

MOTION MAGAZINE



📷 Landi Bradshaw

Autumn

2026 ISSUE #9

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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[#cyclingwithoutagesorrento](https://www.facebook.com/cyclingwithoutagesorrento)

[#movingfood](https://www.facebook.com/movingfood)

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A Powerful Start to 2026

Welcome to our Motion by the Ocean Autumn newsletter 2026!

Dear Friends,

Behind the scenes, it has also been an incredibly busy period for the charity. An updated website due to be go live, a newsletter and three impact reports all due at the same time, wasn't the plan!

One of our most warmly received programs from recent months has also now been funded to continue over the next 12 months. We look forward in sharing details when allowed.

This week also marks National Volunteer Week. It feels especially important to acknowledge the people who sit at the heart of everything we do. Passion alone does not sustain impact within a charity, volunteers do. We are incredibly grateful to our cohort for their time, energy, and compassion. You are very much valued.

Though we are constantly engaged delivering our programs, its a reminder that while our services are free, they are of course, not free to deliver. Unless the underlying, albeit , unseen operational costs are valued and funded, there are ultimately no free services to provide. Many of our expenses are no different to those of any for-profit organisation, our assets, our 7 insurances, maintenance, fuel, IT costs and project management are all very real costs. The difference is that with 60 volunteers and a part-time employee, we provide great bang for the buck for every dollar donated.

As we approach the end of the financial year, we would be incredibly grateful if you considered the value of our work.

We hope you enjoy this edition of our newsletter. As always, it is bright, colourful, filled with photos that tell our story and intentionally not too wordy.

Alanagh

Alanagh Godderidge
CEO and Founder
Motion by the Ocean Inc



from

BEACH TO BUSH

Kalgoorlie

4

Our Beach to Bush program continues to bring joy and connection.

Across two full days, we delivered rides through Karlkurla Bushland Park and supported the Living Life Well: Seniors Expo at Kalgoorlie Town Hall, reconnecting with many familiar faces from our inaugural visit last year.

Without the support of our sponsors, this initiative simply would not have been possible. Delivering Beach to Bush involves months of planning, logistics, relationship building. It's important we are fully engaged with the people who can most benefit from our service and can access it.

A major part of the program's success in Kalgoorlie came from the incredible support of the Community Development team within the City of Kalgoorlie-Boulder. Their genuine willingness to engage, listen, connect people, and actively support the initiative made a significant difference to both the delivery of the program and the experience for participants.

We were also incredibly grateful to have our trusty bike service person and all round problem solver (and nice guy), Rob, travelling with the team. These are highly specialised bikes, and maintaining them to an excellent standard is essential to delivering safe and meaningful experiences for every participant.

We remain deeply grateful to everyone who helped make this initiative possible. We enjoyed ourselves as much as our beneficiaries did. With new connections formed, we have more to deliver for our next visit.



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BEACH TO BUSH Esperance

Likely Australia's most remote Cycling Without Age delivery, we were met by some truly exceptional people and communities throughout the experience.

As always, all rides were pre-booked to ensure those with limited mobility, and those who would benefit most from the experience, had the opportunity to participate.

We've been proudly celebrating this initiative since returning from Esperance and will continue to do so. One of our beneficiaries, Michelle, said it best. Her story has been pinned to the top of our Facebook page.

A significant and meaningful undertaking, but through its new connections, partnerships and friendships were formed, new ideas and learnings are already taking shape. Everyone deserves to stay socially connected and relevant within their own communities.



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GOLD FIELDS



GOLDFIELDS ESPERANCE
COMMUNITY TRUST **GE
CT**



MOVING FOOD – nourishing community

Since launching in 2020, our Moving Food Program has grown into one of the most immediately impactful parts of what we do.

Thanks to the generosity and belief of WA Charity Direct, Hawaiian and EEO Specialists, we are sustaining the delivery of high quality meals and foodstuffs.

A huge part of this success is our growing partnership with What the Fresh. More than just managing their food recovery. Owner, Dev is invested in how he can help the program, in making a real difference to the lives of our beneficiaries. His commitment to quality and community care aligns perfectly with our values.

Through our Moving Food program meals are reaching people who need them most, including programs like the STARS Program at Girrawheen Senior High School, supporting Aboriginal and



Proud to deliver

MOVING FOOD



Torres Strait Islander girls to learn, connect, and thrive. It takes a community and we are grateful.

Interested in Moving Food program? –
<https://motionbytheocean.org.au/moving-food/>



WA charity direct

giving 100% to charity



hawaiian 人



Words from volunteer, Nancy



I've been a volunteer with Motion By the Ocean for three years.

My husband passed away about a year before I joined the organisation. My neighbour suggested it to me which was just what I needed to help with the grieving process.

It has been such a good thing for me, to be involved in a way that I can give back to the community. I also like that it is in my neighbourhood.

I really enjoy hearing peoples stories, so much history! I often hear stories about when they used to come to the beach or rides their bikes along the coastal path when they were little. So many of the passengers have a connection to the area.

And for them, to have someone just to listen. It's not just about the destination when going on the ride. It's more about getting out in fresh air and sunshine and having a chat.

At the beginning of the year, we were delighted to collaborate with Perth Is OK and Lotterywest to celebrate the work of our volunteers.

Beautiful videos were produced, that highlighted the impact our volunteers create within the community and the meaningful connections formed through our Cycling Without Age Sorrento program.

Working with organisations that share a vision for stronger, more connected communities is incredibly rewarding, and we are grateful for their ongoing support.

It's been wonderful to see last year's Lotterywest promotion relaunched. Have you spotted us at bus stops, train stations, Lotterywest kiosks, newsagents and the cover page of Lotterywest on the socials?



Lotterywest

81K followers • 657 following

Lotterywest has been supporting the WA community since 1933, and is the only State-owned and operated Lottery in Australia where all available profits go straight back to the community through Lotterywest grants.

Government organisation



Shop now

Following

Search this Page



Enhancing Safety

Lithium Battery Guidelines for Trishaws

Working alongside the Department of Transport and Major Infrastructure, our property managers and our risk assessor, we are in the final stages of developing a risk mitigation plan that expands on our existing risk register, with a specific focus on the use and management of lithium batteries.

For anyone operating Trishaw Rides within their community and feels this information could be helpful, please feel free to reach out.

While the cooler weather may bring a slight seasonal slowdown and fewer people riding on some mornings, we continue to operate seven days a week and remain committed to keeping people socially connected through movement, conversation, and community.

As we move through the first part of the year, we're proud to reflect on the extraordinary impact our community has created together.

2025 has become our most impactful year yet across both our Beach to Bush, Cycling Without Age Sorrento and Moving Food programs.

To date, we have provided:

- more than 10,700 passengers have cycled with us
- cycled over 83,000 kilometres
- delivered more than 104,000 meals with our Moving Food program

THANK YOU



Duncraig

Costs continue years after an initial Trishaw is procured. Insurance, storage, maintenance/servicing and project management costs, all need to be funded; so each of our Trishaws can be fully utilized within the community they are intended for.

A big thanks you to our long time supporters Lions Duncraig and the Lions Wellbeing Foundation for funding the continued servicing costs of the Trishaw they procured for us in 2020.

Storytelling Through the Generations



Our Storytelling Through the Generations initiative, supported by the Australia Day Council, created meaningful moments where people of different ages could connect and share experiences, while riding on our trishaws.

Held over several days, the sessions tell the history of our coastal community, including Sorrento Whaling Station.

Participants included community leaders, Liam Staltari MLA, and Tom French MP, who both reflected on the importance of these connections.

This initiative has been extended for 12 months. Details to be shared shortly.



"This is exactly what an inclusive community looks like – people of all ages and abilities coming together, sharing stories and experiencing our coastline in a way that's accessible, welcoming, and genuinely meaningful. Connecting people with the history of places like Waterman's Bay and the old Sorrento Whaling Station reminds us that our community didn't just happen; it was built, shaped, and sustained by the people who came before us. This program goes well beyond a bike ride – it brings together inclusion, social history, and human connection, showing how grant funding can deliver real, lasting community benefit."

Tom French, MP

A fantastic event with clear interest from locals. It was fascinating to learn more about our unique local history, all while enjoying the coast and the emotion of being by the ocean's beach rise."

Liam Staltari, MLA

"Well there you go. Who knew? Fascinating story!"

Judy, passenger and Sorrento resident



WE ARE LOOKING GOOD!

Supported by City of Stirling's Community Grants Program, and in conjunction with Anglo Gold Ashanti, we are incredibly proud to wear our new uniforms. Including short and long sleeved polos, our jackets and sun smart sleeves, we look part of a team!

The design celebrates our coast, alongside the iconic skyline of Kalgoorlie, where we deliver our annual Beach to Bush program.

A heartfelt thank you to local Aboriginal artist, Gillian King, for bringing vision life.

Celebrating our meeting point on our coastline, we are met with the bush and then the desert that celebrates our Beach to Bush program that we deliver within Kalgoorlie.

We have ditched the fluoro vests in celebration!



ANGLO GOLD ASHANTI



MEET ANTJE AND HER MUM

Meet Antje. You'll often see her out cycling with us along the coast on Mondays. She's been part of our team for about 6 years now.

With her mum living in Germany, Antje looks forward to her visit each year — and each year they share a special ride together. We really value these moments and the connections our volunteers are able to create with their own families.



TWILIGHT RIDE AND DINNER AT TRIGG BEACH

For something a bit different to our usual daily morning Trishaw experiences. A magical evening shared between volunteers and locals. This group ride along the Sorrento foreshore followed by Froth Pizzas and drinks at Trigg Bushland, just as the sun set.

This fundraiser, a special experience was won via an auction, bringing extended family together to enjoy meaningful time and a beautiful coastal sunset.

Thinking outside of the box for a gift? Should you want a unique and meaningful multigenerational experience with your family and loved ones, please reach out to: admin@motionbytheocean.org.au



We've created a graphic that's proving useful for Cycling Without Age chapters all around the world, and it's been wonderful to see it customised for different communities!

This promo was designed to give our supporters a behind-the-scenes glimpse at the work that goes into making it possible for each Cycling Without Age chapter to offer free rides to the public. It's inspiring to see so many versions being shared globally.

If your Trishaw service would like a version tailored to your community, simply send a couple of photos and your logo to admin@motionbytheocean.org.au.

We'll create and send back a version relevant to your location so you can share your story too!

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, Polices and Procedures

Data/Impact Collection

Marketing, Events Communcations

Relationship Building

Maintenance and Servicing

Risk Assessments

Grant Writing

Storage

Summer Raffle

Our Summer Raffle has wrapped up – and what a success it was!

It was such a joy calling our winners and sharing the excitement of their prizes, definitely one of the best parts!

A huge thank you to the incredible local businesses who supported this raffle. We love working with organisations that live and work within the communities we serve, there really is no better support. Meeting our target of \$10,000, we are thrilled with the result.

Special thanks to Pete and the crew at Froth Craft North Beach, for making us feel so welcome, hosting our closing event and generously donating \$1 from every beer and pizza sold on the night, as well as topping up our tab for future volunteer events. You just get it. Thank you!

And to our amazing volunteers, thank you for bringing the energy and helping drive those final ticket sales at the Closing Event.



YANCHEP
BEACH
CLUB

ROTTNEST
BARGE SERVICE

Froth
CRAFT BEVERAGE

Bar Cicchetti
— HILLARYS BEACH CLUB —

HOTEL
ROTTNEST

ROTTNEST
FAST FERRIES
HILLARYS BOAT HARBOUR, WESTERN AUSTRALIA

Discovery
PARKS

The Stephens Family

OTTO
RICKSHAWS

THE
HEART

GERONIMO
Skydive Rottnest

Onje
Hair

BAR OLÉ!
SPANISH TAPAS

HILLARYS
BEACH
CLUB

Swell
MULLALOO BEACH

CAITLIN COLLINS
Member for Hillarys
Caitlin Collins MLA
Member for Hillarys

NOBLE AVENUE

GENERAL PUBLIC
FOOD CO.
MARMION

SPONSORSHIP TIERS

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.

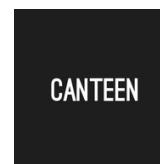
Join us and make a real difference.



OUR COMMUNITY PARTNERS



OUR CURRENT SUPPORTERS



We're looking for someone with Canva and graphic design skills to help create visual content using existing material and data.

The work can be done remotely.

If this sounds like you, we'd love to hear from you.



OUR AWARDS

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



2025
WA Senior Advocate of the Year
Award Finalist
Advocare
Alanagh Godderidge



2024
Volunteering WA Awards -
awarded Excellence in Volunteer Management
(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 allow continuity of service that sees us support our Cycling Without Age Sorrento and Moving Food Programs, sees that 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, admin@motionbytheocean.org.au



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