

Beyond 50

Health & social outcomes in
Frankston and the Mornington Peninsula

Welcome!

Over the past three years, your contributions have helped us build a valuable picture of healthy ageing in our community. Every completed survey adds to our understanding and brings us one step closer to improving health and wellbeing for older Australians.

We are also pleased to announce that the fourth wave of data collection will commence in September. We look forward to continuing this journey with you and are grateful for the important role you play in the success of the Beyond 50 study.

In this issue, we share some recent study updates, highlight what we have learned so far, and bring back our popular Pets Corner. If you would like to share a photo and/or a short story about your furry friend, please send them through to beyond50@monash.edu.

The Beyond 50 team

Mornington Peninsula Shire Seniors Festival

Back by popular demand, we will be delivering a facilitated workshop at the Mornington Peninsula Shire's 2026 Seniors Festival.

WHEN: Tuesday 13 October @ 1:30PM

WHERE: Mornington Library, Vancouver Street, Mornington 3931

During the workshop, we will explore what healthy ageing means, discuss its importance for the local community, and present key findings from the Beyond 50 study. Participants will have the opportunity to reflect on the factors that support health and wellbeing as we age, share their experiences and perspectives, and contribute to a discussion about how individuals, communities and services can help people live healthier, more connected lives in later years.

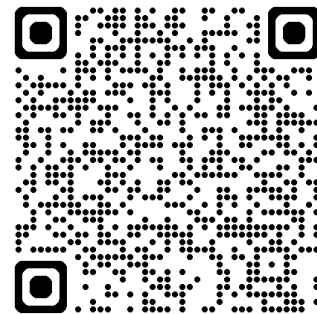
If you are interested in attending, please email us at beyond50@monash.edu to register your interest.

"Help! I'm Ageing"

The new podcast series "*Help! I'm Ageing*" from the National Centre for Healthy Ageing showcases some of the amazing research projects that are taking place in the Frankston and Mornington Peninsula region.

This series aims to answer the big questions we face as we get older, with real evidence, real stories, and honest conversations.

Tune in to Episode One, presented by Beyond 50 study researcher Dr Tina Lam, as she answers questions about alcohol and ageing.



To listen in, scan the QR code or visit

www.monash.edu/medicine/national-centre-for-healthy-ageing/community-and-resources-hub/podcasts

Publication Alert!

We have a new Beyond 50 study paper that has recently been published!

This publication is a **study protocol**, which means it describes the study design and methods rather than reporting final results. The paper outlines how researchers will follow the Beyond 50 participants over several years to identify factors that support healthy ageing, and factors that may increase the risk of poorer health and wellbeing.

We have uploaded the details of this paper to the study website www.beyond50.study. We will update this page as new findings are published, to keep you up to date with study progress.

Pets Corner

Share pictures of your furry family members!



Want to share a picture of your pet? Send a photo to beyond50@monash.edu