

LARC PROVIDERS – METRO AUCKLAND

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

AUCKLAND CENTRAL (ISTHMUS)	
AUT Student Medical Centre AUT City & North Campuses T: 021 925 332, E: amy.brockbank@aut.ac.nz	<i>IUCD & Jadelle Insertion & Removal:</i> Dr Padmaja Rayudu, Dr Joanne McGregor <i>Enrolled patients only</i>
Dr Nicholas Cooper Surgery* 33 Queen Mary Avenue, Epsom T: 09 630 9191, E: sharronjill@gmail.com	<i>IUCD & Jadelle Insertion & Removal:</i> Dr Nicholas Cooper, Mi Yeong You, Nurse Practitioner <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)
Family Health Matters* 137 West Tamaki Road, Glen Innes T: 09 973 4106, E: manager@fhm.co.nz	<i>Jadelle Insertion & Removal</i> <i>Accepts Referrals</i>
Freemans Bay Medical 100 Wellington Street, Freemans Bay T: 09 378 6653, E: info@fbmc.co.nz	<i>IUCD Insertion:</i> Dr Dalice Keogh
GP and Me 28 Dominion Road, Mt Eden T: 09 625 8998, E: hello@gpandme.co.nz	<i>IUCD & Jadelle Insertion & Removal:</i> Dr Connie Juhn*, Dr Amy Aspoas* <i>IUCD Removal:</i> Nadia Gozon, Nurse Practitioner <i>*Accepts referrals and casual patients</i>
GP Central 223 Stoddard Rd & 969 Dominion Rd, Mt Roskill T: 09 621 0387, E: businessmanager@gpcentral.co.nz	<i>IUCD Insertion & Removal:</i> Dr Oonagh Turner, Dr Terrillian Hui, Dr Logitha Sritharan, Dr Caitlin Corlett, Dr Queenie Son
Health New Lynn Tōtara Health, 1 McCrae Way, New Lynn T: 09 827 8888, E: ClinicalAssistant@healthnewlynn.co.nz	<i>IUCD & Jadelle Insertion & Removal:</i> Dr Manduli Premachandra, Dr Sadaf Intikhab, Dr George Hales <i>Accepts External Referrals</i>
Local Doctors Glen Innes 5 Mayfair Place, Glen Innes, Auckland 1072 T: 09 528 9054, E: poacreferrals@tamakihealth.co.nz	<i>IUCD Insertion & Removal:</i> Tara Zhang <i>Accepts External Referrals</i>
Lynnmall Medical Centre 3058 Great North Road, New Lynn T: 09 827 3163, E: lynnmall.reception@tamakihealth.co.nz or poacreferrals@tamakihealth.co.nz	<i>IUCD & Jadelle Insertion & Removal:</i> Sibongile Mdletshe, Registered Nurse <i>Accepts External Referrals</i>
Mission Bay Doctors 10 Marau Crescent, Mission Bay, Auckland T: 09 521 1120, E: reception@mbdrs.co.nz	<i>IUCD & Jadelle Insertion & Removal:</i> Dr Suyin Kour
Remuera Doctors	<i>IUCD & Jadelle Insertion & Removal:</i>

AUCKLAND CENTRAL (ISTHMUS)

333 Remuera Road, Remuera T: 09 524 6504, E: reception@remueradoctors.co.nz	Dr Suyin Kour
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>
The Doctors St Heliers Level 1, 10 Turua Street, St Heliers T: 09 575 9491, E: info@sh.thedoctors.co.nz	<i>IUCD & Jadelle Insertion & Removal:</i> Dr Tomasina Perkov <i>Accepts Referrals</i>
The Village Family Medical Building 265 Morrin Road, St Johns 1072 T: 09 528 3323, E: practicemanager@elstree.co.nz	<i>IUCD & Jadelle Insertion & Removal:</i> Dr Ssu Yu Suei Lin <i>Enrolled Patients Only</i>
The 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
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>

WAITEMATA (NORTH SHORE, WEST AUCKLAND, ALBANY)

NORTH SHORE / HIBISCUS COAST

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

WEST AUCKLAND

Green Bay Medical Centre 70 Godley Road, Green Bay T: 09 827 4075, E: greenbay@xtra.co.nz	<i>Jadelle & IUCD:</i> Dr William Reyneke <i>Jadelle Insertion & Removal:</i> Dr Cushla Borthwick
Kānuka Health	<i>Jadelle Insertion:</i>

WAITEMATA (NORTH SHORE, WEST AUCKLAND, ALBANY)

Titirangi	Lydia Hope
Kelston Medical Centre* 5 Glendale Road, Glen Eden T: 09 818 5208, E: admin@kelstonmed.co.nz	<i>IUCD & Jadelle Insertion & Removal:</i> Kelly Segar, Nurse
Local Doctors Ranui 421 Swanson Road, Ranui T: 09 833 6033	<i>IUCD & Jadelle Insertion & Removal:</i> Dr Yang Ma
Local Doctors Wai Health 6-8 Pioneer Street, Henderson T: 09 839 0280, E: poacreferrals@tamakihealth.co.nz	<i>IUCD Insertion & Removal, Jadelle Insertion:</i> Sharuti Saggar <i>Jadelle Insertion & Removal, IUCD:</i> Dr Yang Ma <i>Accepts External Referrals</i>
Westgate Medical Centre Westgate Shopping Centre 13E Maki Street, Westgate T: 09 833 3134, E: info@wgmc.co.nz or poacreferrals@tamakihealth.co.nz	<i>IUCD Insertion & Removal:</i> Angeline Paulson, Angela Pringle <i>Accepts External Referrals</i>
Westview Medical Centre* 5 Glendale Road, Glen Eden T: 09 818 7111, E: reception@westview.co.nz	<i>IUCD & Jadelle Insertion & Removal:</i> Ashmita Basnyat, Registered Nurse, Dr Brooke Clarkson, Kelly Segar, Registered Nurse <i>Jadelle Insertion & Removal:</i> Dr Antony Taylor
RODNEY / NORTH-WEST AUCKLAND	
Kaipara Medical Centre (formerly Kaipara Health) 53-65 Commercial Road, Helensville T: 09 420 8400, E: manager@kaiparamed.co.nz	<i>IUCD:</i> Dr Kathryn Elcock, Beth Poi, Nurse Practitioner <i>Jadelle:</i> Jenna Parkes-Brown, Nurse Prescriber
Kumeu Village Medical Centre 92 Main Road, Kumeu T: 09 412 8446, E: liane.otto@kumeumedical.co.nz	<i>IUCD Insertion & Removal:</i> Dr Grace Morgan

*Accepts referrals

EAST AUCKLAND (HOWICK / EASTERN SUBURBS)

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

EAST AUCKLAND (HOWICK / EASTERN SUBURBS)

Crawford Medical Centre 4 Picton Street, Howick T: 09 538 0083, E: info@crawfordmedical.co.nz	<i>IUCD & Jadelle Insertion & Removal:</i> Dr Bradford Volk <i>IUCD Insertion:</i> Dr Viviana Melendez Muniz
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:</i> Dr Brett Hyland <i>IUCD Insertions:</i> Jocelyn Meynell, Nurse Practitioner*
Howick Health & Medical Centre 108 Ridge Road, Howick T: 09 534 3978	<i>Jadelle & IUCD:</i> Dr Amy Rankin, E: reception@howickhealth.co.nz
Local Doctors – Dannemora, East Tamaki, Otara 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
Tend Pakuranga Medical Centre (formerly Pakuranga Medical) 11-13 Cortina Place, Pakuranga T: 09 950 7351, E: kiaora@tend.nz	<i>IUCD Insertion & Removal:</i> Dr Eileen Sables, Dr Lesley Darcy, Dr Teresa Booth <i>Jadelle Insertions:</i> Maria Mao, Designated Nurse Prescriber <i>Jadelle Insertions Only:</i> Dr Ji Young Park

*Accepts referrals

SOUTH AUCKLAND

MANGERE / OTAHUHU / 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 & IUCD:</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

SOUTH AUCKLAND	
Mangere Health Centre 6 Waddon Place, Mangere T: 09 255 0600, E: admin@mhc.net.nz	<i>Jadelle & IUCD:</i> Lorryne Rani, Dr Savani Kannangara, Ara Aiba, Registered/Practice Nurse (Accept Referrals) <i>IUCD Insertion & Removal:</i> Dr Tim Hou <i>Does Not Accept Referrals</i>
Mangere Refugee Health Service 251 Massey Road, Mangere East T: 09 250 9850, E: mangererefugeehealth@middlemore.co.nz	<i>Jadelle & IUCD Removals:</i> Dr Nazeeha Bajoory-Kettoola <i>Does Not Accept Referrals</i>
Lifeline Medical Centre 230 Great South Road, Otahuhu T: 09 276 2822, E: reception@lifelinemedical.co.nz	<i>IUCD & Jadelle Insertion & Removal:</i> Dr Sobia Imran
Local Doctors - Mangere & Otara T: 09 274 7823 ext 9935, E: Andy.knight@tamakihealth.co.nz	<i>Jadelle & IUCD:</i> Dr Oruba Khalil, Otara Dr Lamara Kandelaki, Mangere <i>IUCD:</i> Dr Sashir Thota
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:</i> Delvene Steven
South Seas Healthcare 14 Fair Mall, Otara T: 09 273 9017, E: admin@southseas.org.nz	<i>Jadelle Only:</i> Dr Rodania Levi
The Doctors Middlemore* 215 Massey Road, Māngere East T: 09 275 9977, E: info@md.thedoctors.co.nz	<i>Jadelle Insertions & Removals/IUCD Removals:</i> Dr Shomel Gauznabi, Dr Dulani, Dr Tom Bye, Dr Mahzer Iqbal <i>IUCD Only:</i> Dr Neelithi Wickramasinghe <i>Accepts Referrals</i>
Turuki Healthcare 2/32 Canning Crescent, Mangere T: 09 275 5788, E: mangere@thc.org.nz <i>LARC Clinic (one day a week):</i> Bookings for this clinic after an initial consult with a GP	<i>Jadelle & IUCD:</i> Dr Emalia Lavemai (during school holidays only), Dr Janet Vaughan, Dr Katrina Kirikino, Dr Thealyssa Ng <i>Jadelle Insertion:</i> Lena Hope
PAPATOETOE	
Niu Life Midwives 89 Great South Road, Papatoetoe	▪ Monthly Monday clinic, 9.15 am to 2.30 pm

SOUTH AUCKLAND	
T: 0800 806 077, M: 021 958 793, E: lindafburke@gmail.com	Monthly Saturday clinic, 9.15 am to 2.30 pm for Niu Life Midwives clients only <i>Does Not Accept Referrals</i>
Whanau Ora Community Clinic 258 Puhinui Road, Papatoetoe T: 0800 367 942, E: info@toa.org.nz	<i>Jadelle Only:</i> 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 / MANUREWA / TAKANINI	
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
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
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 – Manukau 18 Manukau Station Road, Manukau T: 09 262 2011, E: reception@mcmcltd.co.nz	<i>Jadelle & IUCD:</i> Dr Mekala Pushparajah <i>Accepts Referrals</i>
Local Doctors – Manurewa Healthcare*	<i>Jadelle & IUCD:</i>

SOUTH AUCKLAND	
210 Great South Road, Manurewa T: 09 266 4477, E: reception@manurewadoc.co.nz	Alysha Clark, Nurse Practitioner
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 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 & Externals Referrals</i>
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>
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

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	<i>Jadelle & IUCD Insertions, Accepts Referrals:</i> Dr Shelly Collins, Korrinna 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
OTHER SOUTH AUCKLAND SERVICES	

SOUTH AUCKLAND

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*

and

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

Jadelle Only:
Brenda Taia

Pukekohe Family Health Care

10 West Street, Pukekohe

T: 09 237 0280, E: contact@pukekohehealth.co.nz

Jadelle & IUCD:
Dr Aileen Elborough

Pukekohe Maternity Hospital

1 Tuakau Road, Pukekohe

M: 0272 564 088

Jadelle Only:
Elizabeth Harker, E: liz.midwife@extra.co.nz

Contraception Clinic:
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

IUCD Only:
Dr Louisa Sinclair (May 2025 – on extended
leave)

The Doctors Drury

175 Great South Road, Drury

T: 09 294 3005, E: admin@drury.thedoctors.co.nz

Jadelle & IUCD:
Dr Lynette Ashby, Dr Sophie Chan

Tuakau Health Centre

55 George Street, Tuakau 2121

T: 09 236 8068, E: reception@tuakauhealth.co.nz

Jadelle Insertions Only:
Menedore Nibaruta

Waiuku Health Centre

30/26-30 Constable Road, Waiuku

T: 09 235 9102, E: admin@waiukumedical.co.nz

Jadelle & IUCD:
Dr Nicola Coombes, Dr Sasha Maxwell

Does Not Accept Referrals

