

ALCHEMY IN MOTION



WINTER NEWSLETTER

ALCHEMY NEWS

We are thrilled to have been nominated by some of our gorgeous clients for the 2022 Sunshine Coast Business Awards! We are so deeply honoured and sincerely grateful for these nominations as it confirms that the services that we provide as a team really make a difference in our clients' lives. We are currently underway with our application and we wish all the applicants the best of luck!



MORE APPOINTMENT AVAILABILITY @ NOOSA & BUDERIM

Due to high demand and a growing waitlist, we have extended our Pelvic Floor Physio hours as well as our Sports and Musculoskeletal Physio hours. A fundamental part of the Alchemy model of care is availability - we want to be there for our clients when they need us. 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 that Alchemy provides.



NEW TEAM MEMBERS

We are thrilled to welcome two new team members into the Alchemy family!

- **Lauren Cameron** - joining us in July. She is a physiotherapist with a special interest in women's health, pelvic floor care and musculoskeletal injuries. Lauren will be working across our Noosa and Buderim practices and will be providing both pelvic floor and musculoskeletal physio services. We are so excited to welcome Lauren into the Alchemy family and can't wait to see her mould this special role into her own.

- **Sally Staley 'Sal'** - joined us in June and has been welcomed into our admin team with open arms! Sal brings an incredible amount of experience to the Alchemy team - working in private practice for several years - she is an admin guru and no doubt will keep us all in check!



TEAM MEMBER NEWS

Our director - Alice, will be returning to work from mat leave in July. She is very excited about seeing all her gorgeous clients again and can't wait to be back in the clinic!

Caren and Ocean will be presenting at the Australian Endorsed Midwife Conference in August. We can't wait to all head along to support the girls and introduce ourselves to a wonderful group of professionals who have such an incredible impact on women's lives.

Bec had a successful trip back to Europe in April as the team physio for the Cyprus Rugby 7's physio. We were very happy to have Bec back on home soil after a few weeks away!

We want to wish Jo all the best with baby #2 - she is finishing up at Alchemy in July. Jo will continue running her Pilates sessions from her home based studio - The Movement Hub - check out her socials for more info.



AUSTRALIAN
ENDORSED
MIDWIFE
CONFERENCE
2022



ALCHEMY ANNIVERSARY

We would like to acknowledge the work anniversary for our gorgeous Zoe who has been a part of the Alchemy family for three years! Here's to the next three Zo! xx



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:

- **Mitch** - Myofascial Cupping course and Optimal Client Management Course. Mitch is also enrolled to complete a dry needling course in September. He is a busy man!
- **Lauren** - Advanced pelvic organ prolapse & stress incontinence
- **Ocean** - IUGA International Symposium on Birth & Beyond and Advanced Pelvic Floor - Exercise, Sport and Musculoskeletal Dysfunction

ALCHEMY SERVICES

At our NOOSA clinic we continue to provide:

- Pelvic, Women's & Men's Health Physio
- Sports / Musculoskeletal Physio
- Nutrition & 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
- Sports / Musculoskeletal 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

AND

ALCHEMY
IN MOTION



ARE THRILLED TO PRESENT

The Nurture Package



ALCHEMY COLLABORATION

We are so excited to be working alongside Noosa Flow to offer pregnant women **The Nurture Package**.

This package combines the expertise of pelvic floor and women's health physios with highly tailored one-on-one Pilates programmes.

The Nurture Package includes:

- 1x pelvic floor assessment
- 3x private Pilates sessions

PRICE: \$370 ** Private Health rebates available

ALCHEMY CLASSES

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

- **NEW - Mindfulness in Motion**
 - Yoga
 - Stretching
 - Breathing
 - Mindfulness
 - Meditation
 - **Strength ABC (After Breast Cancer) Class**
 - **Physio Exercise Rehab**
- ** NEW CLASSES AVAILABLE ****



NEW SERVICES

PREP FOR BIRTH CLASS (Run by Ocean) included topics:

- Understanding stages of labour, hormonal changes and physiological changes
- Active labour skills
- Coping strategies for pain
- Acute postnatal recovery

**** NOTE:** This 3.5hr class is a good adjunct to hospital / other birth education classes **

NUTRITION & DIETETICS:

Caren is now offering our clients:

- Microbiome testing (new service)
- FREE 10 minute consultation to discuss their nutrition and lifestyle needs.

Caren's special interest areas include:

- Paediatric & infant allergies (including cow's milk protein allergy)
- Maternal nutrition



NEW TIERED PAYMENT SYSTEM

As Lauren has joined the Alchemy team, we are now offering our clients a tiered payment system for physiotherapy services. We are offering discounted physiotherapy rates while Lauren is learning our unique treatment approach at Alchemy. We believe this enhances our service offering as it will improve the accessibility of physiotherapy services for a number of clients.

PELVIC FLOOR PHYSIO RATES

Initial consultation	60 minutes
Long follow up	45 minutes
Standard follow up	30 minutes

Senior Physio Physio

\$157	\$126
\$127	\$102
\$107	\$86

SPORTS / MUSCULOSKELETAL PHYSIO RATES

Initial consultation	45 minutes
Long follow up	45 minutes
Standard follow up	30 minutes

Senior Physio Physio

\$122	\$102
\$122	\$102
\$102	\$82

**** New rates as of July 1st**

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.