

LARC PROVIDERS – COUNTIES MANUKAU

Please contact nor-womenshealthpc@tewhatauora.govt.nz for any additions or amendments to this list

EASTERN	
<p>Beachlands Medical Centre 129A Beachlands Road, Beachlands T: 09 536 6006, E: Rebecca.Starr@beachmed.co.nz</p>	<p><i>IUCD Only:</i> Dr Rebecca Starr</p>
<p>Botany Junction Medical 110 Michael Jones Drive, Flat Bush T: 09 265 0321</p>	<p><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</p>
<p>Botany Town Centre Medical Practice 588 Chapel Road, Botany Town Centre T: 09 273 6003, E: admin@bmp.nz</p>	<p><i>Jadelle & IUCD:</i> Dr Pieter Vosloo</p>
<p>Crawford Medical Centre 4 Picton Street, Howick T: 09 538 0083, E: info@crawfordmedical.co.nz</p>	<p><i>IUCD & Jadelle Insertion & Removal:</i> Dr Bradford Volk</p>
<p>Highbrook Medical 31 Highbrook Drive, East Tamaki T: 09 273 4876, E: nurse@highbrookmedical.co.nz</p>	<p><i>Jadelle Insertion & Removal:</i> Dr Richard Chong</p>
<p>Highland Park Medical / My Health Team 14 Highland Park Drive, Highland Park T: 09 535 8095, E: medical@highlandpark.co.nz</p>	<p><i>Jadelle & IUCD Insertions Only:</i> Dr Brett Hyland</p>
<p>Howick Health & Medical Centre 108 Ridge Road, Howick T: 09 534 3978</p>	<p><i>Jadelle & IUCD:</i> Dr Amy Rankin, E: amyh.rankin@gmail.com</p>
<p>Local Doctors – Dannemora, East Tamaki, Otara T: 09 274 7823 ext 9935, E: Andy.knight@tamakihealth.co.nz</p>	<p><i>Jadelle & IUCD:</i> Dr Janan Mansour, Dannemora Dr Sue Tutty, East Tamaki</p> <p><i>Jadelle Only:</i> Dr Geeta Gala, Dannemora</p>
<p>Millhouse Integrative Medical Centre 128 and 130 Millhouse Drive, Howick T: 09 537 4980, E: reception@millhousemedical.co.nz</p>	<p><i>Jadelle & IUCD Insertions:</i> Dr Aileen Wong, Dr Therese Khella, Dr Satya Subramanian</p>
<p>Picton Surgery 2 Fencible Drive, Howick T: 09 534 7176, E: admin@pictonsurgery.co.nz</p>	<p><i>Jadelle & IUCD:</i> Dr Sujay Kleeman</p> <p><i>Accepts Referrals</i></p>
<p>Tend Pakuranga Medical Centre (formerly Pakuranga Medical) 11-13 Cortina Place, Pakuranga T: 09 950 7351, E: kiaora@tend.nz</p>	<p><i>Jadelle & IUCD:</i> Dr Eileen Sables, Dr Lesley Darcy</p> <p><i>Jadelle & IUCD Removals Only:</i> Dr Nigel Tay</p> <p><i>Jadelle Insertions Only:</i> Dr Ji Young Park</p>

FRANKLIN	
<p>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</p>	<p>Drop-in or booked clinic for under 25-year-olds, Tuesday from 9.00 am to 12.00 pm</p> <p><i>Jadelle Only:</i> Brenda Taia</p>
<p>Pukekohe Family Health Care 10 West Street, Pukekohe T: 09 237 0280, E: contact@pukekohehealth.co.nz</p>	<p><i>Jadelle & IUCD:</i> Dr Aileen Elborough</p>
<p>Pukekohe Maternity Hospital 1 Tuakau Road, Pukekohe M: 0272 564 088</p>	<p><i>Jadelle Only:</i> Elizabeth Harker, E: liz.midwife@xtra.co.nz</p> <p><i>Contraception Clinic:</i> Held weekly for postnatal women who have delivered within 12 weeks.</p>
<p>Pukekohe South Doctors 241 Manukau Road, Pukekohe T: 09 237 0286, E: reception@pukekohesouthdoctors.co.nz</p>	<p><i>IUCD Only:</i> Dr Louisa Sinclair (<i>May 2025 – on extended leave</i>)</p>
<p>The Doctors Drury 175 Great South Road, Drury T: 09 294 3005, E: admin@drury.thedoctors.co.nz</p>	<p><i>Jadelle & IUCD:</i> Dr Lynette Ashby, Dr Sophie Chan</p>
<p>Tuakau Health Centre 55 George Street, Tuakau 2121 T: 09 236 8068, E: reception@tuakauhealth.co.nz</p>	<p><i>Jadelle Insertions Only:</i> Menedore Nibaruta</p>
<p>Waiuku Health Centre 30/26-30 Constable Road, Waiuku T: 09 235 9102, E: admin@waiukumedical.co.nz</p>	<p><i>Jadelle & IUCD:</i> Dr Nicola Coombes, Dr Sasha Maxwell</p> <p><i>Does Not Accept Referrals</i></p>

MANGERE & OTARA	
<p>Bader Drive Health Care 93 Bader Drive, Mangere Town Centre T: 09 275 8598, E: womenshealth@bdhealthcare.co.nz</p>	<p><i>Jadelle & IUCD:</i> Dr Nua Tupai</p>
<p>Dr Upsdell's Surgery 2 Graeme Avenue, Mangere East T: 09 278 7214</p>	<p><i>Jadelle Only:</i> Dr John Upsdell</p>
<p>Mangere Contraception Clinic 10 Waddon Place, Mangere T: 09 259 3826, E: larc.cmdhb@middlemore.co.nz</p>	<p>Open every Thursday 8.30 am to 4.30 pm</p>
<p>Mangere Health Centre 6 Waddon Place, Mangere T: 09 255 0600, E: info@mangerehealthcentre.co.nz</p>	<p><i>Jadelle & IUCD:</i> Lorrayne Rani</p> <p><i>IUCD Insertion & Removal:</i> Dr Tim Hou</p> <p><i>Does Not Accept Referrals</i></p>
<p>Mangere Refugee Health Service</p>	<p><i>Jadelle & IUCD Removals:</i></p>

MANGERE & OTARA	
251 Massey Road, Mangere East T: 09 250 9850, E: mangererefugeehealth@middlemore.co.nz	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	<ul style="list-style-type: none"> ▪ 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 IUCD: Delvene Steven
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 Jadelle Insertion: Lena Hope 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	Jadelle Only Kerrie Salwey, Brenda Taia

MANGERE & OTARA	
E: kerrie.salwey@middlemore.co.nz or Brenda Taia, E: brenda.taia@middlemore.co.nz	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, E: 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 Insertions & Removals:</i> Dr Sahar Bahnam, Dr Hannah Liu
Etu Pasifika South Auckland (formerly Cavendish Family Doctors) 175-195 Cavendish Drive, Papatoetoe T: 09 869 9963, E: adminetusouth@etupasifika.co.nz	<i>Jadelle & IUCD:</i> Dr Anne Tuala
Flatbush Medical Centre 201 Murphys Road, Flatbush T: 09 930 8314, E: Reception.fbmcl@gmail.com	<i>Jadelle Insertion:</i> Kalaiyarasi Mohanan
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
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 – Manurewa Healthcare 210 Great South Road, Manurewa T: 09 266 4477, E: reception@manurewadoc.co.nz	<i>Jadelle & IUCD:</i> Alysha Clark, Nurse Practitioner <i>Jadelle Only:</i> Dr Nishela Manawadu
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 210 Great South Road, Manurewa	<i>Jadelle Insertion & Removals:</i> Kim Bouzaid

MANUKAU	
T: 09 266 4477, E: kim@manurewa.co.nz	<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 Insertion & Removal:</i> Dr Melbourne Mauiliu, Dr Lulu <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 T: 09 266 6070, E: receptionmahia@toa.org.nz	<i>Jadelle Insertions:</i> Dr Rohit Singla
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	
<p>Dr. Nicholas Cooper's Surgery 33 Queen Mary Avenue, Epsom T: 09 630 9191, E: sharronjill@gmail.com</p>	<p><i>Jadelle & IUCD:</i> MiYeong You (NP)</p> <p><i>Accepts Referrals from CMH Patients</i></p>
<p>Elstree Ave Family Doctors 17 Elstree Ave, Glen Innes T: 09 528 3323, E: practicemanager@elstree.co.nz</p>	<p><i>Jadelle & IUCD:</i> Dr Suei (Ssu-Yu)</p>
<p>Green Bay Medical Centre 70 Godley Road, Green Bay T: 09 827 4075, E: greenbay@xtra.co.nz</p>	<p><i>Jadelle & IUCD:</i> Dr William Reyneke</p> <p><i>Jadelle Insertion & Removal:</i> Dr Cushla Borthwick</p> <p><i>IUCD:</i> Dr Mei Toh</p>
<p>Lifeline Medical Centre 463 Great South Road, Otahuhu T: 09 276 2822, E: reception@lifelinemedical.co.nz</p>	<p><i>Jadelle & IUCD:</i> Dr Sobia Imran Dr Sadaf Farooqi</p> <p><i>Accepts Referrals</i></p>
<p>Local Doctors Ranui 421 Swanson Road, Ranui T: 09 833 6033</p>	<p><i>IUCD:</i> Dr Yang Ma</p>
<p>Local Doctors Wai Health 6-8 Pioneer Street, Henderson T: 09 839 0280</p>	<p><i>Jadelle Insertion, IUCD:</i> Sharuti Saggar</p>
<p>Tamaki Health 17 Sultan Street, Ellerslie T: 09 274 7823, E: poacreferrals@tamakihealth.co.nz</p>	<p><i>Jadelle & IUCD:</i> Alysha Clark</p> <p><i>Accepts Referrals</i></p>
<p>Three Kings Accident and Medical 536 Mt Albert Road, Mt Roskill T: 09 625 2999, E: info@threekings.co.nz</p>	<p><i>IUCD Only:</i> Dr Kate Harrison</p> <p><i>CMH Patients Enrolled with Clinic Only</i></p>
<p>University of Auckland Health & Counselling Service T: 0800 698 427, E: uhcnsurse@auckland.ac.nz</p>	<p><i>Jadelle & IUCD:</i> Stephanie Crerar, Gladys Ko, Fionna Bell, Min-Ju Kim</p>
<p>Whitecross Glenfield 436-440 Glenfield Road, Glenfield T: 09 444 4244, E: glenfieldreception@whitecross.co.nz</p>	<p><i>Jadelle Removal</i> Nagdeep Kaur</p>