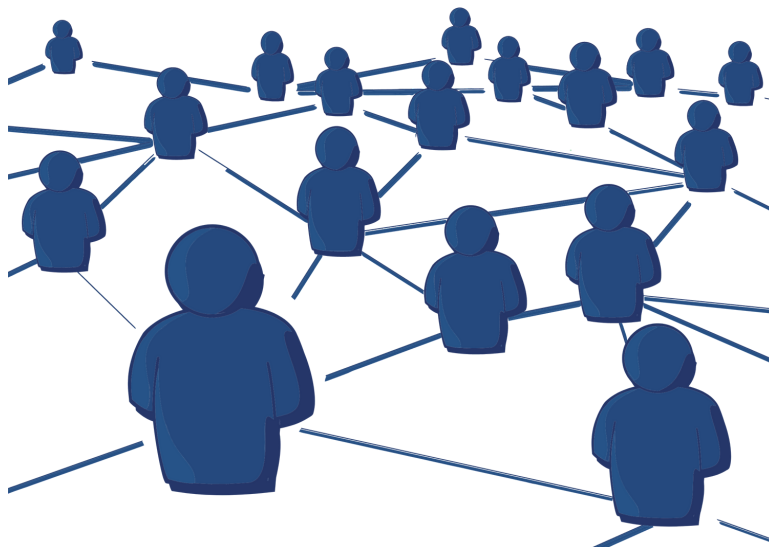




Our Five Year Vision

2023 -2028

We want your feedback and ideas!





Creating our five year vision together

We would like your feedback on our draft vision for TOMNET.

The Management Committee and TOMNET Staff have created eight key focus areas to provide a sense of purpose and direction for our network. We developed the plan with the following in mind:

- Helping us achieve our purpose - helping men live a meaningful and purposeful life together with genuine mates
- It is an opportunity to reflect on what we do well, and what we'd like to do better
- Encouraging more men to join our network who share our culture of supporting others in the community
- Actively driven by members
- Ensuring we meet our funding contract requirements

We want your feedback, your ideas and thoughts. We'd also like to ask you to consider how you can get involved in helping us achieve our vision.

Once we've received all the ideas, we will begin planning based on priorities. It is an ambitious plan, but together we can make it happen. We look forward to you joining us and supporting men across SW QLD.

Louise Adcock - General Manager

TOMNET Management Committee



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Helping any and many blokes find new mates by joining TOMNET

Why?

Our purpose is to support any man over the age of 50+ in our community to improve their mental health and wellbeing.

8 Randomised small group meetings/week

By Members encouraging many to come along, we have eight groups meeting weekly

80% of Members are supporting others - in a big or small way, just some way

Members are actively supporting each other, and others in the community through volunteering

Members are giving fellow Members a lift

Many Members are bringing other members who live close by to meetings or events

Many social events for blokes in the community

These may include monthly meetings, volunteer gatherings, social lunches including partners, bus trips or entertainment



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Driven by your ideas, your interests

New ideas providing opportunities to try different things



Classes

Art, leather work, using ipads, etc.

Time limited eg. four week blocks



Improving your health and wellbeing

- Mobility Exercises
- Brain Exercise Classes
- Health Cooking Classes



Information Sessions

Using technology, cyber safety, first aid, mental health first aid, ordering groceries on line etc.



Walking Group

Weekly walking group coordinated by Members

Driven by Members for Members

3 Supporting the emotional needs of men 50+ in our community

Why?

18 men over 65 take their own life in Australia every week (ABS 2020)

There is a peak death, divorce and suicide rate five years after retirement

9 out of 10 blokes experience anxiety and depression in retirement

Providing support prevents this.



1:1 Support

Supporting those doing it tough

Across Toowoomba & by telephone or zoom to **any bloke** across SWQLD



Supporting men in the community through regular welfare calls



Aging Support

Information and referrals for all aspects of aging e.g. mobility, transport, domestic services and aged care transition

Information Kiosk where members can access a computer to find information and support eg. ACAT, Centrelink



Supporting men transitioning to Retirement

Retirement Presentations to those retiring

1:1 Planning Support

Connecting to any TOMNET or other volunteering opportunity in the community



10,000 Retired Blokes Books distributed across SW QLD

Book is adapted to other regions across Australia



Group Counselling

Exploring the challenges older men face together

At regular meetings and workshops



Our goal

Helping men live a meaningful and purposeful life with genuine mates

Our Charter is supporting others in our community

Many men struggle with their loss of their role, identity, purpose, sense of contribution and achievement their career gave them.

Supporting others is a way to help ourselves live life with meaning, purpose and a sense of achievement in retirement.

Treat TOMNET as a place you go to give, not just receive.
(Lloyd Enkleman, a TOMNET Founder 2001).

How we support others

1. IMPROVING THE LIVES OF MALE AGED CARE RESIDENTS



Why?

We regularly visit male residents in aged care facilities, listening to, and celebrating their life stories, helping them to deal with the stress of transition, and reducing loneliness.



Aged Care Visiting Teams

We have teams visiting in **ten** aged care facilities



Playing Cards

Our blokes play cards regularly with male residents



Providing Entertainment

TOMNET Singing group entertain in many aged care facilities



Pet Therapy

Members take their pets to visit male residents.

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How we support others

2. CALLING THOSE DOING IT TOUGH OR LONELY

Why?

Five minutes of your time to call your mates, who are dealing with challenges such as loneliness, illness, mobility or loss makes a difference.

It's what our network is all about.

Supporting members by providing regular welfare calls is the most important thing we do



Every Member calls 5 mates

Every Member checks in on five fellow TOMNET mates regularly



Supporting those doing it tough

Trained volunteers provide emotional support to those doing it tough, either members or other blokes in the community



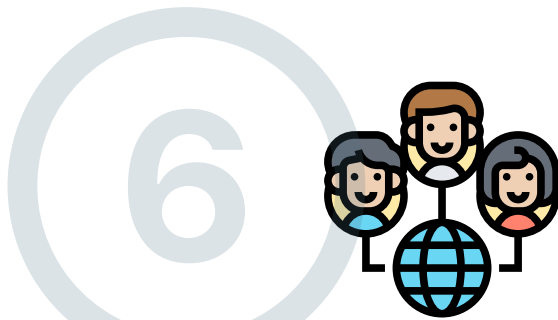
Mates call to catch up

Members call each other to catch up for coffee, go for a drive, visit other members in-between events



Member Telephone Lists

Members who volunteer their numbers, receive an updated list every six months



How we support others

3. INTERGENERATIONAL CONNECTIONS

Why?

Strengthening connections with young people, youth and different cultures helps develop positive, meaningful and supportive interactions across generations.



Youth Mentoring

Connecting with marginalised youth by continuing our strong partnership with **Toowoomba Flexi School** through the mentoring program and cooking lunches



Primary School & Migrant Reading Programs

Members and partners are volunteering to listen to primary school and migrant students read



Expanding our volunteers to include wife's and partners

To increase our volunteer numbers by expanding the opportunity for mentoring programs to include wives and partners of TOMNET Members - it's something they can do together.

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*How we support others***Intergenerational Connections Cont.****Brake the Cycle Driving Program**

TOMNET Volunteers donate their time to the PCYC driver mentor program designed to support learner drivers without access to a supervisor or registered vehicle to complete their logbook hours.

The aim of the program is to provide young people with increased employment opportunities, community connection and driver education.

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**4. Continue Connecting Communities through our Barbecue Services****Why?**

Barbecues bring people together fostering social interaction and a sense of community.

Our barbecues create opportunities to support other community groups and events, while promoting TOMNET to encourage more men to join TOMNET.

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*How we support others***5. Creating a network of support for retired blokes across Southwest QLD****Why?**

To connect as many men as we can and support each group to support men in rural and remote communities. It creates a ready made social network should they move to Toowoomba.

Reconnect with our Affiliate Groups

Connect with our affiliate groups at least once a year, either by visiting, receiving reciprocal visits, or providing information and support. Including Inglewood, Crows Nest, Oakey, Stanthorpe & Goondiwindi

Support New Groups to Establish

We share our experiences to help new groups set up in different regional communities. E.g. Killarney, Allora/Clifton

Independent Living Communities

We have regular get togethers with blokes residing in couple of independent communities. A number of residents get involved in our volunteering programs.

Mens Sheds

We connect with local men's sheds, and encourage shed members to get involved in our volunteering programs.

Bi-Annual Networking Event

We bring together our affiliate groups together to connect, share ideas and strengthen our SWQLD network.



YOUR FEEDBACK, YOUR IDEAS

- All Members will receive a copy in the mail, and invited to comment by **16th November** to allow for planning for 2023
- We'd love your ideas and thoughts
- **Think about how you can help us achieve our vision**

Please provide feedback:

07 4638 9080

admin@tomnet.org.au

PO Box 7801, Toowoomba South QLD 4350