

What's On

Pomona & District Community House

February/March/April 2026



Thank you NeoCaring crew for creating an amazing dinosaur dig and diorama for the Mummas Village children. Community spirit at its best!

Pomona & District Community House

Your not-for-profit neighbourhood centre in the Noosa Hinterland.

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

 Follow us on Facebook

What's coming up at PCH?

Friday, 20 February

Subtropical Garden Party

Wednesday, 25 February

Coffee Catch Up for Women experiencing housing stress

Friday, 27 February

Community Garden Connector

Saturday, 7 March

Community screenprinting & Community House Open for International Women's Day

Saturday, 7 March

'Chat with Nat' private 10min sessions for caregivers of teens to ask all your questions on talking sex with teens

Saturdays, 14 & 21 March

Tools for Tweens & Teens Workshops

Wednesday, 1 April

Beyond the birds and the bees: A parent's guide to teens, screens & online safety

Wednesdays, 22 & 29 April

Tools for Teens 14+yrs: Pixel and Perspectives - teen strategies



**Pomona & District
Community House**

07 5485 2427

1 Memorial Ave, Pomona

pomonacommunityhouse.org.au

POMONAPALOOZA 2026

SUNDAY APRIL 12



SAVE THE DATE - Pomonapalooza 2026 is back!

Community House is kicking off Qld Youth Week 2026 with big sound and local talent so watch this space for more details to come.

A FREE, all ages live music event showcasing local youth bands from across the region on Sunday 12 April at Pomona Memorial School of Arts Hall.

Young people and bands keen to get involved contact Kate Rose on yp@pomonacommunityhouse.org.au

Thank you to recent donations by mystery donor and Boomerang Bags, these have gone to help some of the production costs for this year's Pomonapalooza. Thank you to the local professional creatives providing many free hours to help this event go ahead. We didn't get the Regional Arts Fund grant but our local community knows how important it is to support our young people. Thank you to Majestic Theatre and Pomona Hall too. If you'd like to donate let us know.

Pomona & District Community House has been operating for nearly 30 years and largely thanks to locals volunteering their time for community. The regular social groups are offered by local community members with an interest they are keen to share with others; and where would we be without our front counter host volunteers.

PCH receives Qld Government funding under the Neighbourhood Centres Initiative. This is core base funding delivering social connection, information and community empowerment. Noosa Shire Council provides the Old Station Master 'Community House' and the Lawson Shed and a Halls & Centres Grant. Various events and programs are often funded via Noosa Council Community Grants, other government/organisation grants or delivered by volunteers.

PCH does not receive Emergency Relief funding and the stocking of our pantry is thanks to our local businesses, other nfp organisations, and community members.



**Queensland
Government**



Dear Community,

Welcome to our first edition of What's On for 2026. We've changed to a quarterly publication so this edition is jam packed with February, March & April offerings.

Sunday, 8 March is International Women's Day 2026 (#givetogain) and kicks off Qld Women's Week (8-15 March). And it feels like a good time to discuss what type of village we want to be? As the saying goes "it takes a village" and it will take all in community to create a village that feels safe to all and where all can thrive. The recent figures published in the Qld government's 'Women's Economic Security and Wellbeing Report 2025' are distressing. Record numbers of women are facing homelessness, with those over 55 years being the fastest growing cohort, and gender pay gaps are leaving women vulnerable to cost of living pressures. Sadly, there are unprecedented rates of domestic and family violence which is disproportionately impacting the safety of women and girls.



So, we invite everyone to drop by and say hi to us on **Saturday, 7 March 9:00am to 11:30am**. We'd love to chat and hear your ideas on ways to ensure our local women and girls thrive. The Community House will be open, if you've never dropped in before come on by. We'll also have 'The Studio' screenprinting space open. **What better way to show your support than wearing it.** Bring your own tshirt or tote bag and we'll help you screenprint it to show your support for the women and girls in our local community. We'll also have the badge maker out, so you can make a badge too.



Research shows that age-appropriate healthy relationships and sex education for young people keeps them safe & thriving. Thanks to the Neighbourhood Centres Queensland-Women and Girls' Health Promotion Community Seed Funding, we are thrilled to announce another series of the Tools for Tweens & Teens workshops, a parent/caregiver session on how to keep teens safe online, and Tools for Teens 14+yrs: Pixels and perspectives workshops in March and April (see pages 15-16)

"Not only is it important -life changingly important-to teach our kids the things they need to know BEFORE they need to know them, but we also need to give them opportunities to practice the tools." says Natalie Stokell.

PCH team members (above photo) sending a thank you to Marg & Pomona Hotel for Coles delivery for pantry. A big thank you too to young local Olive from Cooran who shared festive cheer with gifts to community, plus thank you to the many more donations received from our amazing community!



Tracie has us going tropo with a Subtropical Garden Party on 20 February. She has also organised another community garden connector on 27 February (pgs 8-9). Kristine tells us about going online for health support on page 11. Enjoy the read and hope to see you on the 7th March!

with kindness, PCH Team

PCH Community Support

PCH Community Support Workers



Community Support Worker (Social Work)

free

Informed by the principles of human rights and social justice Miatta utilises a strengths-based approach in community support that recognises human dignity, personal agency, and individual goals for wellbeing, while providing advocacy, and support to address systemic barriers to inclusion. Miatta works alongside community in individual one on one appointments or with families to;

- enhance individual wellbeing through providing a listening space to identify goals and work out next steps.
- provide a supportive space for reflection, helping people make sense of personal and interpersonal challenges.
- explore options for services and referral pathways when you need more support.
- assistance with finding the right social connections to facilitate engagement with community.
- support empowerment by advocating for individual needs and working to increase access and participation in community.

TUESDAYS ONLY

Book in. P: 5485 2427

Drop ins welcome dependent on availability

Information, Support & Referrals with Miatta:

- 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 other agencies for support with essential living expenses.
- Equity Resourcing access for immediate financial hardship by appointment and subject to availability.
- Budgeting support through Money Minded coaching.
- Parenting support with one-on-one delivery of Circle of Security parenting program.
- A welcoming space to have a chat and find information and supports for your needs.



Eggs! thanks OzHarvest

Thanks Noosa Council CD team for period product donation

Adolescent Allies

Parenting Beyond Childhood

Some of the challenges that come with parenting tweens and teenagers can feel tough and overwhelming at times. Families may be navigating struggles with school attendance, body image, social media use (despite the ban!), alcohol or other drug use, or changes in behaviour. Our “babies” are growing up—moving through puberty, shifting friendships, and sometimes forming intimate relationships—while parents and carers are often juggling work, volunteering, caring responsibilities, and the needs of other children.

This is where Adolescent Allies comes in! A fortnightly group for parents and carers who are parenting beyond childhood. Adolescent Allies come together for social connection, with a sprinkle of conversations about topics relevant to this age and stage of parenting. Supported by a Community Support Worker, the aim of Adolescent Allies is, to recognise the importance of staying connected to ourselves and to our young people during this important stage of development. Adolescent Allies creates space for parents to reflect, share, and strengthen their capacity to be steady, compassionate allies to the adults their children are becoming—so no one has to navigate this season alone.

Come to share a nibble and a cuppa and stay for conversations. The group runs fortnightly on **Tuesday evenings, 4.30 - 6pm during school terms, and is delivered in a hybrid option via Zoom** - meaning that if you can't attend in person there is an option to attend online.

NB: Check out pages 14-15 for some great free Tools for Tweens & Teens workshops.

Thanks to Hinterland Dental.
Thanks to Anglican Church.
Your donations have gone to support back to school costs and families.

**NEW TIME
FROM MARCH
2026**



Wed, 11 February

4:30pm-5:30pm
(open from 4pm)
@ Community House

Moving to **Tuesdays**
4:30pm - 6:00pm
hybrid mode
3rd, 17th & 31st March
14th & 28th April



Useful Links

Headspace Parent space. Resources to support you to support your teen.
headspace.org.au/parents

Online parenting course for all ages, including teenagers.
triple-p-parenting.net.au/qld-en/triple-p/

Raising Children.net.au is The Australian Parenting Website support services for families of teens
raisingchildren.net.au/grown-ups/services-support/services-families-of-teens

Parentline - telephone support service with online information available and web chat counselling 8am-9pm 7 days a week. parentline.com.au
1300 301 300

INKED

young people leave their mark

“We are The Social- a community of young and fun people.

The Social is a terrific program where young people have a say in what we do and how we do it. At The Social we are supported with life issues and strategies as well as learning new skills.

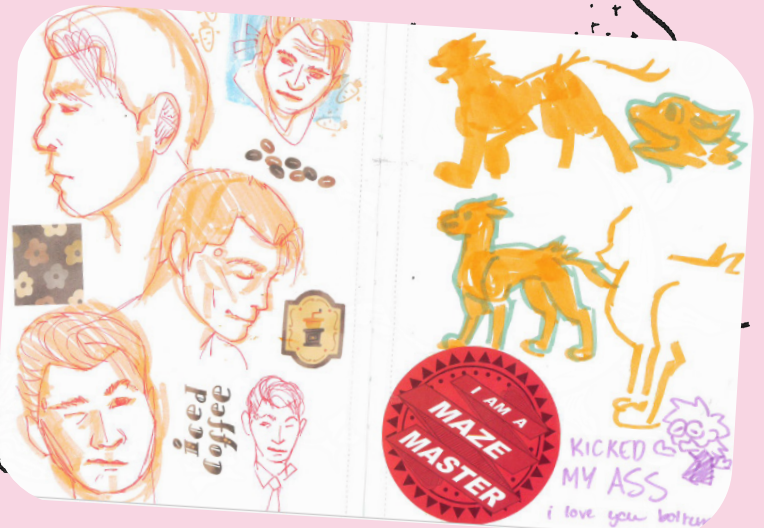
This is a comforting, safe and inclusive third space and is incredibly important to us.

At The Social we love the arts- music, painting, sewing, screen-printing, crochet, badge-making, crafting, beading, and performing. We love having opportunities to make art and learn from our peers as well as local artists willing to teach us.

We feel recognised and connected in the community through the activities and events we do through Community House.”



Artwork by Nyx



The Social

Arts & Eats & Chats

A space for young people

We've been having a fantastic time at The Social connecting and catching up. The creative skill share sessions have been so fun. Handmade bags are being toted around thanks to the inspirational sewing extraordinaire Sofia who led the Sewing 101 workshop. We also learned the art of screen-printing with Tracie and are excited to continue experimenting with our own designs and upcycling clothes and fabrics. Thanks to the awesome arts workers who have been sharing their skills with us and igniting our creativity.

Next up: graphic design, slam poetry, film, songwriting- and of course we still find time for cooking- come join us for arts and eats.

The Social 12-17yrs meets weekly Wednesdays

The Social 18-25yrs meets monthly Fridays

All genders & beyond binary young people welcome.

Facilitated by PCH's Young People Program Officer, Kate Rose

Check out page 16



From left: Sofia; On the machine; Totes awesome!



Screenprinting in action; Ta-da ! Leonard Jnr in print



every Wednesday

The Social
12-17 years
Wednesdays 3-6pm

A facilitated space we like to call Arts and Eats, because alongside the food you can play music, make zines, collage and draw. It's a relaxed hangout where art, music and games are all on offer. Meet at Lawson Shed.



Pop-Ups



The Social
18-25 years

Are you 18-25 yrs and keen to activate a pop-up gathering? Let Kate Rose know, drop by PCH or text 0490 801 618

In the PCH Community Garden



Observing.
Caring.
Harvesting.
Sharing.

Volunteer in the garden Friday 9am-10:30am (summer hours)

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

- Watering
- Weeding
- Planting & Pruning
- Harvesting

Bring a hat, water bottle and snack.

Have you grabbed a 'zine'?

as part of Gather & Grow project a number of information 'zines' have been created to share knowledge of some simple ways to add nutrition to meals and build confidence in your food garden.

Mini Maga'zine' on:

- Mushroom Plant
- Chocolate Peppermint
- Cranberry Hibiscus
- Tumeric
- Strawberry
- Upland Cres

Drop by Community House and grab a zine. We'll get them out and about in the garden area soon.

If you are handy and can work out a water proof box to house the zines let us know.



Subtropical Garden Party

Celebrating the PCH Gather & Grow Project



Friday, 20 February 10am to 2.30pm

10.00-11.30am: Substance foods of the subtropics

Our climate zone allows us an opportunity to grow calorie dense, energy satisfying fruits and vegetables. Learn about our favourites and some growing techniques with Esther & Rhian from Cooroy Community Garden.

11.30am-2:00pm: Lunch & Recipe Share

Recipe swapping is fun, especially with a sample tasting. Why not bring along a favourite recipe of root crops, summer crop or a natural sustaining food grown locally.

Come to one or all sessions on the day.

No Cost.

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



Gather & Grow

connecting community through food & garden



About the project

Tracie leads the Gather & Grow project.

Gather & Grow (G&G) aims to provide a manageable entry into food security, health and well-being through small space gardening. Small space gardening allows simple ways to add nutrition to meals, build confidence in 'non-gardeners' and allow easy garden movement. G&G provides education on a range of nutrition adding plants covering 6 components: See it. Learn it. Pick it. Cook it. Grow it. Share it.

We'll be propagating for the community from our garden, sharing knowledge through mini-zines, and most importantly building on and strengthening connections and local knowledge across all the community gardens. Sharing & learning from each other is what it's about.



Gather & Grow project funding thanks to the Neighbourhood Centres Community Food Program, Neighbourhood Centres Queensland (NCQ). NCQ is the peak body for Neighbourhood Centres in Qld. Our sector represents the largest community-led infrastructure in Qld.



Local Community Gardens Connector

Friday, 27 February 8:00-10:00am

**An invitation to get together @ Mudjimba Community Garden
128 Mudjimba Beach Road**

Join Tracie, and Shannon and the garden group at Mudjimba who will show us around their beautiful garden.

The intention is to simply come together view the gardens and talk about experiences and ideas as Community Garden enthusiasts. Then share a BYO picnic morning tea.

No cost. What to bring: BYO cup & thermos hot water, tea/coffee/herbs, finger food to share if you like, hat & sunscreen, water bottle.

This one isn't a bus ride so we will need to carpool from our local areas. RSVP for lift coordination to info@pomonacommunityhouse.org.au or 5485 2427.

Garden Volunteers needed.

Help us Grow!

Propagating and gardening
Fridays 9:00am - 10:30am
in PCH Community Garden



PCH Community Support

PCH Community Support Workers



Nurse-Led Health Support with Kristine, RN

free

Every Wednesday
Drop in.
10:00am-1:30pm:

Out & About in Community

Kristine also pops-up at the IGA so why not stop and say hi if you have time. She loves connecting with community members.



Thanks Tanya from Noosa Beach Classic Car Club for grocery vouchers for community.

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 and referral.

- Basic woundcare (help with dressings).
- Medication information/discussion.
- Quit smoking advice/products.
- Sexual health enquiries.

Coffee Catch Up for Women experiencing Housing Stress



4th Wednesday of month
10am-12pm, Lawson Shed

25 Feb, 25 March, 22 April, 27 May, 24 June

Footprints living well together-HOWSS are providing an informal coffee catch up for older women experiencing housing stress. Come connect with supportive women and explore support and housing options. Free.

Register: <https://HOWSSCCPomona.eventbrite.com>

WHAT IS.... Virtual Emergency Care Service

Feeling crook? Getting worse? Can't get into the doctor?

Kristine shares with us information about Queensland Health's Virtual Emergency Care Service.

What can you do if you need a doctor in a hurry but can't get an appointment? Then why not try the Virtual Emergency Care Service which is part of Queensland Health.

Phone: 13 43 25 or 13 HEALTH Open: 8:00am to 9:30pm every day. No fee!

How does it work? Anyone can use this service by:

1. **Phone 13 43 25** - but if there is chest pain, severe pain or bleeding or difficulty breathing, call 000 immediately or go straight to an Emergency Department
2. **The Emergency Nurse will take your details and assess you and your health.**
3. **Depending on your needs, you may:**
 - have a video appointment with an Emergency Doctor
 - be linked to another health service
 - be advised to go to an Emergency Department

When you see a doctor online, they may give you:

- a prescription for medicine (via sms, email or physical copy)
- medical imaging or test referral
- advice or other treatment
- email your GP if needed for followup

You can talk to a doctor on the phone for your appointment, but video works better especially if you have an injury or wound.

Laptop, computer, smartphone or tablet with camera, speaker and microphone are best to use.

Unsure?

If you would like to find out more about how this works, or need help accessing this service (or any other online doctor service), you are very welcome to pop into the Community House on Wednesdays when Kristine is in and have a chat. Kristine can give you a hand if you would like to use this service. This is an excellent healthcare service and Kristine has heard several good outcomes from people contacting them.

John felt crook so got online

www.health.qld.gov.au/telehealth



Thank you to the community members who run a regular social groups!

Regular Groups

Mondays



Boomerang Bags

9.30am-3.00pm
Every Monday

Tackling plastic pollution at its source.



Tuesdays



Cuppa, Cake and Conversation

10.00am-12.00pm
2nd & 4th of month



Social connection over a cuppa.

Tuesdays



Creative Connections

10.00am-12:00pm
1st & 3rd of month

Creative space for community.



Cards - Playing 500

1.00pm-3.00pm
Every Tuesday

Connecting over a game of cards & cuppa.



Adolescent Allies

4:30pm-6.30pm
Fortnightly from 3 March
Support & connection for parenting the Teen years.
See page 5.



wednesdays



Young People The Social: 12-17yrs

3.00pm-6.00pm
Every Wednesday



See page 7.

wednesdays



EFT/Tapping Session

9.30am-12.30pm
18 Feb, 18 Mar & 29 Apr

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



Rummikub

1.00pm-4.00pm
Every Wednesday

A fun social time.



Pomona Astronomy Club

7.00pm
4th Wednesday of month



Contact Cliff:
0474 025 215



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



Fridays



Mummas Village

9.00am-11.30am
Every Friday

For all those mothering in community.



Fridays



Community Garden Care and Grow

9:00am-10:30am
Every Friday

Come participate and help us grow. See page 9



Exploring the Garden

10.00am-2.00pm
Friday, 20 February
Subtropical Garden Party
Talks, lunch and more in the Community Garden.
See page 8.



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.

Tools for Tweens & Teens

Research shows that age appropriate relationships education for young people keeps them safe & thriving.

Natalie is an educator, mum of two, and advocate for positive, inclusive sex education. She founded 'Tell Your Daughters' to address the gaps she saw in school-based sex ed and now delivers engaging, age-appropriate workshops for tweens, teens, and their parents. With a Master's in Psychology and a calm, compassionate presence, Natalie combines evidence-based knowledge with deep empathy to support young people as they navigate consent, relationships, and online life.



with Natalie Stokell

Alongside her work with 'Tell Your Daughters', Natalie works with Women's Health and Equality Queensland (WHEQ), where she co-designs and facilitates sex education workshops and resources for women, girls, and gender-diverse people. Her work at WHEQ also spans broader health promotion initiatives focused on mental health, respectful relationships, and gender equality.

For more information & to book see QR code
Limit: 12 per session

Tell your Daughters Saturday, 14 March



For those identifying as daughters.

Tools for Tweens&Teens aged 11-13yrs 9:30am to 12:00pm, 14 March

In this free workshop your daughter will learn that her body is unique, it is her own, and it is powerful. This will lay the foundations for a healthy and loving attitude towards both her own body and her emerging sexuality.
(caregiver pre-session chat Wed, 11 Mar 6-7pm)



Tell your Sons Saturday, 21 March



For those identifying as sons.

Tools for Tweens&Teens aged 12-14yrs 9:30am to 12:00pm, 21 March

In this free workshop your son will gain tools to foster a healthy attitude toward his body, his masculinity, and to develop a positive mindset about his emerging maturity.
(caregiver pre-session chat Wed, 18 Mar 6-7pm)



Tools for Teens aged 14-16yrs 1:30pm to 4:00pm, 14 March

In this free workshop your daughter will learn all about healthy relating - both relating to herself, her emerging sexual identity, and relating to others - the people she may feel attracted to or attraction from.
(caregiver pre-session chat Wed, 11 Mar 7-8pm)



Tools for Teens aged 14+yrs 1:30pm to 4:00pm, 21 March

In this free workshop your son will learn about healthy relating - understanding his own developing identity, as well as how to build respectful, safe, and informed relationships with others. The workshop will provide practical tools for navigating romantic relationships with confidence and integrity.
(caregiver pre-session chat Wed, 18 Mar 7-8pm)



Special Events

February/March/April

For full details on events, see our website.



Kate, Miatta, Susan, Esther, Tracie, Heather

Community Screenprinting International Women's Day Saturday, 7 March

9:00am - 11:30am @ Community House

Please come say hi and join us for International Women's Day 2026 with the theme 'Give to Gain' encouraging a mindset of generosity and collaboration. Whether through donations, knowledge, resources, visibility, advocacy, education, training or time by contributing to women thriving, we all rise.



We'll be in our new 'The Studio' screenprinting space. **Bring your own shirt or tote bag and we'll help you screenprint it** to show your support for the women and girls in our local community, and advocate for gender equity and an end to gender based violence. We'll also have badges and shirts available for a small donation.

Wanna know how to talk to your kids about bodies, sex and relationships without awkwardness?

Come 'Chat with Nat'. Natalie will be in a quiet spot on the Community House verandah on **Saturday 7 March 9:30-11:30am** offering private one-to-one chats where you can ask all your questions (max.10mins)



Beyond the birds and the bees: A parent's guide to teens, screens and online safety Wed, 1 April 6-7pm Community House & Online



Join Natalie for an eye-opening talk on keeping your teen safe online, including how to have the conversation about porn. Discover practical strategies to engage in open, honest discussions, promote healthy attitudes towards sexuality, and equip yourself with the tools you need to support your teen's safety and wellbeing in 2026.

The talk will cover the psycho-social phase of adolescence, keeping your kids safe online, teen brains and porn, online perceptions vs real-world reality, setting your teens up for healthy relationships, conversation starters, Q&A. REGISTER via QR link above



Tools for Teens 14+yrs: Pixels and perspectives - teen strategies for navigating porn and healthy relationships

Workshops for 14+yrs. See QR code to book & more details.

Daughters: 22 April 5:30pm-7:30pm and Sons: 29 April 5:30pm-7:30pm

The Social

Arts & Eats & Chats

Creative Skill Share

SPECIAL WORKSHOPS

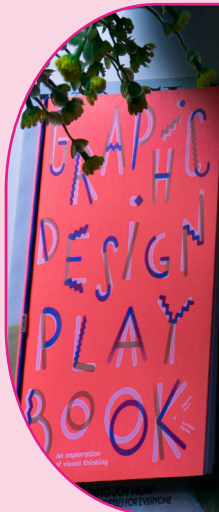
@The Social 12-17yrs

A space for
young people

Thanks to a Noosa Council Community Grant PCH is able to provide The Social 12-17 years program (see page 6-7) an opportunity to learn a range of creative skills and build connection with local professional creatives.

Workshops & events
coming up

- Pomonapalooza 2026
Sunday, 12 April
- Songwriting with
Andrea Kirwin and
Elke Louie
(May)
- Filmmaking with
Jacob Schiotz
(Jun)
- Palooza Unplugged
Wednesday, 11 June



Graphic Design Learn visual communication

Wed, 11 & 18 February 3-6pm

Wed, 25 March 3-6pm

What's your story? Graphic Designer Jemma Pollari delivers workshops on tips for designing a logo and flyer and how to get your ideas to tell the story you want. The workshop project will focus on designing 'The Social' flyer & logo using the free Affinity software. We'll use The Social's new laptop and drawing tablet.



Talking Slam!

Wed, 11 March 3-6pm

Join award-winning spoken word poet Amy Ocean for a potentially unexpected workshop exploring the weaving of words and the power of performance poetry.

Social Snaps & Connections

Photos from our events

Wreath Making, Supernova & Happy Birthday Rosemary

Thank you Wendy and Virginie for hosting an amazing wreath making.

Rosemary also had her 80th birthday. Worthy of a medal :)

We had a great time with the young people at Supernova.



Qld Community Development Conference

In October 2025 some of the PCH team attended the QLD Community Development Conference in Port Douglas.

It was a great opportunity for our team to strengthen our community development practice, build relationships across the sector, and bring fresh insight and energy back to our community.

PCH were invited to present '**Bridging Generations for a Brighter Future**' - a storybook created to share the adventure of our youth programs including The Social, our parent peer support space Adolescent Allies, and the special events that support our young people to thrive like Pomonapalooza. The presentation had a special focus on intergenerational connection and the many benefits of bringing diverse-age groups together.

Kate and Miatta received an excited response from the audience with many curious questions and ongoing conversations sparked. This response highlights how important fostering intergenerational engagement and understanding is to other communities as well as our own.

Community connection is at the heart of all we do here, so coming together with neighbourhood centres and community organisations across the State, was a platform for PCH to connect and share the purposeful way we platform our community's voices, interests and gifts.



Community Support & Services



Pomona & District Community House

Services Australia Agent Weekly (as per times below)

Tuesday, Thursday, Friday

9.30am-11.30am

Drop in only.

Wednesday Only

9.30am-1.30pm

Drop in only.

Pomona & District Community House staff are trained as Services Australia Agents and can provide:

- Help registering for digital services with Services Australia.
- Provide support to access Services Australia if a customer can't access digital services.
- Confirm identity documents and photocopies needing to be submitted to Services Australia.
- Support customers with upload of documents.
- Support access and use of myGov app.



footprints community

1st Wednesday of Month

9:00am-11:00am

Drop In. P:1800 366 877

Footprints Community Care Finder can help you understand what aged cared services are available, set up an assessment and find and choose services.

Supporting those needing support to access services.



YouTurn

Housing & Homelessness Outreach

Wednesday

Every week

9:30am-12.00pm

Drop in.

Find out more about Youturn + how we can support you!



YouTurn is located in Tewantin, 12 Earnest St and can help with

- Washing, showers kitchen & wifi - Weekdays 8:30am-3:30pm
- Homelessness Support. Weekly meal shares Tuesdays 5-8pm and BBQ breakfast Fridays 8-9am.
- Emergency Accommodation & Case Management 5442 4277
- Emergency Relief available Mondays and Fridays 9am-3pm
- Money Matters - budgeting and managing money.

Coffee Catch Up for women experiencing housing stress

New

Footprints-HOWSS

4th Wednesday of month

10am-12pm

Drop in or register

<https://HOWSSCCPomona.eventbrite.com>



St Vincent de Paul

Welfare Support

Thursdays

1st & 3rd of month

9:30am-12.00pm

Drop in.

P: 5459 5281

E: olps4565@svdpqld.org.au

Support with:

- Financial support & assistance
- Educational costs
- Food & clothing
- Bedding & furniture
- Hardship support
- Home visits



Mobile Health Van



Stay up to date with Mob Pod news and calendar



ncacch.org.au/mobpod

Bookings: Gympie AMS
07 5329 5872

More information: Mark
0499 221 878

Support & Services Calendar

FREE:
Located in
Community
House

Tuesday

Wednesday

Thursday

Friday

PCH Services Australia Agent
Drop in. Weekly.



9.30am-11.30am

9.30am-1.00pm

9.30am-11.30am

9.30am-11.30am

PCH Community Support

Free wifi, phone charge, cuppa & community pantry access. Weekly.



9.30am-2.30pm

9.30am-2.30pm

9.30am-2.30pm

9.30am-2.30pm

Noosa Council Library Bookshelf

Available every week.

9.00am-4.00pm

9.00am-6.00pm

9.00am-4.00pm

9.00-4.00pm

Justice of the Peace

Weekly

9:30am-12:30pm

**St Vincent de Paul
Welfare Support**

1st and 3rd of month

9.30am-12.00pm

4 & 18 September

2 October

Justice of the Peace

Weekly

1.00pm-3.00pm

**Footprints
Walking on
Country
Mobile Footcare
Service (SCUH)**

Foot clinic is a mobile bus service to check blood flow & nerve supply in the feet, foot care (including toenail care) diabetes risk assessments and diabetes support and education.



**Housing and
Homelessness
Outreach: YouTurn**

Every week

9.30am-12.00pm

MOB Pod

9.00am-12.00pm

Monthly

(see QR code pag18)

**Footprints
Community.
Care Finder**

1st of month

9.00am-11.00am

4 February & 4 March

Footprints -Mobile

9.00am-1:30pm

25 February

Oz Harvest

Weekly

Drop off food for
community pantry

Support and
services are
generally
drop in, unless
otherwise
specified.

Hinterland Connections

You are invited to a special event for women
Sunday 8th March 2026
(International Women's Day)

Create, Connect & Come Home

Join Aimee Stanyer and Kathryn Shewring in a day of celebrating you - just as you are - through playful enquiry, conversation, creativity and art journaling.

Cooran Memorial School of Arts
14 King Street Cooran
10:00am – 3:00pm Cost \$50.00


To register and for more information please go to
www.playingwithpossibilities.com.au
Or call 0458 629 104



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

Library of Things

Borrow more, buy less

Launch Event

Wednesday 25 February
10am-12pm
Noosaville Library

Noosa Council launching their new Library of Things, what a great idea to reduce our consumer footprint & share.

Hinterland Connections



Cooran Organic Garden (COG)

King Park, King St, Cooran
coorancog@gmail.com
All Welcome.

COG Connections @ the garden

Every Thursday 3:30pm - 5:30pm
catch up and weed, tidy, mulch, etc

Every 3rd Sunday of month 7:30am-10:30am
working bee with morning tea

COG is a harmonious, fun, friendly, creative and inspiring place for growing fruit & veg & community. Come along to our open sessions, meet new friends and get your hands dirty if that's your thing! Or share a skill with the group. COG is registered with Centrelink as a volunteering organisation,



Cooran Hall

14 King Street, Cooran
W: cooranhall.org.au

Cooran Acoustic 
Music Night
Cooran Acoustic Night and
Hall Happenings



Book yourself in to a wonderful exchange

PCH volunteer Cathie shares about the library bookshelf. Whatcha reading Cathie?

The Noosa Library bookshelf is a self-serve mini library where library card holders can return and borrow books anytime Pomona Community House is open. The bookshelf has something for everyone:

- children's books
- novels
- and a little bit of everything else

It's a mixture of returned books, just what are the people of the hinterland reading?? and regularly updated books from the library. This magical little library is full of surprises bring your library card and pop in next time you are in town.

Pomona Railway Station Gallery



10 Station St, Pomona



Gwen Cook

Carriage Room

7 February - 4 March

Patterns in Fruit, Flowers and Fabric" by Cooroy's Gwen Cook is an exhibition featuring a collection of vibrant acrylic on canvas.

7 March - 1 April

Cooran artist, Sara Bell, focuses on drawing of nature and paintings of the human form

4 April - 30 April

Star and Leo Bechaz's exhibition, Love and Light, features a unique blend of glass and colourful pottery sculptures.



Suellen Tomkins

Banana Shed

31 January - 25 February

A former Pomona gallery manager, Wendy Catlin, presents her exhibition Road Trip which features large paintings depicting her travels.

7 March - 25 March

An historical exhibition following the first 25 years of the Pomona Railway Station Gallery.

28 March - 22 April

One View", an exhibition by Suellen Tomkins, explores a single view in various forms, ranging from semi abstract to entirely abstract impressions of the landscape.



25th Anniversary Celebration of Pomona Railway Station Gallery

The Pomona Railway Station Gallery celebrates its 25th anniversary this year.

Celebrations will start in March, mirroring the opening date of the gallery in 2001 with the official opening of an historical exhibition on Saturday, March 7.

This exhibition captures the experiences and spirit of people who worked tirelessly to establish the gallery and create the welcoming environment it is for artists and visitors. Gallery president, Ron Collins, says the anniversary and the exhibition is not just about art. "it's a real celebration of creativity, the determination and dedication of the people who founded the gallery, those that keep it operating and a unique spirit that makes this town very special.",

Another key element of the anniversary celebrations is an Emerging Artist Prize, carrying more than \$4000 in cash and other prizes for the overall winner, an encouragement award and People's Choice.

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

Wednesday

Indoor Bowls

9.00am-11.30am

Contact: Alen Kenzler

Phone: 07 5447 6223

Yoga

6:00pm-7.00pm

Contact: Di Morrison

Phone: 0410 201 070

Thursday

Stretch Yoga

8.30am-10.15am

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

Wednesday to Friday: 9.00am-4.00pm

Phone: 07 5360 6812

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.

Office Services

Printing and Photocopying
Scanning and Laminating
Free Computers and WiFi Access
Space to sit and work

Services Australia Agent
(see page 19 for hours and support)

Community Support

9:30am - 2:30pm
Tuesday to Friday
(see calendar on page 19)

Tea, Coffee & Biscuit
Phone Recharge Access
Access to Art Supplies

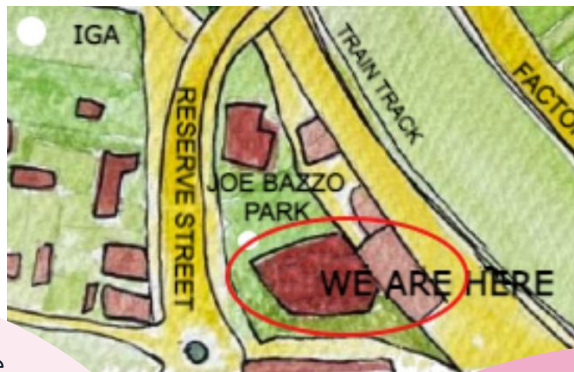
Frozen Pre-Cooked Meals
(Thanks to Urban Angels Community Kitchen)
for meals and funding by Waves of Kindness)

Community Pantry
(Thanks to our local businesses and
community who help stock it & to the weekly
Fridays Oz Harvest delivery)

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



Thanks to
support from
SunPrint Pty Ltd,
Cooroy for printing
What's On: Printing
entirely powered by
the sun. Thanks to
Jemma Pollari: Design
for newsletter design.



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

Open Tuesday to Friday 9.00am-4.00pm

 **Follow us on Facebook**



**Pomona & District
Community House**

07 5485 2427

1 Memorial Ave, Pomona

pomonacommunityhouse.org.au