

# ALCHEMY IN MOTION



## OCTOBER NEWSLETTER

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### TEAM NEWS

#### **WELCOMING AMY COOPER - PAEDIATRIC PHYSIOTHERAPIST**

We are so excited to welcome Amy who is our latest physio to join the team!

Amy has a special interest in:

- Paediatrics
- Sporting/musculoskeletal injuries

Amy will be working across our Noosa and Gympie clinics and her first day with us is Tuesday 7th November.



#### **WELCOMING KELLY LAITY - PHYSIOTHERAPIST**

We have a second Physiotherapist joining the team in November! Kelly is a Physiotherapist with a special interest in:

- Women's health
- Pelvic floor rehab
- Pre-and post-natal care

Kelly will be working in our Gympie clinic, and we are hoping that she will come down to Noosa as well in the New Year.



#### **WELCOMING SARAH JUKES - ACCREDITED DIETITIAN**

We are so excited to be welcoming Sarah to our Alchemy family! Sarah is a dietitian with a special interest in renal care, however, enjoys treating all presentations and populations. Sarah's first day with us will be 11 December and she will be working in our Noosa clinic.



#### **WELCOMING BRIONY ROBERTS - RECEPTIONIST**

We are so excited to welcome Briony into the Alchemy family. Briony has joined our admin team, and we are thrilled to have an extra set of hands and another gorgeous welcoming face in our busy reception!



#### **Welcoming Terri Scott - RECEPTIONIST**

We are so excited to welcome Terri into the Alchemy family. Terri has joined our admin team and brings with her extensive experience working in allied clinics for many years.



# TEAM NEWS

## ALCHEMY WORK ANNIVERSARIES

In October, we celebrated the work anniversaries for our gorgeous Giselle, Kate and Bec! We are so lucky to have such a gorgeous team of like-minded professionals working together at Alchemy.



## GYMPIE PHYSIOTHERAPY SERVICE IS EXPANDING

We are so thrilled to see how well received our physiotherapy services have been in the Gympie region and beyond. As of November, we will have four physiotherapists operating out of Gympie.

**Bec (Monday, Wednesday and Thursday)**

- sports and musculoskeletal injuries
- Pre- and post-orthopaedic rehab

**Zoe (Wednesday)**

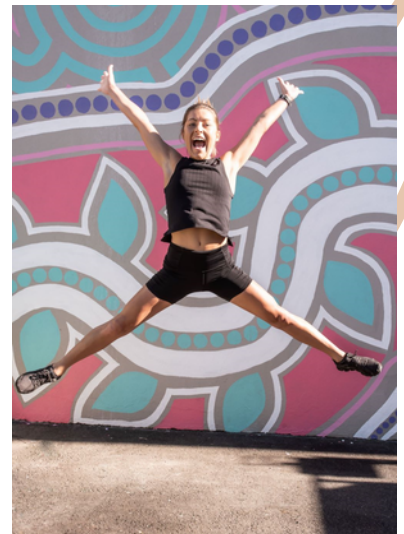
- Women's health
- Men's health
- Pelvic floor rehab
- Pre- and post-natal care

**Amy (Tuesday and Friday)**

- Paediatrics
- Sports and musculoskeletal injuries
- Pre- and post-orthopaedic rehab

**Kelly (Wednesday)**

- Women's health
- Pelvic floor rehab
- Pre- and post-natal care



# 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 - 4:00pm  
Tues 7:00am - 5:00pm  
Wed 7:00am - 4:00pm  
Thurs 8:00am - 4:00pm  
Fri: 7:00am - 5:00pm

## BUDERIM:

Alternate Thurs 8:00 - 4:00pm

# ALCHEMY SERVICES @ NOOSA, GYMPIE & BUDERIM

At our **NOOSA** clinic we provide:

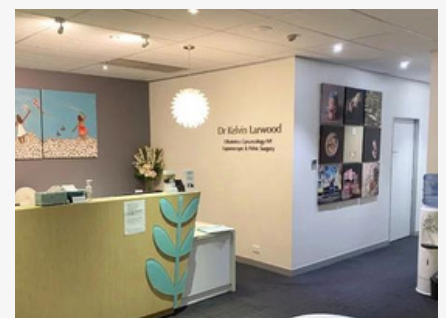
- Pelvic, Women's & Men's Health Physio
- Sports / Musculoskeletal Physio
- Paediatric Physio
- Respiratory Physio
- Occupational Therapy
- Exercise & Rehab classes
- Myotherapy
- Osteopathy
- Reformer rehab services
- Physio yoga
- Nutrition and dietetics (DEC)

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



# NEW SERVICES

## PAEDIATRIC PHYSIOTHERAPY

We are so excited to be able to finally offer a long-awaited paediatric physiotherapy service at both Noosa and Gympie clinics. We will now be offering physiotherapy for the following conditions:

- Mild developmental delay
- Torticollis, plagiocephaly and brachial plexus palsy
- Respiratory conditions (cystic fibrosis, cerebral palsy, bronchiectasis)
- Paediatric pre-and post-op orthopaedic rehab
- Paediatric musculoskeletal and sporting injuries
- Paediatric rheumatology and oncology physiotherapy, support and care

## RESPIRATORY PHYSIOTHERAPY

We are thrilled to have significantly expanded, our physiotherapy service offering in our Noosa and Gympie clinics. We can offer physiotherapy services for the following conditions:

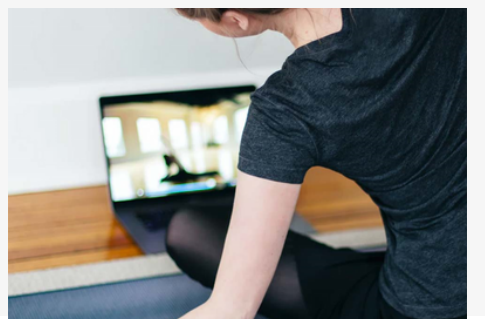
- Bronchiectasis
- Cystic fibrosis
- COPD
- Respiratory dysfunction secondary to cerebral palsy.

## NUTRITION AND DIETETICS

We are so excited to be able to offer a nutrition and dietetics service out of our Noosa clinic again, as of December. Stay tuned for more details on our dietetics service offering.

## POST-NATAL ZOOM PILATES CLASS

We are trialing an online post-natal mums and babies zoom Pilates class to improve the accessibility to Physiotherapy lead exercise services for mums. This brand-new class will be rolled out in November.



**PHYSIOTHERAPY REFORMER SERVICES**

We are thrilled to see how well our physio reformer classes and services have been received. We are adding to and constantly improving these classes so that our clients and the community can benefit from this highly tailored and individualised service.

**ALCHEMY SPONSORSHIP**

We were honoured, and thrilled to have been approached by two incredible local women to support a breast cancer awareness event fundraising for the McGrath foundation. We can't wait to hear how it goes!

At Alchemy, we have a range of allied health practitioners who have a special interest in oncology care including:

- Laura Manning - lymphoedema occupational therapist
- Our women's health and musculoskeletal Physiotherapy team who assist women in managing pelvic health concerns and musculoskeletal injuries during active treatment and once in remission

**DISCOUNTED PRODUCTS IN CLINIC**

We have done a long overdue clean out of our storeroom and we have a wide range of excellent products available at heavily discounted rates. Pop into clinic to check them out for yourself!



# ALCHEMY COURSES AND TRAINING

## BABY CPR CLASSES

We are so excited to be partnering with CPR kids to bring baby and child CPR classes to Noosa! We are also so proud of our ever-talented Kelly (our lactation consultant), who will be running the classes from Alchemy. Our first baby CPR course is on Saturday 24th June. Bookings can be made via CPR kids.

In these courses, the following topics are covered;

- Baby and child CPR
- Choking
- Drowning
- Fevers
- Seizures
- Burns & poison management
- Head injuries and more.



## BABY LED WEANING CLASSES

Kelly our Lactation Consultant runs baby led weaning classes every month and we are thrilled to see so many Mum's and families benefiting from her practical advice and expertise. Her classes cover:

- Learn how and when to introduce solid foods to your baby's diet.
- What gear you'll need
- Allergic reactions
- Identifying gagging vs. choking
- How to manage choking
- AND MORE!

For more information, or to book, visit [Milk Supply Noosa](#)



# COMMUNITY ENGAGEMENT

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

- Ageing Well classes @ Noosa Leisure Centre- every Wednesday morning
- Pregnancy Aqua @ Noosa Springs- every Thursday morning

For more information or to book, please call our friendly admin team on (07) 5474 9093



# ALCHEMY CLASSES

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

- **Physio Reformer Rehab Services**
  - Reformer rehab
  - Strength reformer rehab
  - Pregnancy reformer and strength
  - Post-natal ONLINE Pilates and strength
  - Pelvic floor foundations
- **Physiotherapy Yoga**
  - Tuesday @ 12:00pm
- **Strength ABC (After Breast Cancer) - by appointment only**

