

What's On

Pomona & District Community House

May/June/July 2026



PCH your Third Space. Zining and crafting. Playing piano, cuppas and/or just being and enjoying the vibe.

Pomona & District Community House

Your not-for-profit community-led 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?

Saturday, 9 May

'Open House' @ Community House and
Call out for stories of PCH
Neighbourhood Centre Week

Thursday, 14 May

Volunteer Thank You
Sausage Sizzle

Friday, 5 June

Working Bee in our Garden
World Environment Day

Saturday, 13 June

Lean in & Listen. Palooza Unplugged
Hosted by The Social 12-25yrs crew

May-June

We're doing our new strategic plan and
want to hear from community.
see page 2



**Pomona & District
Community House**

07 5485 2427

1 Memorial Ave, Pomona

pomonacommunityhouse.org.au

Developing the next years - PCH Strategic Plan 2027 to 2032

Neighbourhood Centres are places of belonging, where diversity is celebrated and everyone is welcome. They provide spaces for people from all walks of life to meet and learn from one another in an atmosphere of respect and connection. They are that soft welcoming landing place based on the principles of social justice & universal access to all community members.

Pomona & District Community House (PCH) remains committed to being a place where everyone belongs and where difference becomes the foundation for a stronger community. We are a community-led place and started when, 30 years ago, a group of local people advocated for a place to meet and connect.

We are inviting community members to help shape our direction for the next six years.

Why get involved?

By contributing your thoughts, you will have an opportunity to:

- Shape the vision, goals and priorities of the Pomona & District Community House
- Influence how the PCH responds to the changing needs of our local area
- Strengthen a sense of community ownership and belonging
- Connect with others in the community – both familiar faces and new ones
- Help to ensure PCH reflects the visions, values and aspirations of the community.

How to get involved?

- Attend Saturday, 6 June, 8:30am-9:30am. Attend the community conversation and kids activity space on at Community House, PCH.
- In May, complete the online survey, drop by PCH during open hours (Tues-Fri 9am-4pm), or let us know when you attend one of the social groups, or say hi when we are out and about with our community pop-ups.
- Pop-in on Saturday, 9 May 9am-12pm for 'Open House' @Community House
- If you are a family, we'll be at Pomona State School Under 8s day. Drop by our stall.

Your voice matters. We would love to hear it.

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.



Queensland
Government



NOOSA
Council

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.

Dear Community,

In our overloaded, overstimulated world, our lives can be an overwhelm of action with busy workplaces or chores waiting for us at home, and it can feel like the only other option when we step out from these primary spaces is shopping and spending money!

Third spaces offer an antidote to this. Third spaces can be thought of as 'community living rooms' or places to 'just be' away from work and home responsibilities with no pressure to consume. Even more than a place, third spaces are neutral ground where social and financial status is not important. They allow us as humans to hang out with or near others for social connections and reap the benefits and rewards of this for our wellbeing. They also allow us to spend time, instead of money, in our community spaces.



Pomona & Community House (PCH) offers a local welcoming third space where you can drop in to pause and reset. At PCH there are a range of social groups that might be your next third space. Whether you want a group experience or just a place to sit on a verandah and have a cuppa, maybe do a jigsaw puzzle or craft a zine, colour in or collage; you are invited to come and have a look and utilise your community house to detach from the daily life load or find that third space where you feel a sense of belonging. Even those of us who like a solitary life can benefit from being near



other people at times and a third space environment can provide an easy way to do this. Make a (free) cuppa and find your own way of using this third space environment.



Other third spaces exist locally too and may be your local library, somewhere in nature, a community garden, even a part of your routine that gives you a sense of being rather than doing, like a morning meditation or a grounding moment in a park with your feet in the grass. It could be a social group you belong to either in your local community or online. Whether you find it here at PCH or elsewhere we encourage you if you are reading this to give yourself some time and permission to find and enjoy a third space.



It's Neighbourhood Centre Week 11-17 May with this year's theme "Your Place to Connect" and National Volunteers Week in May so hope you can drop by to say hi (9 May) and share a sausage sizzle with us (14 May). Plus help us in our community garden to harvest for World Environment Day 5 June, morning tea follows the work. See you soon at your new third space!

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.



Thanks Rummikub players who donate home grown veggies to The Social.



Thank you Tony from Boomerang Bags for repairing Lawson Shed curtains.

Adolescent Allies

Fortnightly
TUESDAYS GROUP
free

Parenting Beyond Childhood

A friendly space for anyone supporting a young person through the tween and teen years.

Who is it for?

- Parents, carers, grandparents, kin, or anyone in a caring role for young people through the tween and teen years.
- Community members wanting to better understand and support the young people in their lives.

What is it about?

- Making sense of the changes that happen as kids grow into teenagers.
- Learning ways to stay connected as they become more independent.
- Building confidence in parenting/caring beyond childhood
- Sharing experiences with others who "get it" and finding support and connection locally.

Light snacks provided.



Fortnightly Tuesdays

4:30pm-6.00pm
(open from 4pm)
@ Lawson Shed

12th & 26th May
9th & 23rd June
7th & 21st July
4th & 18th August



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.
triplep-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



Don't Dismiss Me

"Grow Up. Whatever
You're making me sad.
Stop talking. I don't care.
You're just like your dad.

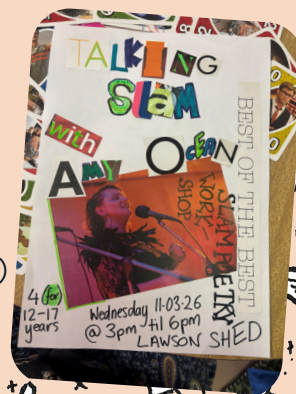
This too shall pass.
Be quiet. Yeah cool.
It is what it is.
Time heals all wounds.

Stop crying. Stuff happens.
You're too much. You're too small.
It's probably for the best.
God has a plan for us all.

Sorry, but why don't you smile?
Calm down. Good girl.
Apply yourself once in a while."

These words that you say, may seem like nothing to you.
But they dismiss my feelings, you've never walked in my shoes.
Just Stop and listen. Hear me out, be a friend.
Because it's a privilege to hear me,
And I might not say it again.

A collaborative piece written
by The Social 12-17yrs and
spokenword artist Amy Ocean.
March 2026. Part of the Creative
Skills Share Workshops (see pg 16)



H.A

The Social

Arts & Eats & Chats

A space for young people

The Social is another example of how PCH provides a 'third space'- this time for young people 12-17 years and 18-25s. The Social is a place away from home and school where young people can gather, connect and belong on their own terms. The Creative Skills Share has produced a new flyer for the Social and new perspectives on the power of spoken word poetry for self-expression.

It was brilliant to see The Social activate a bake, jelly and bracelet stall at PCH's recent Community Screenprinting day to celebrate International Women's Day. The young people raised funds for PCH program, Mummas Village. Crafters Georgie and Caitlin from PetH8 also collaborated with The Social and PCH for this event and created a wonderful space to Zine, craft and sew. (see photos pg17)

A giant leap for The Social was facilitated by one of our parents, Dan, who organised a stellar Q & A opportunity for The Social with astronaut and 2026 Australian of the Year, Katherine Bennell-Pegg. The young people asked some out-of-this-world questions and Katherine said she had a lot of fun answering.

Q: What do you think happens when you're sucked into a black hole?

A: "Spaghettification"

Q: Are you scared about going into space?

A: "Yes, but like many things in life, you focus on the purpose and just have to decide if you trust the training and process to get you through. We know there is so much that can go wrong but everything that can be planned for has been".

The karaoke machine is smoking hot right now and momentum is building for the upcoming Palooza Unplugged Open Mic night in June.

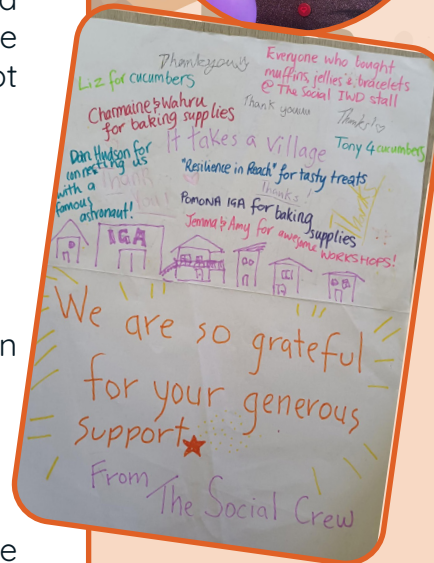
And we have so many 'thank-you's' to make for supporting The Social- we greatly value the way our community contributes to this vibrant space.

The Social 12-17yrs meets weekly Wednesdays

The Social 18-25yrs pop up space

All genders & beyond binary young people welcome.

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



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 9:00am to 10:30am

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

- 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
- Turmeric
- Strawberry
- Upland Cress

Drop by Community House and grab a zine.

We also have the zine 'Philosophy of Fungi' created by community at the garden share space in April 2025 :) A great read.



Update

From June 2025 Tracie has lead the Gather & Grow project that we received seed funding for from Neighbourhood Centres Qld. The funding has now finished but the project hasn't. Gather & Grow (G&G) remains as a core component of PCH's garden programs.

G&G aims to provide a manageable entry into food security, health and well-being and social connection.

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.

With volunteers we'll keep propogating 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.

Strawberry zine to go with strawberry runners from garden.





Gather & Grow

connecting community through food & garden



Working Bee in the PCH Community Garden
Friday, 5 June
9am-10:30am
World Environment Day
 help care for our garden environment

With the season ripe for gardening we need help in clearing summer overgrowth & harvesting Turmeric to ready for new plants.

Everyone is welcome, we can find a job for you and your family and your friends. If you have skills or a yearning to get to know what's in the garden come along.

The take home is fresh Turmeric & zine, and a good feeling.

Stay on for a morning tea after the works done.



Please come and help us in the garden.
 We need you :)
 yes you.
 see you Friday, 5 June

Community Gardens Tour
 coming mid-July



Thanks to a Cooroy RSL Community Grant we are able to run another Community Gardens Connector Bus Tour.

We are finalising all the details for a mid-July trip. So stay tuned and keep an eye out. Details coming soon on our website, community noticeboards and socials.

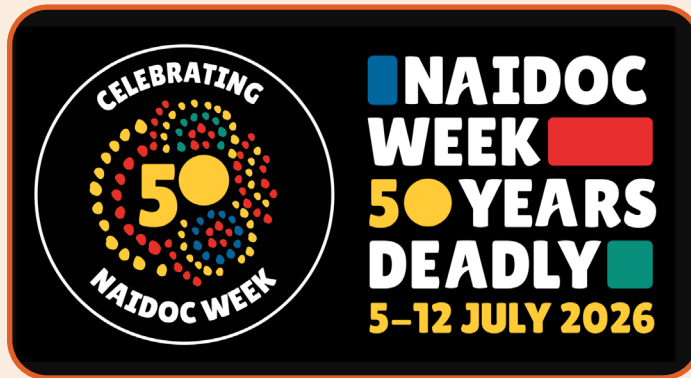
Thank you!!

Thank you to Tracie, Tahnwyn & Annette. Consistent regular volunteers who have been making our garden grow for many years. If you're new to the area why not come join us.



Help us Grow!

Propagating and gardening
Friday 9am to 10:30am
 in PCH Community Garden



National NAIDOC celebrations are held across Australia in the first week of July each year to celebrate and recognise the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is an opportunity for all Australians to learn about First Nation culture and to participate in celebrating this continuous living culture of the First Nation custodians of this special place.

The theme this year marks a milestone of “50 years of Deadly” (for anyone not familiar with the term “deadly” it is a way of praising, and saying something is awesome in Aboriginal English) – and NAIDOC celebrations are deadly celebrations often including music, dancing, market stalls, weaving, children’s activities and a chance to learn, listen, and connect.

On the Sunshine Coast NAIDOC Celebration information can be found through local organisers “Sunshine Coast Naidoc Family Funday” on Facebook who are planning an event at Sunday 5 July, 10am at Kings Beach. Undumbi Culture are also celebrating with NAIDOC ‘Festival of the Harvest’ at Baringa Forest Park on Saturday, 11 July at 1pm, and details can be found through their Facebook page. Gympie NAIDOC information will also be found via the “Gympie Naidoc” Facebook page.

NAIDOC has its origins in the 1920’s when associations such as the Australian Aborigines Progressive Association (AAPA) and other organisations emerged in response to the racist treatment of Aboriginal people in Australia. Over time community organising has continued to evolve and the current NAIDOC celebrations have expanded to include Torres Strait Islander peoples from the early 1990’s. A timeline of NAIDOC history can be found at naidoc.org.au/history.

At Pomona & District Community House, we recognise the deep and continuing connection of First Nations peoples to Country and community. We pay our respects to the Elders past and present and recognise the traditional custodians the Gubbi Gubbi/ Kabi Kabi peoples and their connection to country here for over 60,000 years. We appreciate being able to be part of community in this special place. Thank you for sharing your culture with us through 50 years of Deadly.



In the Pomona area the MOB Pod, a local Indigenous Health Bus, now visits regularly on Wednesdays at our Community House. Aboriginal and Torres Strait Islander community members can access culturally safe health supports through Manngor Dja Aboriginal Health Services. All of community is invited to come down and say hello if you see the decorated truck at Community House. See page 18 for more details.

PCH Community Support

PCH Community Support Workers



Thank you Kristine, RN

“All good things come to an end” as the saying goes – and so the funding for my role at PCH, which has been a very good thing, is coming to an end. Thank you for all the wonderful visits and chats, for the laughs and the tears – thank you for accepting me into your community and to sharing your health journeys.

So as this is my last Nurse Note, I’d like to leave you with some tips about where to find free, reliable help to stay well and happy, or find sound advice about looking after yourself into the future.

With care,
Kristine

Primary Health Advice

Your local pharmacist is a great source of advice and help.

13 HEALTH (13 43 25 48) Confidential health advice 24/7 from registered nurses for non-life threatening conditions. Use when worried about something or can’t get a doctors appointment.

24-hour Virtual emergency Care Service - 13 HEALTH (13 43 25 48)

Triple Zero 000 for emergencies.

24-hour Health Advice Australia-wide. Health direct 1800 022 222. Website has a symptom checker and directory to find a service near you.

Dental

Oral Health Care Centre - 1300 300 850. Free treatment with a Centrelink or Qld Seniors Card.

John sharing the care from community to Kristine. We’ll miss you!

Health & Well-being Programs

Wanting to sleep more? Get fitter? Live longer? Would you like a health coach? Go to “My Health for Life” provides 6 fortnightly one-on-one sessions Free, with follow-up contact for another 3 months. Phone 35542910 - Also helpful for managing diabetes, heart disease, stroke.

Keen to Walk more? Sign up at 10,000 Steps to join a community of walkers via an app OR go to Heart Foundation (www.heartfoundation.org.au) and search walking program – join a group or start one! All free.

Podsquad – free play-based learning app, kid-oriented, for families to build healthy habits – tips for nutrition, activity and sleep. Looks interesting!



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.



Tuesdays



Open Mens Group

6.30pm-8.00pm
Monthly Tuesdays
Mens Wellbeing.
Men supporting men.
19 May, 16 June
28 July, 25 August



Adolescent Allies

4.30pm-6.00pm
Fortnightly Tuesdays
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
20 May, 17 June, 22 July
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



Community Working Bee in the Garden World Environment Day

9:00am-10:30am
(morning tea follows)

Friday, 5 June

See page 9.



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.

Special Events



Acclaimed singer/ songwriter
Grace Alexandra.

Palooza Unplugged

Saturday, 13 June, Lawson Shed

5pm Winter Meals-Low Cost (fundraiser for The Social)

6pm Performers start. Free event. All welcome.



We turn down the volume, but not the talent—Palooza Unplugged is the stripped-back edition of Pomonapalooza, where audiences tune in closer to young acoustic artists and performers. ‘Unplugged’ extends the mic to solo acts, duos (yes, even trios!), spoken-word poets, and emerging comics.

This is an ‘open mic’ event for performers 12-25 years where all ages are invited to be the audience and celebrate the gifts and talents of young people. Hosted by PCH’s youth program, The Social, this event builds creative skills while offering a welcoming, intimate space for young artists to perform and be heard.

As the evening unfolds, it all leads to a very special finale—The Social is thrilled to have Grace Alexandra close out the night with a special set. Grace Alexandra is a First Nations Australian singer-songwriter and multi-instrumentalist from South-East Queensland, known for her honest storytelling and genre-blending sound across folk, pop, country, and rock. Grace brings a creatively driven, neurodiverse perspective to her music, and is passionate about supporting youth initiatives and using her platform to inspire other young people.

Performers aged 12-25 years who are keen to play Palooza Unplugged, let Kate Rose know, drop by PCH or text: 0490 801 618.



Open Men’s Group - Tuesdays Monthly Lawson Shed 6:30pm - 8:30pm



We welcome Andy & Andy. Local men supporting local men through Mens Wellbeing. Let’s be real for a minute. Between the rising cost of power bills, the pressure of keeping a roof over your head, and maintaining healthy relationships, life for a Noosa Hinterland bloke can feel like a bit of a grind lately. Here’s the thing - trying to fix a “nonrational” world with “black and white” thinking is a recipe for a fallout. Sometimes, the smartest thing a man can do is reach out for something new. Something that might initially feel uncomfortable. The group is free, casual and a place to have a yarn.



May/June/July

For full details on events,
see our website.



Call/Email to book



Walk-ins welcome



Book with QR code



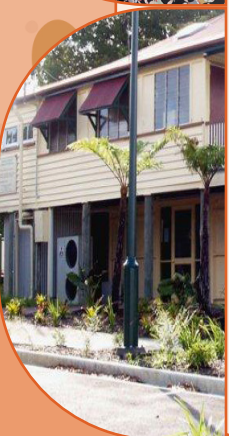
Neighbourhood Centre Week 11-17 May

Saturday, 9 May 9am-12pm

'Open House' @ Community House



Coordinators Heather & Susan invite community to drop by and say hi on Saturday 9th May. Often their week can be busy so they'd like to slowdown and get a chance for cuppas and chats with community. And if you've never been in the Community House come on up and check it out.



30 Years of Pomona & District Community House

Help us create a living his-story, her-story, their-story and our-story.

We have some collected facts/documents/old photos. We want more. Stories from people who have been on the committee, volunteered, run groups or participated in any activities. The colourful tapestry of memories and achievements big and small that have kept Pomona & District Community House thriving for the last 30 years.

Come chat with us so we can capture the stories of PCH's 30 years!



National Volunteer Week-sausage sizzle

Thurs, 14 May 11:30am-1pm. Lawn @ PCH



Thank you active citizens and volunteers!

It is always nice to stop and take a moment to acknowledge the many members of our hinterland communities who share their time. A lot of the organisations in our towns don't exist unless people come together and give their time. We invite all our active community members to come to our place and let us say thanks over a snag.

GRoW- Green Referrals for Wellbeing University of the Sunshine Coast, Noosa Permaculture & PCH have been collaborating on a **pilot social prescribing project** at Cooroy Community Garden. Scan QR code to find out more about the project and/or to register your interest in the 12-week program starting Thursday 18 June.

Website: tinyurl.com/Grow/Cooroy

The Social

Arts & Eats & Chats

Creative Skills Share

SPECIAL WORKSHOPS

@The Social 12-17yrs

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.



Talking Slam! and Filmmaking

Wednesdays in May & June, 3-6pm

Amy Ocean is back for another unexpected workshop exploring the weaving of words and a special collaborative project where words become visual.

Local professional filmmaker Jacob Schiotz then explains storytelling with film. Using the word piece developed with Amy, Jacob will brainstorm with The Social to co-design a short film. Then it's onto filming and editing together. Learn about free editing software DaVinci Resolve.



Palooza Unplugged

Saturday, 13 June from 5pm

See page 14 for all the details.

Pride Party playlist



On August 15, Community House is throwing a Pride Party in support of Wear It Purple Day—centred on celebrating and uplifting young LGBTQIA+ people, and open to all ages for an intergenerational night of music and dance.

Young people are invited to program the soundtrack for the night—setting the vibe and bringing all generations together on the dancefloor. You can help shape the playlist by sharing the tracks you want to hear on the night.

To tell us what music to play you can:

- Drop in to The Social on Wednesdays, 3pm-6pm at Lawson Shed
- Message us on Instagram: @pomona_community_house
- Call in and chat to Kate at Community House
- Email your song choices to: yp@pomonacommunityhouse.org.au

Social Snaps & Connections

Photos from our events

Community Screenprint Sat, 7 March

Thanks to the 100+ community members who were part of our Community Screenprint morning for International Women's Day.

To The Social 12-25yrs thanks for the jellies to celebrate WOMEN. The muffin bake fundraiser for Mummas Village and to PetH8 for collaborating with us to create a fun zine, crafting and sewing space.



Pomonapalooza 2026 Sun, 12 April

It was live and it was loud. More than 200 people headed to Pomona Memorial Hall on April 12 for Pomonapalooza — five bands, one stage, and a solid hit of live music.

Karma Police, Bland, The Noggins, CorksCrew and Duke Street kept things moving all afternoon, each bringing their own unique energy and sound.

The music fest kicked off PCH's QLD Youth Week events, giving young people space to be seen and heard, celebrating their contributions to community and shining the spotlight on how young people help to shape the region's creative scene.



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.



Coffee Catch Up for Women Experiencing Housing Stress.

4th Wednesday of Month
10am to 12pm, Lawson Shed
27 May, 24 June, 22 July

Housing Older Women's Support Service (HOWSS)

Providing an informal coffee catch up for older women experiencing housing stress. Come connect with supportive women and explore support and housing options. Free. "older" = 45yrs+

To register: <https://HOWSSCCPomona.eventbrite.com>.



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.



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-4.00pm

9.00am-4.00pm

9.00-4.00pm

Justice of the Peace

Weekly

9:30am-12:30pm

Housing and Homelessness Outreach: YouTurn

Every week

9.30am-12.00pm

MOB Pod

9.30am-3.00pm

see QR code pg18

20 May, 17 Jun

HOWSS

4th of month

10am - 12pm

27 May, 24 Jun, 22 Jul

Footprints -Mobile

8.30am-1.30pm

13 May, 12 Aug, 28 Oct

St Vincent de Paul Welfare Support

1st and 3rd of month

9.30am-12.00pm

7 & 21 May

4 & 18 June

2 & 16 July

Justice of the Peace

Weekly

1.00pm-3.00pm

Oz Harvest

Weekly

Drop off food for community pantry

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.



Tax Help will be back this year at PCH in August.

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

Hinterland Connections



Bring a Plate Inclusive Dance Company

Lawn, Pomona Community House

Oh yeah! Dust of your 80s lycra leotards, pull up your leg warmers... or is that just the PCH crew having Flashdance flashbacks.

We are excited to share that Bring a Plate Dance are starting fortnightly outdoor community dance classes. No dance experience needed—just come along, move, and be part of something joyful.

Starts 7 May
Fortnightly Thursdays
5.00pm to 6.00pm

All ages, experiences & bodies.

Cost: \$15 per adult.
Under 16 years free.

Instagram @bringaplatedance



Cooroy Community Garden

26 Emerald St,
Cooroy

Every Thursday
9.30am to 11.30ish

Enjoy a community gathering in the Gardens. We come together to garden, cook, share ideas and seed save followed by a shared brunch. All levels of fitness and interest accounted for.

Living Well Noosa

Carrying on the Tools for Teens with workshops in May.



Transitioning into menopause here's a living well program for you.



Kin Kin Community Group

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

Kin Kin Market

1st Sunday of month
8.00am-12.00pm
Kin Kin Oval

Kin Kin Morning Tea

2nd Monday of month
9.30am-11.30am
Kin Kin Community House

The Country Life Exchange & pop-up Country Life Cafe

Every Wednesday
8.00am-1.00pm

Kin Kin School of Arts Hall

A great way to connect with locals in the Hinterland with coffee, food, music, local fruit & veg. Cafe is known for its famous Eggs Benny & Russian Crusine & Aussie Burgers & the famous home-made Kin Kin pies
PIE DRIVE- weekly pre-orders available

BY DONATION

Multi-modality health and wellbeing
Community Clinic 8am-12pm
no appointment needed walk in

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



Federal Hall

1642 Bruce Highway,
Federal

For hall hire and enquiries,
contact Zani. 

Phone: 0413 090 548



Majestic Theatre Free Mini Music Festival

Sunday, 24 May 12pm-6pm
Bookings Essential
themajestictheatre.com.au

With all that is going on in the world at the moment Majestic Theatre Pomona thought we could all use a lift and what better way than gathering together to enjoy the amazing talents of the many incredible musicians in our local community. 6+ acts over 6 hours!

There's also lucky door prizes galore, food available and cut price drinks,

Thank you to the Majestic Theatre crew who are all volunteers. This has always been what our hinterland community has been about. Caring for community well-being and knowing that self-care is sometimes best shared. Social connection helps us thrive.

Pomona Railway Station Gallery



10 Station St, Pomona

Carriage Room

2 May - 27 May

Mother and daughter duo Nikki Haan and Skye Brynes' exhibition, Bush, Birds and Bugs. Daughter Skye says the name reflects what inspires them.

30 May - 24 June

Faces, Spirits and Stories, an exhibition by Mt Creek's Barbara Mills. "Life itself - people, moments & the world around me inspire my art," Barbara says

4 July - 29 July

Painting brings Pomona's Angela Martin joy and sharing that joy with the viewer is an honour, Angela says, and hence the title of her exhibition, Bringing Joy.

Banana Shed

25 April - 25 February

Tom Murray is a young first-time exhibitor. His abstract collection is titled Creating with Nature.

23 May - 17 June

Well-known artist, Trish Sheppard returns to the gallery with her new collection Ocean to the Bush

20 June - 15 July

NAIDOC Week exhibition (tbc)



25th Anniversary Celebration



Noosa Mayor, Cr Frank Wilkie proudly took centre stage to officially launch the 25th Anniversary celebrations along with local Noosa Shire Councillor, Karen Finzel, and Member for Noosa, Sandy Bolton, on Saturday, March 7.

Everyone was thrilled to greet three of our six Life Members (Jocelyn Truscott, Bev Watkins and Wendy Catlin). Alan Falls had to pull out the morning of the event with flu, Wendy Lewis had a prior commitment, and sadly as many know Trish Howie is deceased.

The atmosphere was filled with celebration and joy as past volunteers returned to reminisce and reconnect, while both old and new members, friends and supporters enjoyed catching up. And, of course, there was a strong contingent of talented artists and their outstanding artworks.

Relatives of Robyn Jones expressed gratitude for the light shone on the woman who was credited with the saving of the railway station buildings and the establishment of the gallery. And Noosa FM broadcasted live to up the vibe.

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

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

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

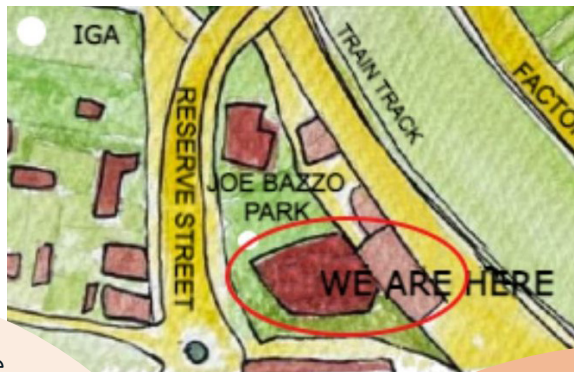
Frozen Pre-Cooked Meals
(Thanks to Urban Angels Community Kitchen)
for meals and funding by Waves of Kindness)

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

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