

## **Certified LARC Providers – Counties Manukau**

### **CLINICS**

#### **Maangere Hub Contraception Clinic | Ph (09) 259 3826, 021 371 586**

[MangereOtarahub.Generic@middlemore.co.nz](mailto:MangereOtarahub.Generic@middlemore.co.nz)

Open every Thursday 08.30 – 16.00.

10 Waddon Place

Maangere

#### **Manukau SuperClinic, Contraception Clinic | Ph (09) 259 3826, 021 371 586**

[MangereOtarahub.Generic@middlemore.co.nz](mailto:MangereOtarahub.Generic@middlemore.co.nz)

Alternate Saturdays 09.00 – 13.00. By appointment.

901 Great South Road

Manurewa

#### **Botany SuperClinic Contraception Clinic | Ph 021 371 586**

[MangereOtarahub.Generic@middlemore.co.nz](mailto:MangereOtarahub.Generic@middlemore.co.nz)

Saturday (once a month for post-partum cases only) 09.00 – 13.00. By appointment.

266 Botany Road

Botany Downs

#### **Family Planning**

South Auckland clinics

Ph: 09 298 4608

### **SCHOOLS**

#### **Secondary School Based Services**

Counties Manukau District Schools

Times and venues alter as needed

Drop-in or booked clinics for students

Call or text Kerrie Salwey 021 589520 or Brenda Taia (Te Rarawa) 021 404862 to book

Or contact the School Based Health team at the school

Cannot accept referrals

Kate Chitar                      Jadelle Insetions Only

Kerrie Salwey                    Jadelle Insertions Only

Brenda Taia                      Jadelle Insertions Only

### **YOUTH HEALTH SERVICES**

#### **Franklin Family Support Services      Jadelle Only**

205 King Street, Pukekohe

Tuesday 9am-12pm

Drop-in or booked clinic for under 25-year-olds

Call or text Brenda Taia (Te Rarawa) to book: 021 404 862

## **Certified LARC Providers – Counties Manukau**

**Youthline clinic** Jadelle Only  
145 Saint George Street, Papatoetoe  
Thursday 9am-12pm  
Drop-in or booked clinic for under 25-year-olds  
Call or text Kerrie Salwey to book phone number 021 589520

### **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 | 021 2207 239 / 021 958 793**  
2 Clevedon Road  
Papakura  
Tuesday 09:15-15:15  
Every second Saturday 09:15-14:30

**Pukekohe Birthing Unit Clinic | 09 2370600 / 021 958 793**  
Pukekohe Hospital, Tuakau Road  
Pukekohe  
Every Friday 09:15-15:15

**Niu Life Midwives | 021 958 793**  
89 Great South Rd  
Papatoetoe  
Once monthly Monday clinic 09:15-14:30  
Once monthly Saturday clinic for clients of Niu Life Midwives only 09.15-14:30    Cannot accept referrals

### **GENERAL PRACTICE**

**Bader Drive Health Care Maangere | Ph (09) 275 8598**  
93 Bader Drive  
Maangere Town Centre

Dr Nua Tupai      Both      [womenshealth@bdhealthcare.co.nz](mailto:womenshealth@bdhealthcare.co.nz)

**Bakerfield Medical Centre | Ph (09) 263 7770**  
16A Bakerfield Place  
Manukau

Dr Sahar Bahnam    Both      [manager@bakerfield.co.nz](mailto:manager@bakerfield.co.nz)

**Beachlands Medical Centre | Ph (09) 536 6006**  
129A Beachlands Road  
Beachlands

## Certified LARC Providers – Counties Manukau

Dr Rebecca Starr      IUCD Only      [Rebecca.Starr@beachmed.co.nz](mailto:Rebecca.Starr@beachmed.co.nz)

### **Botany Junction Medical | Ph (09) 265 0321**

110 Michael Jones Drive  
Flat Bush

Dr Suyin Kour      Both      [Su@bjdocs.co.nz](mailto:Su@bjdocs.co.nz)  
Dr Therese Khella      Both      [Therese@bjdocs.co.nz](mailto:Therese@bjdocs.co.nz)  
Dr Jayani      IUCD / Jadelle Insertions      [Jayani@bjdocs.co.nz](mailto:Jayani@bjdocs.co.nz)  
Kannagara  
Rashika Devi      Both      [rashika@bjdocs.co.nz](mailto:rashika@bjdocs.co.nz)

### **Botany Town Centre Medical Practice | Ph (09) 273 6003**

588 Chapel Road  
Botany Town Centre

Dr Pieter Vosloo      Both      [admin@bmp.nz](mailto:admin@bmp.nz)

### **Cavendish Family Doctors | Ph (09) 869 9963**

175-195 Cavendish Drive  
Papatōetoe

Dr Nua Tupai      Both  
Dr Therese Khella      Both

### **Clendon Family Health Centre | Ph (09) 267 2636**

9 Robert Ross Place  
Clendon

Dr Bhavana Patel      Jadelle Only      [bhavana@clendonfamily.co.nz](mailto:bhavana@clendonfamily.co.nz)  
Dr Greg Judkins      Jadelle Only      [greg@clendonfamily.co.nz](mailto:greg@clendonfamily.co.nz)  
Dr Lisa Karl      IUCD Only      [Lisa@clendonfamily.co.nz](mailto:Lisa@clendonfamily.co.nz)

### **Conifer Gardens Medical Centre | Ph (09) 298 0238**

138 Great South Road  
Takanini

Dr May Lim      IUCD Only      Cannot accept referrals

### **Dr. Nicholas Cooper's Surgery | Ph (09)6309191**

33 Queen Mary Avenue      [sharronjill@gmail.com](mailto:sharronjill@gmail.com)  
Epsom

MiYeong You (NP)      IUCD / Jadelle Insertion and Removal

Accepts referrals from CMH patients

## Certified LARC Providers – Counties Manukau

### Dr Upsdell's Surgery | Ph (09) 278 7214

2 Graeme Avenue  
Maangere East

Dr John Upsdell      Jadelle Only

[upsdellsurgey@gmail.com](mailto:upsdellsurgey@gmail.com)

### Drury Surgery | Ph (09) 294 3005

175 Great South Road  
Drury

Dr Catherine Lu      Both

Dr Catherine      IUCD Only

Cannot accept referrals

Rushton

Dr Lynette Ashby      Both

Cannot accept referrals

### Ellerslie Medical Centre | (09) 579 6147

41 Robert Street  
Ellerslie

Dr Ruth Bannister      IUCD / Jadelle Removals

Cannot accept referrals

### Elstree Ave Family Doctors | Ph (09) 528 3323

17 Elstree Ave  
Glen Innes

Dr Suei (Ssu-Yu)      Both

Lin

[practicemanager@elstree.co.nz](mailto:practicemanager@elstree.co.nz)

### Etu Pasifika Auckland Ltd | Ph (09)2768640

1/627 Mount Wellington Highway  
Auckland 1060

Dr Anne Tuala      Both

### Greenstone Family Clinic | Ph (09) 2678702

157 Great South Road  
Manurewa

Katie McCullough      Both (on maternity leave)  
(NP)      Jadelle Only

[katie.mccullough@greenstoneclinic.co.nz](mailto:katie.mccullough@greenstoneclinic.co.nz)

[K.J.hoare@massey.ac.nz](mailto:K.J.hoare@massey.ac.nz)

Karen Hoare (NP)      IUCD / Jadelle Insertions

[hwil198@aucklanduni.ac.nz](mailto:hwil198@aucklanduni.ac.nz)

Dr Hazel Wilks

### Health Connections | Ph 022 428 8396

## Certified LARC Providers – Counties Manukau

145 Saint George Street  
Papatoetoe

Katie McCullough    Both  
(NP)

[katie@healthconnections.co.nz](mailto:katie@healthconnections.co.nz)  
[Yhs@healthconnections.co.nz](mailto:Yhs@healthconnections.co.nz)

### **Highbrook Medical | Ph (09) 273 4876**

31 Highbrook Drive  
East Tamaki.

Dr Richard Chong                      Jadelle Insertion & Removal      [nurse@highbrookmedical.co.nz](mailto:nurse@highbrookmedical.co.nz)

### **Highland Park Medical / My Health Team | Ph (09) 535 8095**

14 Highland Park Drive  
Highland Park  
Manukau

Dr Brett Hyland            IUCD Only  
Dr Lydia Siew              Both  
Dr Wendy Chan            Both

[medical@highlandpark.co.nz](mailto:medical@highlandpark.co.nz)  
[lydia@highlandpark.co.nz](mailto:lydia@highlandpark.co.nz)  
[wendy.hk.chan@gmail.com](mailto:wendy.hk.chan@gmail.com)

### **Howick Health & Medical Centre | Ph (09) 5343978**

108 Ridge Road  
Howick

Dr Amy Rankin            Both

[amyh.rankin@gmail.com](mailto:amyh.rankin@gmail.com)

### **Health and Happiness (un) Ltd | Ph (09) 277 7830**

488 Great South Road  
Papatoetoe

Dr Rohit Singla                      Jadelle Insertions only      [reception@youthhealthcentre.co.nz](mailto:reception@youthhealthcentre.co.nz)

### **Hunters Corner Medical Centre | Ph (09) 277 8297**

26 Hoteo Ave  
Papatoetoe

Dr Phillipa Johnstone            IUCD only

### **Leabank Health Centre | Ph (09) 267 1580**

## Certified LARC Providers – Counties Manukau

100 Weymouth Road  
Manurewa

Dr Nishela Manawadu      Jadelle Only  
Dr Shashir Kumar Thota      Both

**Lifeline Medical Centre | Ph (09) 276 2822**  
463 Great South Road  
Otahuhu

Dr Sobia Imran      IUCD / Jadelle Removals      [reception@lifelinemedical.co.nz](mailto:reception@lifelinemedical.co.nz)

**Local Doctors | Ph (09) 274 7823 ext 9935**      [anjini.kumar@tamakihealth.co.nz](mailto:anjini.kumar@tamakihealth.co.nz)

Dr Janan Mansour	Both	Dannemora
Dr Geeta Gala	Jadelle Only	Dannemora
Dr Kalyani Wijeweera	Jadelle Only	Dawson Road
Dr Tanvir Kaur	Both	Dawson Road
Dr Aaia Aladdin	Jadelle Insertion and removals	Dawson Road
Dr Sue Tutty	Both	East Tamaki
Dr Lamara Kandelaki	Jadelle Only	Maangere
Dr Oruba Khalil	Both	Otara
Dr Vidhi Mehta	Both	Sylvia Park

**Mangere Health Centre | Ph (09) 255 0600**  
6 Waddon Place  
Mangere

Lorrayne Rani	Both	Cannot accept referrals
Dr Jessica Ly	Jadelle Only	
Dr Georgina Hart	IUCD / Jadelle Removals	Can accept referrals

**Mangere Refugee Health Service | Ph (09) 250 9850**  
251 Massey Road  
Mangere East

Dr Karina Cooper      Both

## Certified LARC Providers – Counties Manukau

Dr Julie Guy                      Both

**Manurewa Medical Limited | Ph (09) 266 7758**  
157 Great South Road  
Manurewa

Internal referrals only.  
[reception@manurewamedical.co.nz](mailto:reception@manurewamedical.co.nz)

Poonam Saini                      IUCD/ Jadelle Insertions

**Millhouse Integrative Medical Centre | Ph (09) 537 4980**  
128 and 130 Millhouse Drive  
Howick

Dr Aileen Wong                  IUCD / Jadelle Insertions                  [reception@millhousemedical.co.nz](mailto:reception@millhousemedical.co.nz)

**Mt Wellington Family Health Centre | (09) 570 2999**  
283 Penrose Road  
Mt Wellington

Dr Kirsty Good                  IUCD Only  
Dr Soshamma                      Jadelle Only  
George

**OneCare Health Papatoetoe | Ph (09) 550 2146**  
230 Great South Road  
Papatoetoe

Dr Rohit Singla                      Jadelle Insertions                      [ocoreception@onecarehealth.co.nz](mailto:ocoreception@onecarehealth.co.nz)

**Otara Family & Christian Health Centre | Ph (09) 274 6654**  
5/20 East Tamaki Road  
Otara

Dr Karina Cooper                  Both                                                  [roshan.fernando@otarafamily.health.nz](mailto:roshan.fernando@otarafamily.health.nz)  
Renee Carroll                      Jadelle Only  
Siniva Toma                        Jadelle Only  
Melissa Hassan                    IUCD Only

**Pakuranga Medical | Ph (09) 950 7351**  
11-13 Cortina Place

## Certified LARC Providers – Counties Manukau

### Pakuranga

Dr Eileen Sables	Both
Dr Nigel Tay	Jadelle / IUCD Removals
Dr Orna McGinn	Both
Romika Prasad	Jadelle Insertions Only
Dr Ji Young Park	Jadelle Insertions Only

### **Papakura East Medical Centre | Ph (09) 299 9666**

57 Clevedon Road  
Papakura

Dr Shelly Collins	IUCD/ Jadelle Insertions	Cannot accept referrals
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### **Papakura Marae Health Clinic | Ph (09) 299 8679**

20 Hunua Road  
Papakura

Dr Julea Dalley	IUCD Only
Michal Noonan	Jadelle Only

### **Pasefika Family Health | Ph (09) 528 9800**

5 Waimahia Avenue  
Weymouth 2103

admin@pasefikahealth.co.nz  
can accept referrals

Dr Melbourne	Both
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Mauiliu

### **Picton Surgery | Ph (09) 5347176**

2 Fencible Drive  
Howick.

Dr Frank Yang	Jadelle Insertions	<a href="mailto:admin@pictonsurgery.co.nz">admin@pictonsurgery.co.nz</a> can accept referrals
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### **Pukekohe Family Health Care | Ph (09) 237 0280**

10 West Street  
Pukekohe

Dr Aileen Elborough	Both
Dr Chantal Koelewijn	IUCD Only
Dr Hella Insinger	Jadelle Only



## Certified LARC Providers – Counties Manukau

Dr Rattan Saini      Both  
Dr Selina Green      Both

### **Pukekohe South Doctors | Ph (09) 237 0286**

241 Manukau Road  
Pukekohe

Dr Louisa Sinclair      IUCD Only

### **Southpoint Family Doctors | Ph (09) 262 0072**

652 Great South Road  
Manukau

Dr Fiona Shepherd      Jadelle Only  
Dr Hinamaha Lutui      IUCD Only

[fiona@southpointfamilydoctors.co.nz](mailto:fiona@southpointfamilydoctors.co.nz)

[hina@southpointfamilydoctors.co.nz](mailto:hina@southpointfamilydoctors.co.nz)

### **South Seas Healthcare | (09) 273 9017**

14 Fair Mall  
Otarā

Dr Rodania Levi      Jadelle Insertion and Removals

### **Te Manu Aute Whare Oranga | Ph (09) 640 0824**

81 Finlayson Avenue  
Clendon Park, Manurewa

Veenita Rairi      Both

[whareoranga@manurewamarae.co.nz](mailto:whareoranga@manurewamarae.co.nz)

### **The Doctors Middlemore | Ph (09) 275 9977**

215 Massey Road  
Māngere East

Dr Daisy Christie      Jadelle Only

Cannot accept outside referrals

### **The Doctors Ti Rakau | Ph (09) 273 8980**

316 Ti Rakau Drive  
Burswood  
Auckland

[info@tr.thedoctors.co.nz](mailto:info@tr.thedoctors.co.nz)

Dr Frank Yang      Jadelle Insertions

## Certified LARC Providers – Counties Manukau

### The Fono - Manurewa | Ph (09) 267 6331

7 Halver Road  
Manurewa

Dr Natasha Bansal    Both

[Natasha.Bansal@thefono.org](mailto:Natasha.Bansal@thefono.org)

### Three Kings Accident and Medical | Ph (09) 625 2999

536 Mt Albert Road  
Mt Roskill

Dr Kate Harrison    IUCD Only                    (CMH patients enrolled with clinic only)

### Tuakau Health Centre | Ph (09) 236 8068

55 George Street, Tuakau 2121

Menedore Nibaruta                    Jadelle Insertions                    [tuakau-health.co.nz/](http://tuakau-health.co.nz/)

### Turuki Healthcare | Ph (09) 275 5788

2/32 Canning Crescent  
Maangere

Dr Emalia Lavemai    Both  
Dr Janet Vaughan    Both  
Dr Katrina Kirikino    Both  
Dr Linda Pirrit            IUCD Only  
Dr Thealyssa Ng                    Both

### Turuki Healthcare | 09 570 8643

62 Queens Rd  
Panmure

Dr Gabrielle Moss                    Both

### University of Auckland Health & Counselling Service | Ph 0800698427 [uhsnurse@auckland.ac.nz](mailto:uhsnurse@auckland.ac.nz)

Stephanie Crerar                    Jadelle Insertion & Removal  
Gladys Ko                            Jadelle Insertion & Removal  
Doreen Arasaratnam                IUCD / Jadelle Insertion & Removal  
Eleanor Philp                        IUCD / Jadelle Insertion & Removal

## Certified LARC Providers – Counties Manukau

### Waiuku Health Centre | Ph (09) 235 9102

30/26-30 Constable Road

Waiuku

Dr Nicola Coombes Both

Dr Sasha Maxwell Both

[admin@waiukumedical.co.nz](mailto:admin@waiukumedical.co.nz)

Cannot accept referrals

### Whanau Ora Community Clinic | Ph 0800 367 942

258 Puhinui Road

Papatoetoe

Dr Ranche Johnson IUCD Only

### Wiri Family Doctors | Ph (09) 263 6622

10/792 Great South Road

Wiri

Xin (Isabel) Zhao Both

[wirifamilydoctors@gmail.com](mailto:wirifamilydoctors@gmail.com)

## MIDWIVES

### Pukekohe Maternity Hospital | Ph 0272 564 088

1 Tuakau Road

Pukekohe

Elizabeth Harker Jadelle Only

[liz.midwife@xtra.co.nz](mailto:liz.midwife@xtra.co.nz)

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