

Haere Mai & Welcome to the Wellington Region **Webinar**

Health NZ | Te Whatu Ora

Wellington Regional, Kenepuru Community, Hutt Valley & Wairarapa Hospitals

Tuesday 14 April 2026

<https://youtu.be/lx1tmCQpeF0?si=JLc6V5FiceYXgmMY>

<https://youtu.be/jvSNdwHBAdU?feature=shared>



Agenda

- Karakia
- Introduction to panel
- Wellington region fast facts
- Working in our region
- District RMO Units – what we offer
- Meet our PGY2 Doctors
- Run Options
- Weekly teaching
- How to get a job here
- Application process & selection
- Photo-video credits



PANEL

**Operations Manager
RMO Unit District
Michelle Murphy**



**Clinical Leader
RMO Unit
Christine Mouat**



**RMO Unit
Recruitment Advisor
Nia Bartley**



**PGY2 RMO
Dr. Tiamai Koteka**



**PGY2 RMO
Dr. Caleb Le Roy**



**PGY2 RMO
Dr. Kaitlyn
Calvert-Shandley**

Some of our team...



RMO Recruitment Advisor
Bernard Frey



Candidate Care Co-ordinator
Sumit Tiwari



RMO Co-ordinator (Wairarapa)
Mandy McKendrick

WELLINGTON *fast facts*

- Multiple cafes & restaurants
- More coffee shops per capita than New York!
- Walking trails close to the city
- Museum of NZ Te Papa Tongareva (Te Papa)
- WOW (World of wearable Arts)
- Home of NZSO
- Live theatre/comedy
- WETA workshop
- Festivals
- Surfing
- ZEALANDIA Urban Eco-sanctuary
- Art & Culture



HUTT VALLEY *fast facts*

- Lower Hutt & Upper Hutt
- Petone – restaurant heart of the valley
- Beaches, seaside communities
- Art Museums, live theatre
- 20 minutes from central Wellington
- Fantastic shopping!



WAIRARAPA *fast facts*

- Heart of the wine region
- Vineyard cafes & Olive groves
- Small towns full of character
- Dark sky region – best star constellations can be seen here
- Cycling



Working in our region

- Opportunity to work in five different busy hospitals
 - Tertiary services
 - Secondary services
 - Community/rural services
- Robust medical supervision
- Simulation Suite
- Well structured and planned post-graduate training for PGY1 House Officers.
- Ability to complete your entire training in the region. Close association with the Otago School of Medicine campus with access to library and research supports)
- Electronic tools to improve workflow and communication MedApp



District RMO Units – What we offer

- RMO recruitment across the region
- Employ over 650 RMOs across the region annually
- Manage ACE programme & selection of PGY1 house officers
- Rostering – House Officers & Registrars
 - General Medicine
 - General Surgery
- Manage leave & relief pools



Meet two of our current PGY2 Doctors



Dr. Kaitlyn Calvert-Shandley



Dr. Caleb Le Roy

Run Options

1st Year

Cardiology
Cardiothoracic
ENT
Gastroenterology
Medicine
Neurosurgery
Obstetrics &
Gynaecology
Orthopaedics
Plastics
Psychiatry

Rehabilitation
Renal
Respiratory
Stroke/Rehab
Surgery

- *Upper GI/HPB*
- *Gen/Colorectal*

Urology
Vascular Surgery

2nd Year

Anaesthetics

Community-based attachments:

- *Palliative care/Hospice*
- *Public Health*
- *GP*
- *Community Geriatrics*
- *Addictions*

ED

Haematology

Neurology

Oncology

Obstetrics & Gynaecology:

- *Diploma option*

Paediatrics:

- *Diploma option*

Psychiatry

Reliever runs

Rheumatology

Weekly Teaching

Protected teaching time is provided weekly at all hospitals. Zoom option is available, if you're unable to attend in person as you are working off-site

- Weekly teaching session on a Tuesday afternoon for **Wellington, Kenepuru, & Wairarapa: 12:30-13:30**
- Weekly teaching session on a Thursday afternoon for **Hutt: 12:30-13:30**
- ALERT course
- CORE – Certificate of Resuscitation & Emergency Care

Apart from the above, we offer specific hospital teaching sessions as follows:

Wellington Hospital hosts a teaching session on **Wednesday afternoon: 13:00-14:00**

Kenepuru Hospital organises teaching sessions as below:

- **Monday** Lunch time – Departmental meetings
- **Wednesday** – lunch time
- **Friday** – Journal club/Radiology meeting

Hutt Valley Hospital provides a comprehensive teaching session on **Friday morning: 08:15-09:15**

Wairarapa Hospital's protected teaching times are scheduled as follows:

- **Wednesday** lunchtime: **12:00-13:00** & **Thursday** Journal Club: **12:00-13:00**

Eg. Specialty specific teaching example in Wellington

- | | |
|--------------------------------|--|
| • <i>Emergency Dept</i> | <i>Thursday 9 – 11am</i> |
| • <i>General Medicine</i> | <i>Monday 12.30 – 1.30pm & Thursday 12.30 – 1.30pm</i> |
| • <i>Respiratory</i> | <i>Tuesday 11am – 12pm</i> |
| • <i>Cardiology</i> | <i>Tuesday 12.30 – 1.30pm</i> |
| • <i>Ear Nose & Throat</i> | <i>Friday afternoon</i> |
| • <i>Vascular Surgery</i> | <i>Tuesday morning</i> |

- | | |
|--------------------------|--|
| • <i>General Surgery</i> | <i>Friday morning</i> |
| • <i>Haematology</i> | <i>Journal Club Tuesday 10.30am,
Teaching Friday 12.30pm</i> |
| • <i>Oncology</i> | <i>Friday 8am</i> |
| • <i>Neurology</i> | <i>Friday 9.30am</i> |

Capital, Coast & Hutt Valley District Hospitals provide an extensive list of additional work based teaching and training that is available to all CCHV employees through the 'ConnectMe' application. This includes, but is not limited to:

- Tikanga Maori
- Open communication
- Understanding bias in health care

How to get a job here!

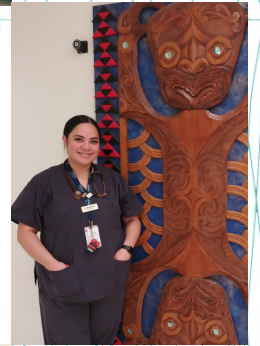
- **Complete** expression of interest survey in full!
 - This will get you a telephone interview
- **Complete** your ACE application fully!

We score:

- Interview
- Cover letter/personal statement
- Your connections in the Wellington region
- CV
- References



We want happy,
successful, progressive,
interesting colleagues
for our region, our
future



Application Process

Complete online: [Expression of Interest for Wellington Hutt and Wairarapa 2026](#)



Cover letter to include:

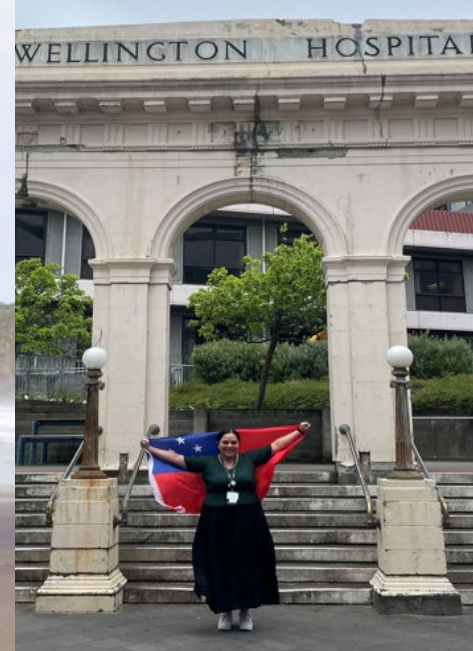
- Reasons why you want to come to the region
- Family and friends in the region
- Sporting, community or cultural involvements
- Training opportunities
- Willingness to work in all 3 regional hospitals – Wellington, Hutt Valley and Wairarapa

Full CV or resume to include:

- Personal statement
- Scholarships
- Leadership positions
- Academic achievements: prizes, awards, academic transcript
- 3 References – very important, must be current, do not leave these to the last minute, talk with your referees early.



See you next year!
This could be you.....



Photo/Video Credits

Dave Brett – West Coast sunset Kapiti Photos & videos

Dr. Rosemary Carr-Smith – Personal Photos

Dr. Urata Sofai – Personal Photos

Dr. Tiamai Koteka – Personal Photos

Nia Bartley– Pics & video footage of Wellington region & CBD, Porirua, Hutt Valley; Video interviews & photos of Dr. Kaitlyn Calvert-Shandley and Dr. Caleb Le Roy.

WellingtonNZ.com – *The World's Coolest Little Capital* video

Ryan McMaster – Wairarapa Photos

Stock pics from 2023 & 2026.

We would like to thank all of our panel:

Michelle Murphy, Dr. Christine Mouat, Dr. Kaitlyn Calvert-Shandley, Dr Caleb Le Roy, Dr Tiamai Koteka, Nia Bartley and from ACE - Sam Oeschger.

And a big thank YOU – to you - our viewers

Ngā mihi nui

