



## Interview with Galin Lowe



### What influenced you to become a chiropractor?

I was always interested in science growing up. Initially I wanted to be a GP, but after a week's work experience I realised it was not the profession for me. I went to the careers office and thought carefully about what it was I wanted out of life. I realised owning a business whilst helping / healing people was what I found most appealing. In science, there is a limited list of jobs with those attributes that pays well; chiropractic was one of the few options. I looked into chiropractic, physiotherapy and dentistry and chiropractic just felt right; I've never looked back.

### What training did you undertake to work in your chosen profession?

I initially went to university in Nottingham and studied Biomedical Sciences. Following this I went straight to Surrey University and started my Masters in Chiropractic. I graduated in 2003.

### How did Durham House Farnham get started?

In September 2008, I was pregnant with my first child Zachariah, but had also just purchased a small, empty solicitors' office on East Street in Farnham. It was to be my second chiropractic clinic, building on the success of my first clinic in Fleet which opened in 2006.

2009 saw one of the most hard-hitting recessions the UK has ever experienced and my first year was tough. If it hadn't been for the overwhelmingly positive response of the community to the Fleet clinic I wouldn't have persevered. It was my solid and industrious party of five; Sheridan Bower - Practice Manager, Felicity James - Chiropractor, Margarita Smith - Sports Massage Therapist, Ian Stones - Acupuncturist and Jane Swales - Podiatrist who spurred me to continue through the challenges so many local businesses were facing at such a difficult time. Their professionalism and focus on delivering and achieving a quality and expert service for those in Farnham never faltered.

### How did the Studio come about?

During Farnham's sixth year we began to recognise the demand for us to expand laterally. Our experience had shown the benefit of complementing clinical treatment with more holistic activities and we had previously referred many patients to local instructors who provided yoga and pilates classes in the area. Many of our patients fed back their experience and voiced their concerns over the absence of classes during the summer months, the need for more support and supervision in the event of a previous injury, operation or disability, the cost barriers of one-to-one sessions and the scarce provision of evening and weekend sessions. We discussed these issues as a team and the idea to build and develop our own studio in response to the needs of our patients was born. We decided to train our own professionals and take our chiropractic and multidisciplinary practice one step further to offer our patients exercise classes ourselves, which could be used as a form of rehabilitation following a course of our own treatment. Hence the Studio was born.



### **What aspect of your job do you enjoy most and why?**

I love treating patients. I love seeing people progress with their fitness, posture and strength. I also enjoy the hectic nature of my role within the business; all the growth, changes and management challenges. I love looking back and seeing how far we have come as a team and how much the business has grown and evolved.

### **What tips would you give someone who is worried about having treatment with you or joining a class?**

Nothing is set in stone, try a session and see how you feel. If chiropractic or yoga etc is not right for you, that's ok! No one is forcing you to continue with anything you are not comfortable with. Not having a go and trying something would be a shame though as you may find this is what you've been looking for and the results can be life changing.

### **What would you tell someone who might be considering a career as a chiropractor?**

Look at the courses in detail and what qualifications you need to qualify. Check out the governing bodies - are they regulated? If it's tough, all the better, it separates them from the amateurs. Aim high and push yourself. All employers worth their salt know what the qualifications stand for and will hire and pay accordingly.

### **What do you wish other people knew about chiropractic?**

Chiropractors in general are very qualified. Most of my associates have achieved a lot academically and chose to become chiropractors. Fundamentally chiropractic is a vocation and I have found the profession to be filled with caring professional people who work hard.

### **What do you enjoy doing when you aren't working?**

Hanging around with my two beautiful boys. I am currently training to be a STOTT pilates instructor, so pilates has been filling a lot of my spare time. It's a rewarding form of exercise and filled with lots of tips I will be sharing with my patients in the near future.