

CELEBRATING OUR INAUGURAL VISIT TO KARLKURLA BUSHLAND PARK, KALGOORLIE

April/May 2025



Proud to deliver
Cycling Without Age
SORRENTO







MOTION BY THE OCEAN

MOTION BY THE OCEAN

Proud to deliver by the Sea Sorrento

MOTION BY THE OCEAN



Cycling Without Age Sorrento

TEAL SHORTS

JEANS

GRAY SHORTS

SPIRIT BELT

BLUE LEGGINGS

GREEN PANTS

BLACK LEGGINGS

RED AND WHITE SNEAKERS

GRAY SNEAKERS

BLUE AND WHITE SNEAKERS

PINK SNEAKERS

BLACK SNEAKERS

GRAY SNEAKERS

A few short moments of quiet joy—such a privilege to witness the experience of riding a bike again.











People with disabilities get free ride on trishaw

JESSICA ANTONIOU

People with disabilities and mobility issues were treated to a free scenic trishaw ride through Karlkurla Bushland Park by a Perth-based volunteer-run cycling group this week.

Cycling Without Age Sorrento, run by Motion by the Ocean, offered free 30-minute rides out of Kalgoorlie-Boulder for the first time, bringing volunteers and trishaw bikes to the Goldfields on Monday and Tuesday.

The tours operated non-stop on both days, and required people to make a booking before they arrived.

More than 200 people who cannot, or no longer cycle, signed up for the free trishaw tours, including 75-year-old Andrew Henderson, who suffers from mobility issues and can no longer continue his love of walking.

"One of my passions was walking, so when I lived in Esperance, I walked from Esperance to Ravensthorpe," he said.

"When you walk, the miles disappear, but I've lost all that — my love of walking is gone now."

Mr Henderson told the Kalgoorlie Miner he was grateful to be given an opportunity to experience something new.

"We've only seen them (trishaws) on TV in Indonesia, you know; they've got the people riding the bikes with one person in front, so to get this chance is awesome," he said.

"I bless all the volunteers."

Motion by the Ocean chief executive Alanagh Godderidge said she was pleased with the feedback she had received on the rides and hoped the service could return to Kalgoorlie-Boulder.

"A couple people were fairly hesitant as it was their first time,



Kalgoorlie Miner – May 2025

Alanagh Godderidge with Elizabeth Henderson. Pictures: Jessica Antoniou

but when they came back, they just had big rosy, red cheeks and big smiles," she said.

"We had one lady come . . . with her support worker, and she asked her support worker to ask if she could come and have a second ride, so she's back again."

"The response has just been beautiful and so positive, and yeah, we definitely want to come back again."

Volunteers offered the participants throws and beanies to combat the cooler weather they experienced in the mornings,

while the City of Kalgoorlie Boulder supported the initiative by providing set-up equipment and snacks and drinks.

AngloGold Ashanti, Amana Living and the Goldfields Women's Health Care Centre also provided support.

The program continues to advocate for government support, and has recently received a \$66,000 Lotterywest grant, which has gone towards buying Cycling Without Age Sorrento's sixth trishaw and a new car for transporting its bikes.

Cycling continuously for two days and offering 201 passengers meaningful rides was one of the most impactful experiences I've ever had.

We formed new connections with nine aged care and disability organisations, as well as with full-time carers and their supported people. There was a real sense of giddy in the air. Many participants had never visited Karlkurla Bushland Park or been on a bike before, due to physical restrictions.

By making this beautiful social space accessible, we fostered genuine inclusion, connection, and powerful storytelling.

Alanagh Godderidge



Alanagh Godderidge

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.

Feedback to Kalgoorlie/Boulder council, from a full time carer

I'm not sure who instigated Motion By The Ocean's visit to Kalgoorlie, but whoever did deserves a medal! They were here for two days, fully booked, with all rides held in the beautiful and peaceful Karlkurla Park.

Naturally, I booked Megan in for a ride on Tuesday—we were both excited. But what struck me most when we arrived was the incredible sense of community. It was warm, social, full of laughter and connection. It truly brought people together, especially those often isolated due to age or disability.

With so much negativity around, I wanted to share how positive and uplifting this event was. We were incredibly lucky to have them here, and it was so well received. Everyone is already hoping for a return!

Jo Russell – (Mother of a daughter with disability)

Mayor's Response

What a fantastic email, Jo! It sounds like Motion By The Ocean's visit was a real highlight for the Goldfields. I can just picture Megan's squeals of joy echoing through Boulder—how wonderful!

You've captured beautifully the sense of community these events create. It's heartening to hear how much Megan enjoyed it, and that it gave you a chance to reconnect with others. Those social moments are just as meaningful as the ride itself.

You're right—this initiative is something truly special. It's rare to see something with such immediate, positive impact. I'm thrilled to hear it was so well received.

Thank you for sharing this uplifting feedback. I'll be sure to pass your thanks on to the Council. It's so important to celebrate moments like these.

Glenn Wilson – (Mayor, City of Kalgoorlie-Boulder)

Quotes from our Beneficiaries

"We've only seen trikes on TV in Indonesia... so to get this chance is awesome."

"The last time I was on a bike, was when the kids were younger. I used to sell gold to buy lollies for the kids!"

"I live across the road from the park, but have been hesitant to walk here. I now have the confidence to venture out and walk the paths, myself."

"I have lived here most of my life and have never been to Karlkurla. My legs don't work too good."

"The food is not too bad, but we don't get out too much. Sometimes it gets lonely. My wife died last year."

"... and it was unique too, I've never seen anything like this in 3 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."

Recollections from our Cyclists

"It was a perfect autumn day as Winnie and I rode through Karlkurla Bushland Park on the Trishaw. Breathing in the fresh air, she pointed out familiar plants, sharing stories of their uses and memories of cooking kangaroo tail over coals near Warburton. Now in Kalgoorlie for dialysis and mostly wheelchair-bound, Winnie is far from family and rarely gets to be on Country. Thanks to Motion by the Ocean, she was able to reconnect with that sense of peace and freedom. It was a true honour to share that moment with her." - [Peter](#)

A middle-aged Aboriginal man and his carer joined us for a ride around Karlkurla Bushland Park. About 10 minutes into the 4 km trail, his excitement grew — he was laughing, vocal, and clearly thrilled. His carer quietly shared that this was the first time he'd ever been on a bicycle.

Thanks to the Trishaw, he experienced the joy of cycling for the very first time. By the end of the ride, he was transformed — smiling, laughing, and full of life. It was a privilege to witness such pure happiness. - [Glenn](#)

Everyone deserves the right to stay socially connected and feel a sense of relevance—especially within the beautiful spaces their communities offer.



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the people who value stronger communities



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GOLDFIELDS
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looking ahead to our next visit



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