

DECEMBER 2022 /JANUARY 2023

# TELEGRAPH

**TOMNET**  
The Older Mens Network

223 Hume St Toowoomba QLD 4350 | (07) 4638 9080 | [admin@tomnet.org.au](mailto:admin@tomnet.org.au) | [www.tomnet.org.au](http://www.tomnet.org.au)



## Important Dates for 2023

Closed from:	Wednesday 21st December 2022
Re-open:	Monday 9th January 2023
TOMNET Meetings recommence:	Monday 9th January 2023
<p>Please check your roster for meeting times. Meetings are held <b>Monday, Tuesday, and Thursday - maximum numbers 15 per meeting.</b></p> <p>If you would like to attend these daily meetings contact the <b>TOMNET Centre on 4638 9080</b> for available times.</p> <p>Dates are subject to COVID restrictions.</p>	

## Welcome Shannon as TOMNET's General Manager

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TOMNET officially welcomed Shannon Wade as the new General Manager on 7 November. Shannon has been local to Toowoomba since 2001 after relocating from Gove in the Northern Territory. Shannon's most recent roles have been Administration and Community Relations Manager in the oil and gas industry and Corporate Services Manager in the community services sector.

Over the last five years Shannon's focus has been mental health and wellbeing in a member led organisation, and she is excited to be utilising her skills at TOMNET to support members to achieve our new 5 Year Vision.



'I'd really like to acknowledge all the amazing work that my predecessor, Louise Adcock, has undertaken at TOMNET over the last 11 years. Louise has been integral to helping our members through the COVID-19 pandemic and helping blokes to maintain a sense of purpose and direction.

My sincere thanks to Louise, and I wish you all the best in your new role at the Australian Rural Leadership Foundation.

Thank you also to TOMNET's wonderful members who have made me feel very welcome over the last few weeks.

I look forward to supporting TOMNET Members and building our connections with the community.'

## Management Committee news

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Allan Jones has decided to retire as Treasurer and the Management Committee due to health reasons. Allan joined the committee in February 2016, and became Treasurer in 2018. We thank Allan for his dedication and services to TOMNET during his time on the committee, his commitment has been appreciated. Ross Lange, a current committee member, has willingly taken up the role as Treasurer.



Allan Jones

Our priorities for the new year are a Member transport network and phone support group. We will be discussing other aspects of our 5 year vision at the January meeting. Stay tuned.

**Bernie Moran | President**

**Need a Name Badge? We are taking orders now for delivery in January \$12 each. Call TOMNET - 4638 9080**



# 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](http://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.

## Want to see your mates over Christmas?

### Lake Annand Rotunda - Long Street

Informal gatherings starting at 9.30 a.m., meeting at the Lake Annand Rotunda. BYO drinks, food, chair. Due to current COVID restrictions, you attend these events at your own risk.

**Wednesday 21<sup>st</sup> and 28<sup>th</sup>  
December 2022, and  
Wednesday 4<sup>th</sup> January 2023**



## Reading program for kids - are you available?

We are looking for Volunteers to join our **NEW Reading program**. The program will start in early 2023 and involve reading to young children in a supervised environment. This is your opportunity to engage and interact with pre-school aged children in a very rewarding program. Volunteers must have a valid Qld Blue Card, which we can organise.

Both Members and their partners are welcome.

**Call TOMNET for further information and make a difference in a child's life. Anthony - 07 4638 9080**

# How self-care will make your holidays feel better

**O**ver 60% of people feel overwhelming pressure during the season.

## KEY POINTS

•According to one study, 38% of people say the holidays cause more stress, depression, and anxiety.

•Sleep is important because the brain needs it to function effectively, efficiently, and productively.

Before overextending oneself, it is best to be aware that the effort may not result in the reactions that one hoped for.

The holiday season can be an exciting time, but it can also be incredibly stressful for many people—especially when we ignore or marginalize our self-care. According to the American Psychological Association, 38% of people surveyed said their stress increased during the holiday season, which can lead to physical illness, depression, anxiety, and substance misuse. The reasons given were lack of time, financial pressure, gift-giving, and family gatherings.

When we forget to focus on self-care during the holidays, a Pandora's box of mental health issues can arise, such as a negative attitude, physical exhaustion, resentment among family members, and physical symptoms of burnout. In another survey by the National Alliance on Mental Illness (NAMI) 68% of survey participants felt financially strained, 66% experienced loneliness, and 63% felt an overwhelming sense of pressure.

Self-care can help mitigate most of these problematic issues. Here are six effective techniques that you can implement to make this holiday season more enjoyable and satisfying.

**Practice mindfulness.** Try not to let freneticism

interfere with your ability to make your holiday season enjoyable. Whether it's holiday music, decorations, or the fir trees, take time to stop and notice. Try to focus on those aspects mindfully. To make the season feel more special, think about what excites and makes you love the holidays.

**Sleep.** Our brains need sleep to function effectively, efficiently, and productively. Make sure you don't forget the critical importance of sleep. Poor sleep also negatively impacts our mood and interactions with others. Maybe you're telling yourself that there's no time for sleep, but functionality decreases with less sleep. If you make getting the right amount of sleep a priority, you'll feel surprised that you'll get the same amount done, but with less negative interpersonal, physical, and mood impact.



**Set boundaries.** When you set a holiday boundary, you're doing it because of how you felt the prior year. The boundary is a way to rescue yourself from that same feeling. However, that doesn't mean that people around you will not challenge the boundaries you set. If


you decide to bake 5 trays of cookies instead of 10 or set up 1 tree instead of 2, stick to it, despite any cajoling you get from other people. Saying "no" to them is saying "yes" to yourself.

**Delegate.** The highlight of the holiday season for most people is sharing time with their family and loved ones, which can even include enjoying all the preparation. You may feel it's easier to do everything yourself, but don't be afraid to delegate tasks to other people. If you set a precedent of including others, you create shared experiences. This will yield a greater sense of collective joy.

**Take "you" time.** Ask yourself if you wish someone would do something nice for you or wish you had time to do something nice for yourself. Meditate on that question. Realize that if you don't value yourself as much as everyone else around you, resentment will build. So, don't

# Christmas Office/Meeting Dates

## DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 Normal Morning meeting 9.30 - 11.30am	13 Normal Morning meeting 9.30 - 11.30am	14 <b>TOMNET Christmas party 12-2pm</b> 	15 Normal Morning meeting 9.30 - 11.30am	16
19 Normal Morning meeting 9.30 - 11.30am	20 Normal Morning meeting 9.30 - 11.30am <b>TOMNET Office Closes 12pm</b>	21 Lake Annand Group Meeting 9.30 a.m.	22	23
26 <b>TOMNET Office Closed</b>	27	28 Lake Annand Group Meeting 9.30 a.m.	29	30

## JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>TOMNET Office Closed</b>	3	4 Lake Annand Group Meeting 9.30 a.m.	5	6
9 <b>TOMNET Office Re-opens</b> Weekly Meetings Recommence	10	11 TOMNET Monthly Meeting 10 a.m. BBQ Lunch	12	13

## Stay connected with others this Christmas and New Year

**I**deas for Members to stay connected with their fellow TOMNET Members during the Christmas and January 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: Catch up with your mates** at Lake Annand. Bring your own coffee/tea from 9.30 a.m. at the Lake Annand Rotunda on Long St. COVID notice: Attend this meeting at your own risk.

**Dates:** 21st December, 28th December, and 4th January.

**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)

# what's on

## MONTHLY MEETINGS

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**WEDNESDAY 11th January 2023**

**WEDNESDAY 8th February 2023**

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

**SOUTH TOOWOOMBA BAPTIST CHURCH,  
279 GEDDES ST, TOOWOOMBA**

**\$2 entry & RAFFLES - GUEST SPEAKER  
ALL MEMBERS WELCOME**

## Aged Care Visiting Teams

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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.**

<b>Infin8care</b>	Looking for Volunteers	
<b>Brodrigg Home</b>	Friday 27 <sup>th</sup> January	9.30 a.m.
<b>Yukana</b>	Monday 23 <sup>rd</sup> January	2.30 p.m.
<b>Glenvale Villas</b>	Thursday 9 <sup>th</sup> February	2.00 p.m.
<b>Ozcare</b>	Wednesday 25 <sup>th</sup> January	2.30 p.m.
<b>Lourdes Home</b>	Monday 23 <sup>rd</sup> February	11.30 a.m.
<b>BUPA</b>	Looking for Volunteers	

# How Self-Care Will Make Your Holidays Feel Better

wait for someone else, take that walk, get that massage, or go to that movie. When you take care of “you,” your mood and efficiency will noticeably improve.

**Don't overextend.** It's quite common for us we push ourselves to make the holiday season extremely nice for our families—while hoping they'll notice the enormous efforts that we made to please them. You could decorate the house, bake their favorite foods, or purchase their wish gifts. We may even fantasize about their reactions, which may fall short of our expectations. That can lead to resentment and zap our enthusiasm. Stay mindful of the efforts that you're putting in, asking yourself if you're

comfortable overextending, with the awareness that you may not get the reactions you're hoping for.

If you commit to implementing these strategies in advance, you'll hopefully experience less resentment and stress, as well as increased levels of satisfaction, joy, and appreciation this holiday season.

<https://www.psychologytoday.com/au/blog/sustainable-life-satisfaction/202211/how-self-care-will-make-your-holidays-feel-better>

## Luke's Next Retired Bloke's Workshop

Luke is conducting a Workshop on the 21<sup>st</sup> January 2023 at the TOMNET Centre. Topic yet to be decided. Ring to book your attendance. 07 4638 9080

## Support Phone Numbers

**Lifeline** 13 11 14

**Beyond Blue** 1300 22 4636

**MensLine** 1300 78 99 78

## 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](https://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)



**Services  
Australia**



Mentoring: Centenary Heights FlexiSchool, PCYC Braking the Cycle

## TOMNET Management Committee

<b>President</b> Bernie Moran	<b>Vice President</b> Alan Yorkston	<b>Treasurer</b> Ross Lange
<b>Secretary</b> Graham Miller	Pat Mc Namee	Rob Burey
Stan Carroll	Ian Bray	Jim Aulbury
	Bill Mc Millan	

**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)



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[www.burstows.com.au](http://www.burstows.com.au)

## 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.**



# FREE Neighbourhood Christmas Luncheon

**When:** Sunday 25th December, 2022 | **Where:** St Joseph's College Hall

Now in its 7th year, this event gives a safe space for families and individuals who are struggling during the festive season a chance to celebrate Christmas with a nice meal, presents for the kids, and fun activities.



Bus pick-up is available - please advise if you require this when booking.  
Booking for transport closes **Friday, 9th December 2022.**

**To book,** go to this website: [tomnet.org.au/TbaHospitalLunchBooking2022](https://tomnet.org.au/TbaHospitalLunchBooking2022)  
or call Anthony at TOMNET for more information (07) 4638 9080

## 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, 20TH JANUARY 2023

CLUB TOOWOOMBA

331-339 HUME ST, SOUTH TOOWOOMBA

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## FRIDAY, 17TH FEBRUARY 2023

VENUE TO BE CONFIRMED  
CALL TOMNET TO CONFIRM

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

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AUSTRALIA



## 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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