

OM:NI

**OLDER MEN:*NEW IDEAS* (OM:NI)
INCORPORATED**

**“Support Documents for
Forming an
OM:NI Group”**

July 2011



www.omni.org.au

Welcome to our men's group

Please join us in helping to make it a *different* place in our lives

It has a different purpose to the rest of our lives.

Here, between the time we form our check-in circle
and the time we check out at the end of the group,
we give one another a lot more time to be ourselves than we usually get

And at first it can feel uncomfortable. It is rare.

We really listen to each other.
or at least we don't interrupt or jump in quick to say our piece
or even give what we may think is just the best and most important
piece of advice

Instead we give respectful attention.
We don't try to rescue someone who is feeling sad
or feeling anything.
Because we know that really they are okay.
or maybe we still have to, learn that really, they are okay.

**Here we get to know ourselves
we get to really hear ourselves
and one another
without the usual distractions.**

The simple way we do it is not easy to begin with,
but it soon will be
We simply take our turn in going around the circle,
leaving space between.

And instead of jumping in with whatever we feel
we sit quietly with our feelings
just letting them be
until our turn comes round again.

soon enough we will be ordinary with one another again.
But maybe not so ordinary as we were before.

Welcome

SAFETY ISSUES

1. CONFIDENTIALITY

Whatever is shared during the group is confidential and stays in the Group. It's OK if you want to talk about yourself outside but it's not OK To talk about anyone else.

2. ACCEPTANCE

We all need to be accepted as we are. We don't need to be judged or criticised. (Most of us are very good at doing that for ourselves!) There is no right or wrong ways to be, for us, or others.

3. RESPECT

Respect others opinions and don't interrupt when another person is speaking. Don't give advice. Most of us just need to be heard, we don't want people to tell us what to do.

4. ISSUES

Discuss only your own personal issues in the group. Discuss what's happening for you in the present as much as possible, once group members know your background.

5. SPACE & TIME

We need space where we can reveal and face our feelings, whatever they are, without judgement and time to do so at our own pace.

6. SHARING

Sharing your feelings or experiences is always optional. If you don't want to speak in-the group that's OK.

7. HELP

If you want to share something you have read which you have found helpful, or a technique which works for you, there will be time for that when you do share, speak from "I". If you need help it is OK to ask.



**Older Men:New Ideas
(OM:NI) Incorporated**

Incorporated under the Associations
Incorporations Act 1984

“Where men become mates”

Are you over 50 years?

Would you like to join a group where it is safe to speak your mind and express your feelings?

Would you like to share your knowledge and lifelong experience with others?

Would you like to be respected and honoured in your own community?

Would you like the opportunity to meet other older men and enjoy their company and friendship?

Would you like to share your interests, hopes, disappointments and everyday joys with other men?

Would you like to have a place where men can build their self-esteem and be accepted and respected by their peers?

If you can answer YES to these questions

Come to a meeting to hear more about this idea,

Wednesday 31st March 10am

At
Name of venue
address

Experience the camaraderie of being with older men who speak your kind of language and with whom you can exchange thoughts and ideas.

For more info, Phone Tony 4912 3456 and look up www.omni.org.au



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OM:NI Goals

To help empower older men to take greater control of their lives:

- To improve the overall health and well being of older men;
- To create deeper and more meaningful friendships;
- To draw on the experience, knowledge and wisdom of older men;
- To promote policies, practices and activities which enhance older men;
- To develop mateship.

OM:NI is NOT

- Party political, racist, sexist, ethnic exclusive or denominational
- An activity club – bush walkers, stamp collectors, gardeners, wood turners, philosophers etc – these clubs already exist and some of our members belong to them
- A men’s liberation movement or anti women in any way

Suggested Topics For OM NI Group Discussions

1. Creative Thinking
2. Communication
3. Isolation and Competitiveness
4. Work
5. Social Life
6. Married Life
7. Listening
8. Growing up - Maturity
9. Hobbies, Recreation
10. Enjoying Old Age
11. Depression
12. Loss and Bereavement
13. Coping with Pain
14. Intimacy
15. Meditation
16. Fathering sons/daughters
17. Mid-Life Crisis
18. Health -Physical, Mental, Emotional
19. Faith
20. Joy of Giving/Blessing
21. Forgiveness
22. Happiness
23. Positive Thinking
24. Integrity/Trust/Fear
25. Community
26. Facing your Demons
27. Duty vs. Personal Satisfaction
28. Retirement
29. Freedom
30. What's Life All About
31. What To Do With Your Time
32. Problem Solving
33. Confidence
34. Seeking Advice
35. Responsibility
36. Financial Security
37. Values
38. Adapting to Change
39. A Project You Always Imagined
40. Self reliance-Keeping Own Council
41. Pleasure – Creative And Positive
42. Your Philosophy of Life
43. What Do You Want of Life?
44. Life is in Action
45. Goals - Aspirations
46. Love and Relationships
47. Structuring a meaningful life
48. Coping with stress
49. Follow your bliss
50. Calculated risks –Live A Little Bit Dangerously
51. Adapting to Change
52. What Do You Want of Life?
53. Life is in Action
54. Goals – Aspirations
55. Love and Relationships
56. Structuring a Meaningful Life
57. Awareness
58. Think Tank
59. Wisdom
60. Sex/Sexuality
61. Procrastination - Do it now
62. Relaxation
63. Searching for direction
64. Laughter & Love of friends
65. Where to Live
66. Talking to strangers
67. Clairvoyance, Telepathy
68. Exercise your body, mind
69. What is our role in saving the Planet