel

Queensland Government NOOSA Council LIONS CLUB Pomona & District Community House

# Dear Community,

Yes that is correct it is the November/December edition of What's On. It won't be long till we welcome 2025. When November 2025 comes around Pomona & District Community House will have provided 30 years of community support and connection. So stay tuned for the community party! We'll be collecting all the stories in 2025. If this is something you'd enjoy doing let us know - we'll need some help.



In September, over 20 women in community came together for a Breakfast Share. A range of topics were discussed and it demonstrated a real interest in connecting, learning and sharing around womens health. The next Breakfast Share is on Wednesday, 20 November 8am to 9:30am in the Lawson Shed. Even if you can't stay for it all you are welcome to stop by.



Are the men in community gearing up for Movember and taking a Mo-moment to pause and consider their health, both physical and mental? PCH, Club Pomona and Tiny Mountains Film Festival want you to. Come along to our event on Saturday, 16 November. Bring your family, friends and neighbours (see page 6). Also,

don't forget there is free counselling for men and young men at Community House thanks to Waves of Kindness (see page 13). Being able to know when you need a break is important and reaching out for support is often the best thing you can do. You aren't alone. Even a coffee and a chat helps.



Hope to see many of you at The Seeds We Sow garden session. It will be a chance to learn about the humble seed and propagation. Tracie will have us thinking how we can develop relationships through the practice of gardening. Can this help how we then relate to each other? Thanks to Gary for building the potting bench and shade.

Respectful relationships and non violent communication are things of interest here at PCH, and in 2025 we hope to provide some brave space conversations and workshops around these themes. How we communicate and how we listen are important.



Take care all as you come into the end of the year. A big thank you to community for the support and kindness you have shared with us through the year. See you for some song and dance at Night of Lights!

with kindness, PCH Team



# PCH Community Support

## PCH Community Support Workers



Tuesday & Friday  
Book in. P: 5485 2427  
9.30am-1.30pm  
Drop ins welcome  
dependent on availability

## Information, Support & Referrals with Miatta

free

### Community Support Worker - social work offers:

- Assistance to link in with PCH social groups.
- Advocacy and support to access community services.
- One-on-one connection to assist with complex situations.
- Referral to Waves of Kindness (WoK) for support with essential living expenses, if the request meets WoK's PBI requirements.
- Emergency Relief for immediate financial hardship by appointment and subject to availability.
- A welcoming space to have a chat and find information and supports for your needs.

Wednesday  
Book in. Drop in.  
9.30am-1.30pm

## Nurse-Led Health Support with Kristine

free

Phone: 07 5485 2427

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

**Mental health: listening, advice, referral, assessment.**

Basic woundcare (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.





## 20+ Challenges of Homelessness

Through understanding the journeys of all in our community, we can come together to find solutions. The below is shared by someone who has living experience of homelessness. PCH thanks them for being brave and sharing. It is a list of some of the challenges faced. Please take care and check in with yourself as some content may bring up past experiences and emotions for some in community. Please reach out.

- Having to be hypervigilant 24/7.
- Fear of being robbed, sexually assaulted or attacked.
- Fear of my home being stolen.
- Ability to eat healthy/preparing your own meals.
- Fresh clean drinking water.
- Get sick, sicker longer.
- Lack of good quality sleep.
- Lack of daily routine.
- Not being able to hold down a regular job.
- Weather - too hot/too cold/storms.
- Safe place to store all worldly possessions.
- Having privacy.
- Having space to play and create.
- Not being able to have guests.
- Being harrassed to move on.
- Feelings of helplessness and worthlessness.
- Feeling like a burden.
- Not being able to find things.
- Feelings of loneliness.
- Look presentable with no bathroom or laundry.
- No address to post to.
- Nowhere to grow food.
- Not being able to have a dog.
- Finding safe toilets and shower, especially at night.
- People's judgements and perceptions.
- Being seen as the problem.

**Really hard to be positive about the future with no security, stability or certainty.**

Being homeless or experiencing housing stress can happen to anyone.

Please know Pomona & District Community House is here. Please reach out if you are struggling with the cost of living and financial stress. We can help link you with support. We believe in helping people stay in housing so if we can help you with food, and other living costs so you can pay the rent or mortgage talk with us. Often sharing over a cuppa can help.



# Special Events

**November/December**  
For full details on events,  
see our website.



## **Barefoot bowls, music & films. It's Movember. Saturday, 16 November 6pm-9pm Club Pomona, 4-6 School Street**

Community House is collaborating with Club Pomona and Tiny Mountains Film Festival for men's physical and mental health this Movember. A chance for men and their families, friends, neighbours to connect over barefoot bowls, food by Pomona Chinese Restaurant, tunes by Soul Tree Union and ending with short films and animations from Tiny Mountains Film Festival.

Also a chance to show your mid-November mo growth or mullet. Get going and be part of Club Pomona's mo competition. All music, bowls and films are free. Reasonably priced set meals by Pomona Chinese Restaurant in support of the event. Let us know you are coming (but if you forget still come on by there'll be room). Meals must be pre-ordered via the QR code by Monday, 11 November.



## **Health talks: Beat the Heat, 10:30am-11am Advanced Care Planning, 11am-12:30pm Wednesday, 6 November, Lawson Shed**

As we head into the hotter months, Kristine thought it was time for some tips to stay cool. Heatstroke is important to understand and ensure you stay safe and healthy.

Presentation by Lara & Marg, Palliative Care Nurse Practitioners on Advance Care Planning. Understand about Statement of Choices, Enduring Power of Attorney, Advance Health Directive. Why we need them and the differences between them all. Provided by Dept of Healthy Ageing. Q&A follows presentation. Light refreshments provided. No booking required.



**Pomona & District  
Community House**



**NOOSA  
Council**



**Queensland  
Government**



Call/Email to book



Walk-ins welcome



Book with QR code



## **Call out for all those who love to sing. Pop Up Festive Community Song Group**

**Rehearsals: Thurs 28 Nov & 5 Dec**

**@Community House 6pm-7:30pm**

**Performance: Thursday, 12 December**

**@Pomona Night of Lights 6pm-8pm**

Here is a song group where every voice is welcome. The one criteria is you enjoy singing Christmas Carols. If that's you, then we need you. We'll be pulling out the classics this year. All ages welcome.

It is about having fun with others in community and sharing your community joy. Feel free to let your festive spirit be expressed through both your voice and your outfit at rehearsals and at Pomona Night of Lights performance.



## **Breakfast Share for Women Wednesday, 20 November 8am-9:30am Lawson Shed**

After the success of the first breakfast share and the keen interest to connect regularly, it's breakfast on us again. Lets talk about all things peri & beyond and learn through sharing. Come even if you can't stay for all



## **Pomona Night of Lights Thursday, 12 December 6pm-8:30pm Stan Topper Park**

PCH & Cooroy Pomona Lions Club collaboration for the annual festive gathering. Bring your picnic rug, catch up with friends and have fun.



# In the PCH Community Garden



Observing.  
Caring.  
Harvesting.  
Sharing.

## Volunteer in the garden Friday 2.00-3.00pm

Join PCH Community Garden Volunteer Tracie Sheehan and get your hands in the soil and help us grow. Tracie also programs our monthly "Exploring..." garden sessions.

- Watering
- Weeding
- Planting & Pruning
- Harvesting

Bring a hat,  
water bottle and  
snack.



## The Seeds We Sow Consideration for Enhancing Lives of Plants and People

**Friday 29 November**

**10.00am-11.00am: The Humble Seed**  
Saving and Sowing - Attention to detail.

**11.00am-12.00pm: Living to Grow and Expand.** What's needed.

**12.00pm-1:00pm: Lunch Session**  
Conversation and light lunch provided

**1.00pm-2.30pm: Propagation-  
Engendering Integrity of Plants &  
People.** Developing Relationships  
through the practice of  
gardening.

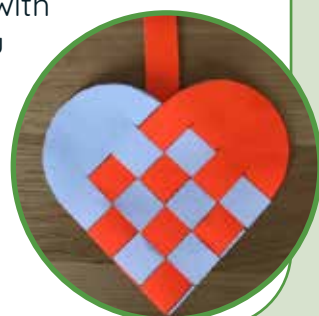


## The Community Tree Decorating Working Bee Friday 29 November

**2.30pm-4.00pm: Propagating  
messages of care, hope and a little  
sparkle.**

Pomona Festive Street Market is on Friday 6 December and they've asked us to decorate a street tree. In theme of propagation - what sort of community do you want to propagate? Is it one of respectful communication, of care, of kindness, of sharing, of song, of dance.....or maybe a little stillness. Add a word, message, or a visual creative object. Pom poms and more welcome.

We'll be out the front of Community House - you'll find us with supplies ready for you to decorate.



**Come to one or all sessions on the day.  
No Cost.**

Bookings appreciated: 07 5485 2427 or  
[info@pomonacommunityhouse.org.au](mailto:info@pomonacommunityhouse.org.au)

# Young People Opportunities

## Young People (YP) Wednesdays 3.00-6.00pm The Social @ Lawson Shed



Our young people have been learning to cook new dishes, catch up with friends and meet new people at our weekly meal share.

The Wednesday afternoon timetable has provided a great opportunity for intergenerational connection with The Social happening just next door to the weekly games group Rummikub; the Rummikub players have said the cuisine smells delicious and we enjoy chatting about what's on the menu and including their cooking tips into our skills basket.



Kate is the Young People Program Officer. Kate is an experienced cultural arts worker and educator who is passionate about community. Kate is excited to be connecting and collaborating with our young people to deliver meaningful experiences and programs.

## Drop-In Every Wednesday 3-6pm for Young People 12-25yrs

Drop by Community House, come up the stairs and check it out.

PCH is a safe, inclusive space and welcomes young people. Come hang and connect with peers. A Community Support Worker is on site to host the space and chat if needed.

There's space to lounge, play music, muck around, do your studies, play games and share your interests. Or join the meal share with Kate if it's your week.

## The Social



### Meal share & hang with Kate & your peers Lawson Shed

6 Nov: YP Men 12-17yrs  
13 Nov: YP Women 12-17yrs  
20 Nov: YP Beyond Binary  
12-25yrs  
27 Nov: YP Everyone 18-25yrs

YP Everyone 12-25yrs  
18 Dec - The Social Xmas Party  
22 Jan - Welcome to 2025 Gather

Thank you to the  
volunteer community  
members who run the  
social groups!

# Regular Groups

## 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.



**Cuppa, Cake and  
Conversation**  
10.00am-12.00pm  
2nd & 4th of month



Social connection  
over a cuppa.

## Tuesdays



**Creative Connections**  
10.30am-12.30pm  
1st & 3rd of month

Creative space for  
community.



**Lego Club**  
5.30pm-7.00pm  
2nd Tues of month

Share skills, build & have fun.  
Adults to 8yrs+



8-16yrs must have  
their adult present.



Group times may  
change in festive  
season. Check website  
for latest details.

## Wednesdays



**EFT/Tapping Session**  
9.30am-12.30pm  
27 Nov & 18 Dec

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



**Rummikub**  
1.00pm-4.00pm  
Every Wednesday

A fun social time.



**Young People Drop-In  
Space or Meal Shares**  
3.00pm-6.00pm  
Every Wednesday



See page 9.

## Wednesdays



**Mindful Mandalas**  
6.30pm-8.30pm  
2nd of month

Contact Naomi Slater:  
0497 206 710



**Photography**  
7.00pm-9.00pm  
3rd of month

Share your pictures &  
discuss in a  
supportive group.



**Pomona Astronomy  
Club**   
7.00pm  
4th of month



Come out at  
night & look up.



# 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 Thursday



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 Thursday

Book with Amy:  
0409 766 634



Thursdays



## Pomona Cinema Club

7.00pm  
1st & 3rd of month

Enjoy sharing your  
passion for film.



Fridays



## Mummas Village

9.00am-11.30am  
Every Friday

Nov. will be on verandah  
of Community House.  
For all those mothering in  
community.

Fridays



## Community Garden Care and Grow

2.00pm-3.00pm  
Every Friday

Come participate and  
help us grow.



## Exploring the Garden

10.00am-2.00pm  
29 November

Talks, lunch and more in  
the Community Garden.  
See page 8.

Saturdays



## Community Wellness Group

10.00am-1.00pm  
16 Nov & 14 Dec



Contact Melissa:  
0419 589 029

Sundays



## Noosa Barter Tribe

11.00am-1.00pm  
Every Sunday

Barter homegrown  
produce, skills,  
plants and more.



## Alcoholics Anonymous

6.30pm  
Every Sunday



Weekdays



## Pomona Pacers Walking Group

6.30am (Oct-Mar)  
7.00am (Apr-Sep)

Meet at PCH Noticeboard.

# Community Support & Services



## Good Shepherd Financial Independence Hub

Fridays  
1st, 15th & 19th November  
13th December  
9.00am-1.00pm  
Drop in.

Supporting those who have gone through financial abuse. Free, personalised and confidential program.

QuiVAA



Health and human rights for people who use drugs. Operating through a peer-based harm reduction philosophy.  
[quivaa.org.au](http://quivaa.org.au)

## St Vinnies, Welfare Support

Thursdays  
1st & 3rd of month  
9:30am - 12:00pm  
Drop in.



## Justice of the Peace

Wednesday  
Every week  
9:30am-12:30pm  
Drop in.

## Justice of the Peace

Friday  
Every week  
1.00pm-3.00pm  
Drop in.

## PCH - Centrelink Agent

Tues, Thurs, Fri  
9:30am - 11:30am  
Wednesday  
9:30am-1pm  
Every week  
Drop in.

## Carers Gateway

Wednesday  
1st of month  
9.00am-1.00pm  
Drop in.

## Footprints Community

Wednesday  
1st of month  
9.30am-11.30am  
Drop in.



new

## Welcome Julie who is a Financial Counsellor.

Thursdays  
14th & 28th Nov  
12th December  
23rd January

9.00am-1.00pm  
Drop in.

## New Finance Service, Good Shepherd

Financial Counsellors are qualified professionals who provide information, support and advocacy to people experiencing financial difficulty. Our service is non-judgemental, free, independent and confidential. Financial counsellors help people to:

- understand which debts are priorities
- develop budgets and money plans
- understand the pros and cons of different options to manage financial issues
- access grants or concessions
- negotiate with creditors
- access dispute resolution services
- understand their rights and access legal help.

Financial counsellors have knowledge about the credit, bankruptcy and debt collection laws, concession frameworks and industry hardship practices. They're also trained in negotiation and counselling and offer emotional support and a listening ear when people really need it.

**Free Legal Advice:  
Family Law  
Suncoast Community  
Legal Service**

Wednesday fortnightly

13th & 27th November  
11th December

30min appointments  
Bookings Essential:  
07 5376 7800  
[scls.org.au/book-appointment](http://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 and tell you about other services which might be helpful.



**Footprints**

Walking on Country  
Wednesday,  
14 January 2025  
8.00am-1.00pm  
Pomona Reserve Street  
(Joe Bazzo Park busstop)  
Drop in.

Mobile footcare service.  
Footscreening can help identify blood flow & nerve issues. All welcome.

**FREE:  
Located in  
Community  
House**

**Housing &  
Homelessness  
Outreach Worker  
YouTurn**

Wednesdays  
Every week  
9.30-12.00pm  
Drop in.

**YOU TURN**

**Local Area  
Coordinators, NDIS**

Friday  
2nd of month  
9:30am - 12:30pm  
Drop in.

**Library Bookshelf**

Tuesday - Friday  
Every week  
9.00am-4.00pm  
(open to 6.00pm Wed.)



**Groups and counselling for men and teenage boys**

with John, Waves of Kindness  
Thursdays  
Every Week  
9.00am-4.00pm  
Drop in or book through Waves of Kindness  
P:0499 091 352 E:[carecentre@wavesofkindness.com.au](mailto:carecentre@wavesofkindness.com.au)

Advice and Listening and Referral

- Life challenges
- Relationship issues
- Support in relation to domestic abuse issues
- Social connection

Other services

- Individual counselling support
- Relationship counselling where appropriate
- Facilitating men's group programs in our community
- Training and consultation in supporting men in community

John's journey of study and work has brought him to a place of focus on issues facing men and teenage boys.



# Community Conversation - Beyond Binary Wednesdays

Kate Rose, Young Peoples Program Officer, wanted to take the opportunity to have a chat in support of strengthening our understanding of each other. It's only through questions that we learn, and some in community have been asking her about 'The Social' Beyond Binary Wednesdays (every 3rd Wednesday of month).

Our young people expressed that they appreciate social opportunities that include a broader age range and we have responded by extending our 'Beyond Binary' Wednesday meal share to encompass all youth aged 12 years to 25 years. For young people exploring and sharing their community development ideas, expanding the age group brings the added benefit of fostering wider collaboration and broader exchange of perspectives and creativity.

Beyond Binary Wednesdays at The Social is a safe space for our young people's LGBTQIA + community and it is also an invitation for social connection with their friends and allies. When we say 'beyond binary' we refer to moving beyond the traditional understanding of gender or identity as strictly male or female. We recognise that gender and identity exist on a spectrum, and that people may not fit neatly into the categories of "male" or "female." Beyond binary embraces non-binary identities, gender fluidity, and other expressions that challenge or transcend the conventional binary framework. It promotes inclusivity, understanding, and respect for diverse gender experiences and identities.

Thanks for listening.

**WE'RE  
MINUS18**

**CHAMPIONS FOR  
LGBTQIA+ YOUTH**

Australia's charity improving the lives  
of LGBTQIA+ young people



To learn more:  
**minus18.org.au** is a  
great resource and  
information website.

Queer Chameleon  
a great book on  
understanding  
gender and sexuality

# Social snaps & Connections

## Photos from our events

### Bee Bus Trip, Tea Ceremony, & Biodynamics Today

Everyone has been enjoying time spent in the garden program. Thanks Tracie for organising such interesting and thoughtful sessions. You really do connect us all back to nature!



### Meeting the researchers

The PCH Community Science Club, a collaboration between PCH and University of Sunshine Coast, has reviewed papers by researchers from the Healthy Ageing Research Cluster, UniSC. The papers will be published in an online by Gateway Development Team, UniSC. [haca.au](http://haca.au). We got to meet the reserachers over a cuppa.





# PCH Management Committee

Pomona & District Community House AGM is on Saturday, 26 October. All members were invited to attend. As this edition of What's On is going to print prior to this date, the next edition will introduce the PCH Management Committee for 2025.

The 2024 Annual Report will also be released on 26 October. You will be able to see a copy on our website. Learn about all that we have been achieving in 1 July 2023 to 30 June 2024.



PCH team member Banjo shares 'a cuppa' with community member Jo.





# Young People Meal Share Wednesdays

## What's on the menu at The Social in November & December

In November we will have a 'Day of the Dead' Mexican Fiesta including nachos with spiced meat or beans and homemade guacamole and salsa.

In December we will be creating festive Christmas foods using a mix of Aussie favourites and treats from around the world. The Social Christmas break-up party will be Wednesday 18 December from 3pm-6pm with all our young people 12- 25 years welcomed.



NOVEMBER



Mexican Fiesta

DECEMBER



Aussie Xmas Favs

## The Social



**Meal share & hang with  
Kate & your peers  
Lawson Shed**

6 Nov: YP Men 12-17yrs  
13 Nov: YP Women 12-17yrs  
20 Nov: YP Beyond Binary  
12-25yrs  
27 Nov: YP Everyone 18-25yrs

YP Everyone 12-25yrs  
18 Dec - The Social Xmas Party  
22 Jan - Welcome to 2025 Gather

# Social Connections

## Pomona Under The Stars

(previously Pomona in the Park)

**Thursday, 21 November**

**5:30pm start**

**Pomona State School Oval**

All community welcome.

## Pomona Christmas Street Fair

**Friday, 6 December**

**4:00pm to 8:00pm**



Come support our local businesses and artisans. Get a unique gift. Music, food, and fun to be had.



## Kin Kin Community Group

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

## Kin Kin Morning Tea

2nd Monday of month

9.30am-11.30am

Kin Kin Community House

## Kin Kin Market

1st Sunday of month

8.00am-12.00pm

Kin Kin Oval



## Cooran Hall

14 King Street, Cooran

## Cooran Acoustic Music Night

**16 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

# 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: Alen 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

## Wednesday

### Indoor Bowls

9.00am-11.30am

Contact: Alen Kenzler

Phone: 07 5447 6223

### Core Balance Yoga

5.45pm-7.00pm

Contact: Jenni

Phone: 0450 335 985

## 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)

9.00am-11.00am

Contact: Peter

Phone: 0448 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



# 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

### 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

Tea, Coffee & Biscuits  
Shower Access  
Community Pantry  
Frozen Pre-Cooked Meals (thanks to  
Urban Angels Community Kitchen)  
Phone Recharge Access  
Access to Art Supplies



Thanks to support from  
SunPrint Pty Ltd, Cooroy.  
Printing entirely powered  
by the sun.



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



07 5485 2427

1 Memorial Ave, Pomona

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