



THERAPY & SUPPORTS

MONTHLY NEWSLETTER

ISSUE 01 - OCTOBER 2025

HELLO EVERYONE!

Welcome to our first monthly newsletter. I am super excited to get this rolling and start creating more of a community with all my amazing clients and their families. The purpose of this newsletter is to let you all know what Blossom is up to, new exciting things, and provide resources and education. I want to just say how much I appreciate each one of you and how much you've all supported me. I couldn't have done any of this without your help and guidance (and sometimes patience). Here is to a new exciting adventure.

Lots of love
-Emma

CLIENT SPOTLIGHT



TAMZYN!

Biggest shout out to Tamzyn for getting not one but TWO awards at her schools arts night! Not only did she dance in front of the school but also was awarded for her art pieces. Tamzyn has really knuckled down this year with her school work, and her hard work has paid off. We are so proud of you, keep it up as you begin your final year of school!

Dates to remember:

- ✦ EMMA IS AWAY 13-17 NOV & 24-10 DEC
- ✦ LIV IS AWAY 12-18 NOV
- ✦ NDIS EP SURVEY CLOSES 10TH NOV



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New website:

www.blossomtherapy@support.com.au

New email:

hello@blossomtherapy.au

It seems fitting to start with an intro...

Most of you know me and my passions but let me introduce myself and my team again!

Emma - Founder, Accredited Exercise Physiologist & Support Worker

Emma also holds a Graduate Diploma in Autism Studies and is passionate about supporting girls and young women with neurodiversity and invisible illnesses like EDS, POTS, MCAS, and mental health. Emma enjoys helping clients build confidence, independence, and wellbeing through movement and meaningful support.

Olivia - Accredited Exercise Physiologist & Support Worker

With a Master's in Women's Health Medicine, Olivia brings specialised knowledge and experience. She is most passionate about working with hEDS, POTS, CFS/ME, Fibromyalgia, long covid and cancer. Her passion extends into empowering women to understand their bodies, manage their health confidently, and feel strong through movement and education.

Emma and Liv became great friends during university, and have remained close ever since. They share similar interests and drive and that's why working together made the most sense!

Michaela - Support Worker

Currently studying Paramedicine, Michaela brings a calm, patient, and nurturing energy to her work. Her gentle presence helps clients feel supported, safe, and understood as they build confidence and independence in daily life.

Emma met Mic at a previous job - Mic was apart of the admin team. Mic's compassion she showed for all the clients and her ability to communicate showed how perfect she would be in this role. And the rest is history!

