



**TOMNET**  
THE OLDER MENS NETWORK INC

# Forming a TOMNET Peer Support Group

## 7 Step Program Formation

Develop a rationale	↪	<b>TEMPLATE</b> Developing a Rationale
Identify your groups reason to meet	↪	<b>TEMPLATE</b> Identify Group Purpose
What will be the group's format?	↪	<b>TEMPLATE</b> Determining a Format
Finding Members	↪	<b>RESOURCE</b> Potential Members
At your first meeting	↪	<b>RESOURCE</b> Your First Meeting
Developing a 12 month plan	↪	<b>TEMPLATE</b> 12 Month Plan
Manage your group	↪	<b>RESOURCE</b> Traits for Group Success
		<b>RESOURCE</b> Practical Considerations

**TOMNET is about older men supporting each other through hidden hardships to improve their mental health and well-being, and prevent suicide. Through rediscovering fulfilling lives, TOMNET Members regain purpose, the ability to connect, and contribute to the community.**

By establishing a TOMNET peer support group locally, you are creating a network of older men who genuinely care about the welfare of each other. Adopting our motto of 'older men supporting older men', you can reach out to older men in your community who are lonely, isolated and in need of friendship. Through your support, you are helping them regain a meaningful place in your community.

This practical guide aims to provide a step by step process to establish a peer support group in your local community. While under the umbrella of TOMNET, each group has its own distinct identity and contributes to their community in different ways. Each group is driven by Members, for Members.

## How to set up a Peer Support group

☑	Program Steps	Additional Notes
<input type="checkbox"/>	Identify if there is a genuine need for a group in your area?	
<input type="checkbox"/>	Identify the purpose of your group	
<input type="checkbox"/>	Scope out potential formats for meetings	
<input type="checkbox"/>	Promote to find group Members	<ul style="list-style-type: none"> <li>▪ Where can you promote in your local community?</li> <li>▪ Refer to resource kits for media release and other promotional tools</li> </ul>
<input type="checkbox"/>	Hold your first meeting	<ul style="list-style-type: none"> <li>▪ Is there a suitable meeting room in the local area?</li> <li>▪ Provide an agenda</li> <li>▪ Explain the purpose of the meeting</li> <li>▪ Provide name badges and ask Members to introduce themselves</li> <li>▪ Provide a 12 month plan template for attendees to take home and think about</li> <li>▪ Set a date for the next meeting</li> </ul>
<input type="checkbox"/>	Develop your 12 month plan	<ul style="list-style-type: none"> <li>▪ Ask for everyone's input and collectively agree on the plan</li> <li>▪ Consider the practical implications</li> </ul>

### The TOMNET Centre

223 Hume St Toowoomba QLD 4350  
 PO BOX 7801 Toowoomba QLD 4350  
 Email: tomnet05@tomnetinc.org.au

 (07) 4638 9080

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