



MOTION MAGAZINE



SUMMER
2025 • ISSUE #6

Proud to deliver
Cycling Without Age
SORRENTO



Motion by the Ocean Inc. delivers innovative community-based activities

As Western Australia's founding free Trishaw service, Cycling Without Age Sorrento believes the salt, sand, and sea provides free therapy for us all.

Our core program aims to promote a socially inclusive, multi-generational community. We are committed to helping seniors and those with limited mobility become more active citizens, ensuring they feel supported, valued, and respected.

Book a free ride today and discover the freedom of cycling, regardless of age or ability!

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Happy New Year!

Happy New Year and welcome to our Motion by the Ocean Summer newsletter 2025!

Dear Friends,

As we step into a new year, we are reminded of the incredible impact we can create when we come together with a shared purpose. Whether it's through your generous donations, volunteer hours, or simply spreading the word about our cause, every action you take brings us closer to our mission.

This Summer, we're focusing on individual rides, allowing us to start earlier in the day. This adjustment offers more comfort for both our volunteer cyclists and passengers. These longer rides are designed to foster meaningful connections and enjoyment.

We invite you to join us for a leisurely ride along the stunning coastline between Sorrento, Trigg or Mullaloo. Take in the beauty of summer while savouring a complimentary drink, courtesy of our amazing hospitality partners: Swell Mullaloo Beach, Hillarys Beach Club, Quality Resort Sorrento Beach, Froth Craft Beach – North Beach, or Canteen Trigg.

Rides are available every morning until 10:00 am, and we encourage earlier starts to beat the summer heat. When booking, please let us know your preferred time in the comments and we'll do our best to accommodate you!

Ready to book your ride?

Visit motionbytheocean.org.au/book-a-ride/ and make the most of this unique opportunity to recharge and connect.

Thank you for your ongoing support of our mission. Together, let's make 2025 a year of meaningful impact and cherished memories.

A handwritten signature in blue ink that reads "Alanagh".

Alanagh Godderidge
CEO Founder
Motion By the Ocean Inc



In the News

PREMIER, MR. ROGER COOK



We showcased our core program, Cycling Without Age Sorrento, in a morning with our Premier, Mr. Roger Cook, and our valued MLA, Ms. Caitlin Collins. Cook said, “Look, we’re so pleased that Lottery West has been able to make this contribution to Motion by the Ocean because what it means is they can do more and we know that one of the key drivers for Alanagh is about helping people- helping in the community, helping them get out and about. And that’s why we’re just so happy to be part of this project.

*“the salt, sand and
the sea is free therapy
for us all”*

hawaiian 人

We are fortunate to be supported by Hawaiian with a grant that will allow us to keep our tyres and tubes well stocked for future repairs.



Motion by the Ocean Inc is a proud collaborator of **Join Us**, a national non-profit research register that connects everyday Australians with health research opportunities. By registering, you can support vital research that’s relevant to you and help improve health outcomes for all.

Sign up today to make a meaningful difference with Join Us. For every registration, a \$15 charitable donation will be made to Motion by the Ocean Inc.

<https://bit.ly/JoinUsRegister-MBTO>

Excellence in Volunteering Management Award



Alanagh Godderidge, Founder & CEO, spoke at the Volunteering WA AGM after receiving the Excellence in Volunteering Management Award.

BENDIGO BANK & THE CITY OF STIRLING SUPPORTING SIGN WRITING FOR NEW HYUNDAI STARIA



Motion by the Ocean Inc., alongside 11 other community groups and charities, was honoured to be invited to the Bendigo Bank Kingsway Pitch Night, celebrating 20 years of Community Impact! Each group had 3 minutes to pitch their project for funding, and we're thrilled to announce that an incredible \$86,000 was generously awarded to support the ongoing work of these amazing organisations.

We extend our heartfelt thanks to Bendigo Bank for recognising and supporting our efforts with this funding, and to the City of Stirling for matching this contribution. This support ensures our van will continue to serve as a powerful beacon for the charity, increasing visibility and awareness. It will help us engage more effectively with our community and showcase the impact of our #MovingFood and #CyclingWithoutAgeSorrento.



Jo Trilling & Alanagh at 6PR



Thank you, City of Joondalup, for helping us keep the wheels turning!

We're incredibly grateful to the City of Joondalup for recognising the value of our work and awarding us funds to support our #cyclingwithoutagesorrento program in their latest grant round. This support will help us raise awareness of what we do and keep up with the growing demand over Summer. We still remember when our Mayor called us in the early days to say, "Hey! We love your work." The City has been with us from day one, and we're so thankful for their ongoing support.

The Sleeping Beauty at His Majesty's Theatre

Motion by the Ocean Inc. was fortunate to take 48 of our valued people to His Majesty's Theatre Perth last week, to watch the ballet, The Sleeping Beauty.

It was a beautiful opportunity for us to thank the people that support our work and provide an opportunity for our beneficiaries, (many who hadn't been to the ballet before) to see the talented work of the West Australian Ballet - in such magnificent surroundings. A very special opportunity and we are very thankful.



The volunteers from our #cyclingwithoutagesorrento program have made it possible for over 9,000 passengers to enjoy meaningful Trishaw experiences along our breathtaking 20 km coastline. Through their dedication, they've provided thousands of rides, covering a distance equivalent to cycling from Perth to Sydney 17 times!



Our charity, Motion by the Ocean Inc, offers two programs, Moving Food and Cycling Without Age Sorrento. The latter program has a fleet of five Trishaws that provides free Trishaw rides to our senior and disabled community, every morning of the week. The most regular service of its type in the country, every year is more impactful than the last.

Our aim is to alleviate loneliness and keep our

seniors socially relevant within the community they live and love. We do this by cycling slowly along our coast as we share stories of yesteryear as we breathe in the salty sea air.

Clocking up nearly 70,000 passengers kilometres, cycling over 9000 passengers; we have much trust and confidence within the community we provide for.

National Volunteer Week 2025

During National Volunteer Week 2025, we had the honour of joining 750 passionate volunteers at the stunning Government House Gardens to celebrate the heart and soul of our community.

A huge shout-out to the incredible individuals who power our #CyclingWithoutAgeSorrento and #MovingFood programs. Your dedication and compassion bring joy, support, and connection to so many. Whether it's giving a passenger the ride of a lifetime or delivering nourishment to those in need, your efforts truly make a difference.

Thank you for being the change-makers that inspire us every day!

Here's to our volunteers—past, present, and future—who show us what it means to give back. You are the heart of our mission.



Funds Awarded

Our most recent Lotterywest Grant saw us being awarded funds for our 6th Trishaw and a brand new Hyundai Staria. With Hyundai Aus Osborne Park, picking up the tab for servicing over the next three years.

We are off to a stellar start with our #MovingFood and #CyclingWithoutAgeSorrento programs benefitting from our new vehicle. The impact has been meaningful and immediate.



Did you catch our work celebrated on Christmas night on Channel 7? Alongside Lotterywest, we were thrilled to mark our partnership.

[You can watch the segment here.](https://motionbytheocean.org.au/xmas-feel-good-story-on-channel-7-perth/)
<https://motionbytheocean.org.au/xmas-feel-good-story-on-channel-7-perth/>

Travel Diary

Stories of Cycling Adventures

Connections are made between our vollies and our passengers. Our seniors made to feel like family.



Our trainer Brea, taking Helen out for a leisurely coastal ride. Brea's son accompanies them. These times are valued.



Thank you so much for this beautiful service... My mum and 96 year old Aunt had the most wonderful time Eileen had fallen over twice in the last few weeks and broken her wrist so was thrilled to get out along the coast. I was told Chriss was the most lovely host. Kind regards, Alison x

“AWWW, that is so lovely. Eileen was the cutest... she kept saying that she will be dreaming of this ride for weeks. My soul cup filled right there!”
Volunteer, Chriss



Travel Diary

Stories of Cycling Adventures



“WE HAD SO MUCH FUN ”



WHEN YOU RIDE WITH US

Take in the beautiful sights and sounds while enjoying a complimentary drink from one of our hospitality partners:

Swell Mullaloo Beach
 Hillarys Beach Club
 Quality Resort Sorrento Beach
 Froth Craft Beach - North Beach
 Canteen Trigg



A special thank you to Claire, Tim and the team at White Salt who leave us after 5 years of hosting morning teas, sundowners, Christmas parties and many many coffees.



Cycling Without Age Sorrento, is shifting gears!

In January & February, Cycling Without Age Sorrento, will be focusing on individual rides during the warmer months. See the stunning coastline, from Sorrento to Trigg or Mullaloo.

Book a Ride

Rides available every morning until 10:00 am.

To beat the summer heat please book your ride to start before 10:00 am.

Let us know in comments (when you book) what time suits you.

www.motionbytheocean.org.au

From March, ride times will be extended, with departures available until 11:00 am.



Partnering with Second Bite and Foodbank, our moving food program is making a significant impact on supporting vulnerable members of our community. To date, we have rescued and recovered 86,000 meals, redistributing food to those in need. This initiative is helping to provide vital support to vulnerable individuals and families, ensuring they have access to nutritious meals.



 MOTION BY THE OCEAN
Proud to deliver
MOVING FOOD

Connect With Us

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You can help to build a strong community



Interested in becoming part of the team at Motion By The Ocean Inc?

Our charity supports two programs — Moving Food and our core project, Cycling Without Age Sorrento. Cycling Without Age Sorrento is part of an international movement providing free trishaw rides to senior and disabled communities. Keeping this service going requires volunteers. We have vacancies for several roles and would appreciate your help.



Positions: Bike mechanic/bike enthusiast, Trishaw Pilots



A few months ago, Pete reached out to us with the best question ever: "How can I help?" When the owner of a brewery asks that, you know something special is brewing!

Last Thursday, thanks to Pete's generosity, 35 of our amazing volunteers celebrated another impactful year - delivering our #MovingFood and #cyclingwithoutagesorrento programs.

Cheers to community, kindness, and the magic of collaboration! Special mention to the great staff, especially Dan.

WHAT GOES INTO A RIDE?



Proud to deliver
Cycling Without Age
SORRENTO



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

\$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 insure 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

Our Sponsors

Thank You to our generous Sponsors

By sponsoring us, you will make a tangible difference and take us closer to achieving our vision of a local community that is strong and vibrant, where everyone feels included. You will also have an opportunity to showcase your organisation's commitment to your local community in several different ways.

Sponsorship packages with Motion by the Ocean Inc. are individually designed to be mutually beneficial. We will work closely with you to develop a unique partnership that aligns with your organisation's needs, values and objectives.

Join us and make a real difference.



SUPPORTERS



Make a lasting Impact

Have you considered a contribution to a stronger community by including a bequest in your will?

Motion by the Ocean's work is made possible by the generosity of its supporters. It is a lasting legacy of kindness that ensures we can continue to keep our senior and disabled community socially connected within our community.

For more information please contact Alanagh Godderidge or visit our website.
Email: alanagh@motionbytheocean.org.au

www.motionbytheocean.org.au/leave-a-bequest



We would like to extend our heartfelt thanks to Lavan Lawyers for their invaluable support in organising our "Leave a Bequest" initiative on our website. Their generosity provides the opportunity for

free Trishaw rides to keep rolling in our community for years to come. Thank you for helping make this meaningful impact possible!

LAVAN



Peter Hernaman

Becoming a trishaw pilot has been one of the most rewarding experiences of my life. It all started with a simple idea—I wanted to give back. After spotting trishaws cruising along the coast and getting a little encouragement from a neighbour, I decided to give it a go. I had no idea how much joy it would bring, not just to others, but to me as well.

The training was thorough, which gave me the confidence to ensure every passenger feels safe and comfortable. Each ride is unique. Sometimes, there's lively conversation or laughter; other times, it's a peaceful silence as we take in the fresh air and surroundings. I've met so many incredible people, from elderly residents to younger individuals with disabilities. It's been amazing to see how much these rides mean to them. One ride that stands out was with Giovanni, a retired mechanic.

“Each ride is unique. Sometimes, there’s lively conversation or laughter; other times, it’s a peaceful silence.”

At first, he was a bit reserved, but as we rode along, he started opening up and sharing stories about his life. By the end of the ride, his mood had completely transformed, and he was smiling from ear to ear. Moments like that remind me why this is so worthwhile—it's not just about the ride; it's about the connection. Of course, there are challenges. Navigating busy paths and ensuring everyone's safety can be tricky at times. But the gratitude from passengers and the support from the community make it all worth it. This experience has taught me so much—patience, empathy, and the value of being present in the moment.

What makes it even more special is the sense of community among the volunteers. We all come



from different backgrounds, but we're united by a shared purpose. I'm especially excited about plans to take our trishaws to Kalgoorlie soon, where we'll offer rides to residents in care facilities. I can already imagine the smiles on their faces as they experience the freedom of a ride.

“I had no idea how much joy it would bring, not just to others, but to me as well.”

Being a trishaw pilot has been life-changing. It's deepened my empathy and made me feel more connected to my community. Every ride is a reminder of how powerful human connection can be and how much joy there is in giving back.

STURDY STABILISERS

KEEP YOUR TRISHAW STEADY

Anyone with Trishaws out there who want to prevent their Trishaws from tipping forward while loading and unloading passengers, we have made sturdy stabilisers 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.



Extra security for our precious passengers

\$160 +GST

For enquiries please contact us at: admin@motionbytheocean.org.au



Help us by donating your refunds

Together we can keep these containers out of landfill, and help our community together.

Use the Motion By The Ocean ID

– C10510550

Scan the barcode when you return



Partner Spotlight

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Aged Care and Disability Organisations



HOW WE CAN SUPPORT YOUR CLIENTS

We offer daily Trishaw rides to disability and aged care organisations.

We can offer you rides, via an annual package, exclusively for your clients. Your bookings will be prioritised, with our fleet of Trishaws

providing group rides, or instead, individual rides with one of your clients and their support worker.

Email our office to find out more:
admin@motionbytheocean.org.au

This service is offered every day of the week!

