

TOMNET

The Older Mens Network

SUPPORTING MEN 50+ IN REGIONAL, RURAL,
AND REMOTE LOCATIONS FOR OVER 20 YEARS.



“ I joined TOMNET 4 years ago, best decision I ever made. After 55 years working in sales, the first 6 months of retirement was great but there was something missing. I needed to talk to someone about this.

- Ken

ABOUT TOMNET

TOMNET is a community based, not-for-profit organisation that supports and promotes the well-being of men over the age of 50 years.

WHAT WE DO

At TOMNET, we are involved in many different activities. We get together regularly, visit isolated men in aged care and retirement villages, mentor youth, cook at community barbecues, and we look out for each other as we move through retirement.

GET INVOLVED

All men over 50 years are welcome. Our Members come from a wide variety of backgrounds and walks of life. All come with a large range of skills and experiences; all men are considered equal.

TOMNET is a non-religious and non-party political organisation.

OUR CENTRE

The TOMNET Centre offers a place to catchup for a coffee, conversation, and for some men it is a haven for support and friendship.

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TOMNET saved me. I was lost after retiring and had no idea what to do or what I wanted out of my life. It really did give me options.

- Paul

REGULAR ACTIVITIES

TOOWOOMBA

Weekly Meetings - Small groups, coffee, and a chat - Monday, Tuesday, and Thursday

Monthly Meeting - guest speaker, coffee, chat, and a barbecue - 2nd Wednesday of every month

Lunch with Mates - 3rd Friday of every month

Bus Trips - organised by TOMNET Members

Social Events organised throughout the year

LOCKYER VALLEY

Weekly Meetings - Small groups, coffee, and a chat.

Monday and Tuesday - Gatton

Wednesday - Glenore Grove

Thursday - Laidley

Monthly Meeting - guest speaker, coffee, chat, and a barbecue - last Monday of each month

Lunch with Mates - 2nd Friday of every month

Bus Trips - organised by TOMNET Members

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VOLUNTEERING

Volunteering is an integral part of TOMNET.
This includes:

- Aged Care and Retirement Village visiting
- Phone Support to Members
- Mentoring at Toowoomba Flexischool
- Reading support at Newtown State School
- Multicultural program at Centenary Heights State School
- Barbecue team

We also connect you to other Volunteering opportunities in the community such as Meals on Wheels, Lifeline, PCYC, and local hospitals.

Call TOMNET on 07 4638 9080

RETIRED BLOKES' BOOK

The Retired Blokes' Book is designed to help create a positive and fulfilling retirement experience, whatever your circumstances.

The Retired Blokes' Book is a directory of services, contacts, support groups, and current information of services in your community. This book is a resource to help you plan for a meaningful retirement and make it one of the best chapters in your life.

What's in the book:

- Service directory for older blokes
- Doing retirement well
- Manage ageing well



QR CODE

To download the Retired Blokes' Book, scan the QRCode with your phone, visit our website, or call in to the TOMNET Centre.

tomnet.org.au/retiredblokesbook

“ I needed to make some new friends, so I joined TOMNET. It's a fantastic organisation, it's all about older men supporting older men. I enjoy going to the meetings each week and doing some volunteering work within the community.

- Stan



SUPPORT WE OFFER

RESOURCES FOR BLOKES

Visit the TOMNET website for information to help you navigate retirement. We have brochures and factsheets packed full of helpful information about the realities of retirement and what to do to find help. Visit www.tomnet.org.au/BrochuresforMen

NAVIGATE AGEING WELL

Growing older creates many challenges, we help men connect to local support services and resources to help navigate ageing. This includes issues such as transport, aged care, health services, elder abuse, and general well-being.

NEED SUPPORT?

Support is available when you are feeling stressed, anxious, angry, or want to talk to someone about what you are going through. You don't need to do it alone.

Call TOMNET on
07 4638 9080

“

I wish I'd joined TOMNET earlier than I did, I would have made new friends sooner and enjoyed the mateship that is so important as we get older.

– Peter



CONTACT US

Call us on 07 4638 9080
or call in.

Monday – Thursday
9.00 a.m. to 4.00 p.m.

Email:
admin@tomnet.org.au

The TOMNET Centre:
223 Hume St
Toowoomba QLD 4350

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www.tomnet.org.au

Supported by



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Lifeline 24-hour crisis line: 13 11 14

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