



Important Dates for 2022

Closed from:	Friday 17th December 2021
Re-open:	Monday 17th January 2022
TOMNET Meetings recommence:	Monday 17th January 2022
<p>Please check your roster for meeting times. Meetings are held Monday, Tuesday, and Thursday - maximum numbers 15 per meeting. If you would like to attend these daily meetings contact the TOMNET Centre on 4638 9080 for available times. Dates are subject to COVID restrictions.</p>	

TOMNET COVID requirements for 2022

Based on revised government mandates and restrictions, TOMNET will require all Members and visitors to be double vaccinated for COVID before engaging in TOMNET activities commencing in January 2022.

Members/Visitors who wish to enter the TOMNET centre (after December 17th 2021) will be required to have a temperature check, show proof of vaccination and sign a disclaimer (once only).

TOMNET Members who are unvaccinated and unable to attend meetings can be supported by telephone, *please let us know how we can support you. We will maintain the utmost confidentiality when discussing this with you.*

The TOMNET Centre will close December 17th 2021 and re-open to Members 17th January 2022. Every effort will be made to ensure the safety of both TOMNET Members and staff. As changes are communicated to us from Qld Health, we will adjust our procedures to match. We thank you for supporting TOMNET during these times and look forward to seeing you in the New Year.

For updates and to keep up with changes visit www.health.qld.gov.au

Informal gatherings over the festive season

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 22nd December, and 29th December 2021

Wednesday 5th January, and 12th January 2022

Luke's Next Retired Bloke's Workshop

Luke is conducting a Workshop on the 29th January 2022 at the TOMNET Centre. 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



MONTHLY MEETINGS

WEDNESDAY 9th FEBRUARY 2022	WEDNESDAY 9th MARCH 2022
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10am - 12.00 noon
followed by a BBQ lunch

SOUTH TOOWOOMBA BAPTIST CHURCH
279 GEDDES STREET TOOWOOMBA

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

Aged Care Visiting Teams

TOMNET Volunteers visit these Aged Care facilities in 2022.

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.

Infin8care	Looking for Volunteers	
Brodribb Home	Friday 21st January	9.30 a.m.
Yukana	Monday 31st January	2.30 p.m.
Glenvale Villas	Thursday 10th February	2.00 p.m.
Lourdes Home	Monday 22nd March	11.30 a.m.
BUPA	On hold until further notice	

Christmas Office/Meeting Dates

DECEMBER 2021

27 TOMNET Office Closed	28	29 Lake Annand Group Meeting 9.30 a.m.	30	31
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JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 TOMNET Office Closed	4	5 Lake Annand Group Meeting 9.30 a.m.	6	7
10 UQ Barbecue Staff recommence	11	12 Lake Annand Group Meeting 9.30 a.m.	13	14
17 TOMNET Office Re-opens Weekly Meetings recommence	18	19 Management Committee Meeting	20	21 Lunch with Mates Downs Hotel Brisbane St, Drayton
24	25	26 Australia Day	27	28

Stay connected with others this Christmas and New Year

Ideas 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: 22nd December, 29th December, 5th January, 12th 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

After our QLD borders open, it will be wonderful for families and friends to see each other again after such a long time, and to date, we are fortunate our impact of COVID has been minimal compared to other states.

However, as we know, the downside is that the risk of COVID19 entering our community is now a reality, and we must do our bit to help keep our friends and family protected as much as we can. Below are the QLD government's¹ guidelines on what to do if you have COVID symptoms.

If you have symptoms: get tested as soon as possible, as you are likely infectious 48 hours before symptoms appear.

You are now able to purchase Rapid Antigen tests at your local supermarket or call your doctor to direct you to a testing service.

If you are positive:

Tell your family and friends, and any others who you have been in contact with over the past week, immediately. Even if you have been immunised, you are still able to spread the virus.

If your symptoms are mild: get plenty of rest, drink fluids and eat well if you can. Ask someone to organise food to be delivered during this time. Your doctor will advise when you are no longer infectious and can come out of

social isolation. The current recommendation is you need remain in isolation for at least 10 days from when your symptoms started, up until you are least 72 hours symptom free¹.

If your symptoms get worse: call your doctor first or call the **COVID19 Hotline 134 268** to speak to a registered nurse. You can use this service 24 hours per day, 7 days per week.

When to call an ambulance:

- If you are experiencing severe symptoms, like shortness of breath or difficulty breathing
- You think it's an emergency
- You think someone else's life is in danger

Call 000 to ask for an ambulance. Explain to the operator you have COVID19.

If in hospital:

Due to the infectious nature of COVID, just beware you may not be allowed visitors during your stay; however, hospital staff will keep you connected to your family. If you are severely unwell, you may require intensive care, which may mean you are transported to a different hospital.

For more information: speak to your doctor about your risk.

Reference:

¹ www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/stay-informed/covid-19-at-home

What are the symptoms?



Fever



Cough



Fatigue



Sore throat



Shortness of breath

COVID Infographics from healthdirect.gov.au



Understand the symptoms

	COVID-19	Colds	Flu
Aches and pain	Sometimes	Rare	Common
Cough	Common (usually dry)	Common	Common (usually dry)
Diarrhoea	Rare	No	Sometimes (children)
Fatigue	Sometimes	Sometimes	Common
Fever	Common	Rare	Common
Headache	Sometimes	Common	Common
Runny or stuffy nose	Sometimes	Common	Sometimes
Shortness of breath	Sometimes	No	No
Sneezing	No	Common	No
Sore throat	Sometimes	Common	Common

10 ways to remember a loved one during Christmas

For those grieving the death of a loved one, the holidays can prove particularly difficult. Regardless of when the loss occurred, we often feel the absence of a beloved family member, friend or pet most keenly during the Christmas season because our holiday memories, traditions, and rituals involved him or her. Here are 10 ways to help you honour and remember your deceased loved one and find some peace during the Christmas holiday season.

- Whether on your computer or using pen and paper, journal about your favourite Christmas holiday memories with your loved one, and continue adding entries each year thereafter.
- When you host a Christmas holiday meal, prepare your loved one's favourite dish and make this fact known to your guests as you serve it.
- Make a special holiday ornament using items from around your house or purchased from a craft store, and then hang it in a place of honour on your Christmas tree or in your home.
- Donate food or a meal to those who might otherwise go hungry during the Christmas season.
- Create a "memory capsule" by placing significant reminders of your beloved - such as cards, letters, photographs, souvenirs, and other mementos - in a sturdy container and burying it in the ground. Hold a small ceremony, if you wish, to honour the occasion after deciding upon a future "do not open until" date.
- Visit your loved one's gravesite, share your feelings with him or her and leave a small holiday wreath, ornament or another memento.
- Purchase a gift with your beloved in mind, wrap it and give it to someone less fortunate in memory of your loved one.
- Make a financial contribution to a cause your beloved would champion, whether in his or her name or anonymously.
- Volunteer your time to help a local service organisation or your place of worship fulfill its mission of helping others.
- Clean out your closet or dresser and donate your gently used clothing in your loved one's memory (particularly jackets, coats, gloves, hats, etc.) to others who might benefit from them.
- Ask your family members and friends to quietly add a small memento, favourite photograph or personal note to a "memory table" you set up in your home in your loved one's honour.



source: [verywellhealth.com](https://www.verywellhealth.com)

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.



The Burstow Family
(A fifth generation family firm)



TOOWOOMBA OAKLEY DALBY WARWICK GATTON

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



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www.burstows.com.au

A big thanks to supporters of TOMNET



at Northlands Shopping Centre



cnr Spring St and Ramsay St, Middle Ridge





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

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, 21ST JANUARY 2022

12 NOON | DOWNS HOTEL
25-27 BRISBANE ST, DRAYTON

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FRIDAY, 18TH FEBRUARY 2022

12 NOON | BLUE MOUNTAIN HOTEL
264 NEW ENGLAND HIGHWAY, TOOWOOMBA

Postal Address:
PO Box 7801
Toowoomba South Qld, 4350

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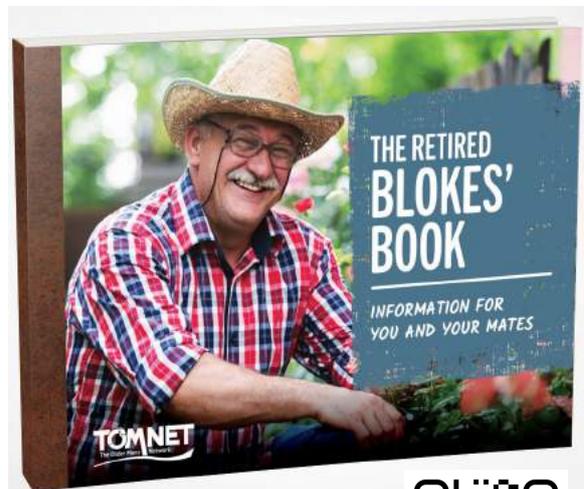


The Retired Blokes' Book

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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