

Retirement, when the honeymoon is over

Whilst retirement can be very fulfilling, it's common for men to struggle with the changes it brings. The reality is, often after a few years of retirement, the novelty wears off and the honeymoon is over, leaving many to ask, "what's next?".

The loss of comradery and purpose that comes with retirement can leave many men feeling lost. Finding a new network of mates and a new purpose is essential for a fulfilling retirement.

TOMNET facilitates weekly Peer Support Group meetings for retired men looking to connect, learn, and support each other.

**"Coming through the door
is the hardest thing."**

Blokes often say how daunting it was to come along to a Peer Support Group for the first time. If this is a worry for you, then come into the centre prior to attending a meeting, and chat to the staff about what to expect, and see what the environment is like. We can even introduce you to some of the men who attend.

What is TOMNET?

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

We help men rediscover fulfilling lives, regain a sense of purpose, utilise their skills and knowledge, and contribute in a meaningful way with others.

Our centre

TOMNET Toowoomba
223 Hume Street
Toowoomba, Qld 4350
PO Box 7801, Toowoomba South
Phone: 07 4638 9080
Email: admin@tomnet.org.au

Opening hours

Monday to Thursday 8.30am – 4.00pm
Friday 8.30am – 2.00pm

**If you are thinking about suicide or
experiencing a personal crisis,
help is available.**

**FOR IMMEDIATE CRISIS HELP 24 HOURS
A DAY, CALL LIFELINE 13 11 14**

**CALL 000 (EMERGENCY SERVICES)
IF LIFE IS IN DANGER**

We are gratefully supported by:



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Seeking new mates in your retirement?



Peer Support Groups For Retired Men



www.tomnet.org.au

Make new mates

Chew the fat with like-minded men

The journey of retirement can be very similar for many men. TOMNET Peer Support Groups provide an opportunity for you to share your story and learn from others experiences in a welcoming environment.

Finding mates later in life is a common issue for men. Loneliness and isolation can creep in, along with depression. Joining our TOMNET Peer Support Groups is an easy way to meet some new friends and feel part of something.

The format is casual, with a hot drink available as well as a small bite to eat. Lots of chatting occurs, and a few yarns from past days are shared. There are those newly retired, as well as those very experienced at retirement! It's a great mix of men from all walks of life which makes for interesting conversation.

Join in!

If you are 50 years or over, come and check out the meetings to see if they would be of interest to you.

There is a Membership process for those who would like to attend regularly. This can be discussed once you have attended for a while.

There is no cost to attend the Peer Support Groups, and Membership is also FREE.

Guest speakers

TOMNET arranges for guest speakers from local organisations to attend the weekly meetings and speak on a range of topics that focus on the health and wellbeing of men in retirement. We also connect the men with community services that can provide additional support.

Topics include:

- ① Retirement — when the honeymoon is over
- ② Physical health
- ③ Mental health — Depression in older men
- ④ Becoming a carer
- ⑤ Grief and loss — losing a partner
- ⑥ Loneliness and isolation
- ⑦ Relocation — having to start somewhere new

Weekly meetings


Wednesdays 1pm — 3pm
at Gold Park,
341 Hume Street,
TOOWOOMBA Q. 4350

Thursdays 9am — 12Noon
at TOMNET Centre,
223 Hume Street,
TOOWOOMBA Q. 4350

To enquire about the meetings
call (07) 4638 9080

Peer Workers

A TOMNET Peer Worker is someone who has personally experienced the challenges faced by older men. Through this lived experience they are able to help others through the same struggles. Training is provided by TOMNET for Members to become Peer Workers, to effectively support men with the difficulties faced in retirement. The Peer Workers attend the weekly Peer Support Groups, and provide support to attendees where needed.



"After my darling wife Mary passed away — I was devastated. I blamed myself for a good while — I still do. I know I am wrong doing that but I do, I blame myself."

"Since joining TOMNET I go home from TOMNET a different person, and I try not to go back to where I was."

- Neil Wright

"There are many circumstances why we come here. It's a great thing to be involved in. I love every second of it."

- Peter Loch

The TOMNET ethos is

**'Older men
supporting older men'**