

# Beyond 50

Health & social outcomes in  
Frankston and the Mornington Peninsula

Welcome to our third Beyond 50 Newsletter!

First, we would like to thank everyone that has completed their first follow up survey. More than 90% of participants have completed their follow up survey within a week of receiving it, which is fantastic. For those of you that have not received their follow up survey yet, it will be automatically emailed to you 12 months after you completed your baseline survey. Please get in touch with us if you have forgotten when this was and would like to mark it in your calendars.

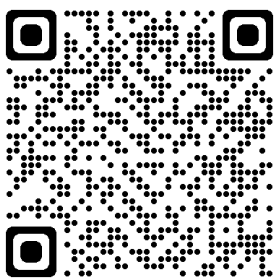
In this issue, we will be providing you with some preliminary findings from the baseline surveys. These findings have not yet been published, so you are getting them hot off the press!

We will also be introducing a regular segment called Pets Corner, where we welcome you to share pictures of your pets to share with the rest of the community. If you would like to share a picture of your pet in the next newsletter in September, please email it to us at [beyond50@monash.edu](mailto:beyond50@monash.edu).

Finally, some of our Beyond 50 participants have asked about opportunities to participate in other research around healthy ageing. While we have added a question in the follow up survey about your interest in being contacted about these opportunities, you can also make an expression of interest through our website (follow the link or QR code below!)

We would like to take this opportunity to thank you for your continued interest and participation in the Beyond 50 Study.

*The Beyond 50 Study Team*



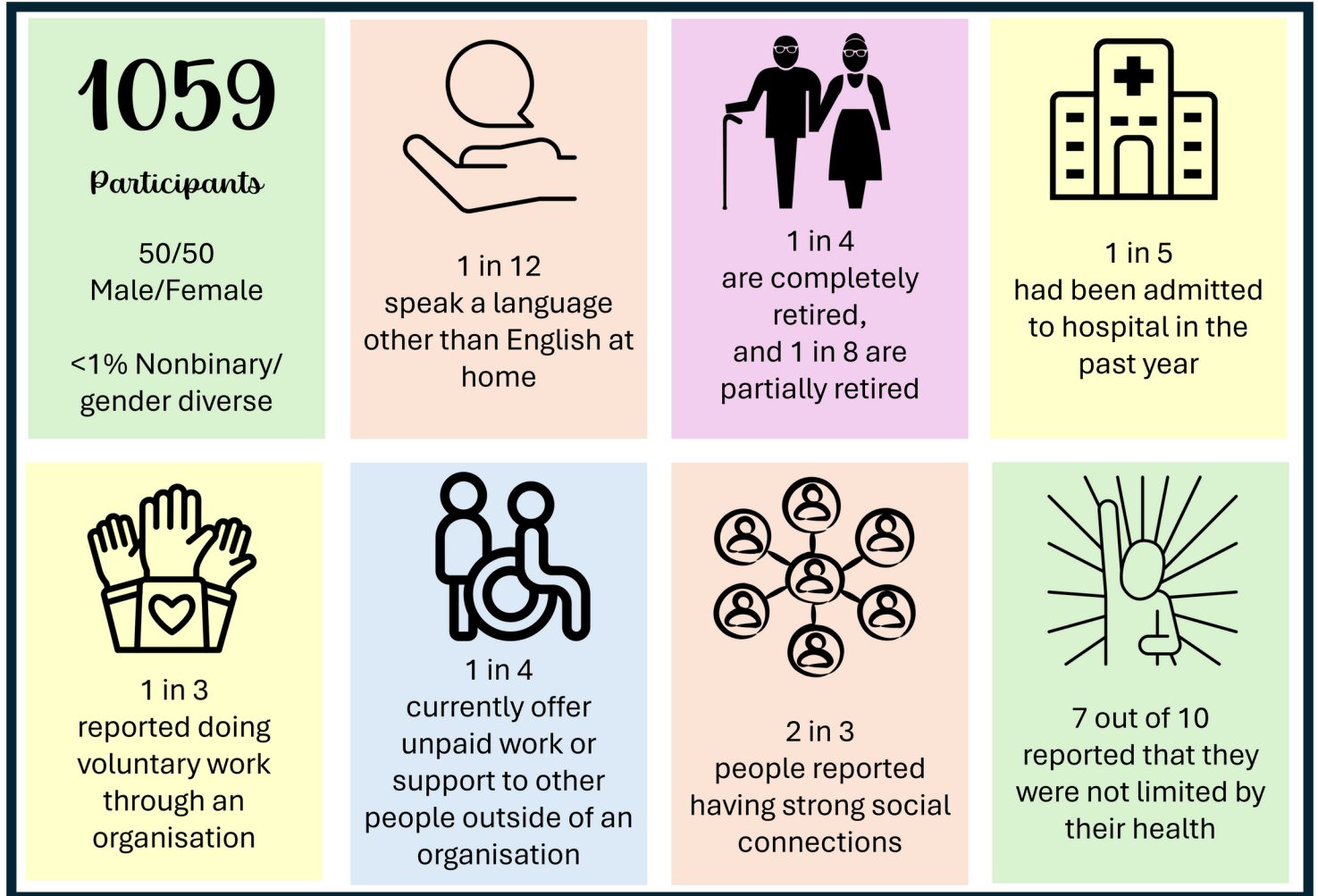
As part of our ongoing commitment to support healthy ageing, Monash University is looking at conducting additional research in this area.

If you would be interested in being contacted about future research opportunities, please let us know through the study website.

[www.beyond50.study](http://www.beyond50.study)

## Initial Findings

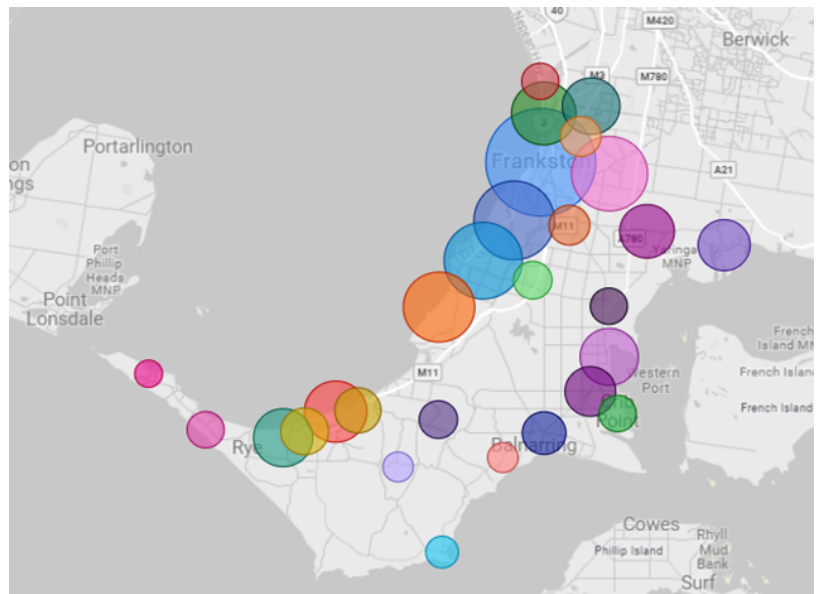
The first wave of surveys has been completed, and initial findings are starting to emerge. We are pleased to share some initial information about the cohort.



## Where is everyone located?

Beyond 50 study participants are located throughout the Mornington Peninsula and Frankston region, from Portsea all the way through to Carrum.

The largest group of participants are located in Frankston, representing just over 20% of the total study participants. The next largest populations are located in Mornington, Mount Martha, Rosebud, Hastings and Somerville.



## Did you know?

Beyond 50 and Monash University are committed to making study findings accessible to the local community, and findings from Beyond 50 will directly inform local council initiatives. Initial findings are already being used to inform the Mornington Peninsula Shires Healthy Ageing Strategy for 2025!

## Recent news and updates

Rose is completing her PhD with the Beyond 50 Study, and she has recently passed her one year milestone! In her PhD, Rose aims to understand how social health can impact healthy ageing.



## Pets corner

Pets are an important part of our every day lives, and research has shown that owning a pet can reduce feelings of social isolation and loneliness.

If you would like to share a picture and a brief bio of your pet to share in the next newsletter (September 2025), please send your pictures through to [beyond50@monash.edu](mailto:beyond50@monash.edu).

For now, we are pleased to introduce some of the study teams pets!



Josie the five year old Golden Retriever.  
Loves relaxing poolside on hot days



Bean the French Bulldog.  
Likes to eat everything in sight.



Dimsum, the British Blue. Very clingy,  
loves a snuggle and high end fashion.