

# ALCHEMY IN MOTION

## MAY NEWSLETTER

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## TEAM NEWS

### GOODBYE KATE, CHELSEA, MICHELLE & BRIONY

In the first quarter of this year, we said some sad goodbyes to these wonderful clinicians and team members. We wish them all the best in their future endeavours!



### WELCOME GRACE

We are thrilled to have Grace Gleeson joining our Alchemy family as a physiotherapist. Grace has a special interest in women's health, pre and postnatal rehab, pilates-based rehab and hydrotherapy and has worked in private practices in Brisbane and the Sunshine Coast. Grace takes pride in empowering patients to take an active role in their own treatment and recovery and to help them to achieve their goals.



### ALICE TREATING WITH GRACE

While Grace settles into our Alchemy family, Alice will be spending time with her, treating some gorgeous pelvic health clients every Tuesday and Friday.



### WELCOME ALEISHA

Aleisha has joined our Gympie team as a receptionist. Aleisha will be in clinic every Monday and Wednesday at this stage. She brings with her a lot of customer service experience and is also completing her medical administration qualifications.



### KELLY COMING TO NOOSA

We are thrilled to announce that Kelly will be treating from both our Gympie and Noosa clinics! Kelly is one of our physiotherapists with a special interest in women's, men's and pelvic health. Kelly will be treating from our Gympie clinic every Monday and our Noosa clinic every Wednesday.



# TEAM NEWS (CONT.)

## OCEAN AND ZOE INCREASED AVAILABILITY

We are equally excited to announce that Ocean and Zoe have both picked up an extra day in our Noosa clinic.



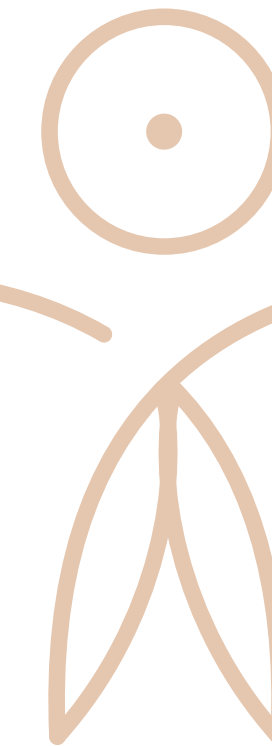
## CLASS CHANGES

With our latest team changes, we have altered our class timetable slightly. Please see below our updated class timetable which is effective from April onwards.



MON	TUES	WED	THURS	FRI
Strength & Reformer Rehab Grace @ 7:45am	Strength & Reformer Rehab Grace @ 7:45am			Reformer Rehab Grace @ 7:45am
	Reformer Rehab Grace @ 8:30am	Strength & Reformer Rehab Grace @ 8:30am	Strength & Reformer Rehab Amy @ 8:30am	Strength & Reformer Rehab Amy @ 8:30
	Strength & Reformer Rehab Grace @ 9:15am			
		Reformer Rehab Amy @ 9:30am		
		Reformer Rehab Amy @ 10:15am		
			Strength & Reformer Rehab Amy @ 10:45am	
		Strength & Reformer Amy @ 1:45pm		

\*\* Class times / Physios may vary with 24 hours notice



# TEAM NEWS

## WORK ANNIVERSARIES

In the first quarter of the year, we have celebrated the work anniversaries for:

- Hollie - 8 years
- Laura - 5 years
- Ocean - 5 years

## WORK BIRTHDAYS

In the first quarter of the year we celebrated Steph and Terri's birthday and in May we will celebrate Kelly, Hollie, Olya and Mel's birthday! Lucky we all love cake!



# CLINIC MEMOS

## LABOUR DAY

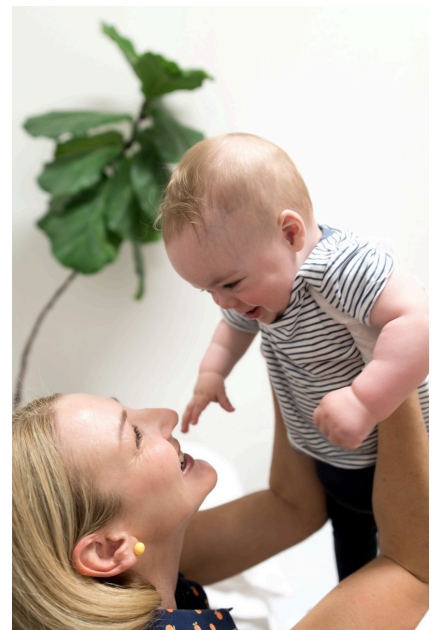
We are closed Monday, 6 May for Labour Day and will reopen on Tuesday, 7 May.

## GENTLE REMINDERS

Seeing our new mums in clinic with their beautiful babies lights us up as a team. We adore being a safe space where Mums can come to to be nurtured and supported. We understand that having babies in tow can present challenges in being able to conveniently access hands-on treatment.

For Mums with newborn babies, we understand this time can be very overwhelming. We want to reassure you that we are here to support you and your needs during this time. If you need to bring your baby with you in order to attend your appointment, we recommend that you bring them in a pram or capsule so that you can get the most out of your session.

For our Mums with toddlers and young children, we understand that unforeseen events happen and plans can change last minute. In order for you to get the most out of your session, we recommend that you bring a support person along with you if you need to bring your young child to your appointment. This also ensures that we can maintain a safe and calm clinic environment for all of our clients. Please don't hesitate to contact our admin team if you have any concerns however.



# NEW GYMPIE LOCATION

## ALCHEMY @ GYMPIE

We were thrilled to open our first stand alone clinic in Gympie earlier this year. We have been in Gympie for approximately 18 months however, have been leasing rooms out of the Gympie Specialist Clinic. Due to the increasing caseload and demand within the community, we were thrilled to open our own stand alone clinic, which is located at 58 Channon Street.

We have four physios at our Gympie clinic who offer a wide range of physiotherapy services to manage:

- Sports musculoskeletal injuries
- Women's and men's health
- Paediatric physiotherapy
- Respiratory physiotherapy

Our Gympie physiotherapy team includes:

- Rebecca Evans (Sports & musculoskeletal)
- Zoe Mills (Women's & men's health)
- Kelly Tytherleigh-Laity (Women's & men's health)
- Amy Cooper (Musculoskeletal, Paediatrics & Respiratory)
- Aleisha Gee (Admin)

Unfortunately, we do not offer bulk billing from our Gympie clinic, however we do offer a wide variety of rebates through private health insurance, Medicare rebates (CDM/EPC), WorkCover, DVA, NDIS and other insurance providers. If you would like any further information on our billing or rebates, please contact our friendly admin team on (07) 5474 9093.



# MAY SPECIALS

## MOTHER'S DAY GIFT VOUCHERS

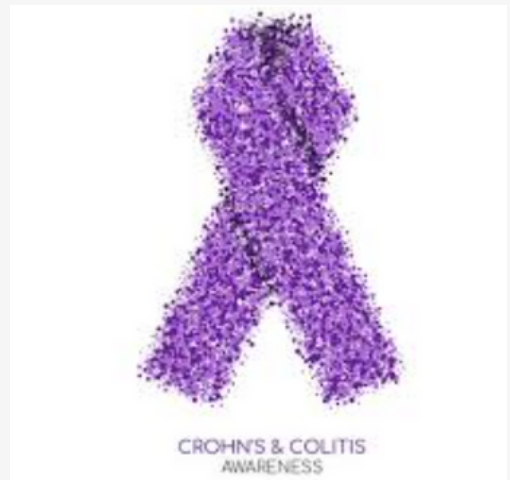
If you are stuck for a gift look no further as we offer beautiful personalised gift vouchers which can be posted directly to that special mother in your life!

## MOTHER'S DAY SPECIAL

If you have an appointment at our Noosa clinic between Wednesday 1st May and Friday 10th May make sure you nominate a special mum in your life to be spoilt to go into the draw to win a free 60 minute Myotherapy or physio massage treatment and basket of goodies.

## CROHN'S AND COLITIS AWARENESS MONTH

May is Crohn's and colitis awareness month and we would like to offer a special on our nutrition and dietetic services, as improving your nutritional health can have a significant impact on managing inflammatory bowel disease. We are currently offering a free 10-minute initial conversation with Sarah however for the month of May we are offering half price in initial consultations with Sarah which are usually priced at \$160.



# ALCHEMY SERVICES

## NUTRITION AND DIETETICS SERVICES

We are so proud to be able to offer so many dietetics services to our wonderful community. Sarah Jukes is an accredited practicing dietician and is a wealth of knowledge when it comes to nutrition and dietetics. Her services include;

- Kidney nutrition- CKD/ Dialysis/ Transplant
- Gut health and gastrointestinal nutrition
- Chronic disease management and prevention
- Nutrition for pregnancy and breastfeeding
- Fertility nutrition
- Perimenopause and menopause nutrition
- Nutrition for optimal health and well-being
- Weight control

Personalised nutrition plans, weight management support, nutrition education, disease management and meal planning are all part of Sarah's services, to help you achieve your specific goals.

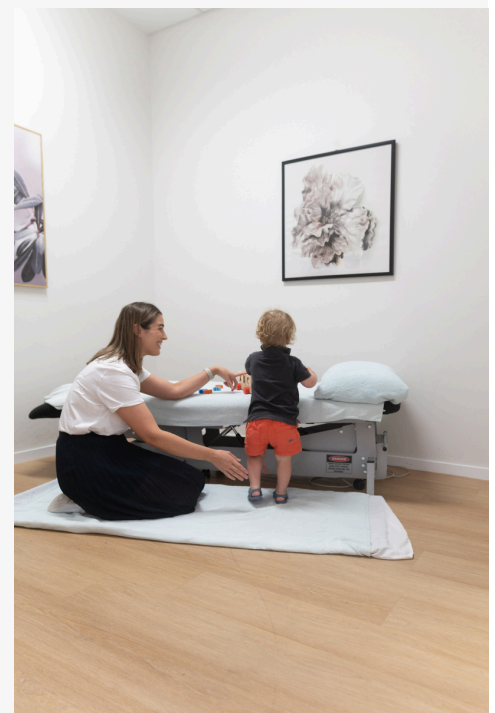
Sarah is treating from our Noosa clinic every Thursday and alternating Friday. You do not need a referral to see Sarah and you can use your private health insurance or have a conversation with your GP to see if you could get a Medicare rebate for dietetics services.



## PAEDIATRIC PHYSIOTHERAPY SERVICES

We are thrilled to see that our paediatric physio services are rapidly increasing and popularity. We offer a wide range of paediatric services from our Noosa and Gympie clinics, including:

- Respiratory Physiotherapy
- Pre-and post op orthopaedic rehab
- Musculoskeletal injuries
- Sporting injuries
- Developmental delay
- Rheumatology and oncology



# EXTENDED HOURS @ NOOSA, GYMPIE & BUDERIM

## NOOSA:

Mon 7:00am-6:00pm  
Tues 7:00am-6:00pm  
Wed 7:00am-6:00pm  
Thurs 7:00am-6:00pm  
Fri 7:00am-6:00pm

## GYMPIE:

Mon 8:00am - 6:00pm  
Tues 7:30am - 4:30pm  
Wed 7:30am - 4:00pm  
Fri: 7:00am - 2:00pm

## BUDERIM:

Mon: 8:00am - 5:00pm

# ALCHEMY SERVICES @ NOOSA, GYMPIE & BUDERIM

At our **NOOSA** clinic we provide:

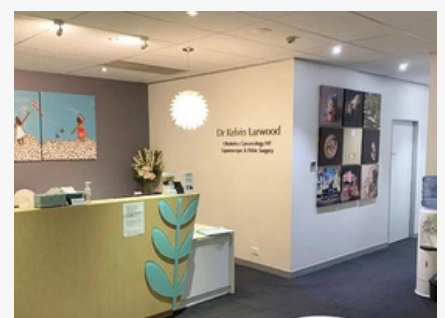
- Pelvic, Women's & Men's Health Physio
- Sports / Musculoskeletal Physio
- Paediatric Physio
- Respiratory Physio
- Occupational Therapy
- Exercise & Rehab classes
- Myotherapy
- Osteopathy
- Reformer rehab services
- Physio yoga
- Nutrition and dietetics (DEC)

At our **GYMPIE** clinic we provide:

- Pelvic, Women's and Men's Health Physio
- Sports & Musculoskeletal Physio
- Paediatric physio
- Respiratory physio

At our **BUDERIM** clinic we provide:

- Pelvic, Women's and Men's Health Physio
- Musculoskeletal Physio



# COMMUNITY CLASSES

## ARTHRITIS MOVES

We are thrilled to have partnered with arthritis Queensland and Noosa Council to be running Arthritis moves programs in the community - one in Cooroy and one in Peregian. These classes are designed to improve clients' strength, balance, function and confidence while living with arthritis. We are thrilled to have been approached to facilitate such a wonderful initiative in our gorgeous community.



## PREGNANCY AQUA

Ocean continues to run her pregnancy Aqua classes from Noosa Springs every Thursday morning. These classes are a wonderful opportunity for like-minded mums to be to meet, discuss relevant topics and exercise in a safe and supervised way. We love these classes as much as our clients and are thrilled to have partnered with Noosa Council to offer these to the community.

