

Beyond 50

Health & social outcomes in
Frankston and the Mornington Peninsula

Welcome!

What an amazing year it has been!

We have now almost completed the first year of follow up surveys, with an outstanding 95% of you completing the survey to date. This is an extraordinary milestone, and we would like to take this opportunity to thank you all for your ongoing interest and commitment to the study. The second year of follow up surveys is scheduled to start in September, and you will receive an email to complete this survey at the same time of year that your previous surveys were completed (if you would like a reminder as to when to expect your survey link, email us and we can let you know).

In this issue, we will welcome and introduce new researchers to the team, and say goodbye to some old friends. We will also be continuing our new 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



From left to right: Shalini , Kirsty, Rose, Suzi, Louisa and Tina

In May, the Beyond 50 team got a chance to present initial findings from the study at a symposium. This event offered the opportunity to connect with fellow researchers on the Beyond 50 study team that are not located at Monash University's Peninsula Campus.

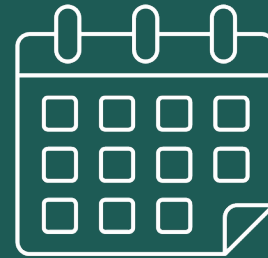
It's not often that we get a chance to meet with the broader Beyond 50 team, such as Shalini (Clinical Director of the Hamilton Centre) and Kirsty (Educator and Projects Lead at Peninsula Health), so when we do, we have to take the opportunity for yet another group photo!

Mornington Peninsula Shire Seniors Festival

The Mornington Peninsula Shire's annual *Senior's Festival* is held during the month of October, and offers many free and low cost events to the local community.

This year, Beyond 50 team members Tina and Rose will be hosting a discussion with locals about healthy ageing, social health and alcohol consumption, and will present early findings from the Beyond 50 study.

This event (details to the right) will be held at Mornington Library, and is free to attend. Tea and biscuits will be provided, so come on down to meet the team and discuss your thoughts on what helps to support healthy ageing.



Location: Mornington Library, Main Street, Mornington

Date: Monday 27 October

Time: 1.30-3PM

The full Seniors Festival 2025 Event Guide will be available on the Mornington Peninsula Shires website from the start of September.



Hello to new friends

We are happy to introduce two new members of the Beyond 50 study team who you may get to know over the coming few months.

Calvert has recently relocated from Queensland to join the Beyond 50 team as a postdoctoral research fellow after completing his PhD in 2023. Calvert enjoys hiking and would appreciate any recommendations you may have for good hiking trails in and around Melbourne.



Zoe is currently completing her masters degree at Monash University, and is undertaking an internship with the Beyond 50 study. Zoe is excited to learn more about how research is conducted, and you may get a chance to talk to her between now and the end of October.



Fairwell, Fred

We are sad to say goodbye to Fred, who has been with the Beyond 50 study for the past 18 months. Fred is currently travelling Europe before heading back to Australia to start his medical degree.

We wish Fred the best of luck in this exciting new chapter of his career, and in all his future endeavours.

Pets corner

Pets Corner is a chance to connect and share a part of your life with the rest of the Beyond 50 community. If you like to share a photo of your furry friend, please feel free to email it to beyond50@monash.edu



Turbo (left) and Hunter



Pickles (left) and Gertrude, brother and sister



Lollipop the goat