



MOTION BY THE OCEAN

Proud to deliver
Cycling Without Age
SORRENTO



MOVING FOOD

2025 IMPACT

including the road we've travelled



@motionbytheoceaninc



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, then 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 provide for. Stepping back from her national role, she established the charity Motion by the Ocean Inc. to support Cycling Without Age Sorrento and Moving Food, in response to CV19, though a weekly program, more in demand now, than ever before. 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.

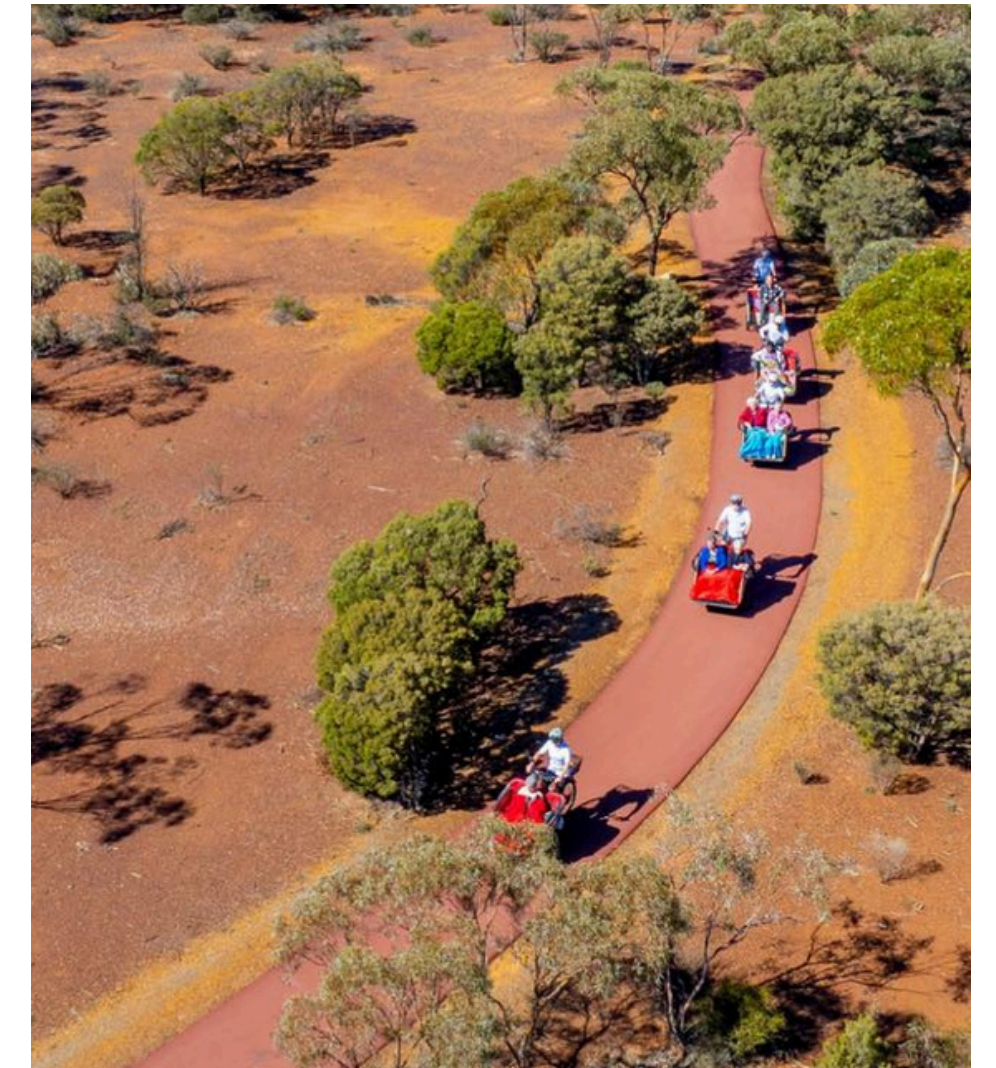


Cycling Without Age Sorrento

Our states first Cycling Without Age Trishaw, procured in 2017.



Taking in the sights and the coastal elements within our daily Mullaloo to Trigg route.



Our inaugural Bush to Bush program in Kalgoorlie - 2025.

Our Vision

A strong, vibrant local community where everyone feels included

WHO ARE WE?

Our Mission

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

Our Programs

Cycling Without Age Sorrento

Our flagship initiative offers free trishaw rides along West Coast Drive between Mullaloo and Trigg. Since early 2018, we have proudly operated Western Australia's founding free Cycling Without Age service, delivering daily rides and the most frequent service of its kind in the country. By keeping logistics simple and fully utilising our existing assets, we provide rides seven days a week.

The program ensures people with limited mobility remain socially connected beyond their homes. When seniors stay indoors, they can lose touch with the rhythm of their community. Our rides restore access to the coast, spark conversation, and create space for stories to be shared. Every ride is pre-booked to ensure we reach those at the heart of our mission.

Beach to Bush

Beach to Bush is an extension of our Cycling Without Age Sorrento program, proving that when we collaborate, we create meaningful impact. The program is founded on a simple belief: everyone deserves access to the social spaces, connections, and experiences that enrich community life, regardless of where they live.

The program brings joy to underserved communities, giving vulnerable people the opportunity to access the places and social environments that are part of their community, often for the first time in years.

Through Beach to Bush, we continue to demonstrate how community partnerships and volunteer commitment can reconnect people with the places, experiences, and memories that matter most. The program reflects our belief that meaningful accessibility and social inclusion should not be determined by postcode, and that every community deserves opportunities for connection, participation, and belonging.

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. More than just a transaction, it's about dignity, consistency and connection as we build trusted relationships with people who need support the most.

“THE STRONGEST SUPPORT COMES FROM THOSE WHO CALL OUR COMMUNITY HOME, BECAUSE THEY ARE HELPING BUILD THE VERY COMMUNITY THEY WANT TO LIVE IN.”



What Keeps our Wheels Turning as We Keep Momentum

Cycling Without Age Sorrento is built on efficient logistics, strong local partnerships and a clear focus on seniors and people with limited mobility and those experiencing social isolation remain connected to their community..

With our fleet of trishaws based at Hillarys Marina, volunteers can begin rides immediately, maximising the quality, consistency, and accessibility of each experience. All rides are pre-booked to align with the needs of our focus groups, ensuring every journey is purposeful, personal, and meaningful. We prioritise fully utilising our existing fleet before considering expansion, maintaining a service that is simple, sustainable, and responsive to community need, with any growth guided by the resources required to preserve quality and care.

Our sustainability is strengthened through deep and consistent community engagement. Strong partnerships with local businesses, aged care providers, supported living organisations, volunteers, community groups, and supporters create a network of shared ownership built on ongoing trust and collaboration. Because our service operates daily within the same coastal community, it creates continuity—not only for passengers, but also for the people and organisations who support it. This regular presence fosters trust, strengthens relationships, and encourages ongoing support from those who live and work within the community they are helping to enrich.

It is about doing what we do, and doing it well—consistently, within the communities we serve. By maintaining a daily presence in the same coastal location, we create opportunities for lasting relationships, trusted partnerships, and sustained community support. Not expansion for expansion's sake, but strengthening what already works before moving on elsewhere. It is about depth over breadth, and presence over scale.

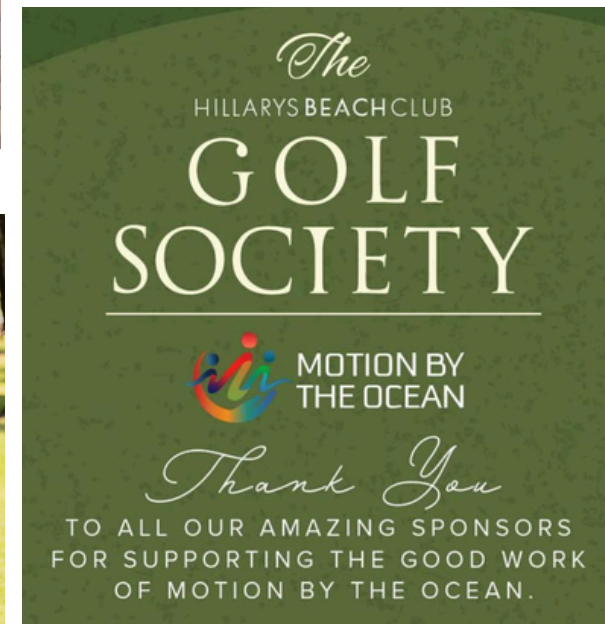
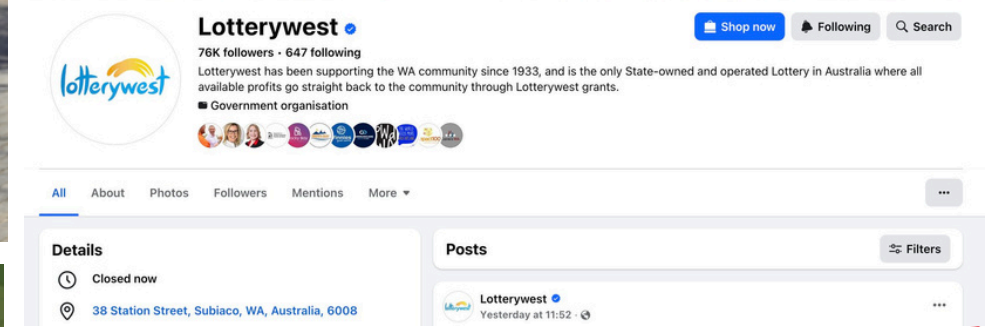
Promoting Inclusivity and Preserving Stories

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Since, 2018, we have remained the only service of its kind in Australia, offering Trishaw rides seven days a week.

WITHIN THE COMMUNITY



IN THE MEDIA

Government of Western Australia
Department of Transport and Major Infrastructure

Empowering a thriving community

Spotlight in the Harbour:



Motion by the Ocean is a Hillarys-based non-profit charity delivering community programs designed to reduce social isolation and support vulnerable individuals.

Every day, dedicated volunteers provide free Trishaw rides to the public, as well as regular outings for thousands of people from aged care facilities and disability organisations. These experiences help older adults and people living with disabilities feel connected, appreciated, and socially engaged—right within their own communities.

Each morning, a vibrant fleet of Trishaws brings life to the harbour, offering aged care residents and people with disabilities the chance to experience the coast from a new point of view—sharing laughter, stories, and a strong sense of community at the marina.

Many of us remember the joy of riding a bike for the first time—that feeling of freedom and delight. Motion by the Ocean's mission is to bring that joy back, especially to those who haven't been able to ride for years.

If you know someone who would enjoy a ride, are interested in volunteering, or would like to help keep this free community service going, we'd love to hear from you.

Visit www.motionbytheocean.org.au



Government of Western Australia
Department of Communities

Disability Access and Inclusion Plan

Minister's Progress Report 2024-2025



Did you turn on the telly on Christmas Night? You may have seen us featured as the community feel good story on Channel 7 Perth. Featuring our core program, Cycling Without Age Sorrento, we celebrated our partnership with Lotterywest.



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.



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.

Kalgoorlie Miner - April 2025



City of Joondalup - Government
30 January 2025

Advocate
14 November 2025

Today we celebrated the incredible finalists and winners of the 2025 WA Seniors Awards at Government House.



Volunteering WA - Following

There are so many volunteer roles to choose from — which will you try?
Start volunteering: www.volunteeringwa.org.au/volunteer... See more



2025 WA Seniors AWARDS

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.



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, memories, and local history continue to be shared across generations. Through storytelling, people remain connected not only to their past, but to one another.

All while taking in the sights and smells of the natural elements.

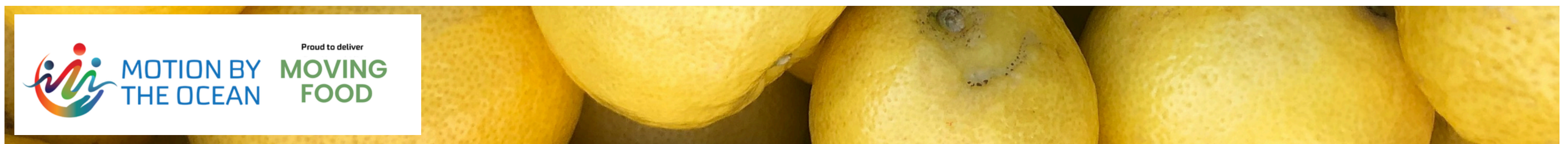


Inaugural 'Beach to Bush' - Karkurla Bushland Park, Kalgoorlie

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

SUCCESSFUL FUNDING

via the grant process, from the following organisations

Steadfast

STRENGTH WHEN YOU NEED IT



GOLD FIELDS



ANGLO GOLD ASHANTI

Tom French
Federal Member for **Moore**

129 Grand Blvd, Joondalup WA 6027

TomFrenchMoore
 tom.french.mp@aph.gov.au
 (08) 9300 2244
 tomfrenchmp.com.au



WA charity direct
giving 100% to charity



Our 2025 IMPACT



- The procurement of our seventh Trishaw saw us retire our original bike. Across our fleet of six Trishaws, we delivered 1,262 meaningful Trishaw rides.
- We delivered Trishaw rides to **2,424 passengers** — As with every year, **all rides were pre-booked**, allowing us to stay focused on supporting those that need our rides most, are prioritised.
- We cycled a total of **22,226 passenger kilometres** — that's the equivalent of travelling from Perth to Wellington, New Zealand and back!
- A total of **1,102 volunteer shifts** were filled to deliver the Cycling Without Age Sorrento program, encompassing not cycling and maintenance shifts.
- **1,608 passengers** were supported from **aged care and disability organisations**, while **488 passengers** were individuals living **independently in their own homes**, often with the assistance of a carer or family member.
- Our fee-for-service partners supplemented service delivery costs. Our partners included: Amana Living, Juniper, Hall & Prior, Dovidia, Purple Heather, GENU, Lightbulb Skills, and Baptistcare.
- The **annual volunteer replacement value** for the Cycling Without Age Sorrento program is estimated at **\$318,220**, (source, VWA)
- We delivered our inaugural Bush to Beach program in Kalgoorlie, where our fleet of trishaws and dedicated volunteers provided 200 rides within Karlkurla Bushland Park in Kalgoorlie to people who don't have ample access to the social spaces made available to them.

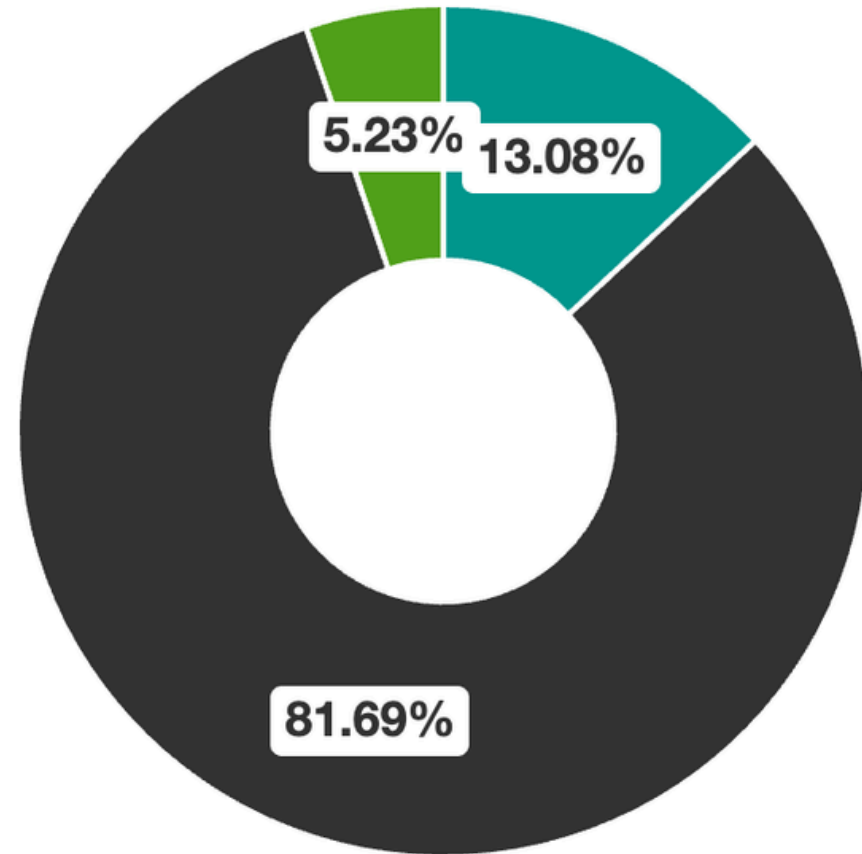


- We collected and redistributed the equivalent of **19,900 meals** to those in need.
- **210 volunteer shifts** were filled supporting our Moving Food Program.
- SecondBite remains our core food provider, supplying rescued food at no cost. Foodbank WA provides free fruit and vegetables, with remaining items purchased from them as needed. 'What the Fresh' remains our most significant food recovery partner.
- The **annual volunteer replacement value** for the Moving Food program is estimated at **\$27,313**, (source, Volunteering WA, 2024)

2025 Financials

Revenue

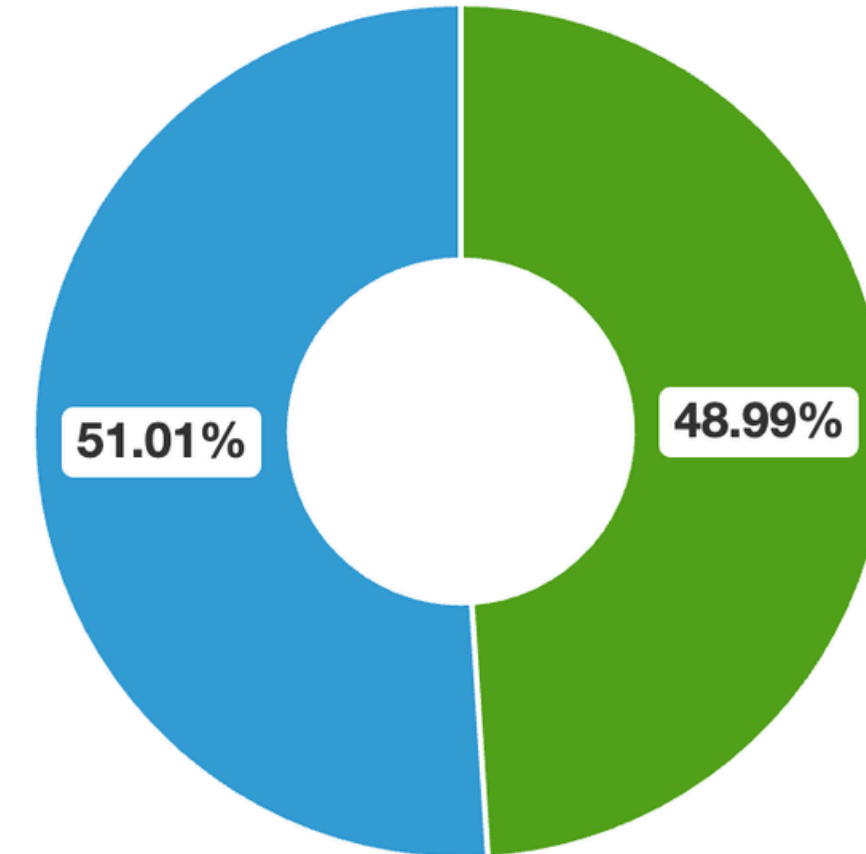
Total revenue: \$159,042.00



- Revenue from Government
- Other Revenue
- Revenue from Donations and Bequests
- Revenue from Goods or Services
- Revenue from Investments

Expenses

Total expenses: \$144,539.00



- Grants and donations made for use in Australia
- Grants and donations made for use outside Australia
- Interest expenses
- All other expenses
- Employee expenses

The annual volunteer replacement value to deliver our programs is estimated at \$345,533 (source, Volunteering WA, 2025)

SUPPORTERS



COMMUNITY PARTNERS



EVENT PARTNERS



Our 2025 Sponsors

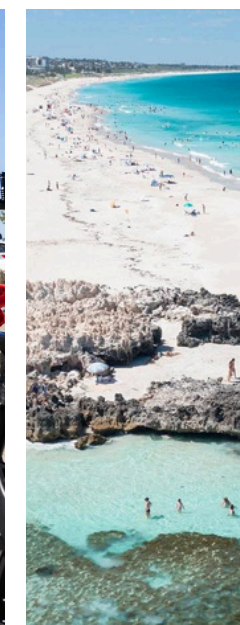
By offering a range of Sponsorship Opportunities, our sponsors play a vital role in bringing our community initiatives to life.



OVERALL IMPACT

since January 2018

- Our assets include, six Trishaws and a new Hyundai Staria Van.
- We are supported by 60+ volunteers and are proud to be among the 18% of Australian charities without a volunteer shortfall. By keeping logistics simple and communicating clearly, our volunteers know what's expected of them – and what they can expect from us. When people feel supported and understood, they stay.
- 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 **10,448 passengers**, cycling **82,867 passenger kilometres**.
- Our **rides are free** to the general public; Our fleet of trishaws have been available seven days a week for the past eight years.
- Our cafe sponsors have provided over **4000 free cappas** for our passengers and volunteer, on route.
- Motion by the Ocean Inc. has provided over **43,000 volunteer hours** since 2018.
- We successfully advocated to the Department of Transport to change the Road Traffic Act 2000 - to allow over width Trishaws to cycle on our W.A's shared paths.
- Our Moving Food program, has rescued the equivalent of **111,000 meals**, making a meaningful impact on both food insecurity and food waste in our community.
• **NOTE: For every 1kg of goods collected, we estimate this provides two meals. Our data doesn't separate food from essential household items, but together they all support families in practical ways.**
- We launched our 'Beach to Bush' initiative, that saw us provide **200 meaningful Trishaw rides, across two full days**, at our first rural event at Karlkurla Bushland Park, Kalgoorlie.

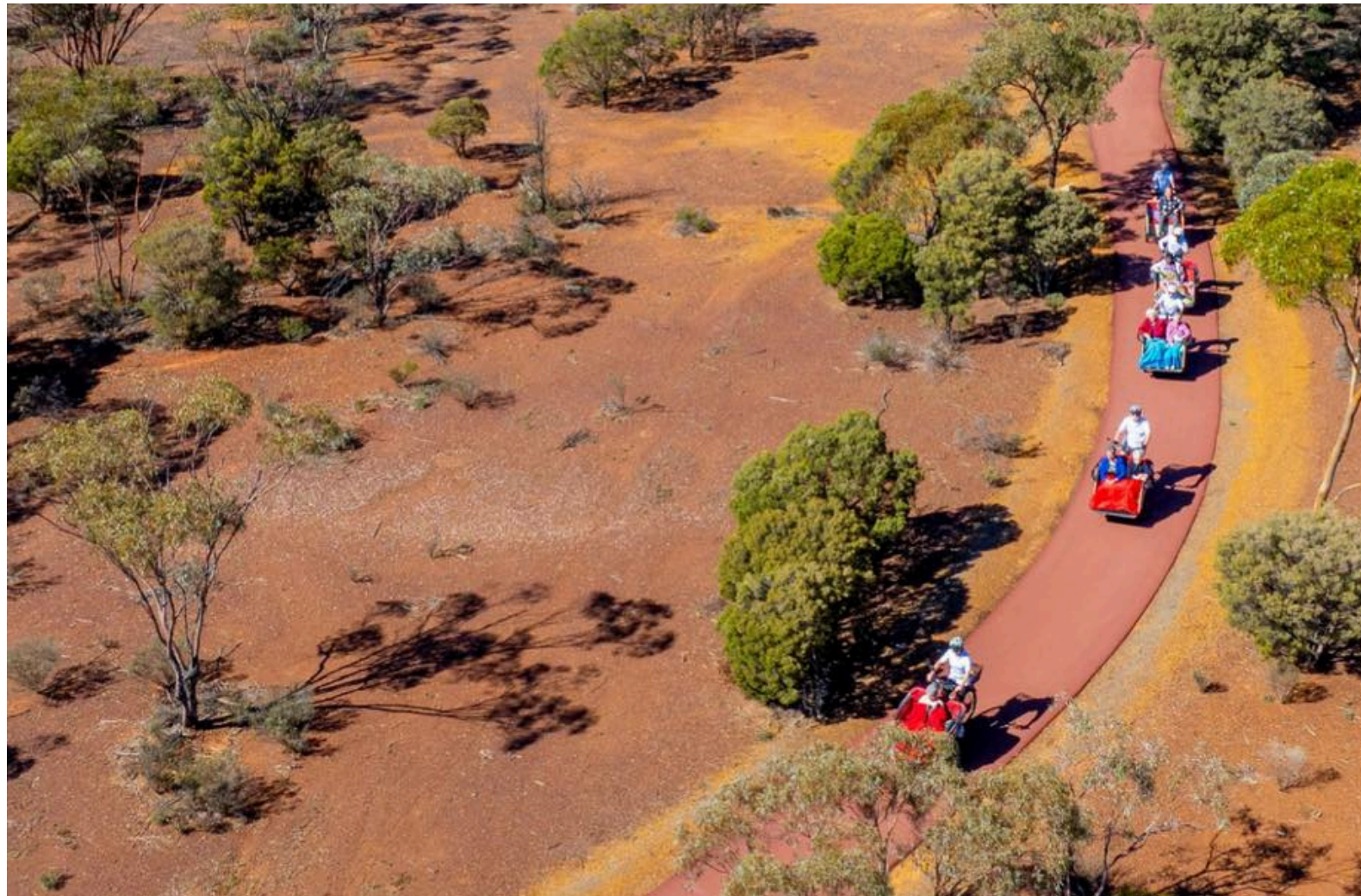


“A middle aged Aboriginal man and his carer booked a ride with us around Karlkurla Bushland Park. The ride started as normal as we began exploring the 4 km Trail with four other Trishaws. About 10 minutes into the ride the carer and I sensed the man was getting more and more excited and vocal.

The carer advised that this was the first time the man had ever been on a bicycle in his life. The Trishaw made this possible for him. His joy and laughter echoed through the park as we rode.

When we completed the ride he was totally different to when he arrived for his ride - full of laughter and smiles. It was a pleasure to see such enjoyment.”

Volunteer, Glenn Fermoye.



“Being part of Motion by the Ocean has been one of the most rewarding experiences of my life. I first got involved because I loved the idea of giving the elderly and disabled the chance to enjoy the freedom and excitement of being on a bike, riding along the coast and taking in the fresh air. But over time, it’s become so much more than that. Every ride is a reminder of how powerful simple moments can be. Seeing the smiles, the laughter, and the joy it brings to people is something that really stays with you.

Through my business, Dasco Supply Group, we’re proud to sponsor Motion by the Ocean Inc. Alanagh and the team do incredible work. It’s an organisation that brings genuine happiness and connection to so many people, and it means a lot to be part of that. Personally, I get just as much out of these rides as anyone. They’re a reminder of what community and compassion can achieve when people come together, and I’m proud to be a small part of it.”

Seen here is Dan with passengers Renee and Valerie. Valerie is visiting from the remote Aboriginal community of Wangkajunka, recently joined us for some well-deserved respite.

Volunteer Daniel Golding our ‘Shaker’ Sponsor, at Dasco Supply Group.





Karlkurla Bushland Park, Kalgoorlie

Bringing Accessibility to Karlkurla Bushland Park

Over two full days, we provided continuous trishaw rides for people who would otherwise have had limited access to this magnificent park, creating opportunities for connection, inclusion and enjoyment of the natural environment.

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 three 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

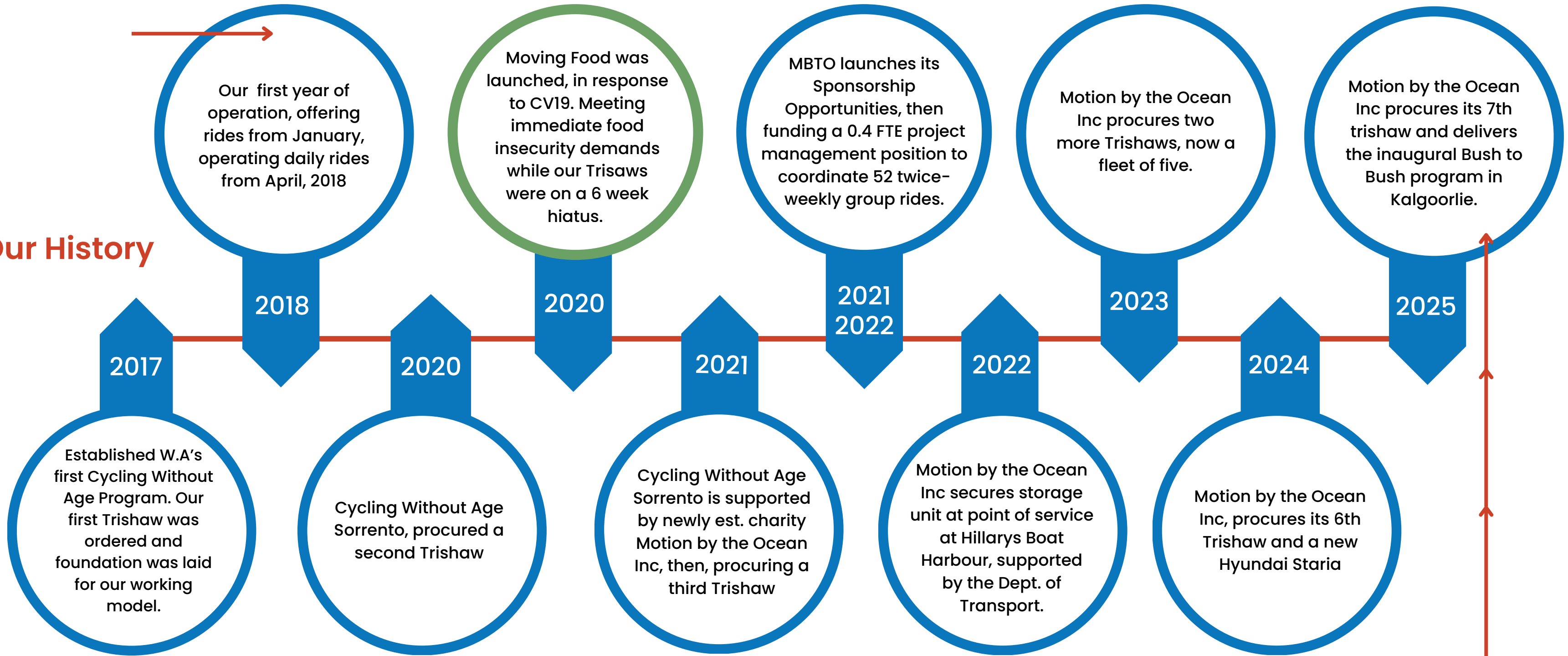
320 - Trishaw rides

630 - passengers

27 - aged care organisations & independent support workers their supported people, (unique for each month)



Our History



Proud to deliver
Cycling Without Age
SORRENTO



In 2025

1262 - Trishaw rides

2424 - passengers

254 - aged care & disability organisations & independent support workers & their supported people (unique for each month)

OUR AWARDS

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



2025

Finalist WA Seniors Award
Motion by the Ocean Inc
Government of Western Australia
Department of Communities



2024

VWA 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

Community Citizen of the Year,
Australia Day Awards
Alanagh Godderidge



2022

Seniors Champion
Motion by the Ocean Inc



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