

MOTION MAGAZINE



AUTUMN
2025 ISSUE #7

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 provide free therapy for us all.

Our core program Cycling Without Age Sorrento 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 rediscover the freedom of cycling regardless of age or ability.

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#movingfood
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Reflecting on what we've achieved since Summer!

Welcome to our Motion by the Ocean Autumn newsletter 2025!

Dear Friends,

What a few months! Working on a couple of projects with Lotterywest, as well as Volunteering WA, we took our Cycling Without Age Project to a new level, providing Trishaw rides within the magnificent Karlkurla Bushland Park in Kalgoorlie.

The impact was profound and so very meaningful for all those involved. We look forward to creating long-term connections with this very special community.

At our core, providing for a stronger community is only possible due to the commitment of our volunteers. There's something truly powerful about local volunteers supporting their own community – especially when the initiative is managed by locals themselves. There's no greater form of community buy-in.

After all, who understands the needs, rhythms, and values of a place better than the people who call it home? This local ownership creates deeper trust, stronger connections, and lasting impact.

We invite you to participate in our Cycling Without Age Sorrento program. Starting from Sorrento, join us on one of our daily Trishaw rides from Sorrento, cycling between Mullaloo or Trigg. Enjoy a meaningful cycling experience with good conversation as you take in the coastal elements.

Alanagh

Alanagh Godderidge
CEO and Founder
Motion by the Ocean Inc



GIFTS WITH MEANINGFUL IMPACT

A GIFT IN YOUR WILL

A gift in your Will is a positive, life-changing contribution that helps us continue our vital work. Our mission is only made possible through the generosity of supporters like you. Your legacy will help cover our most significant costs, including:

- Procurement of purpose-built Trishaws
- Numerous insurance needs
- Monthly Trishaw maintenance and servicing
- Project delivery expenses

Go to motionbytheoceaninc.org.au/leave-a-bequest/ to find out how your tax-deductible donation has the power to change lives.



IN MEMORIAM

Have you considered naming a Trishaw after a loved family member or friend?

This dedication will be remembered fondly and proudly displayed on one of our trishaws, as seen here with 'Anne' and 'Bernie', two 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.

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 and opportunity to others.

INTERESTED? EMAIL ADMIN@MOTIONBYTHEOCEAN.ORG.AU

A MEMORABLE BIRTHDAY GIFT FOR SOMEONE WHO NEEDS FOR LITTLE

Your If you're looking for a thoughtful gift for someone who needs little but cherishes time spent with you, consider donating the value of a Trishaw ride. In gratitude for your donation, we'll send you a gift voucher.

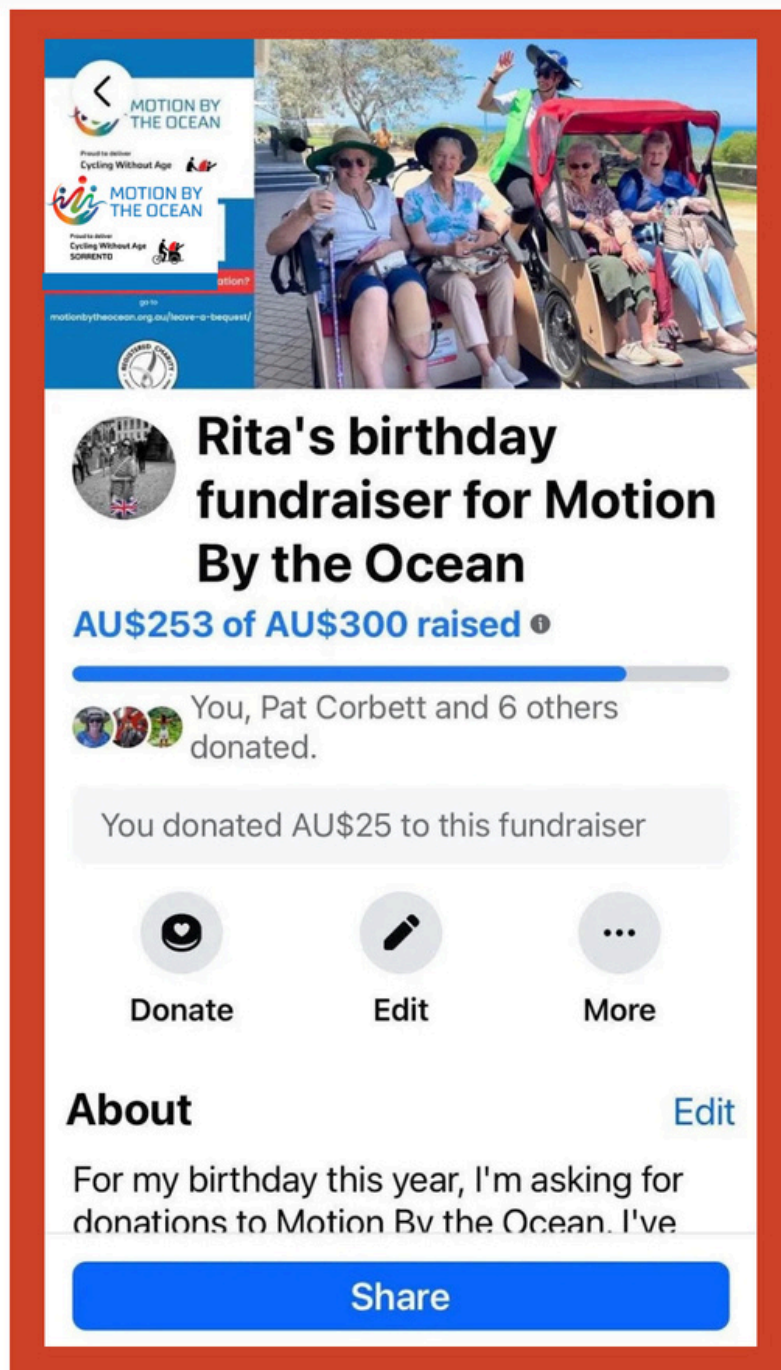
After making your donation, simply email us to confirm, and we'll send you a gift voucher that can be given to your recipient. We will also treat you to a cuppa from one of our hospitality partners.

Go to, <https://motionbytheocean.org.au/donations/>



This fundraiser

was a beautiful gesture by one of our previous passengers. This could be appropriate to celebrate a birthday or in memory of a past passenger.



The screenshot shows a Facebook fundraiser page for "Rita's birthday fundraiser for Motion By the Ocean". The page features a header image of a group of people on a beach, with logos for "MOTION BY THE OCEAN" and "Cycling Without Age SORRENTO". Below the header, the fundraiser title is "Rita's birthday fundraiser for Motion By the Ocean", and the amount raised is "AU\$253 of AU\$300 raised". A progress bar shows the current status. Below the progress bar, it says "You, Pat Corbett and 6 others donated." and "You donated AU\$25 to this fundraiser". There are three buttons: "Donate", "Edit", and "More". The "About" section says "For my birthday this year, I'm asking for donations to Motion By the Ocean. I've" and has a "Share" button.

Rita's birthday fundraiser for Motion By the Ocean

AU\$253 of AU\$300 raised

You, Pat Corbett and 6 others donated.

You donated AU\$25 to this fundraiser

Donate **Edit** **More**

About **Edit**

For my birthday this year, I'm asking for donations to Motion By the Ocean. I've

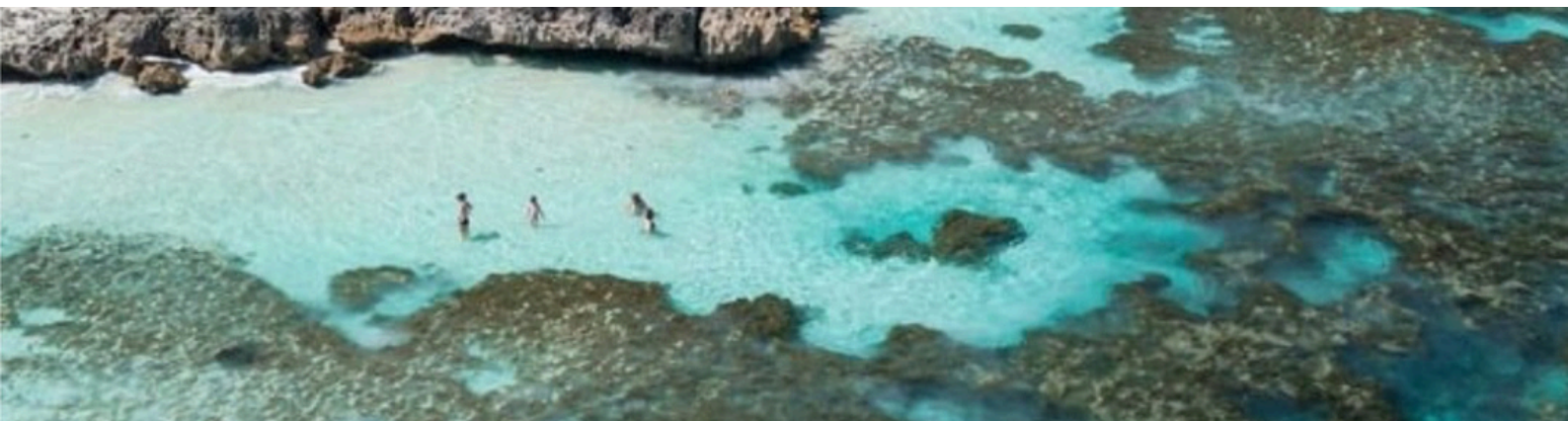
Share

Thank you to

Rita

for honouring your father by valuing our work through your Facebook fundraiser.

**It takes a community!
We are grateful.**



ONJE HAIR



We give thanks to Shivaun at Onje Hair, Scarborough, for valuing the work we do.

Keeping a donation box next to the point of sale is a simple, low-effort way to support a cause—and feel good about doing something positive.

If you have a business that regularly interacts with the public and would like to assist us in providing free Trishaw rides to the community, via a donation box, please reach out.

INSURANCE

Insurance is essential for grassroots not-for-profits—it underpins our ability to provide free community services. Many charities are fuelled by passion but remain underfunded, under-resourced, and expected to achieve more with less, often relying on piecemeal grants that focus on activities rather than outcomes.

We applaud the Federal Government's enhanced Volunteer Grants, offering up to \$5,000 for insurance through local MPs—recognising the critical role NFPs play in meeting community needs.

Similarly, the City of Stirling's \$1,000 Quick Grant for insurance coverage is a positive step forward.

However, we urge our leaders to recognise all the costs that support stronger communities—capacity, systems, leadership, and evaluation—so that NFPs can truly excel. The “pay-what-it-takes” philanthropic model rightly asserts that funding must cover all operating expenses—not just programs—to enable deeper, more sustainable impact.

Allow us to do what we do best, so we can spend our time delivering great outcomes for those who need it most.

INSURANCE FUNDRAISER

A heartfelt thank you to everyone who donated to support our insurance needs! Every contributor was entered into a raffle to win a stunning photograph of our coastline. This beautiful image, taken by photographer David Beavis, is printed in Cibachrome, expertly framed, and generously donated by Pictures Plus Balcatta.

Our Chairperson, Patrick Parker, drew the lucky winner — congratulations to Ryan Esqulant, who will soon be the proud owner of this gorgeous piece!



IN THE NEWS

OUR IMPACT REPORTS

A couple of months ago, we reached out to other Cycling Without Age chapters requesting examples of their Impact Reports.

A heartfelt thank you to CWA Founder Ole Kassow, Cycling Without Age Napier, New Zealand and our 'sister city' chapter — Cycling Without Age Vancouver, Canada, for generously getting in touch and sharing their work with us.

Your support and openness are truly appreciated, and your contributions have been invaluable as we shape our own Impact Report. You can view our reports via the footer on our webpage.

STEP INTO VOLUNTEERING SESSION

The City of Joondalup has been a great supporter of our work since 2017. In March, with a full group of volunteers, we shared our experiences in providing rides to its residents and showcased the positive impact of our two programs—Moving Good and Cycling Without Age Sorrento—within the community.

Interested in volunteering too? Email volunteer@joondalup.wa.gov.au. The team at Whitford Library Resource Centre is incredibly knowledgeable and ready to help you find your perfect fit!

HAWAIIAN

Hawaiian has awarded us as Neighbourhood Champions!

Your generosity helps us continue offering free Trishaw rides to those who can no longer cycle on their own. We're so grateful for your support!

WORKING WITH WATER CORPORATION

Over a couple of sessions, we had the pleasure of sharing our work with the wonderful team at the Water Corporation—thanks to a kind invitation from our long-time sponsor, Tasha Broomhall, renowned mental health specialist, keynote speaker, and founder of Blooming Minds.

Our CEO, Alanagh, joined in their workplace mental health care sessions to share our mission and promote our work.

Warmly introduced by Tasha, it was a fantastic opportunity to connect with a community that truly values wellbeing, inclusion, and social impact.

This connection has led to a staff-led fundraiser for Motion by the Ocean Inc., supporting the costs of our Cycling Without Age Sorrento program.



OUR VOLUNTEERS

At Trigg Beach, we held a re-engagement and training session—perfect for connecting, sharing knowledge, and celebrating our team's dedication.

Then last month, at Froth Craft Brewery in North Beach, we relaxed over a pizza lunch with ocean views, sharing stories and enjoying each other's company.

These events highlighted the power of gathering—one to learn and grow, the other to relax and connect. Both are essential for showing appreciation, fostering open discussion, and strengthening the bonds that fuel our impact.



GOLF DAY BENEFICIARIES

Motion by the Ocean Inc was honoured to be the beneficiary of the second annual Hillarys Beach Club Golf Society event at Joondalup Resort.

A huge thank you to Ryan and his team, as well as the generous sponsors and players, for raising vital funds that help us continue providing free Trishaw rides within our shared community.

Local support like this truly makes all the difference! Being supported by locals and creating local impact—there's something truly special about that!

HILLARYS
BEACH
CLUB



@motionbytheoceaninc

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OUT AND ABOUT

CITY OF JOONDALUP GRANT

Have you seen our new promo items out in the community? We're incredibly grateful to the City of Joondalup for recognising the value we bring to the community.

Recently, they funded our new banners, flags, and heavy-duty gazebo—items that have already been put to great use across the community. Extending our reach even further, these aids came in super handy in Kalgoorlie, recently.

These signs have helped raise awareness of our daily Cycling Without Age Sorrento program, sparking many meaningful conversations along the way.



SOROPTOMIST PERTH

We had the privilege of presenting our work at Soroptimist International – Belmont, where we passionately advocated for our mission and showcased our work.

It was inspiring to meet such a dedicated group of women committed to empowering girls and women around the globe. If you're searching for a meaningful way to contribute, they're always welcoming new members.

SENIORS WEEK

We attended a lovely lunch hosted by the City of Joondalup, as part of Seniors Week.

It was a thoughtful gesture that not only acknowledged the important work being done across our community but also created a wonderful opportunity to connect—and reconnect—with others who share the same passion for making a difference.



In 2024,

DID YOU KNOW?

we provided

1090 – Trishaw rides

2096 – passengers

804 – aged care & disability organisations & independent support workers & their supported people (unique for each month)

WORDS OUR LONG TIME SUPPORTER

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FROM LONG TIME SPONSOR, BLOOMING MINDS' TASHA BROOMHALL

When Alanagh first told me about the trishaws, I loved the idea of creating opportunities for community members to enjoy time in nature, social connection, and joy.

I began my career working in aged care in New Zealand and disability services here in Australia. In these roles, I have witnessed firsthand the damaging impacts of social isolation and mobility challenges.

Blooming Minds has proudly sponsored the Cycling Without Age program since 2019. We are deeply grateful to Alanagh, the dedicated team of volunteer cyclists, and the Board of Motion by the Ocean Inc., who tirelessly work to build the kind of community we all want to live in—a community that values connection and supports those who need it most.

In a world often filled with discouraging stories, it's vital to celebrate grassroots community-building initiatives like this one, which nurture the emotional and social wellbeing of both participants and volunteers alike.

Tasha Bloomhall

bloomingminds.com.au



**BLOOMING
MINDS**

Mental Health & Wellbeing



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VOLUNTEER QUOTE

Volunteers recognise the mutual benefits of our work.

“Does anyone else get the feeling that our passengers are healing and supporting us, too?

Feeling so grateful to be doing what we do.”



THANK YOU

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SHOUT OUT TO FROTH BREWERY

Huge thanks for fuelling our planning session that helped get our team all the way to Kalgoorlie! 🍕



[!\[\]\(b75b336f46a04702a9641299e986c074_img.jpg\)](#) Cycling Without Age Albany



[!\[\]\(b93a3d1004da39ab83182d084e9be391_img.jpg\)](#) Cycling Without Age Mandurah



[!\[\]\(81fc275d0420a186abdcebe74ad0db8b_img.jpg\)](#) Cycling Without Age Perth



[!\[\]\(e177e7c31c90ed5feb8cc06bada3e6df_img.jpg\)](#) Cycling Without Age Rockingham

A big thank you to Cycling Without Age Mandurah and Cycling Without Age Rockingham for lending us their spare batteries, which made it possible to provide continuous rides during our BUSH TO BEACH multi-day visit to Kalgoorlie.

We also made great use of the spare batteries funded by the City of Joondalup from a 2024 grant. Originally sourced to extend our rides in Summer, these batteries allowed us to extend our reach here in Kalgoorlie.

As well as CWA Mandurah and CWA Rockingham providing for their communities, so does CWA Perth and CWA Albany! All managed and funded independent of each other; please go to the relevant Facebook page, as seen above to find out when and where they ride.

We had a couple of lovely write ups in the Kalgoorlie Miner in April and May to promote and then celebrate our Beach to Bush visit to Kalgoorlie. See one below.

Group offers bushland trishaw rides

JESSICA ANTONIOU

A metropolitan program offering free trishaw rides for people with mobility issues is coming to the regions for the first time to offer its services in Kalgoorlie-Boulder.

Cycling Without Age Sorrento, run by Motion by the Ocean, is a Perth-based cycling group offering free daily scenic bike tours along the city's coastal paths for people who cannot or no longer cycle.

The 30-minute tours — conducted by volunteers — will be available over two days in Kalgoorlie-Boulder to offer seniors and people with disability free trishaw rides in Karlkurla Bushland Park.

Motion by the Ocean chief executive Alanagh Godderidge

said the program not only offered insightful experiences to the community, but also to its volunteer cyclists.

"We just want the people in Kalgoorlie, like we do in Perth, to be aware of the beautiful changes that are happening in their community," she said.

"We've got pedestrians that pass by and they're always waving and smiling, and it just enables really great connection.

"We want to hear the stories, especially from our seniors.

"I mean, we have a lot to learn from them and they have great stories, and unless they're retold, they get lost in time."

The tours will operate non-stop throughout the day on April 28 and 29, and require people to make a booking at motionbytheocean.org.au to guarantee them-

selves an available timeslot. The Karlkurla Bushland Park trishaw rides have so far been well received, with most of the program's morning slots booked out already, and Ms Godderidge said she hoped the initiative could return in the future.

"We really want to make a great impact in Kalgoorlie, and we really want to come back again," she said.

"There's a great buzz about us coming."

Motion by the Ocean, which was established in 2020, continues to advocate for government support, and has recently received a grant of \$66,000 from Lotterywest which has gone towards buying Cycling Without Age Sorrento's sixth trishaw and a vehicle car for transporting its bikes.

VOLUNTEERING WA PROMO VIDEOS

We love working with Volunteering WA—our collaboration brought two inspiring promo videos to life, showcasing the value of volunteering within our great state.

The first video was filmed at Whiteman Park and features volunteers from multiple groups in a beautiful bushland setting.

The second was shot along the route in Sorrento and led by volunteer Renee, whose friendly charm and storytelling flair made her the perfect guide—a truly gregarious conversationalist bringing our community spirit to the screen.

Take a moment to enjoy both videos and celebrate the spirit of volunteering!



IN THE MEDIA

LOTTERYWEST

We're thrilled to announce our first statewide—and most high-profile—promotion yet. Produced by the wonderful team at Lotterywest! This multimedia campaign has placed us front and centre across Western Australia, appearing on bus stops, Lotterywest kiosks, train stations, shopping centres, Channel 7 Perth, social media, as well as featuring in The West Australian.

The video beautifully showcases the positive impact Motion by the Ocean has on the WA community. As Lotterywest humorously remarked upon seeing the footage: "I'm not crying, you are!"

Take a moment to watch it here—it's a moving celebration of community in action.

[click here to watch](#)



"Motion by the Ocean is first-hand proof that an idea can spark from anywhere and turn into a significant movement touching the lives of many."

Lotterywest

FROM BEACH – BUSH

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our inaugural visit to Karlkurla Bushland Park, Kalgoorlie



With incredible support from the Kalgoorlie business community, we are thrilled to have brought our Cycling Without Age Sorrento program to the heart of the Goldfields—our first expansion beyond the Perth coast.

Instigated in partnership with our long-standing collaborator Amana Living, we delivered two enriching days of rides through the tranquil Karlkurla Bushland Park, surrounded by natural beauty and abundant wildlife.

Just like in Perth, every Trishaw was fully booked for each ride—ensuring we deliver meaningful, joy-filled rides to those who need it most. But enthusiasm alone isn't enough; it takes true community-minded backing.

We're deeply grateful to Lotterywest, whose funding for our new van and latest Trishaw made this expansion possible. And heartfelt thanks to the Kalgoorlie business community, whose recognition of our mission brought this initiative to life. To our core sponsor, Anglo Gold Australia—we couldn't have done this without you.

powered by



ANGLO**GOLD**ASHANTI



Read on to hear what our team had to say about their unforgettable experiences with this very special community.



"It was a perfect autumn day as Winnie and I rode slowly through Karlkurla Bushland Park on the Trishaw.

She pointed out familiar plants, wishing we could go even slower so she could share their stories and uses with her mob. Winnie spoke of baking kangaroo tail over coals back in Warburton, where she once felt free on Country.

Now in Kalgoorlie for dialysis and mostly in a wheelchair, these moments are rare. Thanks to Motion by the Ocean, she was able to reconnect with her land, her memories, and her culture."

Cyclist Peter



FROM BEACH – BUSH

“One of my passengers, an elderly lady from Kalgoorlie, had only visited Karlkurla Bushland Park a few times due to fear. After riding the 4km trail with us, she was amazed by how beautiful and serene it was. Now, she feels confident to return on her own for walks. It’s a powerful reminder of how the right experience can change someone’s perception and encourage them to step out of their comfort zone.”

– cyclist Glenn



A middle-aged Aboriginal man and his carer had a ride. About ten minutes into the 4km trail, the man grew increasingly excited. His carer revealed this was the first time he had ever been on a bicycle. The Trishaw made this possible, and his joy and laughter filled the park. By the end of the ride, he was transformed—smiling and full of laughter. It was a pleasure to witness such joy.” – cyclist Glenn



Quotes from one of our Kalgoorlie Beneficiaries, Jo.

“Being on a bike again, reminds me of when the kids were younger. I used to sell gold to buy lollies for the kids!”

“... and it was unique too, I’ve never seen anything like this in three decades of life in the disability sector. The word around town is that they are considering a return soon, which would be very sensational.”

“It’s not often we see something like this, and the positive impact it had on so many people is just brilliant.”



@motionbytheoceaninc

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CYCLING WITH AGED CARE AND DISABILITY ORGANISATIONS

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ARE YOU RESPONSIBLE FOR COMMUNITY ENGAGEMENT FOR YOUR CLIENTS? HERE IS HOW WE CAN SUPPORT YOU.

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!



SPONSORSHIP TIERS

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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.



OUR COMMUNITY PARTNERS



OUR CURRENT SUPPORTERS



Autumn 2025 www.motionbytheocean.org.au

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



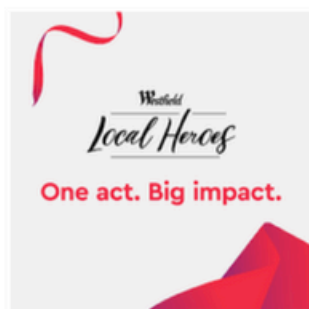
2022

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

PARTNER WITH US – YOU'LL ENJOY THE RIDE!

At the end of the day, free rides aren't free to deliver. To sustain and expand our service—providing more rides for more people—we rely on support from the community we serve. Please consider supporting us as the EOFI approaches.

If you are a local business that supports our work, we offer sponsorship opportunities starting from \$500. Interested? It takes a community!

Make a difference among our coastal community and partner with Motion by the Ocean Inc.

We would love to hear from you. Let's partner together for a stronger community. Please contact at,

Alanagh on admin@motionbytheocean.org.au

