

celebrating
our inaugural Beach to Bush visit to

ESPERANCE

May 2025



MOTION BY
THE OCEAN





Seeing one of our passengers spot his granddaughter and great-granddaughter playing nearby in the same park we were riding through was beautiful to witness and capture. For a brief moment, three generations of one family shared the same space and moment together.

Sure did make for the warm and fuzzies.

Reflections from Esperance

Cycling continuously for two full days and providing meaningful trishaw rides to 184 passengers was one of the most impactful experiences for our cohort. Our dedicated volunteer cyclists and fleet of trishaws worked tirelessly throughout the event, creating opportunities for connection, conversation and joy for every passenger.

In that short period of time, we were able to provide the [equivalent number of outings that a typical aged care home may offer its residents over the course of an entire year.](#)

By making Esperance's beautiful social spaces accessible, we fostered genuine inclusion, connection, and powerful storytelling across the community. We provided rides for people living independently, as well as residents of Esperance Aged Care, many of whom were living with significant frailty and had limited opportunities to access the wider community.

While some residents may occasionally enjoy outings within the grounds of their care facility, for many this was the first opportunity in a long time to reconnect with the foreshore, parks, lookouts, and community spaces that make Esperance so special. With the support of care staff, residents were safely transferred into our trishaws and enjoyed leisurely rides along the foreshore, sharing conversations, stopping for coffee, and engaging with the community around them.

We met people who had not been able to access the Esperance foreshore since its redevelopment in 2010. We listened to stories of local history, family, resilience, and change. We welcomed back passengers from previous visits and formed new connections with others experiencing our program for the first time. These rides were about far more than a bike ride. They created opportunities for conversation, reminiscence, belonging, and meaningful social connection.

Unless these stories are shared and retold, they risk being lost – Alanagh Godderidge

Esperance

MONTHLY

CATCH UP news

Trishaws are coming to Esperance

Words by Motion by the Ocean

Seniors and people with mobility issues are invited to take a free trishaw ride around the Esperance foreshore.

Cycling Without Age Sorrento is expanding its "Beach to Bush" program for a second year.

Delivered by Perth charity Motion by the Ocean Inc., Cycling Without Age Sorrento is their core program, offering free trishaw rides along the Perth coastline daily. Its aim is to connect people with limited mobility to the social and community spaces around them, while providing meaningful outdoor experiences.


Building on this, Motion by the Ocean Inc. launched its regional outreach program in Kalgoorlie last year. The success of this initiative has now seen the program return



PHOTO: LANDI BRADSHAW PHOTOGRAPHY

to the Goldfields region and expand to Esperance this May.

Their visit to Esperance is funded by Goldfields Lucky Bay Brewery and the Goldfields Esperance Community Trust.

The charity will bring their volunteer cyclists and their fleet of specially designed Trishaws to the Esperance foreshore on Thursday and Friday, May 7 and 8. Rides will depart from Esperance Aged Care and the Whale Tail, operating throughout the day. Bookings are essential via motionbytheocean.org.au/book-one-of-our-rides/. 





It was never just about the bike ride...

It's about staying connected to the social spaces within the communities we live in and love.





Michele, says it better than we do. Hear of her experience with us, from the Whale Tail, Esperance

“Thank you so much, from the bottom of my heart.

This has been the most beautiful and best event I’ve ever experienced in all my years – in the 20 years I’ve been here, nothing has compared to this.

I’ve thoroughly enjoyed every moment. I really hope you can come back again, because what you do truly brings life back to people.

Thank you so much.”

Hear what Michele has to say from our [Facebook page](#)



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Motion by the Ocean Inc. 🌊

🎵 Motion by the Ocean Inc. · Original audio

Michele's words might that have just made our day. 😊

... See more

Our team and Trishaw passengers were spoilt by the hospitality of Lucky Bay Brewing Co. The visit provided a wonderful opportunity for us to present how our daily Cycling Without Age Sorrento operates in Perth.





Everyone deserves the right to remain socially connected within their community, especially within the beautiful spaces those communities offer.

We all want to be heard. We all have a story to tell.



Feedback from our Beneficiaries

Melissa P.

Thank you for taking my dear old Grandpa out - nearly 98 and though he doesn't have much energy to get out much these days; I just loved the joy on his face. I love seeing these bikes cruising the coast in Perth where we live and love that Esperance has the privilege of the same experience.

Anne C.

I think this is fabulous, and so many would get so much joy from it.

Kaylene W.

It was very wonderful and very awesome Motion by the Ocean. I hope Motion by the Ocean comes back down to Esperance again soon.

Julie P.

Rose and Russell thoroughly enjoyed the ride, with the breeze in their hair and the great chat with our cyclist, Tim. We hope you're able to return one day!

Hon. Peter Rundle MLA

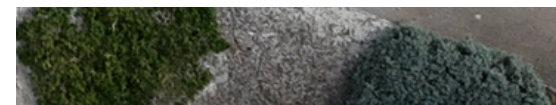
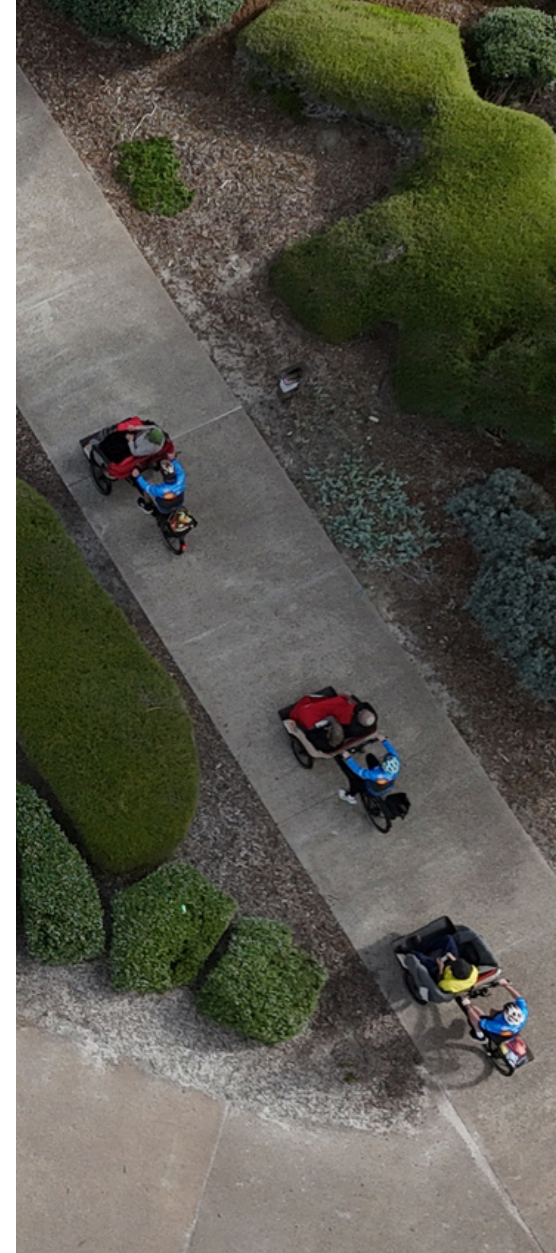
Love this! So proud to support Motion by the Ocean Inc. in Esperance.

Joeleen - Esperance Aged Care

We would like to express how grateful we are for the time and effort given by the Motion by the Ocean team, providing our residents and their family members a very special outing. We hope you enjoyed your time in Esperance. We have our fingers crossed you will return in the future.

Krystal - Esperance Home Care

Just wanted to get in touch to say how lovely it was to have you down in Esperance. Our groups from Home care are still talking about how much fun it was and the great experience they had to be outdoors.



Recollections from our Beach to Bush Team

One lady in particular left a huge impression on me. She was inspirational in the way she overcame great adversity later in life. In her earlier years, she was a single mum, a remarkable athlete and a hard worker in the north of the state until her life suddenly changed due to a horrific accident, leaving her with serious spinal injuries.

Although parts of her story were difficult to comprehend, what impressed me most was how upbeat and positive she remained. Despite immense pain and a limited lifestyle, she chooses to be as happy as she can be.

She has lived in Esperance for twenty years and told me our trishaw ride was the best day she had experienced since arriving in town. She was incredibly appreciative of how the ride along the foreshore and our conversation made her feel.

It left me humbled that such a simple trishaw ride could make such an impact in someone's life. What a privilege it was to be spend this time cycling, to hear her story and share in an experience made possible by Motion by the Ocean. - **Jacqui**

Luckily, I was able to accompany the Motion by the Ocean team on the recent Esperance trip as a helper behind the scenes. Although my wife is a long time volunteer here, I had never truly appreciated what a simple ride and conversation can mean for people who are vulnerable or challenged in some way.

I also hadn't realised the sheer number of people requiring care and support staff. To then witness so many people with joy and delight on their faces was truly eye-opening.

For me, the trip was both humbling and fulfilling. Thank you so much to Alanagh and the volunteers who made it possible for me to be part of such a meaningful experience. - **Rob**

I was fortunate enough to be part of the recent Kalgoorlie and Esperance trip. I quickly put my hand up when they asked who would be interested in going, especially as I had never visited either town before.

We quickly learned there is a huge need for inclusive activities in these communities. We provided rides for seniors living in aged care facilities, at home care, including some who required a special lift to transfer into the trishaw, as well as young adults with mobility challenges and children and adults with intellectual disabilities.

Everywhere we went with the trishaws, locals were happy to engage and make a point of saying hello as we passed. One of our cyclists was even giving high fives to schoolchildren taking part in a running race along the Esperance foreshore. What joy! - **Nancy**

powered by

the people who value stronger communities



Looking ahead, we are committed to creating more social engagement opportunities for people in rural communities, helping to meet the unmet needs of those with limited mobility.



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
Advocate
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

