

Stay Well, Live Well Health Awareness Event



DISCOVER, LEARN & EMPOWER YOUR HEALTH

Tuesday, 30 September 2025
2:00 PM – 8:00 PM
Flixton House, Flixton Road, Flixton, M41 5GJ

TOPICS HIGHLIGHTS

- Effective Treatment for Military Post-Traumatic Stress
- Avoiding the 'Scope' and Investigating Patients Non-Invasively
- Skin changes every woman should know about: Ageing, Hormones & Confidence
- Women's Health Focus: Post-Menopausal Bleeding
- Diabetes and You: Navigating Life at 18–25
- Andy's Man Club – Mental Health for Men
- Problems Peeing and Prostate Cancer
- Panel Q&A

REGISTER NOW



TARGET AUDIENCE

- Open to all – including caregivers, spouses, community members, and anyone with an interest in Women's and men's health.


Flixton Road
Medical Centre

**The Alexandra
Hospital**
Part of Circle Health Group

the
**Capsule
CliniCD**



tdas
Break free from domestic abuse

Register @ <https://bit.ly/StayWellLiveWell>

Stay Well, Live Well: Health Awareness Event

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Speakers & Session Schedule

Introduction	
2:05 pm – 2:15 pm	Welcome & Opening Remarks by Dee Radcliffe, Flixton Road Medical Centre & Adrian Smith, Neighbourhood Lead (North and West Neighbourhoods)
Featured Sessions	
2:15 pm – 2:30 pm	Trafford Domestic Abuse Services (TDAS) Learn about the essential services available to those affected by domestic abuse. by Ms. Kay Walker
2:30 pm – 2:45 pm	Effective Treatment for Military Post-Traumatic Stress by Beth Hamilton, HG.Dip.P., HG Supervisor, BSc O.T., Trauma Specialist.
2:45 pm – 3:15 pm	Gut and Bowel Symptoms: Avoiding the ‘Scope’ and Investigating Patients Non-Invasively <i>Capsule endoscopy technologies, sponge testing for reflux, stool testing for IBD, and colon cancer exclusion</i> by Dr Simon Campbell – The Capsule Clinic
3:15 pm – 3:45 pm	Skin Changes Every Woman Should Know About: Ageing, Hormones & Confidence <i>A clear understanding of how hormonal changes affect your skin- confidence in treatments</i> By Dr Raghda Elghazawy - Flixton Road Medical Centre, Dermatologist / Women's Health Specialist
3:45 pm – 4:00 pm	Break
3:30 pm – 4:15 pm	Women's Health Focus: Post-Menopausal Bleeding Bleeding after the menopause is never normal – but it can be investigated and treated. by Mahshid Nickkho-Amiry MRCOG; PhD; PGCert Consultant Obstetrician & Gynaecologist
4:15 pm – 4:45 pm	<i>To be confirmed</i>
4:45 pm – 5:15 pm	Diabetes and You: Navigating Life at 18–25 Life doesn't stop with diabetes – let's talk about living well. practical tips for managing your health, balancing study, work, and social life, and finding the right support. This is your space to ask questions, share experiences, and discover ways to live well with diabetes. by Dr Husain Mohammed, Flixton Road Medical Centre
5:15 pm – 5:45 pm	Andy's Man Club – Mental Health for Men Find out about this vital mental health service available for men. by Phil Lodge
5:45 pm – 6:30 pm	Light Buffet
6:30 pm – 7:15 pm	Problems Peeing and Prostate Cancer – When to Seek Help (Advice from a Urologist) <i>Don't ignore the signs – know when to get checked.</i> <i>Many men experience changes in their urinary habits as they age, but some symptoms can indicate more serious issues, including prostate cancer. Join our urologist to learn about common prostate problems, the warning signs to watch for, and the tests and treatments available.</i> by Mr Sotonye K. Tolofari, Consultant Urological Surgeon
Closing Session	
7:15 pm – 8:00 pm	Panel Q&A
8:00 pm	Event Close



REGISTER NOW



Don't miss this opportunity to take charge of your health. We look forward to seeing you there!

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