



MOTION BY  
THE OCEAN

Proud to deliver  
Cycling Without Age  
SORRENTO



# NEWSLETTER



EDITION 4 SPRING 2024



@motionbytheoceaninc



**Friends of MBTO:**

**Last year, our charity experienced much growth. Our core program, Cycling Without Age Sorrento doubled the amount of rides we provided, compared to 2022. Comparing to where we were at this time last year, 2024 is shaping up to be another record breaking year, too. We can't see to share our impact with you at the end of the year.**

**Another highlight was Cycling Without Age Summit in Copenhagen in June. This event brought together the leaders of the CWA community from all corners of the world. While we provide the the most regular service of its type in the country, we can sometimes feel isolated from the action. So, of course, sharing combined knowledge and experience from within our CWA global community was invaluable. We are currently implementing some of what we learnt into supporting programs and look forward in celebrating that with you later in the year.**

**We also launched of our new promotional video. This 90 second video perfectly typifies our daily work along Perth's north beaches. We are incredibly grateful to the good people at Chapter One Advisors for their generosity in its production.**

**Our last significant project has been the redevelopment of our training module. Facilitated by our training team, lead by Patrick Parker, we are improving our teaching and step-by-step procedures.**

**Since our Summer newsletter we were fortunate to be the recipient of the Excellence in Volunteer Management at the Volunteering WA awards. We were a bit chuffed to receive this recognition.**

**Many thanks to our donors, sponsors, partners, volunteers and our board. There is little to offer without you all. You rock!**

**Yours,**

*Alanagh*

**CEO and Founder - Motion by the Ocean Inc**





# RECENT MILESTONES

## WA Volunteer of the Year Awards 2024

Excellent in Volunteer Management recipient – Alanagh Godderidge



We thank VWA for acknowledging our work. This support allows for the trust and confidence within the community we provide for.



**Federal Volunteer Awards**  
Presented by Ian Goodenough  
awarded to

Noleen Stewart (R) – pictured and  
received on behalf of fellow recipients;

Marc Blais  
John Shattock  
Jacqui Kefford



# International Cycling Without Age Summit Copenhagen, Denmark

Surrounded by 140 other CWA change makers from around the world, we shared the same vision of more connected communities.



## SUCCESSFUL GRANTS



We give thanks to the City of Stirling for valuing our work. Our core program, Cycling Without Age Sorrento and our Moving Food Program, benefits its residents every day of the year.

We celebrate being awarded \$2000 from their Quick Response Grant. These funds will boost our maintenance and servicing area; meaning our Trishaws will have less down time between servicing and the delivery of our free Trishaw rides along the coast.

**IAN GOODENOUGH MP**  
FEDERAL MEMBER FOR MOORE

We are thankful to be awarded a volunteer grant, from our Federal Government during 2024 Volunteer week.

To our volunteers and the leaders within our community, we thank you for your commitment that allows us to provide for a stronger, more inclusive community. Without you, we have little to offer.





# Steadfast

Steadfast and its brokers actively support the communities in which we live and work, typically donating around 1% of net profit after tax to charitable causes each financial year.

We have been supported, by Steadfast since 2018.

The corporate responsibility valued by the Steadfast Foundation, has helped us continue to be the most regular service of its type in Australia. Now a fleet of five, we continue to provide free rides every day of the week.

Our continued relationship is very much valued here. We are very thankful to Steadfast's significant support this year and their commitment in seeing us fully insured.



We thank Lions North Beach for their donation. Their funds assisted in the purchase of new tyres for a couple of our Trishaws; helping us to keep our fleet in tip top shape.



#### Feeling the Freedom: Movement Matters

We believe the salt, sand and the sea is free therapy for us all. Motion by the Ocean offers free rides on our specially designed Trishaw bikes for the elderly and disabled to get into the outdoors in the fresh air exploring...

Motion by the Ocean

A big thanks to Jedd from Chapter One Advisors for filming our new promo video.

We know the experiences we provide for our people need to be along routes that encourage reminiscing and exposure to the elements. This video captures qualities we value. Take a look!

<https://motionbytheocean.org.au/feeling-the-freedom-movement-matters/>

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



We celebrate our most recent hospitality partner, Froth Craft Brewery, North Beach. They join our existing partners in supporting our volunteers and passengers. That be either a coffee or cold drink while out on our daily Trishaw rides or supporting our volunteer events.



CRAFT EXY  
BUN  
NRB BREWERY



CANTEEN

DID YOU  
KNOW?

To keep our fleet up to date, we are replacing our older Trishaws. To make a tax deductible **donation** to this cause, you can head to our website at [motionbytheocean.org.au](http://motionbytheocean.org.au), where you can also to **book a ride** or **volunteer**.

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

To enable meaningful connections, we provide rides between 40 and 80 mins in duration. Free to the general public and sometimes with a coffee from one of our cafe partners, there is always opportunity to stop and take in the magnificent ocean views.



# IN THE MEDIA



## Alanagh Godderidge is Helping the Community's Most Vulnerable, One...

Congratulations to the winner of the 2024 Excellence in Volunteer Management Award,...

[volunteeringwa.org.au](http://volunteeringwa.org.au)



### WA volunteer award won thanks to trishaw service for seniors

An idea to connect seniors in the community with a picturesque Sorrento coastline has blossomed into a highly successful local charity embracing local interaction.

[PerthNow](#) / Sun 12

**Erick Lopez WA News**



**Jenny Seaton Curtin FM**



**Jamie Burnett 6PR**

# HELP WANTED

## IS IT YOUR TIME TO VOLUNTEER?

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

**DRONE OPERATOR** – to capture our Trishaw rides along the coast.

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

**ADMIN** – Lastly, an admin person to join our team, who will assist with small jobs, as needed. Think of this as more project work, rather than a day to day commitment.





# REVIEWS FROM OUR BENEFICIARIES

Just wanted to say a huge thank you to the organisation and to Fritz for taking myself and my vision impaired Nan for a coastal ride last week.

My Nan is 90 years old, travelling from over east to visit us. From a child she has always loved riding a bike, but due to her deteriorating sight, she had to stop quite some years ago. So when I saw 'Motion by the Ocean' offering Cycling Without Age Sorrento, I knew it was something she would love. It was definitely a highlight of her stay with us in Perth, so thank you.

Fritz was absolutely brilliant and we are so grateful to him for such a lovely morning.  
[10/10 experience. Thank you, Malissa B. \(passenger\)](#)

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 \(support worker\)](#)





# OUR CURRENT SUPPORTERS

Passion for our project doesn't turn our wheels. It takes great support from those who live and work within the community we live and love, be that in kind or assistance with funding.

City of  
Joondalup

IAN GOODENOUGH MP  
FEDERAL MEMBER FOR MOORE



CANTEEN



Department of  
Transport





# BENEFICIARY SPOTLIGHT

Though our rides are free to the general public, we very much appreciate the support from the organisations that frequently ride with us.

Today we celebrate our partnership with Amana Living. Their support workers and supported people very much love the experience we bring. This includes the flexibility we offer, with our bookings being available every morning of the week, seven days.

**Here is what Amana COO, Jenny Williams says about our partnership –**

“Amana Living’s Kites program provides seniors in Perth with enriching social outings, helping older people stay connected with their community. Our clients enjoy the trishaw rides with Motion by the Ocean, loving the freedom, fresh air, and the opportunity to reminisce about the days when they would ride to work or school. It might seem like a simple bike ride, but it brings great joy to the people we support.



If you're connected with any aged care facility or disability provider, we encourage you to make an introduction.

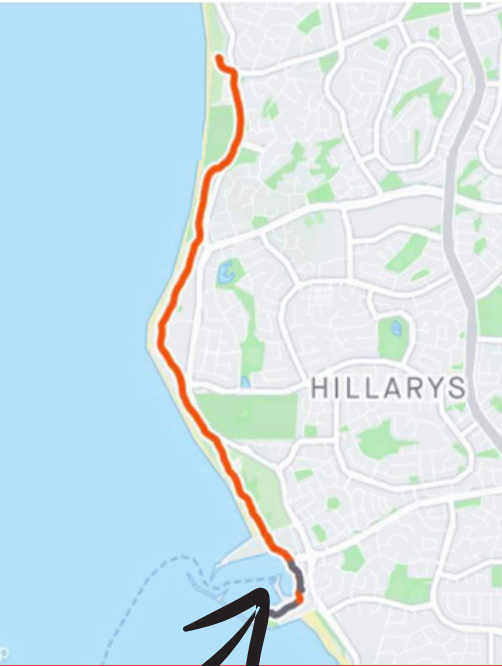
We all benefit from getting back on a bike and inhaling our salty sea air!



# OUR TRISHAW ROUTES

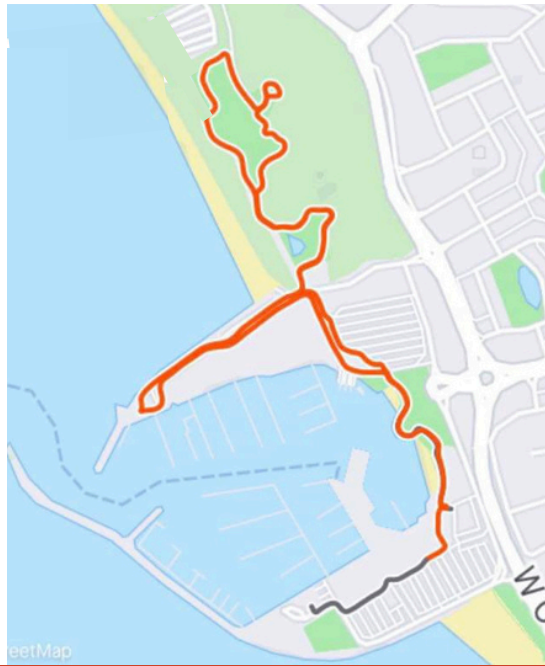
Sorrento Quay to  
Swell Mullaloo

21.2km return



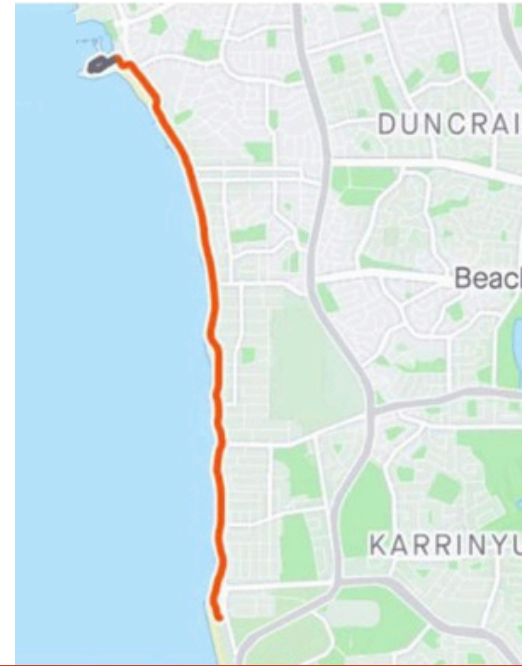
Sorrento Quay/  
Whitfords Nodes Loop

4.66km



Sorrento Quay to  
Canteen, Trigg

27.2km return



See our Trishaws out and about? Come and say hi!  
Our passengers love engaging with those they pass by.



We continue to work with the City of Joondalup and their architects as they finalise the design for our storage unit, within the new Sorrento SLSC. More than just clubrooms, this is a community hub for many.



# VOLUNTEER SPOTLIGHT

I have owned a bicycle since five years old and I'm now 60. I recall getting my first bicycle and experiencing my first taste of "freedom" on two wheels. I have strong memories of this time, as I explored the world around me. It was pure enjoyment.

As I grew older, cycling turned into fitness and group rides. Next came charities. I used to give cash donations to charities but now I cycle in charity events as a fundraiser. That being for, Canteen, MACA and MSWA rides.

On one of my regular coastal morning rides, I saw a Trishaw, and contacted 'Motion By The Ocean', to see what was involved. I promptly trained up to become a Trishaw pilot for their Cycling Without Age Sorrento program.

I've been a Trishaw pilot for five years now and still find it very rewarding. Sharing this freedom with my passengers, as we explore the world around us, allows me to view the world through someone else's eyes and experiences.

A shift may see me ride with just the one Trishaw or instead being apart of a group, with all five bikes participating in group rides. We have three 3 different coastal paths up and down our fantastic coastline. Rides are booked in every day, including weekends, as well as Sundowner rides in Summer.

I have met so many wonderful seniors and fellow pilots. We share laughs and I've made new friends along the way, too. Spending quality time together while we share

our experiences of being out and about gives me great purpose. I'm hoping for many more km's and stories to come.

**Volunteer, Glenn**  
with his wife Natalie and his MIL, Trish.





# MOVING FOOD PROGRAM

Our program **Moving Food**, celebrates its fifth year in 2024. Since its inception during the pandemic, the program has delivered 49,000+ meals to seniors and vulnerable individuals living within our community. We give much thanks to the friendly people at Secondbite as we receive free food from them every week of the year and to Foodbank, who make up the remainder of our hampers, from their subsidised foodstuffs.



Volunteer Simone finds our most unique carrot yet, while sorting the hampers last Friday.

## VOLUNTEER ENGAGEMENT

A great venue at The Little Bay for our meeting over the weekend. This time allows our volunteers to keep up to date and stay relevant with operations. Just as important, these mornings allow our vollies to get to know each other, strengthen their connection within the charity and helps to continue their involvement.

Thank you to Ian Goodenough MP for valuing our work and supporting our meetings via our Federal volunteer grant. We place much value on these events, knowing active meetings assist with volunteer retention.



White Salt have always been so generous with their hospitality.



A breakfast meeting at Little Bay.





## ROTARY RECOGNITION

We were thrilled to celebrate the 50th anniversary event for the Rotary Club of Karrinyup at the City of Stirling Administration Centre.

Supporters of our work, Rotary Karrinyup was chartered in 1974. This member organisation of friends, leaders and problem-solvers, seek to make a difference in the world and the local community as part of the Rotary movement.

Thank you to our board secretary Sandy for representing our charity on the night.



Anyone with Trishaws out there who want to prevent their Trishaws from tipping forward while loading and unloading passengers, we have sturdy stabilisers in stock, that secure over the footwell.

Powder coated in bright red, you may want to consider using them as part of your training program and day to day operations.

An essential asset that aids another level of security for our precious passengers.  
\$160 + GST. Please send your enquiry to [admin@motionbytheocean.org.au](mailto:admin@motionbytheocean.org.au)





**A couple of months back, we held our AGM.**

**We welcomed Patrick Parker as our new Vice Chair. A volunteer in the saddle on our Trishaws, Patrick is stepping up to lead volunteer training and implement our the new online volunteer and passenger rostering systems.**

**We also welcomed our new secretary, John Wood, who managed to keep up with the minute taking, as CEO Alanagh presented a mile a minute!**

**Both gents come from a professional background, with the experience needed to support their roles.**

**A big thank you and goodbye to Sandy Duxbury our 2023/2024 secretary. A thank you too, to Marcus Humphreys who is stepping down, though we do appreciate Marcus staying on in a consultancy capacity, within the charity.**

**Our stalwarts Chairperson, Derek Nash and Treasurer Noeleen Stewart, thank you for your knowledge and skill sets. Our team is united and focused.**

**Want to know more? Go here, <https://motionbytheocean.org.au/our-board/>**

**Together we are stronger.**

# thank you

To John our webmaster, who after two years of providing exceptional work and maintenance to our website is now stepping now.

To Shannon from Fresh Web Media, who is taking over the management of our website. With an exceptional skill set and a great eye for design, we are in good hands.

To South Beach Cycles in Fremantle. The safety and reliability of our bikes are due to you experience and support for our cause. Every dollar spent with you ensures we provide safe rides to our supported people.

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 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 when in need, too. What a team we are!

Though our Trishaw riders are very visual as they are out on their daily rides, know there are another dozen or so people that keep our wheels turning behind the scenes.



**Can we give it up for Cathy, our grant writer? Attending the last two grant writing information sessions, with the City of Joondalup and the City of Stirling, Cathy is staying up to date with grant opportunities.**

**This enables our charity to support a stronger community in which we provide for.**

**We are only as strong as the people who support us!**



**Every 10c adds up. Please consider donating your Containers for Change refunds to Motion by the Ocean Inc, noting our customer # **C10510550****





# WHAT GOES INTO A RIDE?

*a lot!*

Fundraising

Sponsorship

Board and strategy  
meetings

Accounting and  
Administration

Insurances

Booking Coordination

Volunteer Recruitment,  
Training & Retention

Good Governance,  
Policies and Procedures

Data/Impact Collection

Marketing, Events  
Communications

Relationship Building

Maintenance  
and Servicing

Risk Assessments

Grant Writing

Storage

As well as funding a .4 salaried position, some of our other costs include...

**\$23,200**

is the value of a  
Trishaw, with  
accessories delivered  
to Perth  
(from Copenhagen)

**\$2000**

is the annual  
cost we spend  
on volunteer  
engagement.

**\$13,300**

is the cost to  
insurance our  
organisation for a  
year

**\$1400**

annual IT and  
other subscription  
costs

**\$12,000**

maintenance  
servicing and  
operating costs for  
our Trishaws and  
van.

**\$880**

utility costs to  
store and  
charge our  
Trishaws a year

**\$1,500**

is the cost to  
replace a battery  
for a Trishaw



# 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.





# 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.

Want to know more? Send an email to, [admin@motionbytheocean.org.au](mailto:admin@motionbytheocean.org.au)



## YOU CAN NOW GIFT A RIDE!

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

go to

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

then send us an email, where we will reply with your gift certificate

# OUR AWARDS

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



**2024 Volunteering WA Awards, Excellence in Volunteer Management (either in a salaried or non salaried role)**  
**Alanagh Godderidge**



**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**