LOCAL HEALTH

GP Registrar Training at Local Health

A guide for current and prospective GP registrars — what to expect, how we support you, and why the Manawatū is a great place to train and live.

MANAWATŪ REGION | PRIMARY CARE TRAINING | UPDATED MAY 2026

What You Can Expect at Local Health

Local Health is a locally owned and operated network of primary healthcare services across the Manawatū, with practices in Feilding, Palmerston North and Ashhurst. We believe great general practice training happens in supportive teams, connected communities, and practices where people genuinely enjoy coming to work.

We understand that registrar years are both exciting and demanding. Our aim is to provide an environment where you feel clinically supported, included, appropriately challenged, and able to grow your confidence progressively over time.

Our Four Clinics

- Feilding Health Care — **main registrar training site**
- Ashhurst Health Care
- Te Hā Health Care
- Awapuni Medical

Training opportunities across all sites continue to evolve as Local Health grows its training capacity.

A Team Around You

General practice can feel isolating in some settings. At Local Health, you work alongside a wide multidisciplinary team:

- Experienced GPs and Nurse Practitioners
- Practice and Long Term Condition (LTC) nurses
- Paramedics and health coaches
- Wellbeing teams and clinical assistants
- Administration support

Help is always available — you are encouraged to ask questions, discuss cases, and seek corridor support freely.

Strong Supervision

Dedicated GP supervisor support, regular case discussion and debrief, and supervisor availability throughout clinics.

Protected Teaching Time

Regular protected teaching sessions per week, plus support preparing for assessments and exams.

Peer Support

Access to peer support across Local Health practices and opportunities for joint consultations and observation.

Wellbeing Focus

A collegial team culture, respectful supervision, and a genuine focus on your professional development and sustainability.

Clinical Workload & Learning Progression

Your appointment book is structured to support both safe clinical practice and your learning progression. We recognise that you are developing confidence, consultation flow and clinical decision-making over time — expectations are adjusted accordingly. Quality and safety are always prioritised over speed.

Typical Consultation Volumes

Clinician Level	Typical Patients Per Day	Typical Patient List
GPEP1 Registrar	10–18 patients	0-500
GPEP2 Registrar	16–24 patients	500-1000
Experienced GP	25–30+ patients	1000 +

Appointment lengths for registrars are generally longer than those of experienced GPs, particularly earlier in training or when managing more complex presentations.

What This Means in Practice

- **Supported progression** of workload over time, based on your confidence and experience
- **Flexibility** built in — we adapt to where you are in your training journey
- **Protected time** for teaching, supervision and case discussion
- **Corridor support** always accessible — you are never expected to manage alone

Clinical Areas You Will Encounter

Registrars are supported to gradually increase clinical complexity and autonomy at a pace appropriate to their experience. You can expect broad exposure across:

Acute & Urgent Care

Acute and urgent presentations, team-based triage and acute demand management

Chronic Disease

Long-term condition management programmes and multidisciplinary care

Mental Health

Mental health care across age groups within a primary care setting

Child & Youth Health

Child and youth health presentations and preventive care

Older Persons

Older persons' health, rest home visits and complex multimorbidity

Community & Māori Health

Māori and community health, population health programmes and equity-focused care

ⓘ Registrar experiences can vary depending on stage of training, prior experience, individual confidence, supervisor style, patient complexity, and clinic workflow. This guide is intended as a general overview rather than a rigid operational standard — we aim to be realistic, supportive and transparent.

Life in the Manawatū & Our Commitment to You

Training with Local Health means more than just a placement — it means becoming part of a team that genuinely invests in your development and the future of primary care in New Zealand.

Life in the Manawatū

The Manawatū offers an excellent lifestyle with affordable living, short commutes and strong community connections. Whether you enjoy outdoor activities, family life, sport, food, or simply a better work-life balance, the region is a welcoming and supportive place to live and train.

Explore the Manawatū

Innovative Models of Care

Local Health continues to evolve modern models of primary care. As a registrar, you may gain experience with:

- Virtual consultations
- Nurse-led clinics
- Community outreach and rest home visits
- Integrated and multidisciplinary care
- Team-based triage and acute demand management

These models help prepare you for the realities of modern New Zealand general practice.

Our Commitment to Every Registrar

High-Quality Training

Building future primary care leadership within our communities — we see registrar training as a genuine investment in the future of healthcare in New Zealand.

Safe Clinical Development

Supporting safe clinical development at every stage — you will never be left unsupported, and quality always comes before speed.

Sustainable Careers

Encouraging sustainable, enjoyable careers in general practice — we want you to thrive during your training years and beyond.

Future Leadership

Building future primary care leadership within our communities — we see registrar training as a genuine investment in the future of healthcare in New Zealand.

> We want registrars to enjoy their training years and feel part of something bigger than just a placement. We would love to talk with you about joining the Local Health team.

For more information, please contact us — we look forward to hearing from you.