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 Budbrooke Surgery, Hampton Magna, Warwick
2 day/week role as GP menopause specialist in private practice
RCGP Midland Faculty Climate and Sustainability lead (Voluntary role ad hoc)
Expert Witness and Personal Injury claim consultant - ad hoc basis

Education and Qualifications

MBChB (University of Warwick) 2011
MSc Medical Biotechnology *(University of Westminster)* 2004
BSc Virology with intercalated year in Industry (University of Warwick) 1999
A Levels*: Biology (A), Physics (B), General Studies (B), Chemistry (C)* all 1995
GCSEs: *7A's, 2 B's 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 (2022-2026)
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
Ingrowing Toenail 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 the British Society for Sexual Medicine.
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

I completed my Expert Witness report writing training through BondSolon in 2025 and have been mentored by a very experienced expert witness, coach and consultant gynaecologist; Dr Adams.
I can provide a fully-compliant report with a 6-week turnaround time and am fully indemnified and registered with ICO and MedCo.

Referees

Dr Elisabeth Adams – Coach and mentor, Gynaecology consultant and expert witness. Adams733@icloud.com

Dr Clair Crockett, Senior clinician Newson Health,
clair.crockett@newsonhealth.co.uk

June **2025**