

www.tomnet.org.au

TOMNET

The Older Mens Network *Reconnecting older men*

Mateship – Wellbeing – Support
Our aim is to reach out to older men who are lonely,
isolated, and in need of friendship.



“We provide support to improve men’s physical, mental, emotional and social wellbeing, and provide them with a sense of belonging.”

“TOMNET is driven by older men themselves, providing both professional and peer support, with opportunities for mateship, the chance to re-connect with the community, and cope positively with life after loss.”

Am I at risk?

YES! If you are over 65, you are in the group with the highest risk of suicide. This is due to social isolation, loss of partners, loss of your career and work networks, loneliness, bad health, and a loss of independence.

Join us

All men over 50 years are welcome to apply for Membership. Our Members come from a wide variety of backgrounds and bring a large range of skills and experiences, all men are considered equal. TOMNET is a non-religious and non-party political organisation.

Get involved!

At the TOMNET Centre each week

The TOMNET Centre offers a place to call in for a coffee, conversation, and for some it is a haven for support and friendship.

Member meetings

Members meet 4 times per week on Monday, Tuesday, and Thursday to yarn with mates, welcome new ones, and share a bite to eat. Meetings feature group discussions, guest speakers, raffles, and the occasional barbecue. A great place to meet new friends. Why not come along?

Volunteering to support older men

A Volunteer team of trained men regularly contact Members who are doing it tough, are isolated, less mobile and lonely, to check on their wellbeing. This includes visiting aged care residents, Members in hospitals, rural outreach programs and home visiting.

5 ways TOMNET supports older men in the community

Our Members provide emotional and social peer support to...

1. Male residents in Aged Care facilities
2. Isolated, at risk older men through home visits
3. Isolated Members through telephone support
4. New and established affiliate groups
5. Disadvantaged youth by sharing skills and mentoring



Interest Groups

Keen to share your knowledge, or meet other like minded men? We support those with special interests to get together and share their passions and interests - including fishing, movies, photography, singing and art, to getting out and about on short trips.

Barbecue Cooking Service

The TOMNET mobile barbecue service caters for corporate, business, and community events. TOMNET blokes offer a fully catered cooking service as a fundraising opportunity, while promoting older men's issues and needs.

Mentoring

TOMNET has been involved in the establishment of youth mentoring programs with the Toowoomba Flexi School. These programs provide leadership to the youth in a grand-parenting role.

Bus Trips and Events

Our Members coordinate several social events and bus trips throughout the year to support our rural groups, offering opportunities to develop new friendships and enjoy fellowship. Partners are invited to some of these events.

Active Volunteering

If you are keen to be involved in an active Volunteering role, we have links to external organisations such as Meals on Wheels, Lifeline and local Hospitals, offering many opportunities.

“Established in Toowoomba in 2001, The Older Mens Network Inc. (TOMNET), a not for profit group, offers a range of support services for older men in regional, rural, and remote locations in Southern Queensland.

Men come from a wide variety of backgrounds, and bring a large range of skills and experiences.”



Weekly Activities

Currently postponed due to COVID-19.
Please contact TOMNET for updated information.

Member benefits

- FREE Membership
- Weekly gatherings offering ways to create a network of mates
- Friendship and a sense of belonging
- Social outings, various activities and interest groups
- Outreach services that develop and support groups in rural and remote communities
- FREE professional support
- Information, advice, and access to social support services

“TOMNET has over 300 Members in Toowoomba, 12 affiliated rural groups, Volunteer training programs, and group counselling sessions.”



Supported by:



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4638 9080

The TOMNET Centre -

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Call us or call in

TOMNET Centre Open

Monday - Thursday 9:00am - 4:00pm

email: admin@tomnet.org.au