

# Beyond 50

## Health & social outcomes in Frankston and the Mornington Peninsula

Welcome to the first Beyond 50 newsletter!

Thank you for your involvement and interest in the Beyond 50 study. Your experiences are valuable to us. Over the course of the next three years, we will keep you updated on new research developments, as well as introducing you to some of the study team.

As the study progresses, we will provide you with information on preliminary findings and study insights, and in this edition we will tell you how study recruitment is progressing.

Momentum for the study is growing, and we have now recruited over 300 people into the study. We are working towards our goal of 1000 participants, with recruitment planned to continue for the next few months. We will be working hard to spread the word about the study around the area, and we would love your help!

We thank you for your support.

The Beyond 50 Study Team

### What is Healthy Ageing?

Healthy ageing doesn't mean a life without illness. Instead, it is about creating environments and opportunities that enable people to do the things they love, and to enjoy the things they value.

*"Healthy ageing is the process of developing and maintaining the functional ability that enables wellbeing in older age."*

*World Health Organization*

The Beyond 50 study is working to discover how different health and social factors affect healthy ageing, so that we can help support the local community



We are still actively recruiting participants! If you know anyone aged between 50-70, who lives in either the Frankston or Mornington Peninsula area, that may be interested in participating, tell them to get in touch with us!

Eligible friends and family can find out more about the study and submit an expression of interest via our website, [www.beyond50.study](http://www.beyond50.study).

If you know of any events or opportunities to reach people in the community, please email us with your suggestions at [beyond50@monash.edu](mailto:beyond50@monash.edu)

## MEET OUR FIRST PHD STUDENT

Rose is the first PhD student working on the Beyond 50 study, and has a keen interest in Public Health.

Many of you may have spoken to her on the phone already, as she is the main point of contact for study enquiries.

Her research will focus on social factors that influence healthy ageing such as social isolation and loneliness.



## ADVISORY BOARD MEETING

Our first advisory board meeting took place on the 28th of February. The board was established to provide advice and guidance to the study team to achieve key study aims, and to provide an independent voice on matters related to the study.

In addition to helping to identify key research priorities, they will also advise on how to translate research findings into local practice and to inform local policy.



*Advisory Board members and Study Investigators – Prof Velandai Srikanth, A/Prof Laura Alfrey, Sylvia Davey, Kathleen van der Weerden, Prof Keith Hill, Prof Suzanne Nielsen, Dr Louisa Picco, and Dr Tina Lam. Photo taken at the Ngarnga Centre Frankston Hospital on 28 February 2024.*

### KEEP IN TOUCH

Keep up to date with study news through our website and social media page!



[www.facebook.com.au/beyond50study](https://www.facebook.com.au/beyond50study)



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