

## Recognition of Life Members

The following TOMNET Members have been recognised as Life Members by the Management Committee.



Peter White

**Peter** joined TOMNET in 2016. Peter adopts the spirit of TOMNET by welcoming Members and supporting activities that help other men.



Rick Thessman

**Rick** joined TOMNET in 2015 and visits various Aged Care facilities. Established a Mens group in Seachange, offers phone support to Members, promotes TOMNET at Expo's, and helps clean after meetings.



Lionel Kearney

**Lionel** joined TOMNET in 2008 and has volunteered at the Wednesday meetings and assisted selling tickets for the raffle team.



John Miners

**John** joined TOMNET in 2013. TOMNET Minstrel's member, joined Mgt Committee in 2016. Promoted TOMNET at various Expo's and promotes TOMNET any chance he can.



Jim Aulbury

**Jim** joined TOMNET in 2016 and visits various Aged Care facilities. Involved with TOMNET Minstrel's, joined Mgt Committee in 2017, member of Barbecue team, visits with several Aged Care teams, provides phone support for TOMNET Members, and promotes TOMNET at Expo's.

THE OLDER MENS NETWORK

# LUNCH WITH MATES

Join fellow TOMNET Members for lunch  
at a different eatery each month!

- Meals at own cost.
- Group sizes will be limited.
- TOMNET Members only.
- Own transport required, or share a ride with another Member.

Call TOMNET to book 07 4638 9080

## FRIDAY, 19TH NOVEMBER 2021

12 NOON | WILSONTON TAVERN  
40 RICHMOND DR, WILSONTON

.....

## FRIDAY, 17TH DECEMBER 2021

12 NOON | PICNIC POINT  
BYO LUNCH AND DRINKS



# **MONTHLY MEETINGS**

**WEDNESDAY  
10th NOVEMBER 2021**

**WEDNESDAY  
8th DECEMBER 2021**

**10am - 12.00 noon  
followed by a BBQ lunch**

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**SOUTH TOOWOOMBA BAPTIST CHURCH  
279 GEDDES STREET TOOWOOMBA**

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**\$2 entry & RAFFLES - GUEST SPEAKER**

**ALL MEMBERS WELCOME**

**PLEASE NOTE: TOMNET WEEKLY  
MEETINGS will continue**

The bottom of the page features two overlapping triangles, one green and one blue, meeting at a point in the center, mirroring the design at the top.





# Christmas Party

Wednesday 15th December 2021

**Blue Mountain Hotel**

264 New England Hwy, Harlaxton QLD 4350

## 12 noon start

Members and their partners/carers are welcome. Seats limited to 75 people.

**\$20.00 per person**

Please RSVP and pay for your seat/s before  
Monday 6th December.  
*(sorry, no refunds after 6th December)*

**Proudly organised by your Management Committee.**

**Book by contacting the  
TOMNET Centre - 07 4638 9080**



# Christmas Office/Meeting Dates

## DECEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13	14	15 TOMNET Christmas party 12-2pm	16 TOMNET Office Closes 4pm	17 Lunch with Mates Picnic Point BYO Lunch 12pm
20 TOMNET Office Closed	21	22 Lake Annand Group Meeting 9.30 a.m.	23	24
27 TOMNET Office Closed	28	29 Lake Annand Group Meeting 9.30 a.m.	30	31

## JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 TOMNET Office Closed	4	5 Lake Annand Group Meeting 9.30 a.m.	6	7
10 Weekly Meetings recommence TOMNET Office Re-opens	11	12 TOMNET Monthly Meeting 10 a.m.	13	14

## Ideas to stay connected with others this Christmas

**I**deas for Members to stay connected with their fellow TOMNET Members during the Christmas period.

**Phone a Mate:** Make a commitment to call your mate and have a chat. Make someone's day and spread some joy this Christmas time.

**Lake Annand catch-up:** Attend the weekly meeting at Lake Annand to catch-up with your mates. Bring your own coffee/tea from 9.30 a.m. at the Lake Annand Rotunda on Long St.

**Invite some friends** over for a barbecue, go out for lunch, or just a coffee.

**Volunteer opportunities:** Search here:

[www.volunteer.com.au/volunteering/in-toowoomba-qld-4350](http://www.volunteer.com.au/volunteering/in-toowoomba-qld-4350)

# 5 Tips for Coping with Loneliness at Christmas

**F**or many people, Christmas is a time of enjoying time with family and friends, good times and relaxation.

But for many other people, Christmas is a time of loneliness, isolation and sadness.

**There are many reasons why you might be lonely at Christmas including:**

- your partner is in the hospital or has recently died
- your family is interstate or in another country
- you haven't worked at maintaining relationships or friendships
- you're one of the last surviving members of your family
- you're unwell, in a retirement home, or a hospital, or have a disability

Whatever the reason, here are some tips for coping with loneliness at Christmas.

## 1. Stay active

If you're mobile and able to move around, make sure you stay active.

Even moderate, regular exercise has multiple benefits for your mental health. When you can stay active and not let yourself become too sedentary, your mood rises and you'll feel more positive.

When your mood is more positive, you're then more likely to reach out and connect with the people around you. And feeling connected is an essential ingredient for good mental health.

Try to exercise with a friend or participate in team sports to reduce your isolation. This also helps you develop more relationships

with people who can become important to you over time.

## 2. Initiate social events with others

Don't just wait for people to contact you to invite you to holiday social events. Instead, start planning and organising your own social events.

You don't have to organise a huge party. Catching up with a friend for coffee, inviting a friend to see a movie, or calling a friend to go for a walk is a great way to make sure you don't end up being alone during the Christmas period.

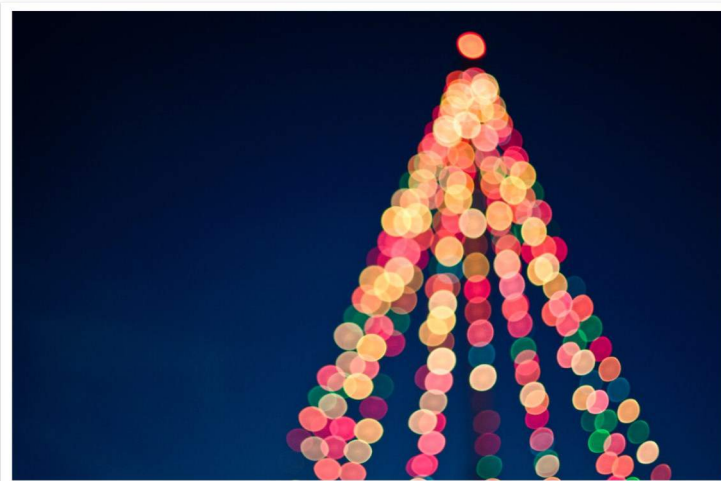
If you have a tendency to feel lonely during Christmas, plan ahead so you have at least two social events organised a week.

## 3. Volunteer for a charity

Volunteer work is a great way to avoid feeling lonely at Christmas. Many people are in need at this time of the year and are in worse circumstances than you.

Through volunteer work, you can experience altruism. Altruism is the act of selflessly caring about the welfare of others. A great side effect of being altruistic is you end up feeling good yourself from giving to others.

Check for charity events online that are looking for volunteers or enquire with the charities in your local area. They will be grateful for your contribution and you will be giving back to others through contributing to the well-being of your community.



#### 4. Give gifts to others

One of the best things about Christmas is not receiving gifts but giving gifts to others.

Giving gifts to others is a wonderful way to show your appreciation for those you care for or are special to you.

You don't need to go out and spend hundreds of dollars. Remember, it really is the thought that counts and people will appreciate small gifts because it shows you have thought about them.

When you give some thought to your gift, your friend or loved one will feel special and loved. This will then flow onto you feeling warm and positive from giving to someone you care about.

#### 5. Practice gratitude

There's a lot to feel grateful for when you look around. The practice of gratitude is a great way to move out of feeling sorry for yourself and your circumstances.

When you can take time to reflect on all the things you have to be grateful for in your life, your troubles immediately become less significant.

The benefit of this is you can then see your situation with a big-picture perspective and shift your mood. This then gives you greater abilities to creatively problem solve and come up with new ideas and make good decisions in your life.

People that feel positive and appreciate life naturally attract more people into their life. The reality is people love to be around other people who are positive and make them feel good. So through the regular practice of gratitude you will attract more people into your life and reduce your loneliness.

**Source:**

[www.clintonpower.com.au/2014/12/coping-with-loneliness-christmas/](http://www.clintonpower.com.au/2014/12/coping-with-loneliness-christmas/)

## Workshops for Members to attend

### Marcus Mission Workshop

Workshops designed to offer support for guys. Learn to build skills, knowledge, and connections with men, as well as their families, friends, and the community.

**What will I learn?** Empathy, Listening Skills, Establishing Connections

**When:** Thursday 4th November | 3 pm - 5.30 pm | TOMNET Centre

### Luke's Workshop

Facilitated workshops by Luke, covering a variety of topics relevant to retired men

**When:** Saturday 20th November | 9 am - 11 am | TOMNET Centre

To book either Workshop call Anthony at TOMNET - 07 4638 9080

## Support Phone Numbers

**Lifeline** 13 11 14

**Beyond Blue** 1300 22 4636

**MensLine** 1300 78 99 78



## TOMNET Management Committee

President Stan Carroll	Vice President Alan Yorkston	Treasurer Allan Jones
Secretary Greg Jones	Ross Lange	Rob Burey
Bernie Moran	John Miners	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.



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(A fifth generation family firm)



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## A big thanks to supporters of TOMNET



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



# *20th Anniversary Luncheon*

Thank you to all who helped celebrate TOMNET's 20th Anniversary.

Copies of the history of TOMNET are still available at the TOMNET Centre.

## *Photos from the day*



Thank you Mal Leyland



**Postal Address:**  
PO Box 7801  
Toowoomba South Qld, 4350

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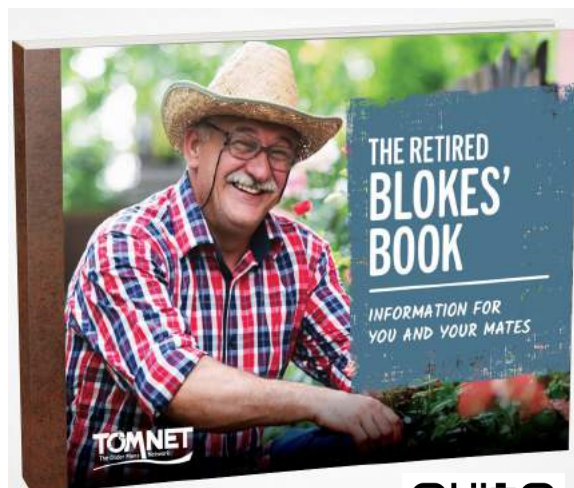


## The Retired Blokes' Book

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](http://www.tomnet.org.au)



Download by scanning  
the QRCode.



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