

Lots of things worry us older blokes:

(We don't really like to talk about them, but it does help.)

- Retirement not what you thought?
- Feeling lonely?
- Are you struggling caring for another?
- Depressed or feeling anxious?
- Lost your partner?
- Lost mobility?
- Lost your independence?
- Made redundant?
- Loss of your networks?
- A new town and no friends?
- A lack of purpose?
- Life seems not worthwhile?

Nothing is too small
or too big
to talk about.

The TOMNET Centre

 (07) 4638 9080

223 Hume St Toowoomba QLD 4350
PO BOX 7801 Toowoomba QLD 4350

Email: tomnet05@tomnetinc.org.au

Open:

Monday - Thursday 9:00am - 4:00pm
Friday 9:00am - 3:00pm

www.tomnet.org.au

For additional **after hours** community support, call:

Lifeline 13 11 14

Supported by:



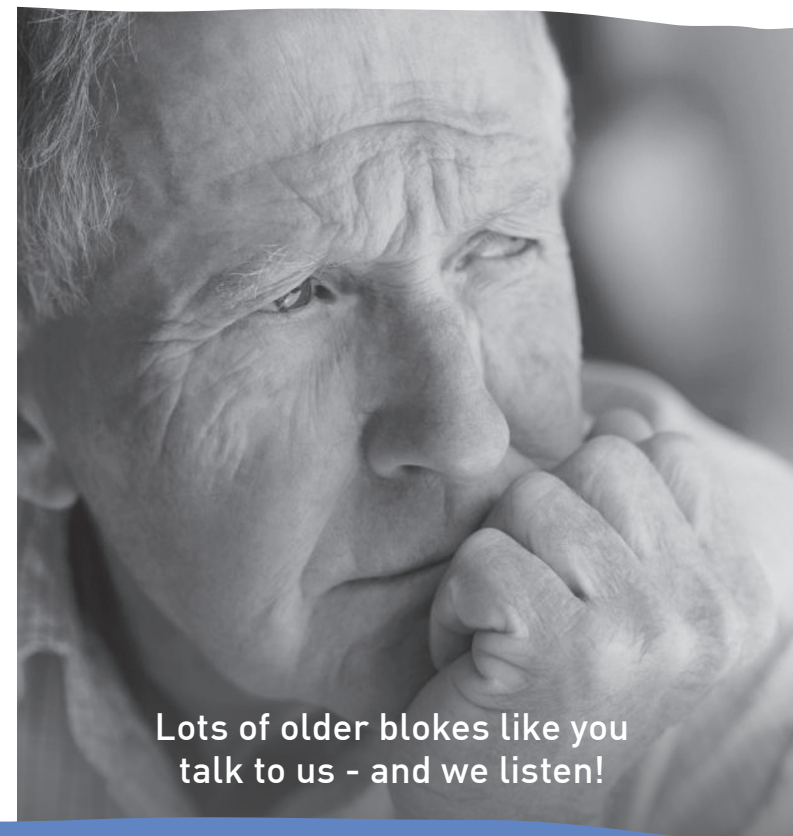
Australian Government
Department of Health and Ageing



QUEENSLAND
GOVERNMENT

ARE YOU DOING IT TOUGH?

No-one seems to care
or understand?



Lots of older blokes like you
talk to us - and we listen!

mateship
well-being
support



www.tomnet.org.au

The TOMNET culture is

‘Older men supporting older men.’

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 South West Queensland.

Becoming a member offers mateship, support, trust and understanding—our members treat each other with respect; are equal and take a genuine interest in the welfare of each other.

Member benefits:

- FREE membership. Men 50 years and over welcome
- 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

**It's okay to share your story
and your troubles —
our members know
that sometimes
just talking about it helps.**

**TOMNET also offers a team of
widely experienced professionals
to listen and help you.**

Our support service is

- professional
- confidential
- available at short notice
- informal
- free

Referrals can be provided if needed. Individual, group or family support is available.

You can come into the TOMNET Centre or we can come to you.

**Try TOMNET.
We're here to help!**

**Our aim is to reach out
to older men who are lonely,
isolated and in need of
friendship.**