

LOCKYER VALLEY MONTHLY MEETING

Lockyer Valley TOMNET group kicked off with their first Monthly Meeting on 28th April at the Lockyer Community Centre in Gatton. President Bernie Moran outlined the many opportunities available to TOMNET Members to enhance their retirement. Bernie spoke about **volunteering in the community** and ways to support each other by **attending meetings and sharing stories**.

After the presentation, there was an open discussion by Members sharing their retirement struggles, suggestions for future meetings, and a few jokes were attempted.

Lockyer Monthly meetings are held on the 4th Monday of each month from 9.30am. **Guest speaker, FREE Barbecue, ALL WELCOME.**



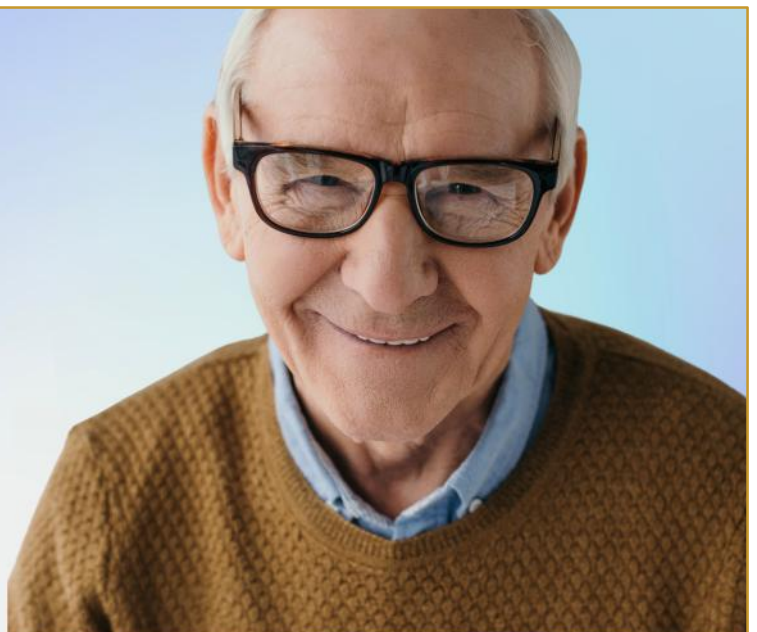
Luke's Workshop Mindfulness

Mindfulness techniques and how to apply them in everyday life

**Saturday 10th May
9.00 a.m. at TOMNET**

Call to Book
07 4638 9080

TOMNET
The Older Mens Network



CAPTURING THE ESSENCE OF TOMNET: A DIGITAL STORY

The Qld State government are funding a series of digital stories to showcase the impacts of social connection at TOMNET. Nic and Ben, founders of **A Curious Tractor**, spent the day talking with Members about their connection to TOMNET and each other. Members discussed why they joined TOMNET, how they benefit from social contact with other men, and ways to encourage men to participate.

The aim of the digital stories will be to **increase awareness** of TOMNET's programs, showcase the **impacts of volunteering**, and **create compelling stories** of your journey through retirement.

Thank you to the Members who participated and shared their thoughts.



Supported by



Queensland Government



A Curious Tractor
<https://www.act.place/>

HARMONY DAY 2025



Thank you to Bernie, Darrell, Rob, Ian, Ray, and Glenn for cooking the barbecue at Harmony Day this year. A new location out the front of Grand Central, with TOMNET setup right in the centre for maximum exposure.

A fantastic event to attend and celebrate the diversity of Toowoomba's community.



TOMNET Supports COTA Conference to Fight Social Isolation in Older Australians



On 31st March, a special event was held to tackle the growing issue of social isolation among seniors living in urban areas. People from Brisbane's inner city and nearby communities like Moreton Bay, Logan, Ipswich, Toowoomba, and Redland Bay came together to connect, share stories, and explore ways to help older adults feel more included and supported.

The day was filled with inspiring talks from experts and seniors who shared their experiences with loneliness and the challenges of staying connected in busy city life. Attendees took part in group discussions and activities that encouraged everyone to

think about new and creative ways to bring people together.

The Older Mens Network facilitated a session on “How to engage older men in Volunteering” and Anthony was invited to participate in a group panel discussing social isolation and ways to engage in our community.

The connections made and ideas shared will help guide future efforts to ensure seniors can enjoy active, happy, and connected lives. This event showed just how important it is for communities to **come together and support their older members**. With ongoing collaboration and fresh ideas, we can all help make sure no senior feels alone.

COTA reports findings to the government to advocate on policy affecting seniors.



TOMNET SHOWCASED ON STATEWIDE WEBSITE FOR VOLUNTEERING

Council of the Ageing Queensland is the peak body for Seniors advocating for the rights and wellbeing of older Queenslanders, and future generations.

The Older Mens Network features on the COTA website for the prevention of social isolation in older men. Ken Dale and Angus Grant were our first members to be showcased.

TO READ ANGUS AND KEN'S STORIES, VISIT THIS WEBSITE:



<https://tomnet.org.au/volunteeringcota>

LOCKYER VALLEY MEN'S MEETINGS

men
50
plus

9.30 a.m. to 11.30 a.m.

MONDAY & TUESDAY
LOCKYER COMMUNITY CENTRE
14 CRESCENT ST, GATTON

WEDNESDAY **9.30 a.m. start**
GLENORE GROVE HALL,
BRIGHTVIEW RD, **GLENORE GROVE**

THURSDAY **9.30 a.m. start**
WYMAN ROOM, LAIDLEY LIBRARY

Weekly meetings for men 50 and over to catch-up with each other, find support, and have a chat over coffee or tea.

- **GET INVOLVED IN
YOUR COMMUNITY**
- **BUILD FRIENDSHIPS**

Download our Retired
Bloke's Book for ways to help
navigate retirement.

Scan the QRCode



TOMNET
The Older Mens Network Inc.



Contact Ben on 0468 858 087
The Older Mens Network - Gatton/Laidley

07 4638 9080 | www.tomnet.org.au | PO Box 7801, Sth Toowoomba

PLAY AN INSTRUMENT? SING A LITTLE?

Jim, and Glenn have reformed the TOMNET Minstrals and are singing at Retirement Villages across Toowoomba on the second Friday of each month.

Singing a repertoire of classics through to gospel tunes, Jim and Glenn are bringing joy to residents with their visits. You can too...



What are you waiting for?

**Contact Jim via the TOMNET
Centre - 4638 9080**

Some experience having fun is required...

NEED COMPUTER HELP?

CALL CHARLIE

Internet problems?

Help with emails?

Help finding that app on your iPad?

How to stay safe online

**Meet at TOMNET, or talk
over the phone.**



Call TOMNET to book - 4638 9080

by tech guru Charlie

FOUNDER OF **ARE YOU BOGGED MATE?** MARY O'BRIEN ATTENDS MONTHLY

Mary O'Brien, Founder and CEO of **Are You Bugged Mate?**, attended our April meeting and delivered a compelling message about the importance of looking out for one another and regularly checking in to see how our mates are coping.



Drawing on her experiences travelling across Australia, Mary shared personal stories from her work **engaging with rural men** and advocating for those who often remain silent. Known for her straightforward approach, Mary spoke candidly about the confronting statistics of suicide in rural communities and sectors like construction, urging us to break the stigma and **start honest conversations**.

Mary's original article, which inspired the **Are You Bugged Mate?** movement, can be read on the **website: areyouboggedmate.com.au**. We thank Mary for generously sharing her insights and supporting our members, as well as for the vital work her organisation continues to do for rural men's mental health.



TOOWOOMBA MONTHLY MEETING

**WEDNESDAY
14TH MAY**

**Guest Speaker
Red Cross**

**Baptist Church Hall,
279 Geddes St**

**WEDNESDAY
11TH JUNE**

**Guest Speaker
Services Australia**

FREE BBQ

**10.00 a.m.
All welcome**

**SAVE
THE
DATE**

VISITING OLDER MEN IN AGED CARE HOMES

Why not join other TOMNET members visiting older men who are seeking friendship and lively conversation?

TOMNET Members currently participate in visiting 7 aged care facilities within the Toowoomba region. Members provide social contact to older men living in aged care facilities.

TOMNET Members visit as a group, to talk, bring the news of the “outside” world, and develop new friendships. Visits generally last for 1.5 to 2 hours long. Members have afternoon or morning tea with residents.

Facility	Times	
Glenvale Villas	2.00 p.m. - 3.30 p.m.	2nd Thursday of month
BUPA - Glenvale	10.00 a.m. - 11.30 a.m.	4th Friday of month
BUPA - Rangeville	11.30 a.m.- 1.00 p.m.	1st Tuesday of month
OZ Care	2.30 p.m. to 4 p.m.	3rd Monday of month
Yukana	2.30 p.m. - 3.30 p.m.	Last Monday of month
Lourdes	11.30 a.m.- 1.00 p.m.	Last Thursday of month
Palm Lake	2.00 p.m. - 3.30pm	2nd Thursday of month

Contact the TOMNET Centre for more information.

 07 4638 9080

 tomnet.org.au

TOMNET

JUNE MONTHLY MEETING

Services Australia



Australian Government
Services Australia

Jacqui Hadfield

aged care services available
how do access support
financial services available

Meeting is on June 11th at the Baptist Church from 10am

LOCKYER VALLEY LUNCH WITH MATES

Members from the Lockyer Valley TOMNET groups gathered at Porter's Plainland Hotel for lunch on the 11th April for Lunch with Mates. Three groups, Laidley, Gatton and Glenore Grove met over lunch to share stories and connect with each other.

The next Lunch with Mates will be on the second Friday of each month. **Contact Ben for more information - 0468 858 087**



lunch with mates

Toowoomba

Friday, 16th May
Friday, 20th June
Friday, 18th July

RINK 46
46 Gipps St,
Drayton

Meals at own cost
Meet at 12.30pm



Lockyer Valley

Friday, 9th May
Friday, 13th June
Friday, 11th July

Falvey's Hotel
111 Railway St
Gatton

Meals at own cost
Meet at 12.00 noon

BOOK NOW

TOMNET on 4688 9080 or email
admin@tomnet.org.au

Charge UP!

**Bring your Energy Bills Day
Monday May 26th, Tuesday 27th and
Thursday 29th**

How to get a
better deal

Energy bill
support/
concessions

How to read
your meter

Energy Saving
tips

TOMNET Centre from 9.30 a.m.

Presentation by East Creek Community Centre in
association with QCOSS.

Clifton Men's Group

BARBECUE

**FRIDAY
16TH MAY 2025**

Time: 10am to 12noon

Location: Pioneer Park, King St, Clifton

TOMNET

SUPPORTING
THE MEN OF
CLIFTON

If we have enough
support from Members
we may take a small bus
out to Clifton.

RSVP to Anthony @ TOMNET (07 4638 9080)

LOCAL BUSINESSES SHOW THEIR SUPPORT TO TOMNET BY DONATING PRIZES AND GOODS FOR OUR MEMBERS.



at the Hooper Centre



Stenner St store



at Westridge Shopping

SUPPORT BUSINESSES THAT SUPPORT TOMNET.

TOMNET MANAGEMENT COMMITTEE

President Bernie Moran	Vice President Alan Yorkston	Treasurer Ross Lange
Secretary Bill Mc Millan	Pat Mc Namee	Rob Burey
Darrell Pierpoint	Charlie Brun	Jim Aulbury

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
(A fifth generation family firm)



TOOWOOMBA OAKEY DALBY WARWICK GATTON

24 freecall 1800 803 196
www.burstows.com.au



Burstows kindly print the TOMNET

New Ideas Page

If you have any new ideas/group activities that Members might be interested in starting up - please let us know.

WE ARE STARTING A BOOK CLUB

Lively
Discussions

Meet New
Friends

Read At Your
Own Pace

All Are
Welcome

Monthly
Meetups

Diverse
Books

CONTACT **ANTHONY** AT TOMNET
TO REGISTER YOUR INTEREST

phone: 07 4638 9080
anthony@tomnet.org.au

What would you like to learn?

IS THERE INTEREST IN HAVING CLASSES AT TOMNET?

Contact us at TOMNET with your ideas on what you would like to see. It could be art classes, learn a language, or brain games.

**Let us know your idea and we
can find out the details.**

Contact us: 07 4638 9080



Postal Address:
PO BOX 7801
Toowoomba South Qld, 4350

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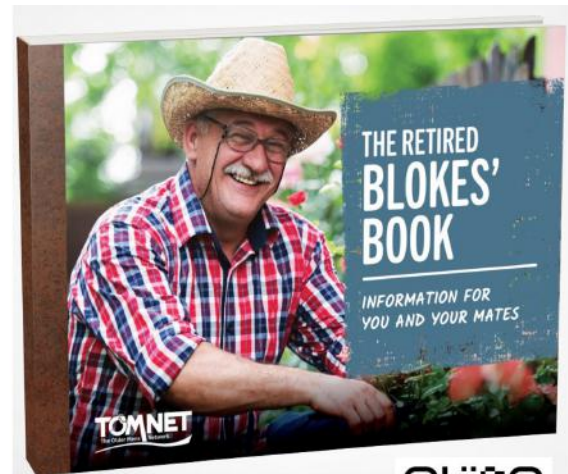


The Retired Blokes' Book

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 with your
phone.**



223 Hume St Toowoomba QLD 4350 | (07) 4638 9080 | admin@tomnet.org.au | www.tomnet.org.au

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www.tomnet.org.au