

CERTIFIED LARC PROVIDERS – COUNTIES MANUKAU

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

EASTERN	
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 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
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 T: 09 535 8095, E: medical@highlandpark.co.nz	<i>Jadelle & IUCD Insertions Only:</i> Dr Brett Hyland
Howick Health & Medical Centre 108 Ridge Road, Howick T: 09 534 3978	<i>Jadelle & IUCD:</i> Dr Amy Rankin, E: amyh.rankin@gmail.com
Local Doctors – Dannemora & East Tamaki T: 09 274 7823 ext 9935, E: Andy.knight@tamakihealth.co.nz	<i>Jadelle & IUCD:</i> Dr Janan Mansour, Dannemora Dr Sue Tutty, East Tamaki <i>Jadelle Only:</i> Dr Geeta Gala, Dannemora
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, Dr Therese Khella, Dr Satya Subramanian
Picton Surgery 2 Fencible Drive, Howick T: 09 534 7176, E: admin@pictonsurgery.co.nz	<i>Jadelle & IUCD:</i> Dr Sujay Kleeman <i>Accepts Referrals</i>
Tend Pakuranga Medical Centre (formerly Pakuranga Medical) 11-13 Cortina Place, Pakuranga T: 09 950 7351, E: kiaora@tend.nz	<i>Jadelle & IUCD:</i> Dr Eileen Sables <i>Jadelle / IUCD Removals Only:</i> Dr Nigel Tay

	<i>Jadelle Insertions Only:</i> Dr Ji Young Park
FRANKLIN	
Mai Lighthouse (formerly Franklin Family Support Services) 205 King Street, Pukekohe Call/text: Brenda Taia (Te Rarawa), M: 021 404 862 to book or phone T: 09 238 6233, E: admin@mailighthouse.org.nz	Drop-in or booked clinic for under 25-year-olds, Tuesday from 9.00 am to 12.00 pm <i>Jadelle Only:</i> Brenda Taia
Pukekohe Birthing Unit Clinic Pukekohe Hospital, 1 Tuakau Road, Pukekohe T: 09 237 0640, M: 021 958 793	Every Friday from 9.15 am to 3.15 pm
Pukekohe Family Health Care 10 West Street, Pukekohe T: 09 237 0280, E: contact@pukekohehealth.co.nz	<i>Jadelle & IUCD:</i> Dr Aileen Elborough
Pukekohe Maternity Hospital 1 Tuakau Road, Pukekohe M: 0272 564 088	<i>Jadelle Only:</i> Elizabeth Harker, E: liz.midwife@xtra.co.nz <i>Contraception Clinic:</i> Held weekly for postnatal women who have delivered within 12 weeks.
Pukekohe South Doctors 241 Manukau Road, Pukekohe T: 09 237 0286, E: reception@pukekohesouthdoctors.co.nz	<i>IUCD Only:</i> Dr Louisa Sinclair (<i>May 2025 – on extended leave</i>)
The Doctors Drury 175 Great South Road, Drury T: 09 294 3005, E: admin@drury.thedoctors.co.nz	<i>Jadelle & IUCD:</i> Dr Lynette Ashby, Dr Sophie Chan
Tuakau Health Centre 55 George Street, Tuakau 2121 T: 09 236 8068, E: reception@tuakauhealth.co.nz	<i>Jadelle Insertions Only:</i> Menedore Nibaruta
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>
MANGERE/OTARA	
Bader Drive Health Care 93 Bader Drive, Mangere Town Centre T: 09 275 8598, E: womenshealth@bdhealthcare.co.nz	<i>Jadelle & IUCD:</i> Dr Nua Tupai
Dr Upsdell's Surgery 2 Graeme Avenue, Mangere East T: 09 278 7214	<i>Jadelle Only:</i> Dr John Upsdell
Mangere Contraception Clinic 10 Waddon Place, Mangere T: 09 259 3826, E: larc.cmdhb@middlemore.co.nz	Open every Thursday 8.30 am to 4.30 pm

Mangere Health Centre 6 Waddon Place, Mangere T: 09 255 0600, E: info@mangerehealthcentre.co.nz	Jadelle & IUCD: Lorryne Rani <i>Does Not Accept Referrals</i>
Mangere Refugee Health Service 251 Massey Road, Mangere East T: 09 250 9850, E: mangererefugeehealth@middlemore.co.nz	Jadelle & IUCD Removals: Dr Nazeeha Bajoory-Kettoola <i>Does Not Accept Referrals</i>
Niu Life Midwives 89 Great South Road, Papatoetoe T: 0800 806 077, M: 021 958 793, E: lindafburke@gmail.com	- Monthly Monday clinic, 9.15 am to 2.30 pm - Monthly Saturday clinic, 9.15 am to 2.30 pm for Niu Life Midwives clients only <i>Does Not Accept Referrals</i>
Local Doctors - Mangere & Otara T: 09 274 7823 ext 9935, E: Andy.knight@tamakihealth.co.nz	Jadelle & IUCD: Dr Oruba Khalil, Otara Dr Lamara Kandelaki, Mangere IUCD: Dr Sashir Thota
Otara Family & Christian Health Centre 5/20 East Tamaki Road, Otara T: 09 274 6654, E: roshan.fernando@otarafamily.health.nz	Jadelle Only: Renee Carroll, Siniva Toma
South Seas Healthcare 14 Fair Mall, Otara T: 09 273 9017, E: admin@southseas.org.nz	Jadelle Only: Dr Rodania Levi
The Doctors Middlemore 215 Massey Road, Māngere East T: 09 275 9977, E: info@md.thedoctors.co.nz	Jadelle Insertions & Removals/IUCD Removals: Dr Shomel Gauznabi, Dr Dulani, Dr Tom Bye, Dr Mahzer Iqbal IUCD Only: Dr Neelithi Wickramasinghe <i>Accepts Referrals</i>
Turuki Healthcare 2/32 Canning Crescent, Mangere T: 09 275 5788, E: mangere@thc.org.nz	Jadelle & IUCD: Dr Emalia Lavemai (during school holidays only), Dr Janet Vaughan, Dr Katrina Kirikino, Dr Thealyssa Ng LARC Clinic (one day a week): Bookings for this clinic after an initial consult with a GP
Whanau Ora Community Clinic 258 Puhinui Road, Papatoetoe T: 0800 367 942, E: info@toa.org.nz	Jadelle Only: Dr Genevieve Syed

Youthline Clinic 145 Saint George Street, Papatoetoe Call: Kerrie Salwey, M: 021 589 520 or E: kerrie.salwey@middlemore.co.nz or Brenda Taia, E: brenda.taia@middlemore.co.nz	<i>Jadelle Only</i> Kerrie Salwey, Brenda Taia Drop-in or booked clinic for under 25-year-olds, Thursday from 9.00 am to 12.00 pm
MANUKAU	
Clendon Family Health Centre 9 Robert Ross Place, Clendon T: 09 267 2636	<i>Jadelle Insertions:</i> Dr Bhavana Patel, E: bhavana@clendonfamily.co.nz Dr Jessica Ly, jessica@clendonfamily.co.nz <i>Jadelle & IUCD:</i> Dr Lisa Karl, E: Lisa@clendonfamily.co.nz
Bakerfield Medical Centre 16A Bakerfield Place, Manukau T: 09 263 7770, E: manager@bakerfield.co.nz	<i>Jadelle & IUCD:</i> Dr Sahar Bahnam
Etu Pasifika South Auckland (formerly Cavendish Family Doctors) 175-195 Cavendish Drive, Papatoetoe T: 09 869 9963, E: adminetusouth@etupasifika.co.nz	Dr Anne Tuala
Greenstone Family Clinic 157 Great South Road, Manurewa T: 09 26 78702	<i>Jadelle Insertions & Removals:</i> Karen Hoare (NP) E: karen@greenstoneclinic.co.nz
Hunters Corner Medical Centre 28 Hoteo Ave, Papatoetoe T: 09 277 8297, E: reception@hunterscornermedical.co.nz	<i>IUCD Only:</i> Dr Phillipa Johnstone
Leabank Health Centre 100 Weymouth Road, Manurewa T: 09 267 1580, E: leabank.reception@tamakihealth.co.nz	<i>Jadelle & IUCD:</i> Alysha Clark <i>Jadelle Only:</i> Dr Nishela Manawadu
Local Doctors – Dawson Road T: 09 274 7823 ext 9935, E: Andy.knight@tamakihealth.co.nz	<i>Jadelle & IUCD:</i> Dr Aaia Aladdin <i>Jadelle Only:</i> Dr Kalyani Wijeweera
Local Doctors – Takanini 30 Walters Road, Takanini T: 09 274 7823	<i>Jadelle Only:</i> Meiyun Ding
Manukau Health Park Contraception Clinic Module 10, 901 Great South Road, Manurewa T: 09 259 3826 E: MangereOtarahub.Generic@middlemore.co.nz	Alternate Saturdays 9.00 am to 1.00 pm <i>By Appointment Only</i>
Manurewa Healthcare	<i>Jadelle Insertion & Removals:</i>

210 Great South Road, Manurewa T: 09 266 4477, E: kim@manurewa.co.nz	Kim Bouzaid <i>Accepts Referrals</i>
Manurewa Medical Limited 157 Great South Road, Manurewa T: 09 266 7758, E: nurses@manurewamedical.co.nz	<i>Jadelle Insertions & Removals, IUCD Insertions & Removals:</i> Poonam Saini <i>Accepts Internal & External Referrals</i>
Papakura Birthing Unit Clinic 2 Clevedon Road, Papakura T: 09 299 9102, M: 021 2207 239 / 021 958 793	Tuesday from 9.15 am to 3.15 pm Every second Saturday from 9.15 am to 2.30 pm
Papakura East Medical Centre 57 Clevedon Road, Papakura T: 09 299 9666, E: admin@pemc.co.nz	<i>Jadelle & IUCD Insertions, Accepts Referrals:</i> Dr Shelly Collins, Korinna Walker-Burns, Nurse <i>Jadelle & IUCD Insertions, Does Not Accept Referrals:</i> Dr Dean Mackay
Papakura Marae Health Clinic 29 Hunua Road, Papakura T: 09 297 2160, E: reception@papakuramarae.co.nz	<i>Jadelle Insertions & Removals:</i> Amanpreet Kaur
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>
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>
Sexual Wellbeing Aotearoa (formerly Family Planning) Level 3, Westfield Shopping Centre, 2 Manukau Station Road, Manukau, T: 07 810 6610 Trust Arcade, 169 Great South Road, Papakura T: 07 810 6610, M: 0800 372 546	Monday to Friday, Saturday by Appointment (in-person, phone, video) Monday to Thursday by Appointment (in- person, phone, video)
Southpoint Family Doctors 9 Sharkey Street, Manukau T: 09 262 0072 For external referrals bookings contact clinical@spfd.co.nz or reception@spfd.co.nz	<i>Jadelle Only:</i> Dr Fiona Shepherd, E: fiona@spfd.co.nz <i>IUCD Only:</i> Dr Hinamaha Lutui, E: hinamaha@spfd.co.nz
Whanau Ora Community Clinic 153 Mahia Road, Wattle Downs	<i>Jadelle Insertions:</i> Dr Rohit Singla

T: 09 266 6070, E: receptionmahia@toa.org.nz	
Wiri Family Doctors 10/792 Great South Road, Wiri T: 09 263 6622, E: wirifamilydoctors@gmail.com	<i>Jadelle Only:</i> Xin (Isabel) Zhao
OUTSIDE OF COUNTIES MANUKAU	
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>
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)
Lifeline Medical Centre 463 Great South Road, Otahuhu T: 09 276 2822, E: reception@lifelinemedical.co.nz	<i>Jadelle & IUCD:</i> Dr Sobia Imran
Tamaki Health 17 Sultan Street, Ellerslie T: 09 274 7823, E: poacreferrals@tamakihealth.co.nz	<i>Jadelle & IUCD:</i> Alysha Clark <i>Accepts Referrals</i>
Three Kings Accident and Medical 536 Mt Albert Road, Mt Roskill T: 09 625 2999, E: info@threekings.co.nz	<i>IUCD Only:</i> Dr Kate Harrison <i>CMH Patients Enrolled with Clinic Only</i>
University of Auckland Health & Counselling Service T: 0800 698 427, E: uhcsnurse@auckland.ac.nz	<i>Jadelle & IUCD:</i> Stephanie Crerar, Gladys Ko, Fionna Bell, Min-Ju Kim,