

# ALCHEMY IN MOTION



## AUTUMN NEWSLETTER

### ALCHEMY NEWS

The ongoing COVID pandemic and recent flooding has certainly thrown a few curve balls our way, however, we have continued to stay open - offering our clients face to face appointments in-clinic, home visits and telehealth consultations.

Despite the challenges we have faced with COVID, we were thrilled to be nominated and then make it through to the third round, just falling short of the finals in the 2022 Telstra Business Awards which celebrate businesses championing health. To be recognised and celebrated as one of the top healthcare businesses in the country is both humbling and exciting as it confirms that what we do really makes a difference in our clients' lives. We want to extend our sincere congratulations to all the finalists and winners.



### MORE APPOINTMENT AVAILABILITY

Due to high demand and a growing waitlist, we have extended our sports and musculoskeletal physio hours. We want to be there for our clients when they need us, so in opening up more hours we now have the opportunity to see clients **within 1-2 days of them calling** - furthermore enhancing the service offering and quality of care Alchemy provides.



# NEW TEAM MEMBERS

We are thrilled to have welcomed three new team members into the Alchemy family!

- **Rebecca Wood "Bec"** - joined us in October. She is a sports / MSK physio and has extensive experience as a physio working across both private practice and the hospital setting in the UK for the last 8 years. In addition to this, she has also been the head physio for the Cyprus Rugby 7's team.

- **Caren Biddulph** - joined us in November. She is a dietitian with a special interest in paediatric nutrition & infant allergies, maternal nutrition including breastfeeding, microbiome gut health and sports nutrition. Caren is also just about to finish her PhD which is looking into the links between maternal nutrition and breastmilk.

- **Mitch Collins** - joined us in February. He is a remedial massage therapist and has a special interest in deep tissue and sports massage. Mitch has an extensive sports background and works as a glazier in addition to his work at Alchemy.



## TEAM MEMBER NEWS

Our director - Alice, welcomed little baby Eddie into the world in December. She is currently on mat leave but eying off a room to dip her toes back in one day soon!

Zoe finished her Postgraduate Masters in Continence and Pelvic Health in November. We are bursting with pride with how incredibly capable, professional and accomplished Zoe is - being able to finish her Masters all while working at Alchemy - supporting her clients and being an amazing Mum.

Bec is heading back to Europe for a couple of short stints in March and April for the Cyprus Rugby 7's Europe Tour. She will be travelling to Cyprus and Malta with the team. We can't wait to hear how they go. Keep an eye out on social media for updates!



# ALCHEMY ANNIVERSARIES

We would like to acknowledge the work anniversaries for our wonderful Ocean (3 years), Laura (3 years) and Hollie (6 years).



## TEAM MEMBER TRAINING

We make it a priority to continue up skilling and learning so that we can always provide our clients with the most up to date, effective care. Here are some of the courses our clinicians have completed recently:

- Alice: Advanced pelvic organ prolapse and stress incontinence
- Zoe: Assessment & treatment of faecal incontinence & constipation
- Jo: Pregnancy & Postpartum Corrective Exercise
- In-house professional development: dry needling, mastitis management, diagnostic ultrasound

## ALCHEMY SERVICES

At our NOOSA clinic we continue to provide:

- Pelvic, Women's & Men's Health Physio
- Sports / Musculoskeletal Physio
- Dietetics
- Occupational Therapy
- Remedial Massage
- Exercise & Rehab Classes
- Obstetrics, Gynaecology & Fertility
- Sports & Exercise Medicine

At our BUDERIM clinic we provide:

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



# COMMUNITY ENGAGEMENT

We continue to be actively involved in the Noosa community through:

- Ageing Well classes @ Noosa Leisure Centre
- Pregnancy Aqua @ Noosa Springs
- Trilogy - Alchemy run club



Noosa Flow  
PILATES & WELLNESS STUDIO



# ALCHEMY COLLABORATIONS

We are really excited to be partnering with other like-minded local businesses to be able to provide new and exciting services for our clients and the Noosa community. Keep your eyes peeled for our upcoming new projects!

# ALCHEMY CLASSES

We continue to offer our clients exercise classes in at our Noosa clinic including:

- Strength ABC (After Breast Cancer) Class
- Physio rehab classes



# ALCHEMY RESOURCES

We are continuously updating and adding to our Alchemy Resources on our website - including blogs, interesting case studies and factsheets to help educate, inform and provide clinical support. Simply visit our website and click on RESOURCES for more information.

## BLOG

Clinical information on latest assessment and treatment techniques and evidence based advice, recommendations and clinical updates.

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Exercise

Massage

Pelvic Floor

Research Reviews

Sports & Musculoskeletal

Women's Health



Iofemoral Joint



Neck Pain



What type of Massage is Best for you?



Exercise Progression and Knee Pain

## FACTSHEETS

Clinical information on a range of common injuries and conditions



SPORTS & MUSCULOSKELETAL

WOMEN'S HEALTH

MEN'S HEALTH

KIDS & TEENS

## CASE STUDIES

Real life case studies for an in-depth look at how we treat



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