

## LARC PROVIDERS – METRO AUCKLAND

Please contact [nor-womenshealthpc@tewhatauora.govt.nz](mailto:nor-womenshealthpc@tewhatauora.govt.nz) for any additions or amendments to this list

| AUCKLAND CENTRAL (ISTHMUS)                                                                                                                                                                                                                                                         |                                                                                                                                                          |
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| <b>AUT Student Medical Centre</b><br>AUT City & North Campuses<br>T: 021 925 332, E: <a href="mailto:amy.brockbank@aut.ac.nz">amy.brockbank@aut.ac.nz</a>                                                                                                                          | <i>IUCD &amp; Jadelle Insertion &amp; Removal:</i><br>Dr Padmaja Rayudu, Dr Joanne McGregor<br><i>Enrolled patients only</i>                             |
| <b>Dr Nicholas Cooper Surgery*</b><br>33 Queen Mary Avenue, Epsom<br>T: 09 630 9191, E: <a href="mailto:sharronjill@gmail.com">sharronjill@gmail.com</a>                                                                                                                           | <i>IUCD &amp; Jadelle Insertion &amp; Removal:</i><br>Dr Nicholas Cooper, Mi Yeong You, Nurse Practitioner<br><i>Accepts Referrals from CMH Patients</i> |
| <b>Elstree Ave Family Doctors</b><br>17 Elstree Ave, Glen Innes<br>T: 09 528 3323, E: <a href="mailto:practicemanager@elstree.co.nz">practicemanager@elstree.co.nz</a>                                                                                                             | <i>Jadelle &amp; IUCD:</i><br>Dr Suei (Ssu-Yu)                                                                                                           |
| <b>Family Health Matters*</b><br>137 West Tamaki Road, Glen Innes<br>T: 09 973 4106, E: <a href="mailto:manager@fhm.co.nz">manager@fhm.co.nz</a>                                                                                                                                   | <i>Jadelle Insertion &amp; Removal</i><br><br><i>Accepts Referrals</i>                                                                                   |
| <b>GP Central</b><br>223 Stoddard Rd & 969 Dominion Rd, Mt Roskill<br>T: 09 621 0387, E: <a href="mailto:businessmanager@gpcentral.co.nz">businessmanager@gpcentral.co.nz</a>                                                                                                      | <i>IUCD Insertion &amp; Removal:</i><br>Dr Oonagh Turner, Dr Terrillian Hui, Dr Logitha Sritharan, Dr Caitlin Corlett, Dr Queenie Son                    |
| <b>Health New Lynn</b><br>Tōtara Health, 1 McCrae Way, New Lynn<br>T: 09 827 8888                                                                                                                                                                                                  | <i>IUCD &amp; Jadelle Insertion &amp; Removal:</i><br>Dr Manduli Premachandra, Dr Sadaf Intikhab, Dr George Hales                                        |
| <b>Local Doctors Glen Innes</b><br>5 Mayfair Place, Glen Innes, Auckland 1072<br>T: 09 528 9054, E: <a href="mailto:poacreferrals@tamakihealth.co.nz">poacreferrals@tamakihealth.co.nz</a>                                                                                         | <i>IUCD Insertion &amp; Removal:</i><br>Tara Zhang<br><br><i>Accepts External Referrals</i>                                                              |
| <b>Lynnmall Medical Centre</b><br>3058 Great North Road, New Lynn<br>T: 09 827 3163, E: <a href="mailto:lynnmall.reception@tamakihealth.co.nz">lynnmall.reception@tamakihealth.co.nz</a> or <a href="mailto:poacreferrals@tamakihealth.co.nz">poacreferrals@tamakihealth.co.nz</a> | <i>IUCD &amp; Jadelle Insertion &amp; Removal:</i><br>Sibongile Mdletshe, Registered Nurse<br><br><i>Accepts External Referrals</i>                      |
| <b>Mission Bay Doctors</b><br>10 Marau Crescent, Mission Bay, Auckland<br>T: 09 521 1120, E: <a href="mailto:reception@mbdrs.co.nz">reception@mbdrs.co.nz</a>                                                                                                                      | <i>IUCD &amp; Jadelle Insertion &amp; Removal:</i><br>Dr Suyin Kour                                                                                      |
| <b>Remuera Doctors</b><br>333 Remuera Road, Remuera<br>T: 09 524 6504, E: <a href="mailto:reception@remueradoctors.co.nz">reception@remueradoctors.co.nz</a>                                                                                                                       | <i>IUCD &amp; Jadelle Insertion &amp; Removal:</i><br>Dr Suyin Kour                                                                                      |
| <b>Tamaki Health</b><br>17 Sultan Street, Ellerslie<br>T: 09 274 7823, E: <a href="mailto:poacreferrals@tamakihealth.co.nz">poacreferrals@tamakihealth.co.nz</a>                                                                                                                   | <i>Jadelle &amp; IUCD:</i><br>Alysha Clark<br><br><i>Accepts Referrals</i>                                                                               |
| <b>The Village Family Medical</b><br>Building 265 Morrin Road, St Johns 1072<br>T: 09 528 3323, E: <a href="mailto:practicemanager@elstree.co.nz">practicemanager@elstree.co.nz</a>                                                                                                | <i>IUCD &amp; Jadelle Insertion &amp; Removal:</i><br>Dr Ssu Yu Suei Lin                                                                                 |
| <b>The University of Auckland Health &amp; Counselling Service</b><br>T: 0800 698 427, E: <a href="mailto:uhcsnurse@auckland.ac.nz">uhcsnurse@auckland.ac.nz</a>                                                                                                                   | <i>Jadelle &amp; IUCD:</i><br>Stephanie Crerar, Gladys Ko, Fionna Bell, Min-Ju Kim                                                                       |

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| <b>Three Kings Accident and Medical</b><br>536 Mt Albert Road, Mt Roskill<br>T: 09 625 2999, E: <a href="mailto:info@threekings.co.nz">info@threekings.co.nz</a> | <i>IUCD Only:</i><br>Dr Kate Harrison<br><i>CMH Patients Enrolled with Clinic Only</i>                                               |
| <b>Three Kings Family Medical Centre</b><br>535 Mt Albert Road, Three Kings<br>T: 09 625 8998, E: <a href="mailto:connie@tkfmc.co.nz">connie@tkfmc.co.nz</a>     | <i>IUCD Insertion &amp; Removal:</i><br>Dr Connie Juhn, Dr Amy Aspoas<br><br><i>IUCD Removal:</i><br>Nadia Gozon, Nurse Practitioner |

## WAITEMATA (NORTH SHORE, WEST AUCKLAND, ALBANY)

### NORTH SHORE / HIBISCUS COAST

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| <b>Albany Family Medical Centre*</b><br>368 Albany Highway, Auckland 0632<br>T: 09 415 8959, E: <a href="mailto:reception@albanydocs.co.nz">reception@albanydocs.co.nz</a>                                                                                                       | <i>Jadelle Insertion &amp; Removal:</i><br>Dr Stephan Fraize                                                |
| <b>Devonport Medical Centre</b><br>20 Victoria Road, Devonport, Auckland 0624<br>T: 09 972 2699m, E: <a href="mailto:reception@devonporthealth.co.nz">reception@devonporthealth.co.nz</a>                                                                                        | <i>IUCD Insertion:</i><br>Dr Carlos Campos<br><br><i>Accepts External Referrals</i>                         |
| <b>Northpoint Medical Centre</b><br>1A, 40 Library Lane, Albany<br>T: 09 320 4759, E: <a href="mailto:manager@northpointmedical.co.nz">manager@northpointmedical.co.nz</a>                                                                                                       | <i>IUCD Removal:</i><br>Dr Balwin Jassal                                                                    |
| <b>The Doctors Apollo</b><br>119 Apollo Drive, Albany<br>T: 09 477 3700, E: <a href="mailto:admin@apollomedical.co.nz">admin@apollomedical.co.nz</a>                                                                                                                             | <i>IUCD &amp; Jadelle Insertion &amp; Removal:</i><br>Dr Siobhan Trevallyan<br>Dr Farah Alqes               |
| <b>Whitecross Glenfield</b><br>436-440 Glenfield Road, Glenfield<br>T: 09 444 4244, E: <a href="mailto:glenfieldreception@whitecross.co.nz">glenfieldreception@whitecross.co.nz</a> or<br><a href="mailto:poacreferrals@tamakihealth.co.nz">poacreferrals@tamakihealth.co.nz</a> | <i>IUCD &amp; Jadelle Insertion &amp; Removal:</i><br>Nagdeep Kaur<br><br><i>Accepts External Referrals</i> |

### WEST AUCKLAND

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| <b>Green Bay Medical Centre</b><br>70 Godley Road, Green Bay<br>T: 09 827 4075, E: <a href="mailto:greenbay@xtra.co.nz">greenbay@xtra.co.nz</a>                               | <i>Jadelle &amp; IUCD:</i><br>Dr William Reyneke<br><i>Jadelle Insertion &amp; Removal:</i><br>Dr Cushla Borthwick                                                                |
| <b>Kānuka Health</b><br>Titirangi                                                                                                                                             | <i>Jadelle Insertion:</i><br>Lydia Hope                                                                                                                                           |
| <b>Kelston Medical Centre*</b><br>5 Glendale Road, Glen Eden<br>T: 09 818 5208, E: <a href="mailto:admin@kelstonmed.co.nz">admin@kelstonmed.co.nz</a>                         | <i>IUCD &amp; Jadelle Insertion &amp; Removal:</i><br>Kelly Segar, Nurse                                                                                                          |
| <b>Local Doctors Ranui</b><br>421 Swanson Road, Ranui<br>T: 09 833 6033                                                                                                       | <i>IUCD &amp; Jadelle Insertion &amp; Removal:</i><br>Dr Yang Ma                                                                                                                  |
| <b>Local Doctors Wai Health</b><br>6-8 Pioneer Street, Henderson<br>T: 09 839 0280, E: <a href="mailto:poacreferrals@tamakihealth.co.nz">poacreferrals@tamakihealth.co.nz</a> | <i>IUCD Insertion &amp; Removal, Jadelle Insertion:</i><br>Sharuti Saggar<br><br><i>Jadelle Insertion &amp; Removal, IUCD:</i><br>Dr Yang Ma<br><i>Accepts External Referrals</i> |

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| <b>Westgate Medical Centre</b><br>Westgate Shopping Centre 13E Maki Street, Westgate<br>T: 09 833 3134, E: <a href="mailto:info@wgmc.co.nz">info@wgmc.co.nz</a> or<br><a href="mailto:poacreferrals@tamakihealth.co.nz">poacreferrals@tamakihealth.co.nz</a> | <i>IUCD Insertion &amp; Removal:</i><br>Angeline Paulson, Angela Pringle<br><br><i>Accepts External Referrals</i>                                                                                             |
| <b>Westview Medical Centre*</b><br>5 Glendale Road, Glen Eden<br>T: 09 818 7111, E: <a href="mailto:reception@westview.co.nz">reception@westview.co.nz</a>                                                                                                   | <i>IUCD &amp; Jadelle Insertion &amp; Removal:</i><br>Ashmita Basnyat, Registered Nurse, Dr Brooke Clarkson, Kelly Segar, Registered Nurse<br><br><i>Jadelle Insertion &amp; Removal:</i><br>Dr Antony Taylor |
| <b>RODNEY / NORTH-WEST AUCKLAND</b>                                                                                                                                                                                                                          |                                                                                                                                                                                                               |
| <b>Kaipara Medical Centre (formerly Kaipara Health)</b><br>53-65 Commercial Road, Helensville<br>T: 09 420 8400, E: <a href="mailto:manager@kaiparamed.co.nz">manager@kaiparamed.co.nz</a>                                                                   | <i>IUCD:</i><br>Dr Kathryn Elcock, Beth Poi, Nurse Practitioner<br><br><i>Jadelle:</i><br>Jenna Parkes-Brown, Nurse Prescriber                                                                                |
| <b>Kumeu Village Medical Centre</b><br>92 Main Road, Kumeu<br>T: 09 412 8446, E: <a href="mailto:liane.otto@kumeumedical.co.nz">liane.otto@kumeumedical.co.nz</a>                                                                                            | <i>IUCD Insertion &amp; Removal:</i><br>Dr Grace Morgan                                                                                                                                                       |

\*Accepts referrals

## EAST AUCKLAND (HOWICK / EASTERN SUBURBS)

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| <b>Beachlands Medical Centre</b><br>129A Beachlands Road, Beachlands<br>T: 09 536 6006, E: <a href="mailto:Rebecca.Starr@beachmed.co.nz">Rebecca.Starr@beachmed.co.nz</a>               | <i>IUCD Only:</i><br>Dr Rebecca Starr                                                                                                                                                                                                                                                         |
| <b>Botany Junction Medical</b><br>110 Michael Jones Drive, Flat Bush<br>T: 09 265 0321                                                                                                  | <i>Jadelle &amp; IUCD:</i><br>Dr Therese Khella, E: <a href="mailto:Therese@bjdocs.co.nz">Therese@bjdocs.co.nz</a><br>Dr Jayani Kannagara, E: <a href="mailto:Jayani@bjdocs.co.nz">Jayani@bjdocs.co.nz</a><br>Rashika Devi, E: <a href="mailto:rashika@bjdocs.co.nz">rashika@bjdocs.co.nz</a> |
| <b>Botany Town Centre Medical Practice</b><br>588 Chapel Road, Botany Town Centre<br>T: 09 273 6003, E: <a href="mailto:admin@bmp.nz">admin@bmp.nz</a>                                  | <i>Jadelle &amp; IUCD:</i><br>Dr Pieter Vosloo                                                                                                                                                                                                                                                |
| <b>Crawford Medical Centre</b><br>4 Picton Street, Howick<br>T: 09 538 0083, E: <a href="mailto:info@crawfordmedical.co.nz">info@crawfordmedical.co.nz</a>                              | <i>IUCD &amp; Jadelle Insertion &amp; Removal:</i><br>Dr Bradford Volk<br><br><i>IUCD Insertion:</i><br>Dr Viviana Melendez Muniz                                                                                                                                                             |
| <b>Highbrook Medical</b><br>31 Highbrook Drive, East Tamaki<br>T: 09 273 4876, E: <a href="mailto:nurse@highbrookmedical.co.nz">nurse@highbrookmedical.co.nz</a>                        | <i>Jadelle Insertion &amp; Removal:</i><br>Dr Richard Chong                                                                                                                                                                                                                                   |
| <b>Highland Park Medical / My Health Team</b><br>14 Highland Park Drive, Highland Park<br>T: 09 535 8095, E: <a href="mailto:medical@highlandpark.co.nz">medical@highlandpark.co.nz</a> | <i>Jadelle &amp; IUCD Insertions Only:</i><br>Dr Brett Hyland                                                                                                                                                                                                                                 |
| <b>Howick Health &amp; Medical Centre</b><br>108 Ridge Road, Howick<br>T: 09 534 3978                                                                                                   | <i>Jadelle &amp; IUCD:</i><br>Dr Amy Rankin, E: <a href="mailto:amyh.rankin@gmail.com">amyh.rankin@gmail.com</a>                                                                                                                                                                              |

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| <b>Local Doctors – Dannemora, East Tamaki, Otara</b><br>T: 09 274 7823 ext 9935, E:<br>Andy.knight@tamakihealth.co.nz                                                                           | <b>Jadelle &amp; IUCD:</b><br>Dr Janan Mansour, Dannemora<br>Dr Sue Tutty, East Tamaki<br><br><b>Jadelle Only:</b><br>Dr Geeta Gala, Dannemora                                                                                    |
| <b>Millhouse Integrative Medical Centre</b><br>128 and 130 Millhouse Drive, Howick<br>T: 09 537 4980, E: <a href="mailto:reception@millhousemedical.co.nz">reception@millhousemedical.co.nz</a> | <b>Jadelle &amp; IUCD Insertions:</b><br>Dr Aileen Wong, Dr Therese Khella, Dr Satya Subramanian                                                                                                                                  |
| <b>Tend Pakuranga Medical Centre (formerly Pakuranga Medical)</b><br>11-13 Cortina Place, Pakuranga<br>T: 09 950 7351, E: <a href="mailto:kiaora@tend.nz">kiaora@tend.nz</a>                    | <b>IUCD Insertion &amp; Removal:</b><br>Dr Eileen Sables, Dr Lesley Darcy, Dr Teresa Booth<br><br><b>Jadelle Insertions:</b><br>Maria Mao, Designated Nurse Prescriber<br><br><b>Jadelle Insertions Only:</b><br>Dr Ji Young Park |

*\*Accepts referrals*

| <b>SOUTH AUCKLAND</b>                                                                                                                                                                         |                                                                                                                                                                                                                             |
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| <b>MANGERE / OTAHUHU / OTARA</b>                                                                                                                                                              |                                                                                                                                                                                                                             |
| <b>Bader Drive Health Care</b><br>93 Bader Drive, Mangere Town Centre<br>T: 09 275 8598, E: <a href="mailto:womenshealth@bdhealthcare.co.nz">womenshealth@bdhealthcare.co.nz</a>              | <b>Jadelle &amp; IUCD:</b><br>Dr Nua Tupai                                                                                                                                                                                  |
| <b>Dr Upsdell's Surgery</b><br>2 Graeme Avenue, Mangere East<br>T: 09 278 7214                                                                                                                | <b>Jadelle Only:</b><br>Dr John Upsdell                                                                                                                                                                                     |
| <b>Mangere Contraception Clinic</b><br>10 Waddon Place, Mangere<br>T: 09 259 3826, E: <a href="mailto:larc.cmdhb@middlemore.co.nz">larc.cmdhb@middlemore.co.nz</a>                            | Open every Thursday 8.30 am to 4.30 pm                                                                                                                                                                                      |
| <b>Mangere Health Centre</b><br>6 Waddon Place, Mangere<br>T: 09 255 0600, E: <a href="mailto:admin@mhc.net.nz">admin@mhc.net.nz</a>                                                          | <b>Jadelle &amp; IUCD:</b><br>Lorrayne Rani, Dr Savani Kannangara, Ara Aiba, Registered/Practice Nurse (Accept Referrals)<br><br><b>IUCD Insertion &amp; Removal:</b><br>Dr Tim Hou<br><br><b>Does Not Accept Referrals</b> |
| <b>Mangere Refugee Health Service</b><br>251 Massey Road, Mangere East<br>T: 09 250 9850, E: <a href="mailto:mangererefugeehealth@middlemore.co.nz">mangererefugeehealth@middlemore.co.nz</a> | <b>Jadelle &amp; IUCD Removals:</b><br>Dr Nazeeha Bajoory-Kettoola<br><b>Does Not Accept Referrals</b>                                                                                                                      |
| <b>Lifeline Medical Centre</b><br>230 Great South Road, Otahuhu<br>T: 09 276 2822, E: <a href="mailto:reception@lifelinemedical.co.nz">reception@lifelinemedical.co.nz</a>                    | <b>IUCD &amp; Jadelle Insertion &amp; Removal:</b><br>Dr Sobia Imran                                                                                                                                                        |
| <b>Local Doctors - Mangere &amp; Otara</b><br>T: 09 274 7823 ext 9935, E: Andy.knight@tamakihealth.co.nz                                                                                      | <b>Jadelle &amp; IUCD:</b><br>Dr Oruba Khalil, Otara<br>Dr Lamara Kandelaki, Mangere                                                                                                                                        |

| SOUTH AUCKLAND                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                         |
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|                                                                                                                                                                                                                                                                                                     | <i>IUCD:</i><br>Dr Sashir Thota                                                                                                                                                                                         |
| <b>Otara Family &amp; Christian Health Centre</b><br>5/20 East Tamaki Road, Otara<br>T: 09 274 6654, E: <a href="mailto:roshan.fernando@otarafamily.health.nz">roshan.fernando@otarafamily.health.nz</a>                                                                                            | <i>Jadelle Only:</i><br>Renee Carroll, Siniva Toma<br><br><i>IUCD:</i><br>Delvene Steven                                                                                                                                |
| <b>South Seas Healthcare</b><br>14 Fair Mall, Otara<br>T: 09 273 9017, E: <a href="mailto:admin@southseas.org.nz">admin@southseas.org.nz</a>                                                                                                                                                        | <i>Jadelle Only:</i><br>Dr Rodania Levi                                                                                                                                                                                 |
| <b>The Doctors Middlemore*</b><br>215 Massey Road, Māngere East<br>T: 09 275 9977, E: <a href="mailto:info@md.thedoctors.co.nz">info@md.thedoctors.co.nz</a>                                                                                                                                        | <i>Jadelle Insertions &amp; Removals/IUCD Removals:</i><br>Dr Shomel Gauznabi, Dr Dulani, Dr Tom Bye, Dr Mahzer Iqbal<br><br><i>IUCD Only:</i><br>Dr Neelithi Wickramasinghe<br><br><i>Accepts Referrals</i>            |
| <b>Turuki Healthcare</b><br>2/32 Canning Crescent, Mangere<br>T: 09 275 5788, E: <a href="mailto:mangere@thc.org.nz">mangere@thc.org.nz</a><br><br><i>LARC Clinic (one day a week):</i><br>Bookings for this clinic after an initial consult with a GP                                              | <i>Jadelle &amp; IUCD:</i><br>Dr Emalia Lavemai (during school holidays only), Dr Janet Vaughan, Dr Katrina Kirikino, Dr Thealyssa Ng<br><br><i>Jadelle Insertion:</i><br>Lena Hope                                     |
| PAPATOETOE                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                         |
| <b>Niu Life Midwives</b><br>89 Great South Road, Papatoetoe<br>T: 0800 806 077, M: 021 958 793, E: <a href="mailto:lindafburke@gmail.com">lindafburke@gmail.com</a>                                                                                                                                 | <ul style="list-style-type: none"> <li>Monthly Monday clinic, 9.15 am to 2.30 pm</li> <li>Monthly Saturday clinic, 9.15 am to 2.30 pm for Niu Life Midwives clients only</li> </ul><br><i>Does Not Accept Referrals</i> |
| <b>Whanau Ora Community Clinic</b><br>258 Puhinui Road, Papatoetoe<br>T: 0800 367 942, E: <a href="mailto:info@toa.org.nz">info@toa.org.nz</a>                                                                                                                                                      | <i>Jadelle Only:</i><br>Dr Genevieve Syed                                                                                                                                                                               |
| <b>Youthline Clinic</b><br>145 Saint George Street, Papatoetoe<br>Call: Kerrie Salwey, M: 021 589 520 or<br>E: <a href="mailto:kerrie.salwey@middlemore.co.nz">kerrie.salwey@middlemore.co.nz</a> or Brenda Taia, E: <a href="mailto:brenda.taia@middlemore.co.nz">brenda.taia@middlemore.co.nz</a> | <i>Jadelle Only</i><br>Kerrie Salwey, Brenda Taia<br><br>Drop-in or booked clinic for under 25-year-olds, Thursday from 9.00 am to 12.00 pm                                                                             |
| MANUKAU / MANUREWA / TAKANINI                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                         |
| <b>Bakerfield Medical Centre</b><br>16A Bakerfield Place, Manukau<br>T: 09 263 7770, E: <a href="mailto:manager@bakerfield.co.nz">manager@bakerfield.co.nz</a>                                                                                                                                      | <i>Jadelle &amp; IUCD Insertions &amp; Removals:</i><br>Dr Sahar Bahnam, Dr Hannah Liu                                                                                                                                  |
| <b>Clendon Family Health Centre</b><br>9 Robert Ross Place, Clendon                                                                                                                                                                                                                                 | <i>Jadelle Insertions:</i><br>Dr Bhavana Patel,                                                                                                                                                                         |

| <b>SOUTH AUCKLAND</b>                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                |
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| T: 09 267 2636                                                                                                                                                                                                               | E: <a href="mailto:bhavana@clendonfamily.co.nz">bhavana@clendonfamily.co.nz</a><br>Dr Jessica Ly, E: <a href="mailto:jessica@clendonfamily.co.nz">jessica@clendonfamily.co.nz</a><br><br><i>Jadelle &amp; IUCD:</i><br>Dr Lisa Karl, E: <a href="mailto:Lisa@clendonfamily.co.nz">Lisa@clendonfamily.co.nz</a> |
| <b>Etu Pasifika South Auckland (formerly Cavendish Family Doctors)</b><br>175-195 Cavendish Drive, Papatoetoe<br>T: 09 869 9963, E: <a href="mailto:adminetusouth@etupasifika.co.nz">adminetusouth@etupasifika.co.nz</a>     | <i>Jadelle &amp; IUCD:</i><br>Dr Anne Tuala                                                                                                                                                                                                                                                                    |
| <b>Flatbush Medical Centre</b><br>201 Murphys Road, Flatbush<br>T: 09 930 8314, E: <a href="mailto:Reception.fbmcl@gmail.com">Reception.fbmcl@gmail.com</a>                                                                  | <i>Jadelle Insertion:</i><br>Kalaiyarasi Mohanan                                                                                                                                                                                                                                                               |
| <b>Greenstone Family Clinic</b><br>157 Great South Road, Manurewa<br>T: 09 26 78702                                                                                                                                          | <i>Jadelle Insertions &amp; Removals:</i><br>Karen Hoare (NP)<br>E: <a href="mailto:karen@greenstoneclinic.co.nz">karen@greenstoneclinic.co.nz</a>                                                                                                                                                             |
| <b>Hunters Corner Medical Centre</b><br>28 Hoteo Ave, Papatoetoe<br>T: 09 277 8297, E: <a href="mailto:reception@hunterscornermedical.co.nz">reception@hunterscornermedical.co.nz</a>                                        | <i>IUCD Only:</i><br>Dr Phillipa Johnstone                                                                                                                                                                                                                                                                     |
| <b>Local Doctors – Dawson Road</b><br>T: 09 274 7823 ext 9935, E: <a href="mailto:Andy.knight@tamakihealth.co.nz">Andy.knight@tamakihealth.co.nz</a>                                                                         | <i>Jadelle &amp; IUCD:</i><br>Dr Aaia Aladdin<br><br><i>Jadelle Only:</i><br>Dr Kalyani Wijeweera                                                                                                                                                                                                              |
| <b>Local Doctors – Manurewa Healthcare*</b><br>210 Great South Road, Manurewa<br>T: 09 266 4477, E: <a href="mailto:reception@manurewadoc.co.nz">reception@manurewadoc.co.nz</a>                                             | <i>Jadelle &amp; IUCD:</i><br>Alysha Clark, Nurse Practitioner                                                                                                                                                                                                                                                 |
| <b>Local Doctors – Takanini</b><br>30 Walters Road, Takanini<br>T: 09 274 7823                                                                                                                                               | <i>Jadelle Only:</i><br>Meiyun Ding                                                                                                                                                                                                                                                                            |
| <b>Manukau Health Park Contraception Clinic</b><br>Module 10, 901 Great South Road, Manurewa<br>T: 09 259 3826,<br>E: <a href="mailto:MangereOtarahub.Generic@middlemore.co.nz">MangereOtarahub.Generic@middlemore.co.nz</a> | Alternate Saturdays 9.00 am to 1.00 pm<br><br><i>By Appointment Only</i>                                                                                                                                                                                                                                       |
| <b>Manurewa Medical Limited*</b><br>157 Great South Road, Manurewa<br>T: 09 266 7758, E: <a href="mailto:nurses@manurewamedical.co.nz">nurses@manurewamedical.co.nz</a>                                                      | <i>Jadelle Insertions &amp; Removals, IUCD Insertions &amp; Removals:</i><br>Poonam Saini<br><br><i>Accepts Internal &amp; External Referrals</i>                                                                                                                                                              |
| <b>Pasefika Family Health*</b><br>5 Waimahia Avenue, Weymouth 2103<br>T: 09 528 9800, E: <a href="mailto:admin@pasefikahealth.co.nz">admin@pasefikahealth.co.nz</a>                                                          | <i>Jadelle &amp; IUCD Insertion &amp; Removal:</i><br>Dr Melbourne Mauiliu, Dr Lulu<br><br><i>Accepts Referrals</i>                                                                                                                                                                                            |
| <b>Southpoint Family Doctors</b><br>9 Sharkey Street, Manukau<br>T: 09 262 0072                                                                                                                                              | <i>Jadelle Only:</i><br>Dr Fiona Shepherd, E: <a href="mailto:fiona@spfd.co.nz">fiona@spfd.co.nz</a><br><br><i>IUCD Only:</i>                                                                                                                                                                                  |

## SOUTH AUCKLAND

For external referrals bookings contact [clinical@spfd.co.nz](mailto:clinical@spfd.co.nz) or [reception@spfd.co.nz](mailto:reception@spfd.co.nz)

Dr Hinamaha Lutui, E: [hinamaha@spfd.co.nz](mailto:hinamaha@spfd.co.nz)

### Whanau Ora Community Clinic

153 Mahia Road, Wattle Downs

T: 09 266 6070, E: [receptionmahia@toa.org.nz](mailto:receptionmahia@toa.org.nz)

*Jadelle Insertions:*

Dr Rohit Singla

### Wiri Family Doctors

10/792 Great South Road, Wiri

T: 09 263 6622, E: [wirifamilydoctors@gmail.com](mailto:wirifamilydoctors@gmail.com)

*Jadelle Only:*

Xin (Isabel) Zhao

## SOUTH AUCKLAND

### PAPAKURA

#### 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](mailto:admin@pemc.co.nz)

*Jadelle & IUCD Insertions, Accepts Referrals:*

Dr Shelly Collins, Korinna Walker-Burns, Nurse

*Jadelle & IUCD Insertions, Does Not Accept Referrals:*

Dr Dean Mackay

#### Papakura Marae Health Clinic

29 Hunua Road, Papakura

T: 09 297 2160, E: [reception@papakuramarae.co.nz](mailto:reception@papakuramarae.co.nz)

*Jadelle Insertions & Removals:*

Amanpreet Kaur

### OTHER SOUTH AUCKLAND SERVICES

#### 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

*Jadelle Insertions Only:*

Kate Chitar, Kerrie Salwey, Brenda Taia

*Does Not Accept Referrals*

#### 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)

*\*Accepts referrals*

## FRANKLIN

### Mai Lighthouse (formerly Franklin Family Support Services)

205 King Street, Pukekohe

Drop-in or booked clinic for under 25-year-olds, Tuesday from 9.00 am to 12.00 pm

| FRANKLIN                                                                                                                                                                         |                                                                                                                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Call/text: Brenda Taia (Te Rarawa), M: 021 404 862 to book or phone T: 09 238 6233, E: <a href="mailto:admin@mailighthouse.org.nz">admin@mailighthouse.org.nz</a>                | <i>Jadelle Only:</i><br>Brenda Taia                                                                                                                                                                                        |
| <b>Pukekohe Family Health Care</b><br>10 West Street, Pukekohe<br>T: 09 237 0280, E: <a href="mailto:contact@pukekohehealth.co.nz">contact@pukekohehealth.co.nz</a>              | <i>Jadelle &amp; IUCD:</i><br>Dr Aileen Elborough                                                                                                                                                                          |
| <b>Pukekohe Maternity Hospital</b><br>1 Tuakau Road, Pukekohe<br>M: 0272 564 088                                                                                                 | <i>Jadelle Only:</i><br>Elizabeth Harker, E: <a href="mailto:liz.midwife@xtra.co.nz">liz.midwife@xtra.co.nz</a><br><br><i>Contraception Clinic:</i><br>Held weekly for postnatal women who have delivered within 12 weeks. |
| <b>Pukekohe South Doctors</b><br>241 Manukau Road, Pukekohe<br>T: 09 237 0286, E: <a href="mailto:reception@pukekohesouthdoctors.co.nz">reception@pukekohesouthdoctors.co.nz</a> | <i>IUCD Only:</i><br>Dr Louisa Sinclair ( <i>May 2025 – on extended leave</i> )                                                                                                                                            |
| <b>The Doctors Drury</b><br>175 Great South Road, Drury<br>T: 09 294 3005, E: <a href="mailto:admin@drury.thedoctors.co.nz">admin@drury.thedoctors.co.nz</a>                     | <i>Jadelle &amp; IUCD:</i><br>Dr Lynette Ashby, Dr Sophie Chan                                                                                                                                                             |
| <b>Tuakau Health Centre</b><br>55 George Street, Tuakau 2121<br>T: 09 236 8068, E: <a href="mailto:reception@tuakauhealth.co.nz">reception@tuakauhealth.co.nz</a>                | <i>Jadelle Insertions Only:</i><br>Menedore Nibaruta                                                                                                                                                                       |
| <b>Waiuku Health Centre</b><br>30/26-30 Constable Road, Waiuku<br>T: 09 235 9102, E: <a href="mailto:admin@waiukumedical.co.nz">admin@waiukumedical.co.nz</a>                    | <i>Jadelle &amp; IUCD:</i><br>Dr Nicola Coombes, Dr Sasha Maxwell<br><br><i>Does Not Accept Referrals</i>                                                                                                                  |