

Beyond 50

Health & social outcomes in
Frankston and the Mornington Peninsula

Welcome!

First of all, we would like to take this opportunity to thank everyone for their ongoing enthusiasm to the Beyond 50 study. Over 97% people in the study completed the first follow up survey which is a phenomenal effort. Your passion and commitment to the Beyond 50 study really highlights just how important issues of healthy ageing are to our local community. As we approach the halfway mark of the third year of surveys, and we are on track for another high follow up rate. *Thank you!*

In this issue, we will tell you a little about what we have been up to in the past six months, and we welcome back our popular segment *Pets Corner*. *If you would like to share a picture and/or a short story about your furry friend, please send them through to beyond50@monash.edu.*

The Beyond 50 team

Mornington Peninsula Shire's Seniors Festival

In October 2025 we had the privilege of delivering a workshop on healthy ageing as part of the Mornington Peninsula Shire's Seniors Festival.

This event was an excellent opportunity to discuss what it means to age healthily, what people can do to support their social health as they age, and discuss early findings from the Beyond 50 study. With 28 attendees at this workshop, it was a pleasure to connect face-to-face with members of our study community.



From left to right: Kathleen van der Veerden (Mornington Peninsula Shire Council), Rose Laing (PhD Candidate with Beyond 50), Dr Tina Lam (Senior Researcher with Beyond 50)

Friends of RAIL

Are you interested in engaging further with healthy ageing research? Consider become a 'Friend of RAIL'.

RAIL (Rehabilitation, Ageing and Independent Living) is a research team within Monash University. Friends of RAIL include people with their own personal experience of rehabilitation, ageing and independent living or disability care; family members and friends, including care partners; and other informal supporters. This is in addition to others in the community interested in supporting their research. Friends of RAIL provide a non-clinical and non-research perspective which is valuable in identifying and prioritising research issues.



Please contact us at beyond50@monash.edu for more information, or access the Friends of RAIL website via the QR code above or at www.monash.edu/medicine/spahc/rail/friends-of-rail.

The health benefits of volunteering

Did you know that formal volunteering (through an organisation) not only helps your community, but as a volunteer you may also receive health benefits? Engaging in formal volunteer work (through an organisation) has been shown to be associated with better overall quality of life, and early findings from the Beyond 50 study show that formal volunteering may also be associated with better social health.

In the Beyond 50 cohort, around one in three people reported that they volunteer regularly through an organisation, averaging around 8 hours per week and varying from less than one hour to over 25 hours per week!

Pets Corner

If you like to share a photo of your furry friend, please email it to beyond50@monash.edu



Left: Stanley, cocker spaniel. Right: Rosie, rabbit



Demelza (aka Demi), Spoodle



Daisy, miniature Schnauzer