

Our aim

TOMNET's aim is to support men who are considering retirement, recently retired, or long term retired and are after some new mates, social interaction and to connect with the community.

We are a not-for-profit organisation driven by Members, for Members. It is free to join and we welcome any men over the age of 50 years to join.

We help men to rediscover fulfilling lives, regain a sense of purpose, utilise their skills and knowledge, and contribute in a meaningful way with others.

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Our Members also connect with others through our 5 community support programs

Members provide peer support to:

- 1 Male residents in aged care facilities
- 2 Isolated, at risk older men through home visits
- 3 Isolated Members through telephone support
- 4 New and established Affiliate Groups
- 5 Disadvantaged youth by sharing skills and mentoring

Join us

Membership is FREE. All men over 50 years are welcome to apply. We hold weekly gatherings, events, and interest groups. We also have FREE professional support, information, advice and access to social support services. Contact us for more information.

Our centre

TOMNET Toowoomba
223 Hume Street
Toowoomba, Qld 4350
PO Box 7801, Toowoomba South
Phone: 07 4638 9080
Email: admin@tomnet.org.au

Opening hours

Monday to Thursday 9.00am – 4.00pm
Friday 9.00am – 3.00pm

If you are thinking about suicide or experiencing a personal crisis, help is available.

FOR IMMEDIATE CRISIS HELP 24 HOURS A DAY, CALL LIFELINE 13 11 14

CALL 000 (EMERGENCY SERVICES) IF LIFE IS IN DANGER



www.tomnet.org.au

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DARLING DOWNS
AND WEST MORETON
An Australian Government Initiative



Many things worry older men...



There is hope

The TOMNET culture is

'Older men supporting older men'

Us older men face many hidden hardships

- ① Retirement — when the honeymoon is over
- ② Becoming a carer
- ③ Loss — losing a partner
- ④ Loneliness and isolation
- ⑤ Relocation — having to start somewhere new
- ⑥ Physical health problems
- ⑦ Depression in older men

There is hope for a better life. Your life really can start at 65.

"This is what I say to men dealing with hardships: don't let it beat you. We are all mates, and there is always someone to talk to. Throughout my boxing career, I never gave up. And with TOMNET's help, nothing can beat me."

- Neil Geddes

"After my darling wife Mary passed away — I was devastated. I blamed myself for a good while — I still do. I know I am wrong doing that but I do, I blame myself."

Since joining TOMNET I go home from TOMNET a different person, and I try not to go back to where I was."

- Neil Wright

How you can help yourself

Retiring and growing older will present major changes in your life, however there is no reason why you can't turn your post-retirement period into one of the most satisfying times in your life.

Here are some suggestions

- ① **GET INVOLVED** in a network like ours where you will find friendship, trust, understanding and support.
- ② **CONSIDER VOLUNTEERING** and share your skills and life experiences with others.
- ③ **TRY SOMETHING NEW.** Is there something you're interested in doing but never had the chance? Make it happen.
- ④ **KEEP IN TOUCH** with family and friends. This is vital.
- ⑤ **REALISE YOU ARE NOT ALONE.** You will have good and bad days but speaking to other men or a Member of the TOMNET Professional Support Team is one step towards being heard and supported.
- ⑥ **SEEK PROFESSIONAL HELP** for any unresolved issues.