

CELEBRATING THE OUR RETURN OF OUR BEACH TO BUSH TO KARLKURLA BUSHLAND PARK, KALGOORLIE

May 2026



Proud to deliver
Cycling Without Age
SORRENTO







Cycling continuously for two full days and providing meaningful trishaw rides to 214 passengers was one of the most impactful experiences for our cohort. In that period of time, we were able to provide the equivalent number of Trishaw rides that a typical aged care home would provide for their residents over the course of an entire year.

By making these beautiful social spaces accessible, we fostered genuine inclusion, connection, and powerful storytelling.

We welcomed back passengers from our previous visit while also meeting many new people, this time feeling more deeply connected to the community through the relationships already formed.

We continued conversations and stories from our last visit, while hearing many new ones along the way.

This time, we also spent a morning riding along the wide shared paths from the Town Hall as part of the Seniors Expo and there were certainly some interesting stories shared there, from back in the day!

Unless these stories are shared and retold, they risk being lost. [Alanagh Godderidge](#)



It was never just about the bike rides...

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



Recollections from our Beach to Bush team

While cycling I asked the ladies where they were from and one said Kalgoorlie the other Boulder, "so both from Kal", I replied. "NO!!!!" said one "I'm a BOULDER GIRL!!" There's a bit of niggles between the two towns apparently and I was put right very quickly!

On a personal note, I enjoyed the Cycling Without Age movie that Lucky Bay Brewery put on for us. I was struck by the narrator and how his Mum was in his motivation to be a volunteer Trishaw rider. On this Mother's Day I realised the reason I enjoy interacting with the older folk, is probably because my Mum died young, only aged 60 and I've missed that growing up with Mum getting older, frail and so on. Proving these rides gives me that feeling, it's really quite moving. My own mental health benefits greatly and for that I am grateful. - David

Volunteering with Motion by the Ocean through Karlkurla Park and around Kalgoorlie has been a deeply rewarding experience. Sharing rides with older people and those living with disability gave me the opportunity to connect, listen, and learn from their stories. Hearing their joy at being outdoors, surrounded by fresh air and bushland, made every ride feel special. I also loved the moments when children would giggle and eagerly honk the horn, bringing a sense of fun and energy to each journey.

Seeing how much the passengers valued the experience reminded me just how powerful simple moments of connection, inclusion, and time spent in nature can be. - Brea

Luckily I was able to accompany the Motion by the Ocean volunteers on the recent Kalgoorlie Esperance trip as the helper behind the scenes. Although my wife is a volunteer rider, I never appreciated what providing a simple ride and conversation can give to those who are vulnerable and /or challenged in some way.

I hadn't realised the sheer number of people needing care and the required support staff. Then to see so many with joy and delight on their faces was eye opening.

For me the trip was humbling but fulfilling. Thank you so much Alanagh and the volunteers who enabled me to join them in this experience. - Rob



Living Life Well – Seniors Expo





The collaboration with the Motion by the Ocean team created a highly positive and meaningful experience for seniors and people living with disabilities in the Kalgoorlie-Boulder community.

As Kalgoorlie is a regional area, many participants may not normally have the opportunity to experience activities such as trishaw rides. The sessions provided an inclusive and enjoyable opportunity for community participation and social connection.

The program strongly supported the goals of promoting inclusion, reducing social isolation, and encouraging active community engagement. It was rewarding to see participants smiling, sharing conversations, and genuinely enjoying the experience throughout the sessions.

Feedback received from attendees was overwhelmingly positive, with many expressing appreciation and enthusiasm for the activity, as well as requesting that the program return in the future. The collaboration added significant value to the Seniors Expo and strengthened community connections through a unique and memorable experience for participants. [Charika, Community Officer, City of Kalgoorlie/Boulder](#)



Quotes from our Beneficiaries

"After sharing pictures of the bikes on the screen one boy got visibly excited at the possibility of bike riding. We could see from his expressions that he wanted to go right at that moment on an excursion. He grabbed his bag and walked to the door. It is rare for some children with a disability to make an active choice in their lives. It was great to see he could show his desire to ride. This was a child who is nervous about going out of school and trying new things."

"The students loved the chance to explore their hometown. The bikes took them to parts of the park they had never been too or would not be able to walk to."

"I used photos of the experience for their writing back in class. The students admired the photographs for a very long time."

"If the students never gain a car license, biking is an accessible mode of transport which could help their independence when older. It is great to experience the feeling of bike motion at a young age."

"The conversation with the students while riding was about nature and the environment. It sparked curiosity and engagement with the land around them."

"It would be almost impossible for these students to have this experience any other way."

We would be very excited about a full day of riding for our school and could definitely fill all the slots. It would be amazing to have a day of riding in October when it is a little warmer and spring flowers are out.

Gillian, Eastern Goldfield Education Support

Quotes from our Beneficiaries

This is the second year our residents have participated in the Trishaw rides around Karkula park in Kalgoorlie, and once again, they thoroughly enjoyed the experience. The Volunteers were kind, friendly and did a fantastic job. We truly appreciate them giving their time to support our residents.

Many of the residents who attended are living with dementia, so having the opportunity to leave their home environment and connect with a community event is incredibly meaningful. Watching them take in the bush scenery, feel the gentle breeze on their face, and enjoy the sunshine and fresh air was truly special. Most importantly, seeing their beautiful smiles upon their return and hearing them say how much they loved the ride made the experience even more rewarding.

- Sue Anne, Activities, Southern Cross Care WA

Thank you for giving our residents this opportunity to experience something so wonderful. They absolutely loved their time and shared all the feedback with head office.

Susanna, Respect Aged Care



Quotes from our Beneficiaries

My name is Jo Russell. I am a Goldfields local of 55 years, a registered nurse, disability advocate, and carer of two adult children with disabilities, one of whom has highly complex needs.

Kalgoorlie-Boulder was incredibly fortunate to host Motion By The Ocean in both 2025 and 2026. Their free trishaw rides through our Goldfields bushland offered people with disability, seniors, and members of marginalised communities—including Indigenous and CALD participants—an experience unlike anything previously available in our region.

As a remote community, the Goldfields often misses out on inclusive events that metropolitan areas take for granted. MBTO's visit filled a significant gap and brought genuine joy to many people who rarely have access to experiences like this.

On a personal level, I shared a ride with my adult daughter, who has significant disabilities. Seeing her laugh and delight as we rode together through Karlkurla Bushland Park was deeply moving. Sometimes, the simplest experiences are the most powerful.

Beyond the rides themselves, the broader impact was extraordinary. Seniors, people with disability, Indigenous and CALD community members came together naturally—laughing, talking, and connecting. Watching people from very different backgrounds share a moment of joy and belonging was truly special and speaks to the social value of MBTO's work.

The MBTO team were outstanding—professional, warm, safety-focused, and genuinely caring. Every participant was made to feel valued and special.

I strongly support both the continuation and future delivery of Motion By The Ocean in Kalgoorlie. The response from our community was overwhelmingly positive, and I have no doubt a return visit would be warmly welcomed—and eagerly anticipated. **Jo Russell**

powered by

the people who value stronger communities



ANGLO**GOLD**ASHANTI



City of
**Kalgoorlie
Boulder**



GOLDFIELDS
WOMEN'S
HEALTH CARE CENTRE



looking ahead

With more connections formed we look forward to returning to Kalgoorlie and hope to extend our visit by an additional day dedicated to supporting children living with disability, many of whom may never otherwise have the opportunity to experience the joy, freedom, and inclusion that comes with riding a bike.



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



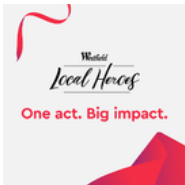
2023
Active Citizenship Award
Australia Day Awards
Motion by the Ocean Inc



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

