

Curriculum Vitae

Dr Katie Benge

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Mobile: UK mobile number

GMC no: 7151409

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

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| 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 by 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 programme.

I am a member of the British Society of Lifestyle Medicine and the co-founder of the Long Term Condition clinic - a private practice focussing 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 Sarah Hall - CWTH Mentoring and Fellowship lead, GP Moseley Avenue Surgery. Sarah.Hall24@nhs.net

Dr Clair Crockett, Senior clinician Newson Health, clair.crockett@neson-health.co.uk

June 2025