



Proud to deliver
Cycling Without Age
SORRENTO



Our Accumulative
IMPACT REPORT



@motionbytheoceaninc



WHO ARE WE?

Our Vision

A strong, vibrant local community where everyone feels included.

Our Mission

We deliver innovative, community-based activities that address unmet needs, creating uplifting social experiences and fostering human connections for local residents.

Our goal is to promote a socially inclusive, multi-generational community. We strive to empower seniors and individuals with limited mobility to become active citizens, ensuring they feel supported, valued and respected.

Our Programs

Cycling Without Age Sorrento

Our flagship initiative offers free Trishaw rides along the picturesque West Coast Drive between Mullaloo and Trigg. Since early 2018, we've proudly operated Western Australia's founding free Trishaw service, providing daily rides and holding the distinction of offering the most frequent service of its kind in the country.

Cycling Without Age Sorrento aims to keep individuals with limited mobility socially connected beyond their homes. When seniors remain indoors, they miss out on witnessing neighbourhood changes and may lose touch with community progress. Our Trishaw rides enhance mobility, granting better access to the coast. These rides encourage conversations and the sharing of stories from yesteryear, allowing passengers to engage in social spaces and experience the coastal environment.

Moving Food

Launched in 2020 at the onset of COVID-19, this program addresses food insecurity by rescuing and redistributing meals to those in need within our community. With the rising cost of living, this program is more important than ever. To date, the Moving Food program has delivered over 92,000 meals to seniors and vulnerable individuals in the community.

Our History

In 2017, Alanagh Godderidge procured the state's first Trishaw, inspired by the global Cycling Without Age movement. She established Cycling Without Age Sorrento and collaborated with like-minded individuals to expand Trishaw services across Australia, leading to the founding of Cycling Without Age Western Australia and, subsequently, Cycling Without Age Australia in 2019. In 2020, Alanagh redirected her focus to her local community, believing that the most effective support comes from those who live and work within the area they cherish. Stepping back from her national role, she established the charity Motion by the Ocean Inc. to support Cycling Without Age Sorrento. This decision was rooted in her conviction that community-led initiatives foster stronger, more resilient support networks. After all, no one is more committed to a community's well-being than those who live in it and directly experience its growth and changes.

What Sets Us Apart as we Keep Momentum

Cycling Without Age Sorrento distinguishes itself nationally through streamlined logistics, strong community relationships, and a steadfast commitment to serving our focus groups. By storing our trishaws directly at the point of service — currently at Hillarys Marina — we eliminate the daily need for transportation. This setup allows volunteers to commence rides promptly, enhancing their satisfaction and contributing to higher retention rates.

Our operations are further refined by our policy of pre-booking every ride, ensuring that each passenger aligns with our focus groups, such as seniors and individuals with limited mobility. This targeted approach guarantees that our services directly benefit those who need them most. Rather than expanding our fleet, we prioritise maximising the utilisation of our existing trishaws. This strategy keeps overheads low and operations efficient, aligning with feedback from our volunteers who appreciate the simplicity and immediacy of our setup.

Our success is bolstered by robust community partnerships. We actively collaborate with local businesses, aged care facilities, and supported living organisations. By leveraging public spaces, existing infrastructure, and local partnerships, we reduce operational costs and ensure long-term program sustainability. In-kind support plays a vital role in our operations. For instance, Motion by the Ocean Inc. is one of only two external organisations granted permanent storage space at the redeveloped Sorrento Surf Life Saving Club, set for completion after the existing building is demolished in February 2026. This strategic storage solution has streamlined our logistics, fostered strong volunteer engagement, simplified maintenance, and allowed the option for future expansion. By valuing and responding to our volunteers' insights, we've cultivated strong trust and confidence within the community we serve.

Our momentum is further propelled by the unwavering support of our volunteers and local businesses. Volunteers, deeply embedded in the community, bring passion and dedication, witnessing firsthand the positive changes their efforts bring. Similarly, local businesses are more inclined to support our work when they can directly observe the tangible benefits their contributions provide to the community. This direct visibility fosters a sense of ownership and pride, reinforcing their commitment and highlighting the symbiotic relationship between community initiatives and local enterprise. To see our community partners and current supporters, go to — motionbytheocean.org.au

Promoting Inclusivity and Preserving Stories

At Motion by the Ocean Inc., we are dedicated to fostering inclusivity by reducing social isolation through meaningful conversations and shared experiences. Our flagship program, Cycling Without Age Sorrento, provides free trishaw rides along the picturesque West Coast Drive, enabling seniors and individuals with limited mobility to reconnect with their community and surroundings.

Feeling the sea breeze, basking in the sun's warmth, and inhaling the salty ocean air during our trishaw rides invigorate the senses and uplift the spirit. These coastal elements contribute to a sense of well-being and connection to the environment.

As passengers share stories and engage in conversations, they not only enrich their own experiences but also help preserve the collective memory of our community. By encouraging the exchange of personal histories, we ensure that these narratives remain integral to the evolving tapestry of our society.

Through these shared journeys, we strive to keep our beneficiaries connected, valued, and actively engaged in the community they helped shape.

Remember the joy of riding a bike for the first time?

That wind in your hair, the feeling of freedom...

For many of our passengers, **Cycling Without Age Sorrento** brings that freedom back, letting them feel the ocean breeze, igniting memories from yesteryear as they re-reconnect with the world around them.

It's a simple way to bring joy, ease loneliness, and restore a sense of belonging. We believe our big beautiful blue sea, is free therapy for us all.



Cycling Without Age Sorrento

Storytelling is a Powerful Vehicle for Inclusion

We all have a story to tell...

Staying socially connected and relevant in the spaces that shape our community helps us feel seen, valued, and involved. It's a vital way to ease the quiet weight of loneliness that too many experience.

Storytelling connects us. It preserves lived experience, strengthens community, and ensures that voices aren't forgotten. Without it, memories fade and meaning is lost.

All while taking in the coastal elements and our big beautiful ocean.



Cycling Without Age Sorrento

Providing Food Security

Providing wellbeing and sustainability to those managing food insecurity.

What began as a rapid response during COVID-19 has grown into an essential part of our work. As cost-of-living pressures rise, demand for food support is greater than ever — and our commitment to delivering both nourishment and connection continues.



Moving Food

OVERALL IMPACT

- Our assets include, six Trishaws and a new Hyundai Staria Van.
- We have 60+/- volunteers. We are one of the 18% of Australian charities who do not have a shortfall in volunteers. Keeping logistics simple, ensuring expectations are realised and valuing their work allows for strong volunteer retention.
- Our two programs, Cycling Without Age Sorrento and our Moving Food program have **directly supported 14,672 people**.
- Since January 2018, our Cycling Without Age Sorrento program has provided Trishaw rides to **8,127 passengers**, cycling **72,299 passenger kilometres**. That's more than the distance as from Perth to Copenhagen, return TWICE!
- Eighty percent of our Trishaw rides service those living in aged care homes/disability services and private support workers. The remaining passengers tend to be those that live independently in their own homes.
- Our **rides are free** to the general public; with our fleet of Trishaws available every morning of the week, seven days.
- Our cafe sponsors have provided **2,885 free cuppas** for our passengers and volunteer, on route.
- Motion by the Ocean Inc. has provided over **38,000 volunteer hours** since 2018. Our annual volunteer replacement cost is \$242,000, annually. (source VWA, 2024)
- We successfully advocated to the Department of Transport to change the Road Traffic Act 2000 - to allow our over width Trishaws to cycle on our W.A's shared paths.
- Our Moving Food program, has rescued the equivalent of **92,000 meals**, reaching **6,545 people** and supporting both wellbeing and sustainability.
- Launching our Beach to Bush initiative, **200 meaningful Trishaw rides, across two days** to those who can no longer ride for themselves in our first rural event at Karlkurla Bushland Park, Kalgoorlie - April/May 2025

2024 IMPACT

- We provided **1,090 rides** from our fleet of six Trishaws.
- We provided rides to **2,096 passengers**—individuals with limited mobility and their carers. **Like, every year, ALL our rides were pre-booked, ensuring we remained focused on supporting our core groups.**
- We **cycled 14,016 passenger kilometres**. That's the same distance as from Perth to Wellington, New Zealand, return!
- We **provided for 203 organisations**. This includes individual support workers with their own ABN and clients. This is **up 40% from the year before**, due to an ncrease in our fleet and securing Trishaw storage at our point of delivery, meaning logistics are kept to a minimum.
- We collected and redistributed the equivalent of **18,400 meals** to those in need.

Collaborating with many organisations allows our work to flourish.

Being supported by the community we are providing for reminds us of the value of what we do. It takes a collective effort — and there's no better buy-in than from the locals we support, as well as the volunteers and businesses that live and love alongside us.



lotterywest



"I love doing these rides, but it is extra special when I get to bust my dad out of the nursing home and take him for a spin.

What perfect morning!"

Words from our volunteer cyclist, Chriss



Such a beautiful experience for my Nan.

Had a great chat with Dan our Volunteer rider while seeing the best ocean views. We even had a coffee on the go, on the ride back.

Nan said it was just luxury having this experience. I have never seen her look so naturally happy and peaceful. We will be doing it again for sure!

Words from our Cycling Without Age Sorrento passenger, Jessika

Monday, 28th & Tuesday 29th, April, 2025

CELEBRATING OUR INAUGURAL VISIT TO KARLKURLA BUSHLAND PARK, KALGOORLIE



@motionbytheoceaninc
motionbytheocean.org.au



BOOK YOUR FREE RIDE

Allowing bike rides for those who can no longer cycle for themselves; join us for a unique and relaxing Trishaw experience in Karlkurla Bushland Park, Kalgoorlie.

powered by



Join us, as our fleet of Trishaws provide continuous rides within Karlkurla Bushland Park, Kalgoorlie



Karlkurla Bushland Park, Kalgoorlie

Provided continuous Trishaw rides for those of limited mobility, our fleet cycled for two full days

Quotes from our beneficiaries

“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.”

Quotes from our cyclist, Peter

“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 Inc., she was able to reconnect with that sense of peace and freedom. It was a true honour to share that moment with her.”



In 2018

320 – Trishaw rides
630 – passengers
27 – aged care organisations & independent support workers & their supported people, (unique for each month)

Our first year of operation, offering rides daily, from April, 2018

Moving Food was launched, in response to CV19. Meeting immediate food insecurity demands while our Trisaws were on a 6 week hiatus.

MBTO launches its Sponsorship Opportunities, then funding a 0.4 FTE project management position to coordinate 52 twice-weekly morning group rides.

Motion by the Ocean Inc procures two more Trishaws, now a fleet of five.

Our History

2017

Established W.A's first Cycling Without Age Program. Our first Trishaw was ordered and foundation was laid for our working model.

2018

2020

Cycling Without Age Sorrento, procured a second Trishaw

2020

2021

Cycling Without Age Sorrento is supported by newly est. charity Motion by the Ocean Inc, then, procuring a third Trishaw

2021
2022

2022

Motion by the Ocean Inc secures storage unit at point of service at Hillarys Boat Harbour, supported by the Dept. of Transport.

2023

2024

Motion by the Ocean Inc, procures its sixth Trishaw and a new Hyundai Staria

In 2024

1090 – Trishaw rides
2096 – passengers
203 – aged care & disability organisations & independent support workers & their supported people (unique for each month)



MOTION BY
THE OCEAN

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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



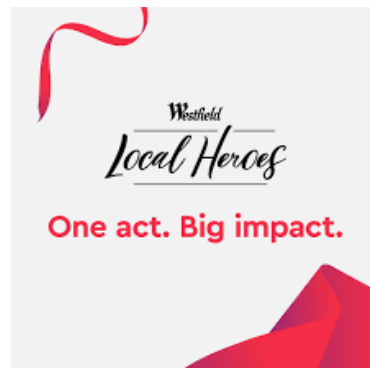
2022

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

We provide meaningful connections for those with limited mobility, by offering access to the beautiful social spaces along our stunning coastline.

**Everyone deserves the right to remain socially connected and engaged within their community.
Our big beautiful sea is free therapy for our passengers as well as our volunteers.**

Since, 2018, we have remained the only Cycling Without Age chapter in Australia to provide Trishaw rides every day of the week.



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