

What is TOMNET?

Established in Toowoomba in 2001. The Older Mens Network (TOMNET) is a not for profit community organisation offering a range of support services for older men in regional, rural, and remote locations in Qld.

What activities and services does TOMNET provide?

- FREE Membership, Members over 50 years or older are welcome
- Weekly meetings offering a way to create a network of mates
- Social outings and activities
- Outreach services, developing and supporting groups in rural and remote communities
- Information, advice and access to social support services
- Friendship and a sense of belonging
- Volunteering program



To receive further information about joining TOMNET for yourself or someone you know, give us a call, or visit the TOMNET Centre.

The Older Mens Network Inc.

 (07) 4638 9080

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Email: admin@tomnet.org.au

www.tomnet.org.au

Well Seasoned **BARBECUE SERVICE**



Hassle free barbecue service
for your next event

TOMNET
The Older Mens Network Reconnecting older men

07 4638 9080 | admin@tomnet.org.au



We offer a complete barbecue service

What's included?

- Simple menu including drinks
- TOMNET blokes to cook the food
- Fully catered - we can bring everything, including the barbecue
- Portable / Mobile barbecue
- Gazebos & Trestle Tables

Types of Events:

- Fundraising Events
- Office Picnics and Lunches
- Community / Sports Events
- Local Sales Events

Simple Event Menus - Breakfast/Lunch prices available

- Sausages/steakettes
- Bread/onion/sauce included



Let us bring the barbecue to you!

- ↳ Custom built barbecue trailer
- ↳ Easy setup on your site
- ↳ Standard car access required
- ↳ 2 barbecues for large events
- ↳ Gazebos and trestle tables

Call us for a quote

 **(07) 4638 9080**

Why have a barbecue service?

Older men over 65 are one of the groups at highest risk of suicide, due to social isolation, loss of partners, their career, ill health, and family loss to name a few.

As we know, men aren't that good at talking about these things. The TOMNET network provides opportunities for older men to support each other, develop mateships, and reconnect with the community.

Our barbecue service helps older men regain a sense of purpose, which in turn will provide them with the ability to face life's challenges.

A simple, hassle free way to provide a barbecue breakfast, lunch or dinner for your employees or next community event.