



MOTION BY
THE OCEAN

Proud to deliver
Cycling Without Age
SORRENTO



NEWSLETTER



WELCOME

Friends of MBTO:

Last year, our charity experienced a lot of growth, including adding more trishaws and receiving significant grants from private and public donors. Already, 2024 is shaping up to be another monumental one.

I'll be attending the Cycling Without Age Summit in Copenhagen in June and premiering a promotional video which is under production by the good people at Chapter One Advisors. This Summit 2024 is a 3-day event (7-9 June) bringing together the leaders of the Cycling Without Age community from all corners of the world. While we provide the most regular service in the country from lil' Sorrento, we can sometimes feel a world away. Hence, bringing all the combined knowledge and experience of the global community together can only be of benefit to the leaders who are attending.

Many thanks to our donors, sponsors, partners, pilots and other volunteers, not to mention our inspirational board. There is little to offer without you. You rock!

Yours,

Alanagh

CEO and Founder - Motion by the Ocean Inc

UPCOMING

Satisfaction Survey – We want to be the best we can be and will be asking our volunteers and beneficiaries alike about their experiences within the charity. We will be posting these result in our Spring newsletter.

This survey, designed to be short and concise, will assist with our future planning. Please consider giving up a few minutes of your time here, when it arrives in your inbox, later in the month.

RECENT MILESTONES

January was our busiest month ever, with a record number of rides every day of the month. Traditionally a slow time after the holidays when carers are on leave, we opened up bookings to support staff and invited them to bring a family member. We were able to offer longer rides every day of the month, including some twilight rides when the weather cooperated.



HELP WANTED

IS IT YOUR TIME TO VOLUNTEER?

ARTIST – To promote better connections with our neighbours, we are are looking for an artist who will make our plain jane street library into something more engaging.

GRAPHIC DESIGNER – We are also looking for an accomplished graphic designer, to help us design a pictorial map.

ADMIN – Lastly, an admin person who will assist with small jobs as they come along, is needed.. Think of it more as project based, rather than ongoing...



REVIEWS FROM OUR BENEFICIARIES

The wonderful Dan took my Aunty, my pooch & myself for an amazing ride in the sun a few months ago. The sun was shining, we were smiling, volunteer Dan was chirping & we loved every minute of our ride with Motion by the Ocean. - [Colleen \(passenger\)](#)

Thank you Cycling Without Age Sorrento for the ultimate JOY-ride for me and my nonna! - [Leanne \(Passenger\)](#)

Thank you for including us in your weekly Moving Food Program, in which Simone and Linda deliver to refugees and asylum seeker families. In the case of asylum seekers, they have no resources at all and are often large families with great needs. With regards to your Trishaw program – you have the best section of coast to ferry the most deserving along. - [Frank Pelusey JP – Centre for Asylum Seekers, Refugees and Detainees \(CARAD\)](#)

What a fantastic group of people. We took a group of 9 seniors to Hillarys for a ride and they absolutely loved it and have asked to return. Peter and Dan were AMAZING!! Seriously cannot recommend highly enough. THANK YOU - [Michelle \(support worker\)](#)

IN THE MEDIA



Our volunteers have enjoyed being a part of a couple of radio interviews over Summer, including a video that is currently being distributed by Containers for Change, that promotes our partnership. Take a look.

Containers for Change Video [here](#)

REAR VIEW MIRROR

Activities & Achievements since our March 2023 newsletter

Grants mean more free trishaw rides for more local people.

Thanks to Commonwealth Bank, we received a \$10,000 grant courtesy of CommBank Staff Foundation Community Grant program. It is helping to support the vital work we do in the community plus has allowed us to continue the expansion into the Sorrento Quay precinct.



Too, Hawaiian property development named MBTO runner-up winner in its inaugural community grants program, called Neighbourhood Champions, a \$1,000 grant.



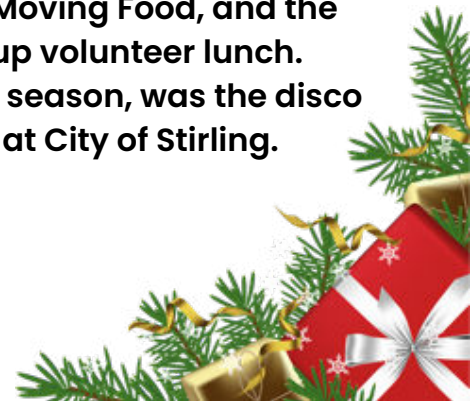
Moving Food celebrates its fifth year in 2024. Since its inception during the pandemic, the program has delivered 42,000+ meals to seniors and vulnerable individuals living within our community. We give much thanks to Secondbite as we receive free food every day of the week and the subsidized foods we receive from Foodbank.





The December Holidays are a great time to bring volunteers and partners together to celebrate our achievements with Moving Food and Moving People.

Notable were events with Secondbite, our partner for Moving Food, and the City of Joondalup volunteer lunch. Completing the season, was the disco theme function at City of Stirling.



Our CEO, Alanagh, visited Jeff, from Riding With Olivia – Cycling Without Age Lower Hutt, New Zealand.

An exceptional human being, Jeff started offering free Trishaw rides to his local community, in honour of his wife, Olivia, who passed away in 2022.

Spending time with Jeff and to be shown the local sights was very special. This initiative has grown from an idea to then be developed and supported by locals in the area he services.

We very much value sharing knowledge with people from all over the world, in what will then be another stronger community, elsewhere.





In December we enjoyed a lunch with our Federal member of parliament, Mr Ian Goodenough MP.

We very much value the support from the leaders within the community we provide for.

It was a really lovely time to reflect and give thanks. Too, we enjoyed the tour of our magnificent Parliament House.

Our long-time sponsor, White Salt, hosted a volunteer Christmas Party on 10 Dec.

Always the best turn out for the year, much of our magnificent team showed up to celebrate our most impactful year yet.

Well into year seven of providing Cycling Without Age Sorrento, we celebrated our volunteers, our fleet of five Trishaws and the impact our work has had within our coastal community.





A big thanks to Jedd from Chapter One Advisors for filming our new promo video. Canteen did what they do best and looked after the morning tea for us.

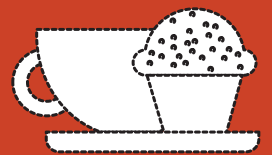


Welcoming our new Cafe Partner

graciously supported by



morning



Volunteer Meet and Greet

This new partnership now allow us to have the support of four cafe partners; all of whom understand the importance of social responsibility in the community in which they service. We are so thankful to their generosity. Nothing beats a bikkie and a cuppa on route.

Collectively, our passengers have been cycled the same distance as from Perth to Copenhagen, return TWICE!

thank you

To Dee, our copywriter who collated our stories into this newsletter and to John our webmaster who has made great work, updating our website.

To Meredith, for allowing us to put our best foot forward when its grant writing time.

To our food hamper deliverers who provide for our Moving Food program. There would be no food stuffs to distribute if it weren't for you.

To Shannon at Fresh Web Media. Dab with both website and graphic design, you are AI

To Noeleen, our board treasurer, who also assists with admin jobs and those tricky IT questions. Where would we be without you?!

Our Trishaw riders who ride every day of the week and sometimes wear second hats when doing other jobs in need, too. What a team we are!

Though our Trishaw riders are very visual in our community, know lots of work by a dozen or so people keep our wheels turning behind the scenes.

FUTURE PLANNING

The new build at Sorrento Surf Life Saving Club WA will see us with dedicated digs at our point of service. Providing daily coastal rides needs suitably located infrastructure. This keeps logistics minimal, aids strong volunteer buy in and will allow us room to extend our Trishaw fleet, too.

To the City of Joondalup, Ian Goodenough MP and Caitlin Collins MLA thank you for supporting us in a meaningful and practical way, that will allow this building to be the home base of the charity.

To David Tasker, thank you for seeing this building as more than just a surf club, but a community hub, that allows for a wider reach, to those in the 'hood.



**DID YOU
KNOW?**

**We DOUBLED the number
of Trishaw passengers
we provided for in 2023
(compared to 2022)**

Volunteer Spotlight

with Chriss

For many years my Dad and I would cycle all over the city. Often doing gruelling hills rides or riding to Mandurah.

When my dad was 69 he was diagnosed with Parkinsons disease. Over the next few years we were still able to ride most days. However, a noticeable decline in his balance and reaction time eventually made it too dangerous for Dad to continue riding.

For a very active, confident and competitive person this had a huge impact on my Dad's life. He soon became a recluse as he was too embarrassed to go out in public due to his tremors. This was the hardest thing to see.

Dad initially wasn't keen on coming for a ride with me, stating "I don't like people organising my day for me!" But after one adventure down the coast with me he was hooked.

Dad is now in a nursing home. However, he always looks forward to the days where I get to bust him out for a morning ride.

Most importantly, when he is out on the bike, is the only time that Dad's tremors cease. This, in itself, shows just how powerful the impact the rides, the connection to community, the connection to memories, have on our most vulnerable in our community.

I will be forever grateful of Motion By The Ocean for being able to give something so wonderful back to my Dad and also to me. Dad and I can ride again.



2023 IMPACT

Our core program, Cycling Without Age Sorrento continues to be the most regular service of it's type in Australia. Our 2023 breakdown is below.

Number of Trishaws	5
Number of rides	921
Number of trishaw participants	1,820
Number of active Volunteer Trishaw Cyclists	43
Number of Passenger Kms	11,476
Number of Organisations & private carers who ride with us	125

2023 saw the charity DOUBLE (compared to 2022) the amount of rides and passengers. This was due to us keeping our logistics simple, fully utilizing our assets, securing larger storage, procuring two more Trishaws, training more volunteers and establishing/retaining new relationships with disability and aged care providers. This has allowed us to extend our services from Sorrento Quay, meaning many more group rides are now provided for.

70% of our passengers come from organisations ie. disability and aged care groups or private carers and their supported people. The remaining 30% are seniors who live independently in their own homes who ride with family members or friends. Most of our beneficiaries live in the City of Stirling and the City of Joondalup.

Our Moving Food program continues to support cost of living pressures. In 2023, we collected and distributed 11,000 meals.

COMMUNITY IMPACT

since January 2018

Since day dot, our Trishaws have been available to the community every day of the week. Valuing long meaningful coastal rides and group rides our Trishaws have supported more than 7200 Trishaw passengers and cycled more than 52,000 passenger kms. Our rides are and alway will be free to the general public.

This is the same as the distance as Perth to Copenhagen, return — TWICE. This is in addition to the 2,990 Volunteer Trishaw positions that enabled these rides.

The Moving Food program has delivered 42,000+ meals to seniors and vulnerable individuals living within our community.



SPONSORSHIP OPPORTUNITIES



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 2024 sponsorship packages are designed to be mutually beneficial.

Contributions acknowledge the unmet needs in our community, allowing for meaningful outcomes.

Thank you to the businesses seen here you value our work – committing to our cause in 2024.

We are grateful, being very aware we are only as strong as the people who support our work.



We have successful partnerships with



If you're connected with any aged care facility or disability provider,
nudge them to book group rides with us.
We all benefit from getting back on bike and inhaling our salty sea air!



See our
Trishaws out
and about?
Come and say
hi!

Our passengers
love engaging
with those who
live without their
community

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.

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.



YOU CAN NOW GIFT A RIDE!

go to

<https://motionbytheocean.org.au/donations/>

then email a message to accompany your gift certificate.

The perfect gift for someone who needs for nothing, but values social experiences.



OUR CURRENT SUPPORTERS

These are those who help us create great impact within the community we live and love, be that in kind or assistance with funding.



Duncraig



Blue Ripple Foundation



Department of Transport



RESORT
BY CHOICE HOTELS
SORRENTO BEACH



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

polices and procedures and compliance schedules

Recuitment 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 Communcations

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



Proud to deliver
Cycling Without Age
SORRENTO



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

DID YOU KNOW? 1.5 million Western Australians who dedicate time to volunteering generate a value of \$63.9 billion to the state. We love our charity's volunteers – now 60+ strong.

Next issue – Edition 4 Spring 2024

Meanwhile, keep up with the latest news on



@motionbytheoceaninc

Tell a friend. Subscribe via motionbytheocean.org.au



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 SLSC AND HILLARYS BOAT HARBOUR
cycling south towards Trigg or north towards Mullaloo**

TO BOOK <https://motionbytheocean.org.au/book-a-ride/>



**MOTION BY
THE OCEAN**

**Proud to deliver
Cycling Without Age
SORRENTO**

