



MOTION BY  
THE OCEAN

Proud to deliver  
Cycling Without Age  
SORRENTO



# NEWSLETTER



## WELCOME

Welcome to our first newsletter for 2023. It's been a strong start to the year! Take five minutes to see what keeps us busy and read what keeps us engaged!

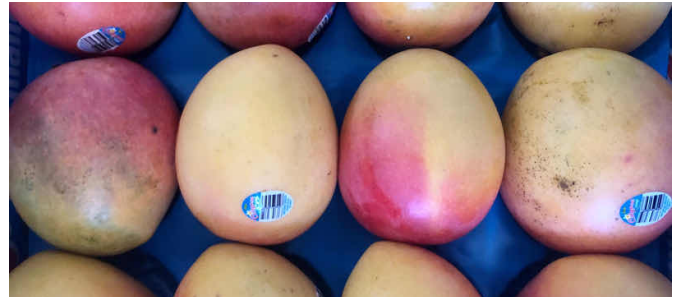
*Alanagh*

A brief introduction...Our core program, Cycling Without Age Sorrento, commenced in January 2018; is supported by our charity, Motion by the Ocean Inc. We provide free daily Trishaw service that provides rides elderly and disabled communities. The most regular service of our type in Australia.

Being Western Australia's founding free Trishaw service, we provide an innovative vehicle for change. The interaction between our passengers, vollies and the community helps our passengers feel valued and relevant in their own communities. We believe the salt, sand and sea is free therapy for us all.

cont...

While our Trishaws were temporarily out of service, while we navigated CV19, we re imagined our purpose and partnered with the country's largest food recovery agencies to deliver food hampers to our seniors that need them most. Our Moving Food Program was established, distributing and delivering the equivalent of 39,000 meals!



We give thanks to the City of Joondalup who funded the signage on our van, our new uniforms, as well as the fit out of our new storage unit in Hillarys. We are grateful to the Department of Transport for providing us with the storage, to house our fleet. We know locally owned Trishaws, stored in the community it provides for, enables us to deliver a practical and streamlined service.



Last week, we secured our largest grant yet. With Lotterywest giving us the nod to purchase two more Trishaws. Running at capacity, these Trishaws will allow us to provide for larger groups, within Sorrento Quay. We are now a fleet of five!



# THANK A VOLUNTEER DAY IN WA IN 2022

generously supported by the



## The Mole Agent

Rotten Tomatoes ★★★★★  
Funny, heart warming and  
sometimes heart breaking



In conjunction with the Department of Communities we hosted a movie night at Event Cinemas, Whitford. In celebration of Thank a Volunteer Day, we gave thanks to our vollies and watched The Mole Agent, a beautiful Spanish movie, that very much resonates with our work.



Pictured with Motion by the Ocean Inc board, we celebrated our successes at our AGM on Wednesday; followed up with a garden party on the grounds of our Governor, Chris Dawson APM, yesterday.

To be surrounded by equally passionate and positive people, each wanting for better outcomes within the community we live, is a privilege.

Thank you to Volunteering WA for the brilliant organising of a very worthwhile event.





On Australia Day this year, Motion by the Ocean Inc, was recognised as the Community Group of the Year at the City of Stirling, Australia Day/Auspire Awards. To be recognised for our work is humbling. Though to be recognised three years in a row, would suggest we are providing our services in a meaningful and sustainable way, with much trust and confidence within the community we provide for.



Partnering with North Shore Community Hub now means we cycle the entire City of Joondalup coastline, from Trigg to Ocean Reef. We are thankful to the council and Caitlin Collins MLA for the introduction, which means we can now permanently store a Trishaw on site at NSCH, allowing us to tap into the Mullaloo/Ocean Reef communities.





# OUR VOLUNTEERS

We are 60+ volunteers strong.  
Without them we have little to offer. Meet some of our vollies below.



# Volunteer Spotlight

It takes a team of supportive professionals to structure the delivery of our services. Today, we introduce you to two of our volunteers. First up, we have Meredith, our Policy Advisor and Grant Writer.

As a local resident, I've enjoyed the growing presence over the past few years of Motion By The Ocean Inc. It really is something to see passengers enjoying our gorgeous coastline.

Community is very important to me, and it is such a joy to see the wind in the hair and joy on the faces of volunteers and passengers alike as they go on a ride. My volunteer role is really working behind the scenes, but you nonetheless get to understand and experience the genuine care for and inclusion of everyone in our community. There are many events to catch up with other volunteers, at our morning teas and film nights as well as while working together on a project. They say you become the people you hang out with, and it really is a privilege to hang out with such a caring, positive, committed and happy bunch of people.



It's become a family affair for me now with my husband Marc taking up a role as a volunteer rider (pilot). We feel very fortunate to be a part of this community. Ride on!

**Pictured is  
Meredith and Marc**



# Volunteer Spotlight

Our volunteer Trishaw riders are the face of our charity. The people who meet and greet our passengers, allow them a meaningful morning out amongst the coastal community. Today, we introduce you to Jacqui...

Our rides are much more than a beautiful outing along our coastline. It provides spontaneous opportunities to engage and share our life experiences through mutual, enriching conversation.

I feel so privileged to be volunteering in such a worthwhile organisation; one that has so many mutual benefits for our clients, carers and the volunteers.

Recently, a devoted carer shared with me her many struggles in coping with the dementia behaviours her dear mother. I was able to share the challenging journey of my mother, who sadly passed 6 years ago.

I was able to truly empathise with the carer's struggles and share some valuable insights into coping with the journey ahead. The carer conveyed just how appreciative and



therapeutic the ride was. Our entire conversation was insightful and gave her some positivity moving forward.

Her appreciation made my volunteering feel so worthwhile on a greater level.

**Pictured is Jacqui with her passengers**

**DID YOU  
KNOW?**

**Did you know, some weeks our rides  
are up 300%, as compared to the same  
time last year!**

**Want to book a Trishaw ride? It's free!  
Get to our website and make contact  
[www.motionbytheocean.org.au](http://www.motionbytheocean.org.au)**

**We are Australia's most regular service of its kind, providing rides  
to our community every day of the year – since January 2018**

**DID YOU  
KNOW?**

**Collectively, our passengers have been  
cycled the same distance as if they  
circumnavigating Australia 3 times!**



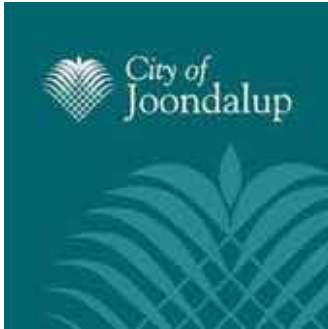
We would love your  
recommendation on Facebook.  
Delivering unmet needs to our  
community is what we do. The more  
feedback, the better we can be!



@motionbytheoceaninc



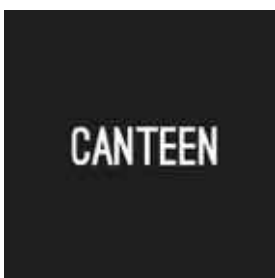
# OUR CURRENT SUPPORTERS



We are indebted to Fresh Web Media for their web design and its upkeep. An exceptional skill set here. [www.freshwebmedia.com.au](http://www.freshwebmedia.com.au)

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Did you know, since 2018 we have had over 4400 coffees donated from our generous friends at Canteen Trigg, White Salt, Sorrento and Swell in Mullaloo? A cuppa and a biscuit, whilst cycling along our coast, is a great start to our morning rides.





# Sponsorship Packages

**Of course, free rides aren't free to deliver. They are given value, from people in our community that support stronger outcomes for our most vulnerable.**

Our 2023 sponsorship packages are currently being released. Designed to be mutually beneficial, our packages include annual sponsorship, gifts, regular giving and bequests. Know that your contribution will acknowledge the unmet needs in our community, allowing for meaningful outcomes.



**Choose your tier, commit to your pledge and know you are enabling us to make for a stronger community.**

Interested? Contact [Alanagh@motionbytheocean.org](mailto:Alanagh@motionbytheocean.org) or call on 0416 089 253.

Thank you to the businesses below who have already signed up, committing to our cause into 2023. We are grateful, being very aware we are only as strong as the people who support our work.





# CURRENT TIER HOLDERS



**DASCO**  
SUPPLY GROUP®



**blooming minds**  
MENTAL HEALTH AND WELLBEING



OASIS PSYCHOLOGY



**STALLION**  
tile. construct.



**Caitlin Collins**  
MEMBER FOR HILLARYS



**PEARD**  
REAL ESTATE  
Michael Evans  
Sales Associate

# WE NEEDING A MAJOR SPONSOR

to help us provide a greater impact within the community we support.

Our Trishaw fleet and volunteers, want to press the 'go' button and offer more free rides for our senior and disabled communities within Sorrento Quay.

**We have provided 40,000+ passenger kms and counting!**



@skiesabovephotography



# WAYS YOUR DOLLAR ADDS VALUE

Of course free rides are not free to deliver. Here are some of the costs involved.

**\$500**

this equates to you supporting 10 rides; allowing 20 people to reconnect with the community in which they live

**\$700**

is the cost to service and maintain one of our Trishaws for a year

**\$800**

utility costs to store and charge our Trishaws a year

**\$1,000**

is the cost to replace a battery in one of our Trishaws

**\$1,500**

subscriptions and IT costs

**\$7,500**

this amount can be contributed towards our maintenance and operating costs for our Trishaw fleet and our MBTO van

**\$10,000**

is the cost to insurance our organisation for a year

**\$18,500**

is the value of a Trishaw, with accessories delivered to Perth

## Insurances

and there's lots of them!

## Accounting and Administration

includes risk assessment, reporting, website development/updating and correspondence

## Booking Coordination

scheduling multiple daily rides from different locations for our supported people and their carers

## Data Collection

vital for measuring our effectiveness

## Governance

policies and procedures and compliance schedules

## Recruitment and Training

our volunteers are our core and maintaining good relationships with our team is vital

## Relationship Building

aged care homes, carers, governments, sponsors (new and existing), volunteers and stakeholders

## Marketing and Communications

social media, newsletters, television, radio, events, newspapers and graphic design

## Grant Writing

inc fund delivery and managing projected outcomes and fundraising

## Maintenance and Servicing

we work with our bike mechanics to ensure our Trishaw fleet is in tip top shape, inc procurement

## Storage

negotiating safe storage options within close proximity of our routes ensures a prolific service

# WHAT GOES INTO A RIDE? *a lot!*

[MOTIONBYTHEOCEAN.ORG.AU](http://MOTIONBYTHEOCEAN.ORG.AU)



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**Cycling Without Age  
SORRENTO**





# OUR IMPACT WITHIN THE COMMUNITY WE SERVE

We have three Trishaws, with two more due for delivery in April 2023.

As of January 2023 our passengers have clocked up a huge 40,100 passenger kms! That's from Perth to Sydney x 10!

We have provided for 4400+ Trishaw passengers, with 2023 on track to be our most impactful year yet.

60% of our Trishaw rides service aged care homes/disability services and private carers with their supported people. The existing passengers are those that live independently in their own homes, either locally or visiting from outer suburbs.

We provide meaningful rides, between 40 and 80 mins in duration. Free to the general public, we provide the most regular service of its kind in Australia.



Our partners, all of which value our work via an annual fee for service.



39,000 meals from our Moving Food program have been collected and distributed to our supported people who need it most.

# YOU CAN NOW GIFT A RIDE!

The perfect gift for someone who needs for nothing and values social responsibility.

go to - <https://www.motionbytheocean.org.au/gift-a-trishaw-ride/>



Dear Julie,

In support of the charity, Motion by the Ocean Inc, John Doe has gifted you the value of a Trishaw ride for you and a love one (as passengers).

Cycling along the coast from Sorrento, we will take you on a leisurely ride along our magnificent coastline. While cycling slowly and inhaling the salty sea air, we will enjoy good conversation too.

message from the donor:

Happy Birthday Nan.

Looking forward in sharing this ride with you along the ocean.

Love John

To book your Trishaw ride, please contact Motion by the Ocean through [this page](#). Please check the 'Book a Trishaw Ride' box and mention you have been gifted a ride.

We look forward in meeting you!

Motion by the Ocean



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# IN MEMORIAM

You can now name a Trishaw after a loved family member or friend.

Your loved one's name will be remembered fondly and proudly displayed on one of our trishaws, as seen here with "Anne" one of our much-loved passengers.

This very personal recognition can be dedicated to a loved one 'in memory of' or 'in honour of', and will remain for the lifetime of the trishaw (5 years). Naming a trishaw will help your beloved's legacy to live on and in doing so, your contribution will allow for many more rides, bringing happiness to others.



## TRIBUTE TO FAMILY & FRIENDS

We also welcome you to pay tribute to your loved ones in our dedicated Family and Friends area of our website.

By recognising a special person in your life, you are not just celebrating them, you are helping bring joy to others as your donation will allow us to provide more rides for more people.

Remember a loved one, a past or present passenger, dedicate a message to a family or friend or even recognise a colleague and help us build a stronger community.

**Want to know more? Reach out to [admin@motionbytheocean.org.au](mailto:admin@motionbytheocean.org.au)**

# OUR AWARDS

To be recognised for our projects, instills trust and confidence within the community we support.



2023

Active Citizenship Award  
Australia Day Awards  
Motion by the Ocean Inc



2022

Seniors Champion  
Motion by the Ocean Inc



2022

Community Citizen of the Year  
Australia Day Awards  
Alanagh Godderidge



2021

Local Champion,  
Westfield Whitford  
Alanagh Godderidge



2021

Active Citizenship Award  
Australia Day Awards  
Cycling Without Age Sorrento



2020

Exemplary Service Award  
Lions International  
Alanagh Godderidge







**Motion by the Ocean Inc. delivers innovative community-based activities that acknowledge unmet needs.**

Our core program, Cycling Without Age Sorrento is part of a global movement that connects the elderly and those less mobile with volunteer riders on our Trishaw E-Bikes.

These free rides promote inclusion and conversation, whilst creating social experiences and human connections for our passengers, volunteers and coastal community.

### **LEAVING FROM SORRENTO AND MULLALLO SLSC**

To book or for more info please go to our website  
[www.motionbytheocean.org.au](http://www.motionbytheocean.org.au)



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