

Stay Well, Live Well: Health Awareness Patient Information Event

Health Awareness Day – Feedback and Summary Report

Date: Tuesday, 30 September 2025

Time: 2:00 PM - 8:00 PM

Venue: Flixton Venue: Flixton House, Flixton Road, Flixton, M41 5GJ

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Overview

The Health Awareness Day held on Tuesday 30 September 2025 brought together patients, clinicians, and specialist speakers for a series of informative sessions on a wide range of health and wellbeing topics. The event aimed to promote preventive health awareness, early diagnosis, and self-management of common conditions while supporting community engagement and collaboration between primary and secondary care services.

Despite some attendees being unable to join on the day, the event generated positive engagement, valuable feedback, and clear enthusiasm for ongoing health education initiatives.

Programme of Speakers and Topics

Speaker	Topic	Summary
Beth Hamilton, HG.Dip.P., HG Supervisor, BSc O.T. – Trauma Specialist	Effective Treatment for Military Post-Traumatic Stress	Insightful session exploring trauma-informed approaches and mental resilience, particularly in veterans and emergency service personnel.
Dr Simon Campbell – The Capsule Clinic	Avoiding the ‘Scope and Investigating Patients Non- Invasively Capsule endoscopy technologies, sponge testing for reflux, stool testing for IBD, and colon cancer exclusion	Overview of capsule endoscopy, sponge testing for reflux, and stool testing innovations for IBD and colorectal cancer exclusion.
Dr Raghdha Elghazawy, GP – Flixton Road Medical Centre	Why is My Skin Doing That? Ageing, Hormones & Confidence	Practical advice on managing skin changes due to ageing and hormonal shifts, empowering

		attendees to make informed treatment choices.
Mahshid Nickkho-Amiry MRCOG, PhD, PGCert – Consultant Obstetrician & Gynaecologist, The Alexandra Hospital	Women’s Health Focus: Post-Menopausal Bleeding and Women's Health	Clear, reassuring information about when to seek help and how investigations can support early diagnosis and treatment.
Dr Jonathan Rajan – The Alexandra Hospital	Management of Medications, Staying Active & Pain Relief	Guidance on pacing activities, physical strength, and targeted pain management for chronic conditions.
Mr. Adrian Smith Neighbourhood Lead	Cancer awareness programs updates	local cancer initiatives and inspired meaningful discussions around early detection, screening, and community engagement. The sessions also highlighted ongoing work to improve screening uptake through collaboration
Dr Husain Mohammed – Flixton Road Medical Centre	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.	Encouraging discussion on managing health while balancing study, work, and social life – with a strong focus on support and lifestyle.
Phil Lodge – Andy’s Man Club	Mental Health for Men	Promoted awareness of men’s mental health support and local resources available through this national initiative.
Mr Sotonye K. Tolofari – Consultant Urological Surgeon, The Alexandra Hospital	Problems Peeing and Prostate Cancer – When to Seek Help	Practical session highlighting early warning signs, common prostate issues, and available diagnostic options.

Participant Feedback

Speaker Feedback Summary

Beth Hamilton, HG.Dip.P., HG Supervisor, BSc O.T. – Trauma Specialist

Topic: Effective Treatment for Military Post-Traumatic Stress

Beth delivered a highly engaging and compassionate session offering deep insight into trauma-informed approaches and mental resilience. Attendees appreciated her practical examples and the clarity with which she explained the psychological processes involved in recovery. Her expertise in supporting veterans and emergency service personnel was particularly valued, leaving participants with a greater understanding of emotional wellbeing and recovery from trauma.

Dr Simon Campbell – The Capsule Clinic

Topic: Avoiding the 'Scope' – Investigating Patients Non-Invasively

Dr Campbell provided an informative and forward-looking presentation on emerging diagnostic technologies. Participants praised his ability to make complex topics—such as capsule endoscopy, sponge testing, and stool analysis—clear, accessible, and clinically relevant. His session inspired interest in innovative, less invasive approaches and demonstrated how these methods can enhance both patient experience and diagnostic accuracy.

Dr Raghda Elghazawy – Flixton Road Medical Centre

Topic: Why is My Skin Doing That? Ageing, Hormones & Confidence

Dr Elghazawy's presentation was both practical and empowering. Attendees valued her approachable style and expert advice on managing skin changes due to ageing and hormonal shifts. Her focus on confidence, self-care, and evidence-based treatments resonated strongly, helping participants feel more informed and confident in managing their skin health.



**Flixton Road
Medical Centre**

Mahshid Nickkho-Amiry MRCOG, PhD, PGCert – Consultant Obstetrician & Gynaecologist, The Alexandra Hospital

Topic: Women's Health Focus: Post-Menopausal Bleeding and Women's Health

Dr Mahshid offered a clear and reassuring talk that addressed sensitive topics with great professionalism and empathy. Delegates commented on how her explanations demystified when to seek medical advice and the importance of timely investigation. Her calm and supportive approach encouraged open discussion and strengthened awareness of women's health and early diagnosis.

Dr Jonathan Rajan – The Alexandra Hospital

Topic: Management of Medications, Staying Active & Pain Relief

Dr Rajan's session was well received for its practical, down-to-earth guidance on pacing, maintaining activity, and effective pain management in chronic conditions. Participants appreciated his emphasis on realistic goals, physical strength, and holistic care. His approachable style empowered attendees to take proactive steps toward improving long-term wellbeing.

Mr Adrian Smith – Neighbourhood Lead

Topic: Cancer Awareness Programme Updates

Mr Smith's presentation offered valuable updates on local cancer awareness initiatives and inspired meaningful discussions around early detection, screening, and community engagement. Attendees highlighted his enthusiasm for collaboration and his clear focus on improving screening uptake. The session reinforced the importance of working together to reduce health inequalities and promote earlier diagnosis.

Dr Husain Mohammed – Flixton Road Medical Centre

Topic: Diabetes and You: Navigating Life at 18–25

Dr Mohammed's interactive and supportive session was praised for its relatable and empowering approach to living with diabetes. He encouraged open discussion around balancing study, work, and social life while managing health. Participants valued his practical tips, positive tone, and focus on lifestyle and support, reinforcing the message that life with diabetes can still be lived fully and well.

Topic: Mental Health for Men

Phil's presentation was powerful and heartfelt, shining a light on men's mental health and the value of open conversations. Attendees appreciated his authenticity and the awareness he raised about local and national support networks. His talk helped normalise discussions around mental wellbeing and encouraged attendees to engage with community-based resources.

Mr Sotonye K. Tolofari – Consultant Urological Surgeon, The Alexandra Hospital

Topic: Problems Peeing and Prostate Cancer – When to Seek Help

Mr Tolofari delivered a clear, practical, and engaging session that helped demystify prostate health. Attendees found his explanations of common urinary and prostate issues highly informative and appreciated the reassurance he provided about early warning signs, available investigations, and treatment options. His approachable manner encouraged participants to be proactive about their health.

Overall Themes:

- Many participants expressed appreciation for the practice's effort in organising and promoting community health education.
- Several respondents who could not attend still shared encouragement for future events.
- Constructive comments were received regarding event communications and accessibility.

Positive Feedback:

- "Really enjoyed it."
- "Good effort from the practice for patients. Thank you."
- "Thanks to everyone who helped to put the day together."
- "Think it is an excellent idea to promote health within the community."
- "I received the invites whilst on holiday & so couldn't attend but think they're a great idea."

Constructive Feedback and Suggestions for Improvement:

- Some respondents received invitations but did not attend, indicating a need to refine mailing lists.
- Several requested removal from automated communications.
- Feedback highlighted challenges with online booking/navigation on mobile devices.
- Suggestions included offering sessions outside standard working hours, condensing the day, healthier snack options, clearer formatting of invitations, and continued focus on women's health and menopause support.

Key Outcomes and Recommendations

Area	Key Point	Next Steps
Engagement	Good overall awareness; strong appreciation for community health promotion.	Continue annual or biannual health awareness events.
Women's Health	Notable demand for menopause-related education and easy-access information.	Plan a dedicated Women's Health & Menopause Focus Day in 2026.
Communications	Mixed responses to automated invites; some issues with navigation and relevance.	Review patient invitation lists and digital usability before future events.
Accessibility	Several working-age respondents were unable to attend daytime sessions.	Explore early evening or weekend options.
General Feedback	Positive recognition of staff and speakers.	Share an appreciation letter with speakers.

Acknowledgements

Sincere thanks to all speakers, clinicians, and volunteers for their time, expertise, and contribution to the success of the event. The attendees and the organising team greatly appreciated your participation and professionalism.

A special thank you also goes to the Alexandra Hospital for providing the speakers and the administrative and clinical teams who supported the coordination, promotion, and delivery of the event.

Conclusion

The September 2025 Health Awareness Day successfully showcased the value of multidisciplinary collaboration and community engagement in preventive healthcare. Feedback demonstrates both enthusiasm for ongoing learning opportunities and constructive insights for refining future events.

With clear themes emerging around accessibility, communication, and focused women's health initiatives, these findings will inform planning for the next health awareness programme in 2026.