

# JANUARY 2026 NEWSLETTER



**Litfield House Medical Centre**  
1 Litfield Place, Clifton  
Bristol BS8 3LS

Tel: 0117 973 1323

Email:  
[marketing@litfieldhouse.co.uk](mailto:marketing@litfieldhouse.co.uk)  
[www.litfieldhouse.co.uk](http://www.litfieldhouse.co.uk)



**LITFIELD HOUSE**  
Medical Centre

Dear General Practitioner.

Wishing you and your families a very happy and healthy New Year.

Following the sad passing of our Chairman, Keith James, last year, I would like to let you know that I have now taken on the role of Chairman of Litfield House.

I am also pleased to share that Sam Hughes has joined me and the existing Directors (Dr Jorge Zafra, Dr Henry Beard, Mr Steven Coles and Mr Mike Rocker) on the Board of Litfield House. Sam has worked at Litfield House for many years and oversees all our IT requirements, alongside a wide range of other operational responsibilities — no small task in a Grade II\* listed building!

Please do take a look at the events section of this newsletter and let Victoria know if you would like to subscribe to any of the lectures in our first series of 2026.

*Trisha Tanner*  
Practice Manager



**The  
Chelvey  
Medical  
Group**

Expert Menopause Care for Your Patients

Chelvey Menopause is a specialist clinic supporting women through perimenopause and menopause with confidence and evidence-based care. The clinic is exclusively doctor-staffed and led by Dr Laura Flexer and Dr Kuki (Kathryn) Avery, both registered British Menopause Society (BMS) specialists. They work in NHS complex menopause clinics alongside their roles as GPs, ensuring the highest standard of clinical expertise.

We are pleased to welcome Mr Matt Noble, Consultant gynaecologist and subspecialist in reproductive medicine and surgery, and registered BMS menopause specialist, further expanding our team's expertise.

Our services include:

- Hormone Replacement Therapy (HRT) advice and management
- Testosterone therapy for menopausal women experiencing persistent low libido despite HRT
- Alternative treatment options for women with a history of cancer or those who cannot or choose not to take HRT
- Lifestyle and diet guidance to support long-term health
- Blood testing to personalise treatment plans

Consultations are available in Bristol at Litfield House or online. Patients can self-refer, but GP referrals are also welcomed to support collaborative care.

Chelvey Menopause provides holistic, patient-focused care, empowering women to thrive through menopause. Each appointment is delivered with compassion, clinical expertise, and a focus on individual needs.

For referrals or more information:

Book appointments: [chelveymenopause.com](http://chelveymenopause.com)

Email: [hello@thechelvey.com](mailto:hello@thechelvey.com)

## Upcoming Events

Our First Series of free GP Lectures (via zoom) have now been published. The list of lectures are as follows:

### **5th February 2026 @ 7.30pm**

**Lecture:** "Why Varicose Veins Recur After Treatment – and How We Can Stop Them"  
**Speaker:** Professor Mark Whiteley - Consultant Venous Surgeon and Consultant Phlebologist Executive Chairman of the Whiteley Clinic

### **12th February 2026 @ 7.30pm**

**Lecture:** "Practical Tips on How to Perform Minor Surgery in General Practice/Diagnosis and Management of Benign Skin Lesions" – Exact Title TBC  
**Speaker:** Dr Karl Stainer – Clinical Lead for the Minor Surgery Service at Cohese Healthcare (formerly known as GP Care)

### **26th February 2026 @ 7.30pm**

**Lecture:** "Adult ADHD"  
**Speaker:** Dr Susannah Whitwell - Consultant Psychiatrist & Co-Founder of the Effra Clinic

### **5th March 2026 @ 7.30pm**

**Lecture:** "Pessary and Prolapse Management"  
**Speaker:** Dr Chendrimada Madhu - Consultant Gynaecologist  
Emma Holloway - Advanced Nurse Practitioner and Pessary & Menopause Specialist at Somerset Early Scans.

To sign up contact Victoria via email or telephone (as below), or you can sign on to the lecture via our website, link as follows (overviews to following shortly):  
<https://www.litfieldhouse.co.uk/healthcare-professionals/education-and-events/>

Victoria Gee

Marketing & Events    
[marketing@litfieldhouse.co.uk](mailto:marketing@litfieldhouse.co.uk)

Tel (Direct Line): 0117 317 1486 (Wed-Fri)

Please click on the following links for more information:

Consultancy/Surgical Suite Hire  
[Consultancy Room Hire Bristol | Litfield House Medical Centre](http://Consultancy Room Hire Bristol | Litfield House Medical Centre)

Consultants and Specialities  
[Consultants and Specialities | Litfield House Medical Centre](http://Consultants and Specialities | Litfield House Medical Centre)