

What's On

Aug/Sept/Oct 2026

Pomona & District Community House



The Social's creative skills workshop series - songwriting with Andrea Kirwin and Elke Lou.

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?

Wednesday, 5 August

Palliative Care Qld
'Dying to Know Day' event

Saturday, 15 August

PRIDE Party 'Wear it Purple'
@ the Majestic Theatre

Thursday, 20 August

Breakfast BBQ with
Lives Lives Well

Saturday, 12 September

GATHAA First Nation Markets at PCH

Tuesday, 13 October

Celebrating Seniors free lunch & more

Thursdays 8 & 22 October

Employment Preparedness for women

Thursdays 29 October & 12 Nov

Financial Literacy for women



**Pomona & District
Community House**

07 5485 2427

1 Memorial Ave, Pomona

pomonacommunityhouse.org.au

Thanks everyone who did our survey for input into our strategic plan. Some great feedback and ideas that we are digesting and reflecting on.

We'll have the new Strategic Plan 2027-2032 finalised for the next What's On edition.

We'll also really start to get collating our 30 year history. Yes it's time to put the kettle on, have a cuppa, and start hearing your stories.

Next edition of What's On November/December/January.

2026 Census of Population & Housing - Tuesday, 11 August

To ensure full inclusion in the Census, trained Community Field Officers will interview people sleeping rough, asking a subset of the Census questions. The Australian Bureau of Statistics is defining sleeping rough as those living in improvised dwellings, tents and cars. This is voluntary and you can participate, or not.

Community Field Officers will be at Community House on the below dates. Miatta is around too and happy to support anyone in their conversation with the Community Field Officers.

- **Wednesday, 12 August 10am-2pm**
- **Friday, 14 August 10am-2pm**



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,

We'd like to start by saying thank you to the Mummas Village who gifted us staff a lovely little treat for ourselves to do a bit of self-care. Something we hope everyone in our community is doing, either collective self-care or a little time on your own to recharge.



It's another bumper issue with some exciting workshops and events happening at Community House, as well as around the hinterland. Hope to see you on the dance floor or having a seat enjoying the good vibes at our annual PRIDE Party 'Wear it Purple' on Saturday 15 August (see page 14). We are also excited to be hosting GATHAA First Nation markets (see page 15). Saturday 12 September is going to be a bumper day in Pomona so spread the word. It's Noosa Country Show (Friday & Saturday), the regular Pomona Country Markets, Community House is open and we're hosting GATHAA First Nation markets. Pomona Majestic Theatre has a regular midday silent movie and check out the exhibitions on display at Pomona Railway Station Gallery. So please get out there and support all these amazing offerings - all brought to you by not-for-profit community-led organisations. Truly community spirit at its best.

A friend who likes a laugh came by to say hi the other day.



We say a big welcome to Travis and Jake from Lives Lived Well who are here every Thursday 9am-3pm to provide support to 12-25 year olds who are going through tough times with alcohol, other drugs, mental health and gambling (see page 16). Sadly we say bye to Housing Old Women Support Service (HOWSS) monthly coffee catch ups due to State government funding cuts, but they are still able to offer the Noosa Coffee catch ups at YouTurn on 3rd Wednesday of month 10am-12pm.

Vale Brian (1955 - 2 July 2026)

Brian O'Connor, a man whose life was woven into the very fabric of Pomona — its pathways, its heritage, its people, and its future. Brian had a gift for seeing what mattered in a small town and an even greater gift for acting on it. He showed up everywhere: at the Pomona Community House helping with the local newsletter Cooroora Connect, at Joe Bazzo Park restoring the rotunda, guiding QUT students through placemaking projects, or standing firm in the railway crossing - Don't Divide Pomona campaign to keep the town connected. Brian even chased down the truth behind Midnight Oil's King of the Mountain, securing confirmation that the song was written for Pomona's iconic race — a perfect example of his curiosity and his devotion to local history.



As Secretary of the Pomona Chamber of Commerce, as a volunteer, as an advocate, and as a neighbour, Brian showed up. Brian had a way of turning concern into action, and action into lasting change. He listened, he encouraged, he challenged when needed and he always believed that ordinary people could help shape change. Many saw him as an advocate, but those who knew him best saw something more: a friend who cared enough to make things better. His valued contribution, unwavering dedication, and passionate advocacy for the Noosa Hinterland and the Pomona community have left a lasting legacy that will be remembered by all who knew him and benefited from his service.

with kindness, PCH Team 3

PCH Community Support Worker



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

Please Note: Tuesday appointments are unavailable from mid-August to end-October. Resuming November.

- 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.



We love the beautiful Friday flowers that pop-up thanks to a regular community member.
Grown from her garden.

Adolescent Allies

Parenting Beyond Childhood

The Adolescent Allies space is hitting the pause button! While this group space is taking a break Pomona & District Community House is keen to hear more from our local community of parents and carers of young people aged 8 years and up.

We know that this is a busy life stage from conversations we have had in our community and our own lived experience. Challenges can arise in the tween and teen years, with research in Australia revealing 49% of young Australians experiencing high levels of psychological distress (Hespath National Youth Mental Health Foundation 2025). We know that support for pre-teens and teenagers helps them navigate the ups and downs of adolescence, and close family relationships can be protective in terms of risky teenage behaviours associated with adolescence (Raising children Network 2026). Parenting at this age and stage can have its own ups and downs, it's new and exciting and it may also feel challenging, isolating, and occasionally really difficult (ABC news 2019).

This is the "why" behind Adolescent Allies - a useful space to support the valuable role of parenting beyond childhood, and the provision of a space to refill your parenting cup.

Please share with us what you think. We want our community to have a say in what an ideal supportive parenting space looks like at this stage of parenting. Please use QR to link to survey or pop into Community House for a paper copy or to share your ideas.



(Fyi, check out page 16 - new support service at PCH for young people)

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

References

<https://headspace.org.au/our-organisation/media-releases/nearly-half-of-young-australians-experiencing-high-levels-of-psychological-distress-but-more-are-seeking-support/>
<https://raisingchildren.net.au/pre-teens/communicating-relationships/family-relationships/relationships-with-parents-teens>
ABC News <https://raisingchildren.net.au/pre-teens/communicating-relationships/family-relationships/relationships-with-parents-teens>

thanks everyone who donates to our community pantry box at IGA Pomona



thanks Marg & crew at Pomona Hotel for your ongoing years of support.

Volunteering Opportunity

equity resourcing project

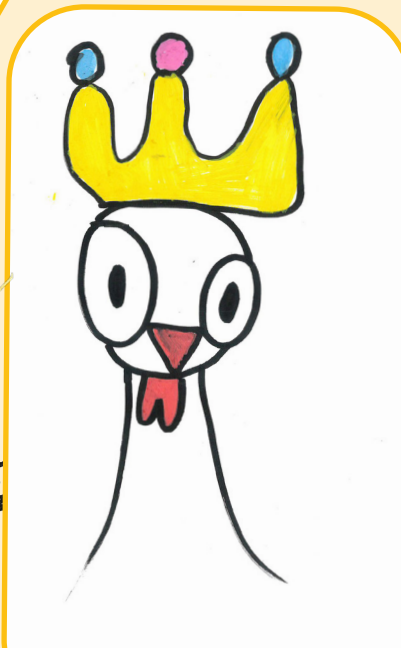
Do you have a few hours to spare on a **Friday** after lunch **2pm to 4pm** We are needing help to check the IGA donation box, help pack community pantry and pack up post-Ozharvest visit. Even if you can only do fortnightly or once a month, maybe others can do similar to create support each week. Contact Miatta on info@pomonacommunityhouse.org.au

INKED

young people leave their mark



Mural Draw-
al Street Art
workshop for
young people
artworks.



The Social

Arts & Eats & Chats

A space for
young people

Do you want to
know what's
been lighting
up our young
people?



The badge-making, karaoke, playing Rummikub, hot bowls of pasta and flopping on beanbags in the winter sunshine in the community garden.

The Social continues to be a space where creativity flows- our Creative Skills Share has brought in local professionals for more poetry, spoken word, songwriting and filmmaking workshops.

Our clothes swap offered a fun way to refresh wardrobes without financial or environmental cost and led to fantastic conversations around the role fashion plays in self-expression, identity, consumerism and sustainability. Palooza Unplugged Open Mic night was hosted by The Social and was a very special evening of community connection celebrating the gifts and talents of young people as they took to the mic. As one punter said, "I am blown away by these amazing kids". We had a full house, full hearts and even fuller bellies thanks to the nourishing curries and the generosity of our kitchen volunteers and Pomona Little Pantry for their donation.

All genders & beyond binary
young people welcome.

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



Aug/Sept/Oct @ The Social

Cooking and meal shares are making a comeback, the BBQ will be firing up too and the vision board is growing as we co-create this space with our young people.



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 Fridays 9.00am to 10.30am(ish)

Join PCH Community Garden Volunteers and get your hands in the soil and help us grow.

- Watering
- Weeding
- Plant signage
- Planting & Pruning
- Harvesting
- Tool care & shed organisation

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
- Pigface

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.



Garden for Community @ Community House

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 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.



Strawberry zine to go with strawberry runners from garden.



Gather & Grow

connecting community through food & garden



Dear Community,

If you are reading this you may have been within the grounds of Pomona Community House. Out and around the house there are many angles to view the garden. The area we grow edible plants lies below and around the Lawson Shed. There you will find herbs, perennial greens, occasional annuals, flowers, longstanding citrus trees and native bush food trees. The understory and ground covers, including most of the weed type plants, are edible either by flower, fruit, leaf or root. It's best to have reliable ID if you choose to consume any.

Few in number, but hoping to grow, volunteer community members take a lot of care in managing this Garden for the Community. The community that accesses, observes, harvests and learns in this zone are many in number coming by at different times and days. We work together Friday mornings. With children in mind we grow as safe as possible for them to explore freely. The Mummas Village are an example of proactive sharing with their gorgeous faery garden at the entry to the Lawson shed.

**come join us on Fridays
In kindness the garden crew**

Friday, 24 July saw over 50 keen gardeners gather, learn, share and connect. Thank you Mudjimba Community Garden, Veggie Village and Noosa Community Garden for hosting us. Thanks Cooroy RSL Donation program for covering cost of bus. More to come!



Are you a little creative and can help us with signage around our garden. Drop by Friday mornings and help us label all the amazing plants in our garden.

Thank you!!

Thank you to our consistent regular volunteers who have been making our garden grow for many years. And thank you to all those out there in their own community gardens volunteering, growing and holding local knowledge.



Help us Grow!

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

**We're excited -
we got a grant!!**



Employment Preparedness & Financial Literacy for Women Project

The pilot project aims to improve the employment preparation and financial literacy of women entering/re-entering the workforce after a period of disengagement and/or absence from the workforce and the education realm. The project will delivery 2 workshops which include a follow-up workshop for further support. The workshops are delivered in a hybrid mode (in person and online) to help support more women to attend. We'll also be evaluating the workshops and hope to identify other areas of learning requested by those identifying as woman. See PCH website or scan below QR for more info.

Through a hybrid delivery, PCH is building collaboration with a rurally located woman business founder and educator. This collaboration provides support in development of broadening economic opportunity, building connection across rural and regional Queensland, allows flexibility in acknowledgement of the multiple demands on women's time, and demonstrates, by example, how women can build economic security rurally through collaborations.

free Workshop 1 - Employment Preparation
Thursday, 8 October, 8:45am for 9:00am start - 2.00pm
Thursday, 22 October, 9:15am for 9:30am start - 12:30pm

A practical hands-on workshop on resume writing, responding to selection criteria and/or cover letter and key tips on interview skills, with discussion around AI interviews. The follow-up workshop on 22 October allows time to reconnect, ask questions and fine tune your resume. We'll even learn what the difference between a resume and CV is.

free Workshop 2 - Financial Literacy
Thursday, 29 October, 8:45am for 9:00am start - 2.00pm
Thursday, 12 November, 9:15am for 9:30am start - 12:30pm



A practical hands-on workshop on ways to budget, fixed costs and variable costs, and financial independence. Now you are earning embrace opportunities to grow your money - hints, tips and tricks to feel empowered to take control of your financial security. The follow-up workshop on 12 November allows time to reconnect, ask questions and feel supported.

Supported by



UniSC's GRoW- Green Referrals for Wellbeing Project



Project - GRoW Cooroy - Social Prescribing

UniSC GRoW project research team has been collaborating with Noosa Permaculture/Cooroy Community Garden, Pomona & District Community House and local community members to deliver Phase 3 - a 12 week therapeutic horticulture project at Cooroy Community Garden. Facilitators guide participants through the weekly program and are supported by a number of trained GRoW Buddy Volunteers. Social prescribing is new to Australia but has been operating in the UK for many years. See website to find out more <https://sites.google.com/view/green-referrals-for-wellbeing/home>.

In addition to the core project, PCH has been hosting the GRoW Buddy Volunteers monthly to allow them to debrief and be supported in their roles. We have learnt a lot from the 'Buddies' and what has been great to see 'grow' is the development of a concept called the "social butterfly effect" (name for now). The GRoW Buddy Volunteers are highlighting a role that is held by many in other community groups. It is a great new 'sprout' from the project and we will continue learning and growing it.

"For the past six weeks I've had the privilege of attending the GRoW sessions held at Cooroy Community Gardens, as a volunteer. The GRoW program provides the opportunity for participants to socialise in a peaceful outdoor setting, participate in nature-based activities and develop their practical knowledge of plants and planting under the guidance of our two horticulturists, Rhi and Esther [pictured above]. I have learnt so much from these sessions, but the best part has been getting to know, and work beside, our delightful group of participants.

I have witnessed in wonderment the energy and inspiration flowing through the group, the interaction and friendships forming, and new talents being discovered by each of the individual participants, including myself.

It has been a valuable and successful program, and I'm excited to see the magic weaving in and out of our group with another six weeks still to go."

Karenne a PCH volunteer put up her hand to be part of the GRoW Buddy Volunteer training program and is now one of the GRoW Buddy Volunteers involved in the 12 week project. Now 6 weeks in we asked her to **share her reflections** on how its been so far.



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-8.30pm
3rd Tuesday of month
Mens Wellbeing. Men
supporting men.
18 Aug, 15 Sept,
20 Oct



wednesdays



**Young People
The Social: 12-17yrs**
3.00pm-6.00pm
Every Wednesday



See page 7.

wednesdays



EFT/Tapping Session
9.30am-12.30pm
12 Aug, 30 Sept, 21 Oct

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



Bring a Plate Inclusive Dance

5.00pm-6.00pm
Fortnightly

All ages, experiences & bodies. Cost see @bringaplatedance



Mummas Village

9.00am-11.30am
Every Friday

For all those mothering in community.



Fridays



Garden for Community

9.00am-10.30am
Every Friday

Come participate and help us grow. 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

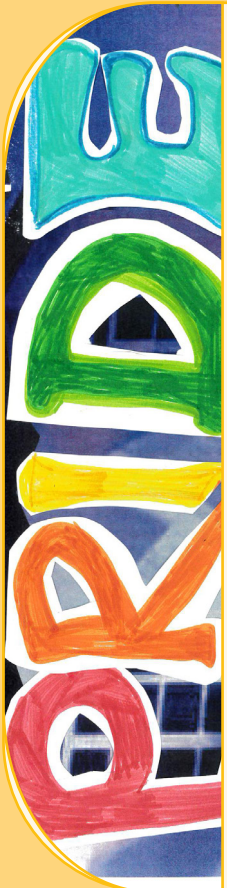
6.30am (Oct-Mar)
7.00am (Apr-Sep)

Meet at PCH Noticeboard.

Special Events

August/September/
October

For full details on events,
see our website.



Pride Party - Wear it Purple

Saturday, 15 August 7pm to 9pm

Majestic Theatre, Pomona

'Pride Party - Wear It Purple' is an annual celebration of inclusion, connection and community spirit. The event brings together LGBTQIA+SB people, families, friends and allies in a welcoming space that encourages authenticity, visibility and belonging.

Through music, dance and shared celebration, we aim to foster a community where diversity is embraced, and everyone feels safe to be themselves. 'Pride Party- Wear It Purple' is also an opportunity to raise awareness for the 'Wear It Purple' campaign- a national day of supporting rainbow young people and helping to create safer, more inclusive and empowering environments for LGBTQIA+SB youth.

This is an all-ages dance party from 7pm - 9pm. Refreshments and light snacks available to purchase from the bar. Bookings essential use QR code or visit themajestictheatre.com.au

Thank you to Pomona Majestic Theatre for collaborating with us on this event - community spirit at its best!



Celebrating Seniors Month

Tuesday, 13 October - lunch & show

Majestic Theatre, Pomona

Celebrating Seniors month sees us collaborating with Majestic Theatre to offer a free lunch, short film and live music for seniors in our hinterland community. We haven't done this for a few years now so we thought it was time. A great chance to connect with those you haven't seen in a while or to make new connections. Thank you to Cooroy RSL Donations Program who has provided funds to cover catering, music and film costs.

Bookings are essential, book using QR code or visit themajestictheatre.com.au. If online booking is not your thing, call Community House and we'll help you do the online booking.





Call/Email to book



Walk-ins welcome



Book with QR code



GATHAA First Nation Markets & Community House Saturday Open Saturday, 12 September 9am to 12pm Community House, Lawson Shed & Garden

GATHAA First Nations Market moves location each month across Gubbi Gubbi and Jinibara Country, creating a space for connection, creativity, and community. Explore market stalls featuring First Nations makers, enjoy bushfood-inspired street food, and take part in hands-on cultural workshops. Watch bushfood cooking demonstrations, discover handcrafted goods, and experience the energy of live music and performances. More details to come. Check out gathaamarkets.com.au and to book in to a workshop.



Palliative Care - Dying to Know Day Wednesday 5 August in Lawson Shed 9:15am for 9:30am start to 11:30am

Join Palliative Care Qld for this Dying to Know Day Event for some open and supportive conversations about what matters most to you. Hear about: Palliative Care, explore myths and facts, navigating palliative care in your area, planning ahead- your choices matter, and the Ambulance Wish Queensland program. Light refreshments included.

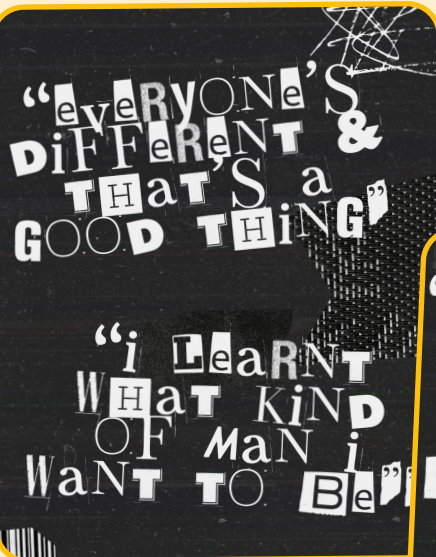
Walking ins welcome or register at palliativecareqld.org.au/events/



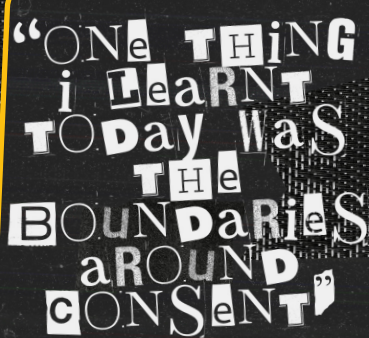
Employment Preparedness & Financial Literacy for Women workshops

See page 10 for more details or scan QR code.





Quotes from participants of Tools for Tweens & Teens workshops.



Tools for Tweens & Teens wrapped up with over 60 young people learning how to navigate relationships, consent and their changing bodies. Parents and carers of tweens & teens also attended sessions to build on their knowledge to support their teen.



Welcome to Lives Lived Well

Welcome to Travis & Jake [pictured] from Lives Lived Well (LLW). They'll be at Community House every Thursday 9am to 3pm.



LLW helps young people (12-25yrs) dealing with alcohol or other drug use, whether it's something you're worried about, something a friend or family member is going through, or something you just want to talk about. liveslivedwell.org.au

Jake - Youth Peer Support Worker. Jake is often the first point of connection for young people. He brings lived experience, authenticity, and hope, helping young people engage with support on their own terms. Whether it's a quick chat, grabbing a coffee, or figuring out what support might help, Jake understands that everyone's journey is different.

Travis - Youth Counsellor. Travis provides the clinical backbone of the program, ensuring young people receive evidence-informed support while working closely with schools, health services, and families. His approach is practical, compassionate, and focused on helping young people move toward the life they want.



A fantastic turnout for Mens Wellbeing 9 week program. Over 30 men came to the information night. So great to see men in our community reaching out and connecting.

There's also the free monthly open men's group run by Mens Wellbeing. 3rd Tuesday of Month 6.30pm in the Lawson Shed

Travis & Jake invite you to swing by and say hi at Lives Lived Well **Breakfast BBQ** out the front of Community House on **Thursday, 20 August 7:30am to 9.00am.**

Social Snaps & Connections

Photos from our activities

Palooza Unplugged

Palooza Unplugged Open Mic night on 13 June was hosted by The Social and was a very special evening of community connection (see page 7). Thank you, Sabine, for all your help with our special events and to the volunteers in the kitchen cooking up an amazing meal. Thank you too to the performers and those who came and supported the emerging young creatives.



Mural Drew-al Street Art Workshop



Visual artists Chet and Jordyn Burnett facilitated Mural Drew-al Street Art workshop for young people at Community House as part of Noosa Council's Living Well program.

Thank you Veggies

It was great to stop and share a snag, cuppa and Lindt chocolate with the volunteers in our local community. Thanks for the chats it was great finding out what everyone gets up to.



Neighbourhood Centre Week

Thanks Pomona Newsagency Les & Mitch for letting us take over your front window with our Lego Community House & Lawson Shed. Hope everyone found us!



Can you find this Lego model in the real world?

Community Support & Services



Pomona & District Community House

Services Australia Agent Weekly (as per times below)

Tuesday & Thursday

9.30am-12.30pm

Drop in only.

Wednesday

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.



Lives Lived Well

Live lived Well

12 to 25 year olds

Thursdays

Every week

9:00am to 3:00pm

Drop in.

liveslivedwell.org.au

You don't have to figure it out on your own. If alcohol, vaping, cannabis, or other drugs are making life feel harder—or if you're worried about a friend, brother, sister, or family member, we're here to listen.

You can refer yourself, a friend, or a family member, no GP referral needed.



YouTurn

Housing & Homelessness Outreach

Wednesday

Every week

9:30am-12.00pm

Drop in.

07 5442 4277

Pomona Community BBQ

1st & 3rd Wed of month

12pm-1pm

Stan Topper Park

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
- Emergency Relief available Mondays and Fridays 9am-3pm
- Money Matters - budgeting and managing money.

Yearly Tax Help-August

You are welcome to call PCHI and put your name on list. Tax Help program is free and helps eligible people earning \$70,000 or less lodge their tax return online.



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-12.30pm

9.30am-1.30pm

9.30am-12.30pm

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

**YouTurn
Housing &
Homelessness
Outreach**
Weekly
9.30am-12.00pm

MOB Pod
Fortnightly
9.00am-12.00pm
see QR code pg18
12 & 26 August
9 September
October

Footprints -Mobile
9.00am-11.00am
28 October

**Lives Lived Well
support for
12-25 year olds**
Weekly
9.00am-3.00pm
Breakfast BBQ
20 August
7.30am to 9am

**St Vincent de Paul
Welfare Support**
1st and 3rd of month
9.30am-12.00pm
6 & 20 August
3 & 17 September
1 & 15 October

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

Justice of the Peace
Weekly
1.00pm-3.00pm

Oz Harvest
Weekly
Drop off food for
community pantry.
**Come help us keeping
food out of landfill.**
Take some for yourself
Share with your
neighbour.



**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.



Hinterland Connections



Green Cleaning Workshop

Thursday 13th August
1.15pm - 2.45pm
PCH Lawson Room
Bookings essential

Learn how to transform your household cleaning experience using non toxic, natural ingredients. \$15 includes making your own product. Please contact: Heera Rigney 0481313855 heerarigney@gmail.com.



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.



Booren Point Edible Garden Group (EGG)

Meet 1st Monday of month
8am, Woongar St



Federal Hall

1642 Bruce Highway,
Federal

For hall hire and enquiries,
contact Zani.

Phone: 0413 090 548



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 and more.
PIE DRIVE- weekly pre-orders available

Community Clinic Multi-modality health & wellbeing

1st Wednesday of month
8am-12pm
Kin Kin School of Arts Hall
No appointment needed walk in
By Donation

Hinterland Connections



Cooran Organic Garden (COG)

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

COG Connections @ the garden

Every Thursday

Summer: 3:30pm - 5:30pm Winter: 2:30pm - 4:30pm
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



Introducing the Cooran Action Collective - We are Cooran, for Cooran. We welcome all Cooran-ians to join us as we seek to bring people together, support local initiatives and nurture a thriving village for everyone. Whether you're a long-time resident or new to the area, we invite you to connect, contribute, and be part of shaping Cooran's future.

Sign up to our email newsletter to get info on regular meetings, events and opportunities. Sign up at www.cooran.com.au, or email action@cooran.com.au

Cooran Action Collective

Our mission is to:

- Develop relationships and create a strong social fabric that connects residents, businesses and community groups
- Provide a forum where all Cooran citizens can participate in shaping the future and resilience of our village
- Serve as a focal point for engagement with Noosa Council — nurturing that relationship and advocating on behalf of our community
- Advocate for infrastructure and services that reflect community priorities — improving safety, liveability and environmental sustainability for residents, visitors and businesses.
- Protect what makes Cooran special — our inclusivity — ensuring Cooran remains a place where people of all ages, backgrounds and abilities can live and belong.

Pomona Railway Station Gallery



10 Station St, Pomona

Carriage Room

1 - 26 August

Emergence is an exhibition by a group of artists who started exhibiting together over 6 years ago – initially to increase exhibition opportunities but now a supportive group of friends who support and challenge each other. And while styles differ, a love of strong colour unites them.

26 September - 21 October

It's a Family Affair with Mia Hacker, combining with her Mum, Gail Robinson, and Aunt, Faith Robinson, for an exhibition by the talented trio covering mediums including drawing, painting, photography, ceramics, installations and mixed media. The diverse collection of artwork is linked by family and creative bonds that explore identity, place and the power of storytelling.

Banana Shed

until 12 August

A sneaky preview of works from 10 highly talented and successful members of the Pomona Railway Station Gallery, who are exhibiting in their studios for the Noosa Open Studios Trail.

15 August - 9 September

The World We Live In captures both nature and current topics which some may consider taboo! Artist, Martin Taylor, works with acrylics, oils and watercolour.

12 September - 7 October

Still & Wild brings together two ways of observing the natural world through landscape and still life painting. While Gillian Rachel's subjects differ in scale, they are united by a shared colour palette, expressive mark-making and an interest in the quiet beauty found in both expansive landscapes and carefully arranged everyday objects.

9 October - 4 November

Makaella Conias is an Abstract Expressionist painter, exploring emotion, symbolism and movement through acrylic paint and ink. Her exhibition, I Hear Birds is a loving homage to the Earth and its creatures. Birds and trees are the totems appearing throughout her work.



Pomona Railway Station Gallery Emerging Artist Prize Exhibition

Carriage Room &
Signal Room

29 August - 23 September
winners announced at
official opening

11am Saturday 5 September

Emerging Artist Prize Exhibition finalists, a key element of the gallery's 25th anniversary this year, will have their work on display. Winners will be announced at official opening.

Noosa Open Studio Trails
14 - 23 August

<https://noosaopenstudios.com.au/trail-guide/>

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

Sunday

**Pomona Christian
Outreach Youth Group**
3.30pm-6.00pm

Hall Hire & Enquiries

Heather Manders
0411 114 077

Pomona Red Cross Op Shop

Wednesday to Friday: 9.00am-4.00pm
Phone: 07 5360 6812

Pomona Meals on Wheels

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



Noosa Country Show

Fri 11 & Sat 12 September
Pomona Showgrounds

26 Exhibition St, Pomona
noosashowsociety.org.au



Noosa Shire Museum

Open: 10am - 3pm
Wednesday & Saturday

29 Factory St, Pomona
noosamuseum.org

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
Typing and resume support (by appt)

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

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

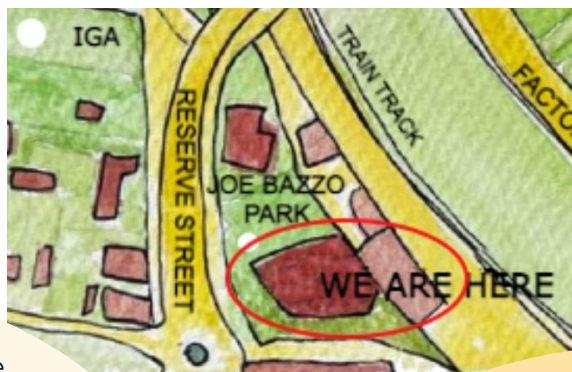
Community Support

**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)



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