

Expo overflowing with information and attendees

TOMNET attended a Senior's Expo in February, represented by General Manager Shannon Wade, and President Bernie Moran. The expo attracted over 190 seniors interested in connecting with local services from the Darling Downs region.

Seniors converged on Clifford Park Function Venue for a morning of information and high tea, hosted by Queensland Health and emceed by State Member for Toowoomba North, Trevor Watts.

Bernie and Shannon handed out over 200 of our **Retired Blokes Books** to attendees. TOMNET was also invited to present to attendees, explaining our purpose and the opportunities available to get involved in all the different ways.



Youth programs an outstanding hit with Members

TOMNET has added three Intergenerational programs to its volunteering opportunities. With the outstanding success of mentoring at The Flexischool guiding us, we have included three programs that offer huge benefits to volunteers, students, and ultimately the community. TOMNET has connected with Centenary Heights State School, Mothercraft Day care centre, and a local primary school (yet to be revealed). **Seventeen** new Volunteers have signed up to help with reading skills, play activities, hobbies, and much more.

To find out more contact Shannon or Anthony at TOMNET. Download our Brochure here: <https://tomnet.org.au/youthprogram>



Jim, Nannetta, and Glenn get a hall pass to start Volunteering at Mothercraft Day Care centre.

what's on

WEEKLY MEETINGS

MONDAY, TUESDAY, and THURSDAY
9.30 a.m. to 11.30 a.m. | TOMNET Centre
Come along and join in.

MONTHLY MEETING

Wednesday 10th May
Guest speaker | Scott Green - ADA Australia
10am start | bbq
Venue: 279 Geddes St, Toowoomba

LUNCH WITH MATES

Friday 21st April | midday
Venue: South Bowls Club | Hume St

LUKE'S WORKSHOP

Coping with Grief and Loss

Grief is a natural response to loss. Learn ways to cope with your loss, and how to support others.

SATURDAY 6th May 2023 | 9.00 a.m.

**Contact the TOMNET Centre to book
these events - 07 4638 9080.**

Guest Speaker at the June Monthly Meeting

Our guest speaker for the June meeting is **Ruth Logan from the *It's a Bloke Thing*** organisation. Ruth brings years of experience with her to raise awareness and encourage testing and early detection of Prostate Cancer.

Ruth also has extensive experience working as an Allied Health Practitioner in private practice.

We have invited Ruth to speak at our Monthly Meeting to help continue spreading the message of early detection and helping men manage their health.

Please support and attend this presentation.



**Meeting - Wednesday
14th June, 2023**

**279 Geddes St
10am start**

MAKE A DATE TO CHECK YOUR PROSTATE

Head to Health - resource navigator

Head to Health is a free confidential service from the Australian Government

It connects you with the help and support you need to keep mentally healthy. Finding the right services for you can be hard. Head to Health is here to help you find and access services that meet your needs - including free and low-cost mental health services where appropriate.

HEAD TO HEALTH

We find the mental health support that's **best for you**

1800 595 212

To find digital mental health resources and trusted service providers, visit the website:

www.headtohealth.gov.au

Head to Health is a collaboration between The Department of Health and Aged Care, the community, and the mental health sector.

Daily physical activity

30^{Years}

NSW
Fall Prevention
& Healthy Ageing
Network

APRIL FALLS DAY. Safe Activity for Everybody.

Staying physically active is the single most important thing you can do to stay well and independent.

Incorporate some of the below activities into your day. Each activity can be adapted to suit an individual's needs and capabilities. **Every move counts. Step safely towards better health today.**

Balance challenge

Improve your balance by standing on one leg for 10 seconds.

Hold onto a table for support.

Do this 3 times on each leg. Repeat 3 times a day.



Sit to stand

Using a dining chair, see if you can stand up and sit down 5-10 times.

Do this three times a day to keep your legs strong.



Kettle boiling exercises

While you boil the kettle do some heel lifts.

Lift and lower your heels 10 times. Hold on to the bench for support.



Sit less, move more

Avoid sitting for long periods. Get up, move and stretch your muscles.

This is a great way to maintain good posture and avoid stiffening up.



Join a group

Join a walking group, exercise class or go to the gym.



Dance to music

Put some music on and get moving. Dancing is also a great social activity.



Take the stairs

Step up and down on your first step for 1 minute

Remember to change your lead leg. Repeat 3 times per day.



Get in the garden

Do 10 minutes of digging, mowing or raking in the garden.



Get started

Seek advice from a health professional such as a physiotherapist, exercise physiologist or your GP.



Park Pop Up for the school holidays

TOMNET cooked for the **Park Pop Up** fun day held by CivicAssist to provide activities for Toowoomba youth during the recent school holidays. Bernie, Greg, and Ray kept the sausages hot and ready to go for the hungry hordes.



Harmony Day Barbecue - 25th March 2023

Harmony Day was held at Picnic Point on Saturday 25th March. TOMNET cooked a barbecue for participants at the event which was attended by around 400 people. The event is an excellent opportunity for TOMNET to stand with the community and support the cultural diversity of Toowoomba. Thank you to ALL volunteers who helped on the day or organising behind the scenes. Here are some photos of the day.



Need help connecting to Aged Care services?

Services Australia are making it easier for you to find out about My Aged Care services. If you are looking for help at home or thinking about entering an aged care home, they are there to help.

You can:

- go to myagedcare.gov.au
- call MyAgedCare on 1800 200 422
- visit any Services Australia service centre
- or call Anthony at TOMNET for assistance (07 4638 9080)



Lifeline

Lifeline offers a **FREE** collection service on the Darling Downs as part of the "Donate It" service.

Call 1300 991 443 to arrange a pick up.
www.lifelinedarlingdowns.org.au

Need a JP?

A Justice of the Peace is only a phone call away.

Contact:

Alan Yorkston 0408 750 416
East Creek CC 4639 2755

Aged Care Visiting Teams

TOMNET Volunteers visit these Aged Care facilities in 2023.

Aged Care visits are a worthwhile opportunity to provide friendship and conversation with men living in aged care facilities.

If interested in attending these meetings contact
Anthony at the TOMNET Centre on 4638 9080.

Symes Thorpe	Looking for Volunteers	
Glenvale Villas	2nd Thursday of month	2.00 p.m.
Ozcare	3rd Monday of month	2.30 p.m.
Lourdes Home	4th Thursday of month	11.30 a.m.
Brodribb Home	4th Friday of month	9.30 a.m.
Yukana	4th Monday of month	2.30 p.m.
BUPA Rangeville	2nd Tuesday of month	11.30 a.m.

Supporting the doctors of tomorrow - UQ Rural Clinic

We are grateful to continue to cook for the University of Qld Rural Clinic in support of aspiring young doctors within the Darling Downs region. TOMNET provided the lunch service for several functions in the past two months at the Toowoomba Campus.



Ross, Angus, Terry, and Glenn cleaning up after another successful BBQ.



Socially active seniors are far more likely to enjoy longer lives: Study

During the pandemic lockdowns, loneliness and social isolation emerged as serious, even potentially deadly, health issues. COVID-19, one might say, got the public discussion going.

Since then, researchers have sought to identify how badly loneliness puts your health at risk.

According to the National Institute on Health, loneliness is more damaging than “smoking 15 cigarettes per day or obesity”.

Social isolation and loneliness have even been estimated to shorten a person’s life span by as many as 15 years.

The CDC advises that social isolation is

associated with about a 50 per cent increased risk of dementia. It’s also associated with a 29 per cent increased risk of heart disease and a 32 per cent increased risk of stroke.

Depressing, right?

A new study turns the problem around. Read the story: <https://tomnet.org.au/socialarticle>

The simplest answer: whatever loneliness does to the body and soul, social activity, and everything that goes with it – more movement, better diet, better engagement of the mind etc – does the opposite.

Article Source: <https://thenewdaily.com.au/life/wellbeing/2023/03/11/socialising-helps-you-live-longer/>

TOMNET Management Committee

President Bernie Moran	Vice President Alan Yorkston	Treasurer Ross Lange
Secretary Bill Mc Millan	Pat Mc Namee	Rob Burey
Stan Carroll	Ian Bray	Jim Aulbury
	Darrell Pierpoint	

The Mgt. Committee meets on the 3rd Wednesday of each month.

Pioneers Room

A quiet and private space to relax after the ceremony and appreciate the value of reunion.



The Burstow Family
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at Northlands Shopping Centre



cnr Spring St and
Ramsay St, Middle Ridge




**at the
Hooper Centre**

Local businesses show their support to TOMNET by donating prizes and goods for our Members. **Support businesses that support TOMNET.**

Join us at the monthly BMS barbecues

Every month on the 2nd Saturday, TOMNET blokes setup the BBQ trailer and sell the good 'ol sausage in bread to willing customers at BMS Stenner St.

Come along and join in, or simply say hi to these hard working Volunteers from TOMNET.



LUNCH WITH MATES

Friday, 21st April, 2023

Friday, 19th May, 2023

Club Toowoomba
331 - 339 Hume St,
South Toowoomba

Meals at own cost
Meet at Midday

To book - call TOMNET on 4638 9080

Postal Address:
PO Box 7801
Toowoomba South Qld, 4350

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The Retired Blokes' Book

The Retired Bloke's Book is a directory of services, contacts, support groups, and current information from services in your community.

This book is a free resource to help you plan for a meaningful retirement and make it one of the best chapters in your life.

Call TOMNET for your copy
074638 9080
www.tomnet.org.au



Download by scanning
the QRCode.



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