

CERTIFIED LARC PROVIDERS – COUNTIES MANUKAU

Please contact LARC.CMDHB@middlemore.co.nz for any additions or amendments to this list

PRACTICE	DETAILS
CLINICS	
Maangere Hub Contraception Clinic 10 Waddon Place, Maangere T: 09 259 3826, M: 021 371 586 E: MangereOtarahub.Generic@middlemore.co.nz	Open every Thursday 8.30 am to 4.00 pm
Manukau SuperClinic, Contraception Clinic 901 Great South Road, Manurewa T: 09 259 3826, M: 021 371 586 E: MangereOtarahub.Generic@middlemore.co.nz	Alternate Saturdays 9.00 am to 1.00 pm <i>By Appointment Only</i>
Botany SuperClinic Contraception Clinic (By Appointment) 266 Botany Road, Botany Downs M: 021 371 586 E: MangereOtarahub.Generic@middlemore.co.nz	Saturday (once a month for post-partum cases only) from 9.00 am – 1.00 pm <i>By Appointment Only</i>
Family Planning South Auckland Clinics T: 09 298 4608	
SCHOOLS	
Secondary School Based Services Counties Manukau District Schools Call/text: Kerrie Salwey, M: 021 589 520 or Call: Brenda Taia (Te Rarawa), M: 021 404 862 to book or contact the School Based Health team at the school	Drop-in or booked clinics for students. Times and venues alter as needed <i>Jadelle Insertions Only:</i> Kate Chitar, Kerrie Salwey, Brenda Taia <i>Does Not Accept Referrals</i>
YOUTH HEALTH SERVICES	
Franklin Family Support Services 205 King Street, Pukekohe Call/text: Brenda Taia (Te Rarawa), M: 021 404 862 to book	Drop-in or booked clinic for under 25-year-olds, Tuesday from 9.00 am to 12.00 pm <i>Jadelle Only</i>
Youthline Clinic 145 Saint George Street, Papatoetoe Call: Kerrie Salwey, M: 021 589 520	Drop-in or booked clinic for under 25-year-olds, Thursday from 9.00 am to 12.00 pm <i>Jadelle Only</i>
MATERNITY SERVICES	
*Women are eligible if they are receiving services from a Te Whatu Ora Counties Manukau Women's Health Service	
Papakura Birthing Unit Clinic 2 Clevedon Road, Papakura M: 021 2207 239, 021 958 793	<ul style="list-style-type: none"> ▪ Tuesday from 9.15 am to 3.15 pm ▪ Every second Saturday from 9.15 am to 2.30 pm

PRACTICE	DETAILS
Pukekohe Birthing Unit Clinic Pukekohe Hospital, Tuakau Road, Pukekohe T: 09 237 0600, M: 021 958 793	Every Friday from 9.15 am to 3.15 pm
Niu Life Midwives 89 Great South Road, Papatoetoe M: 021 958 793	<ul style="list-style-type: none"> ▪ Once monthly Monday clinic from 9.15 am to 2.30 pm ▪ Once monthly Saturday clinic from 9.15 am to 2.30 pm for Niu Life Midwives clients only <p><i>Does Not Accept Referrals</i></p>
GENERAL PRACTICE	
Bader Drive Health Care Maangere 93 Bader Drive, Maangere Town Centre T: 09 275 8598, E: womenshealth@bdhealthcare.co.nz	<i>Jadelle & IUCD:</i> Dr Nua Tupai
Bakerfield Medical Centre 16A Bakerfield Place, Manukau T: 09 263 7770, E: manager@bakerfield.co.nz	<i>Jadelle & IUCD:</i> Dr Sahar Bahnam
Beachlands Medical Centre 129A Beachlands Road, Beachlands T: 09 536 6006, E: Rebecca.Starr@beachmed.co.nz	<i>IUCD Only:</i> Dr Rebecca Starr
Botany Junction Medical 110 Michael Jones Drive, Flat Bush T: 09 265 0321	<i>Jadelle & IUCD:</i> Dr Suyin Kour, E: Su@bjdocs.co.nz Dr Therese Khella, E: Therese@bjdocs.co.nz Dr Jayani Kannagara, E: Jayani@bjdocs.co.nz Rashika Devi, E: rashika@bjdocs.co.nz
Botany Town Centre Medical Practice 588 Chapel Road, Botany Town Centre T: 09 273 6003, E: admin@bmp.nz	<i>Jadelle & IUCD:</i> Dr Pieter Vosloo
Cavendish Family Doctors 175-195 Cavendish Drive, Papatoetoe T: 09 869 9963	<i>Jadelle & IUCD:</i> Dr Nua Tupai, Dr Therese Khella
Clendon Family Health Centre 9 Robert Ross Place, Clendon T: 09 267 2636	<i>Jadelle Only:</i> Dr Bhavana Patel, bhavana@clendonfamily.co.nz Dr Greg Judkins, E: greg@clendonfamily.co.nz <i>IUCD Only:</i> Dr Lisa Karl, E: Lisa@clendonfamily.co.nz
Conifer Gardens Medical Centre 138 Great South Road, Takanini T: 09 298 0238	<i>IUCD Only:</i> Dr May Lim <i>Does Not Accept Referrals</i>

PRACTICE	DETAILS
Dr. Nicholas Cooper's Surgery 33 Queen Mary Avenue, Epsom T: 09 630 9191, E: sharronjill@gmail.com	<i>Jadelle & IUCD:</i> MiYeong You (NP) <i>Accepts Referrals from CMH Patients</i>
Dr Upsdell's Surgery 2 Graeme Avenue, Maangere East T: 09 278 7214, E: upsdellsurgery@gmail.com	<i>Jadelle Only:</i> Dr John Upsdell
Drury Surgery 175 Great South Road, Drury T: 09 294 3005	<i>Jadelle & IUCD:</i> Dr Catherine Lu, Dr Lynette Ashby <i>IUCD Only:</i> Dr Catherine Rushton
Ellerslie Medical Centre 41 Robert Street, Ellerslie T: 09 579 6147	<i>IUCD & Jadelle Removals Only:</i> Dr Ruth Bannister <i>Does Not Accept Referrals</i>
Elstree Ave Family Doctors 17 Elstree Ave, Glen Innes T: 09 528 3323, E: practicemanager@elstree.co.nz	<i>Jadelle & IUCD:</i> Dr Suei (Ssu-Yu)
Etu Pasifika Auckland Ltd 1/627 Mount Wellington Highway, Auckland 1060 T: 09 276 8640	<i>Jadelle & IUCD:</i> Dr Anne Tuala
Greenstone Family Clinic 157 Great South Road, Manurewa T: 09 26 78702	<i>Jadelle & IUCD:</i> Katie McCullough (NP), on maternity leave E: katie.mccullough@greenstoneclinic.co.nz <i>IUCD / Jadelle Insertions:</i> Karen Hoare (NP), E: K.J.hoare@massey.ac.nz Dr Hazel Wilks, E: hwil198@aucklanduni.ac.nz
Health Connections 145 Saint George Street, Papatoetoe M: 022 428 8396	<i>Jadelle & IUCD:</i> Katie McCullough (NP) E: katie@healthconnections.co.nz E: Yhs@healthconnections.co.nz
Highbrook Medical 31 Highbrook Drive, East Tamaki T: 09 273 4876, E: nurse@highbrookmedical.co.nz	<i>Jadelle Insertion & Removal:</i> Dr Richard Chong
Highland Park Medical / My Health Team 14 Highland Park Drive, Highland Park, Manukau T: 09 535 8095	<i>IUCD Only:</i> Dr Brett Hyland E: medical@highlandpark.co.nz <i>Jadelle & IUCD:</i> Dr Lydia Siew E: lydia@highlandpark.co.nz

PRACTICE	DETAILS
	Dr Wendy Chan E: wendy.hk.chan@gmail.com
Howick Health & Medical Centre 108 Ridge Road, Howick T: 09 534 3978	<i>Jadelle & IUCD:</i> Dr Amy Rankin, E: amyh.rankin@gmail.com
Health and Happiness (un) Ltd 488 Great South Road, Papatoetoe T: 09 277 7830, E: reception@youthhealthcentre.co.nz	<i>Jadelle Insertions Only:</i> Dr Rohit Singla
Hunters Corner Medical Centre 26 Hoteo Ave, Papatoetoe T: 09 277 8297	<i>IUCD Only:</i> Dr Phillipa Johnstone
Leabank Health Centre 100 Weymouth Road, Manurewa T: 09 267 1580	<i>Jadelle Only:</i> Dr Nishela Manawadu <i>Jadelle & IUCD:</i> Dr Shashir Kumar Thota
Lifeline Medical Centre 463 Great South Road, Otahuhu T: 09 276 2822, E: reception@lifelinemedical.co.nz	<i>Jadelle & IUCD Removals Only:</i> Dr Sobia Imran
Local Doctors T: 09 274 7823 ext 9935 E: anjini.kumar@tamakihealth.co.nz	<u>Dannemora</u> Dr Janan Mansour, <i>Jadelle & IUCD</i> Dr Geeta Gala, <i>Jadelle Only</i> <u>Dawson Road</u> Dr Kalyani Wijeweera, <i>Jadelle Only</i> Dr Tanvir Kaur, <i>Jadelle & IUCD</i> Dr Aaia Aladdin, <i>Jadelle & IUCD</i> <u>East Tamaki</u> Dr Sue Tutty, <i>Jadelle & IUCD</i> <u>Maangere</u> Dr Lamara Kandelaki, <i>Jadelle Only</i> <u>Otara</u> Dr Oruba Khalil, <i>Jadelle & IUCD</i> <u>Sylvia Park</u> Dr Vidhi Mehta, <i>Jadelle & IUCD</i>
Mangere Health Centre 6 Waddon Place, Mangere T: 09 255 0600	<i>Jadelle & IUCD, Does Not Accept Referrals:</i> Lorraine Rani <i>Jadelle Only:</i>

PRACTICE	DETAILS
	Dr Jessica Ly <i>Jadelle & IUCD Removals, Accepts Referrals:</i> Dr Georgina Hart
Mangere Refugee Health Service 251 Massey Road, Mangere East T: 09 250 9850	<i>Jadelle & IUCD Removals:</i> Dr Nazeeha Bajoory-Kettoola <i>Does Not Accept Referrals</i>
Manurewa Medical Limited 157 Great South Road, Manurewa T: 09 266 7758, E: reception@manurewamedical.co.nz	<i>Jadelle & IUCD Insertions:</i> Poonam Saini <i>Internal Referrals Only</i>
Millhouse Integrative Medical Centre 128 and 130 Millhouse Drive, Howick T: 09 537 4980, E: reception@millhousemedical.co.nz	<i>Jadelle & IUCD Insertions:</i> Dr Aileen Wong
Mt Wellington Family Health Centre 283 Penrose Road, Mt Wellington T: 09 570 2999	<i>IUCD Only:</i> Dr Kirsty Good <i>Jadelle Only:</i> Dr Soshamma George
OneCare Health Papatoetoe 230 Great South Road, Papatoetoe T: 09 550 2146, E: ocoreception@onecarehealth.co.nz	<i>Jadelle Insertions:</i> Dr Rohit Singla
Otara Family & Christian Health Centre 5/20 East Tamaki Road, Otara T: 09 274 6654, E: roshan.fernando@otarafamily.health.nz	<i>Jadelle Only:</i> Renee Carroll, Siniva Toma <i>IUCD Only:</i> Melissa Hassan
Pakuranga Medical 11-13 Cortina Place, Pakuranga T: 09 950 7351	<i>Jadelle & IUCD:</i> Dr Eileen Sables Dr Orna McGinn <i>Jadelle / IUCD Removals:</i> Dr Nigel Tay <i>Jadelle Insertions Only:</i> Romika Prasad Dr Ji Young Park
Papakura East Medical Centre 57 Clevedon Road, Papakura T: 09 299 9666	<i>Jadelle & IUCD Insertions:</i> Dr Shelly Collins <i>Does Not Accept Referrals</i>
Papakura Marae Health Clinic	<i>IUCD Only:</i>

PRACTICE	DETAILS
20 Hunua Road, Papakura T: 09 299 8679	Dr Julea Dalley <i>Jadelle Only:</i> Michal Noonan
Pasefika Family Health 5 Waimahia Avenue, Weymouth 2103 T: 09 528 9800, E: admin@pasefikahealth.co.nz	<i>Jadelle & IUCD:</i> Dr Melbourne Mauiliu <i>Accepts Referrals</i>
Picton Surgery 2 Fencible Drive, Howick T: 09 534 7176, E: admin@pictonsurgery.co.nz	<i>Jadelle Insertions Only:</i> Dr Frank Yang <i>Accepts Referrals</i>
Pukekohe Family Health Care 10 West Street, Pukekohe T: 09 237 0280	<i>Jadelle & IUCD:</i> Dr Aileen Elborough <i>IUCD Only:</i> Dr Chantal Koelewijn <i>Jadelle Only:</i> Dr Hella Insinger
Pukekohe South Doctors 241 Manukau Road, Pukekohe T: 09 237 0286	<i>IUCD Only:</i> Dr Louisa Sinclair
Southpoint Family Doctors 652 Great South Road, Manukau T: 09 262 0072	<i>Jadelle Only:</i> Dr Fiona Shepherd E: fiona@southpointfamilydoctors.co.nz <i>IUCD Only:</i> Dr Hinamaha Lutui E: hina@southpointfamilydoctors.co.nz
South Seas Healthcare 14 Fair Mall, Otara T: 09 273 9017	<i>Jadelle Only:</i> Dr Rodania Levi
Te Manu Aute Whare Oranga 81 Finlayson Avenue, Clendon Park, Manurewa T: 09 640 0824 E: whareoranga@manurewamarae.co.nz	<i>Jadelle & IUCD:</i> Veenita Rairi
The Doctors Middlemore 215 Massey Road, Māngere East T: 09 275 9977	<i>Jadelle Only:</i> Dr Daisy Christie <i>Does Not Accept Referrals</i>
The Doctors Ti Rakau 316 Ti Rakau Drive, Burswood, Auckland	<i>Jadelle Insertions Only:</i> Dr Frank Yang

PRACTICE	DETAILS
T: 09 273 8980, E: info@tr.thedoctors.co.nz	
The Fono - Manurewa 7 Halver Road, Manurewa T: 09 267 6331	<i>Jadelle & IUCD:</i> Dr Natasha Bansal E: Natasha.Bansal@thefono.org
Three Kings Accident and Medical 536 Mt Albert Road, Mt Roskill T: 09 625 2999	<i>IUCD Only:</i> Dr Kate Harrison <i>CMH Patients Enrolled with Clinic Only</i>
Tuakau Health Centre 55 George Street, Tuakau 2121 T: 09 236 8068	<i>Jadelle Insertions Only:</i> Menedore Nibaruta
Turuki Healthcare 2/32 Canning Crescent, Maangere T: 09 275 5788	<i>Jadelle & IUCD:</i> Dr Emalia Lavemai, Dr Janet Vaughan, Dr Katrina Kirikino, Dr Thealyssa Ng, Dr Julie Guy <i>IUCD Only:</i> Dr Linda Pirrit
Turuki Healthcare 62 Queens Road, Panmure T: 09 570 8643	<i>Jadelle & IUCD:</i> Dr Gabrielle Moss
University of Auckland Health & Counselling Service T: 0800 698 427, E: uhsnurse@auckland.ac.nz	<i>Jadelle Insertion & Removal:</i> Stephanie Crerar, Gladys Ko <i>IUCD / Jadelle Insertion & Removal:</i> Doreen Arasaratnam, Eleanor Philp
Waiuku Health Centre 30/26-30 Constable Road, Waiuku T: 09 235 9102, E: admin@waiukumedical.co.nz	<i>Jadelle & IUCD:</i> Dr Nicola Coombes, Dr Sasha Maxwell <i>Does Not Accept Referrals</i>
Whanau Ora Community Clinic 258 Puhinui Road, Papatoetoe T: 0800 367 942	<i>IUCD Only:</i> Dr Ranche Johnson
Wiri Family Doctors 10/792 Great South Road, Wiri T: 09 263 6622, E: wirifamilydoctors@gmail.com	<i>Jadelle & IUCD:</i> Xin (Isabel) Zhao
MIDWIVES	
Pukekohe Maternity Hospital 1 Tuakau Road, Pukekohe M: 0272 564 088	<i>Jadelle Only:</i> Elizabeth Harker, E: liz.midwife@xtra.co.nz