

## **Curriculum Vitae**

### **Dr Katie Benge**

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### **Profile**

I am currently working as a salaried GP in the NHS in Stratford, a private menopause specialist and have various leadership and tutoring roles, having completed my GP training in May 2019 through the Coventry and Warwickshire VTS. I previously worked in the pharmaceutical industry before studying medicine and becoming a GP trainee. I have completed a variety of clinical and leadership courses since and a year-long aspiring leaders fellowship. I have also completed expert witness report writing training through BondSolon.

### **Present Positions**

4-session salaried GP at Trinity Court Surgery, Stratford-upon-Avon  
2 day/week role as GP menopause specialist in private practice  
RCGP Midland Faculty Climate and Sustainability lead (Voluntary role ad hoc)  
Post-CCT GP champion for Coventry and Warwickshire ICB Training Hub  
Expert Witness and Personal Injury claim consultant - ad hoc basis

### **Education and Qualifications**

MBChB (University of Warwick)	2011
MSc Medical Biotechnology ( <i>University of Westminster</i> )	2004
BSc Virology with intercalated year in Industry (University of Warwick)	1999
A Levels: <i>Biology (A), Physics (B), General Studies (B), Chemistry (C)</i>	all 1995
GCSEs: <i>7A's, 2 B's</i>	all 1993

### **Medical Employment History**

**Expert Witness report writing training** - BondSolon June 2025  
**GP and Menopause specialist** - Newson Health Menopause and Wellbeing clinic (2022-Current)  
**Salaried GP** - Trinity Court Surgery, Stratford upon Avon (2022-current)  
**Salaried GP** – Castle medical Centre, Kenilworth (Apr 2020 – Dec 2021)  
**ICB Aspiring leaders fellow** - 2023-24 - Year long fellowship  
**Locum GP** – Abbey Medical Centre, Kenilworth (May 2019 – March 2020)  
**GP training** West Midlands; rotations – A&E, COTE, Psychiatry, GP (Kineton ST2, Henley-in-Arden ST3)  
**Locum SHO** – A&E Worcester Acute Hospitals  
**ST1** – Histopathology (UHCW/Warwick)  
**FY1-FY2** Brighton and Sussex; rotations – Respiratory medicine, Gastroenterology, Surgery, Academic ID, AMU, GP.

### **Clinical Skills and Proficiencies**

*Menopause specialist at Newson Health for 3 years*

*Coil fitting*

*IGTN surgery,*

*Joint injections,*

*Minor surgery,*

*Baby checks*

*Carbon Literate*

### **Relevant Medical Experience**

I qualified as a UK-trained doctor in 2011 and have worked in the NHS in various roles since this time. I completed my foundation training in UK hospitals and including research blocks during 2011-2013. I spent just over one year working in a NHS-hospital pathology department before completing GP-training in Coventry and Warwickshire including working as a General practitioner registrar and hospital SHO/ GP specialist registrar doctor during this time. I have acted as an independent General Practitioner on the GP register since May 2019 and am also a recognised GP trainer, approved by the GMC.

I have spent the last 3 years working as a private menopause specialist having been trained by Louise Newson and conducting specialist menopause consultations on a weekly basis. I am a member of the British Menopause Society and am completing their Menopause Specialist training program.

I am a member of the British Society of Lifestyle Medicine and the co-founder of the Long Term Condition clinic - a private practice focusing on lifestyle medicine to improve outcomes in long term conditions.

### **Additional personal Information**

Before having children I was a keen rugby player to a high standard; playing in the premiership and for England Students. Since then I have “retired” into walking the dog and being a taxi driver for my children’s sporting activities.

In my spare time I enjoy reading novels, cooking and teaching my 2 children about nature and the countryside through geocaching.

### **Referees**

**Dr Elisabeth Adams – Coach and mentor, Gynaecology consultant and expert witness. [Adams733@icloud.com](mailto:Adams733@icloud.com)**

**Dr Clair Crockett, Senior clinician Newson Health,  
[clair.crockett@newsonhealth.co.uk](mailto:clair.crockett@newsonhealth.co.uk)**

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