

**LARC PROVIDERS – COUNTIES MANUKAU**

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

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

FRANKLIN	
<p><b>Mai Lighthouse (formerly Franklin Family Support Services)</b> 205 King Street, Pukekohe 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></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><b>Pukekohe Family Health Care</b> 10 West Street, Pukekohe T: 09 237 0280, E: <a href="mailto:contact@pukekohehealth.co.nz">contact@pukekohehealth.co.nz</a></p>	<p><i>Jadelle &amp; IUCD:</i> Dr Aileen Elborough</p>
<p><b>Pukekohe Maternity Hospital</b> 1 Tuakau Road, Pukekohe M: 0272 564 088</p>	<p><i>Jadelle Only:</i> Elizabeth Harker, E: <a href="mailto:liz.midwife@xtra.co.nz">liz.midwife@xtra.co.nz</a></p> <p><i>Contraception Clinic:</i> Held weekly for postnatal women who have delivered within 12 weeks.</p>
<p><b>Pukekohe South Doctors</b> 241 Manukau Road, Pukekohe T: 09 237 0286, E: <a href="mailto:reception@pukekohesouthdoctors.co.nz">reception@pukekohesouthdoctors.co.nz</a></p>	<p><i>IUCD Only:</i> Dr Louisa Sinclair (<i>May 2025 – on extended leave</i>)</p>
<p><b>The Doctors Drury</b> 175 Great South Road, Drury T: 09 294 3005, E: <a href="mailto:admin@drury.thedoctors.co.nz">admin@drury.thedoctors.co.nz</a></p>	<p><i>Jadelle &amp; IUCD:</i> Dr Lynette Ashby, Dr Sophie Chan</p>
<p><b>Tuakau Health Centre</b> 55 George Street, Tuakau 2121 T: 09 236 8068, E: <a href="mailto:reception@tuakauhealth.co.nz">reception@tuakauhealth.co.nz</a></p>	<p><i>Jadelle Insertions Only:</i> Menedore Nibaruta</p>
<p><b>Waiuku Health Centre</b> 30/26-30 Constable Road, Waiuku T: 09 235 9102, E: <a href="mailto:admin@waiukumedical.co.nz">admin@waiukumedical.co.nz</a></p>	<p><i>Jadelle &amp; IUCD:</i> Dr Nicola Coombes, Dr Sasha Maxwell</p> <p><i>Does Not Accept Referrals</i></p>

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

<b>MANGERE &amp; OTARA</b>	
251 Massey Road, Mangere East T: 09 250 9850, E: <a href="mailto:mangererefugeehealth@middlemore.co.nz">mangererefugeehealth@middlemore.co.nz</a>	Dr Nazeeha Bajoory-Kettoola  <i>Does Not Accept Referrals</i>
<b>Niu Life Midwives</b> 89 Great South Road, Papatoetoe 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> <i>Does Not Accept Referrals</i>
<b>Local Doctors - Mangere &amp; Otara</b> T: 09 274 7823 ext 9935, E: <a href="mailto:Andy.knight@tamakihealth.co.nz">Andy.knight@tamakihealth.co.nz</a>	<b>Jadelle &amp; IUCD:</b> Dr Oruba Khalil, Otara Dr Lamara Kandelaki, Mangere  <b>IUCD:</b> Dr Sashir Thota
<b>Otara Family &amp; Christian Health Centre</b> 5/20 East Tamaki Road, Otara T: 09 274 6654, E: <a href="mailto:roshan.fernando@otarafamily.health.nz">roshan.fernando@otarafamily.health.nz</a>	<b>Jadelle Only:</b> Renee Carroll, Siniva Toma  <b>IUCD:</b> Delvene Steven
<b>South Seas Healthcare</b> 14 Fair Mall, Otara T: 09 273 9017, E: <a href="mailto:admin@southseas.org.nz">admin@southseas.org.nz</a>	<b>Jadelle Only:</b> Dr Rodania Levi
<b>The Doctors Middlemore</b> 215 Massey Road, Māngere East T: 09 275 9977, E: <a href="mailto:info@md.thedoctors.co.nz">info@md.thedoctors.co.nz</a>	<b>Jadelle Insertions &amp; Removals/IUCD Removals:</b> Dr Shomel Gauznabi, Dr Dulani, Dr Tom Bye, Dr Mahzer Iqbal  <b>IUCD Only:</b> Dr Neelithi Wickramasinghe  <i>Accepts Referrals</i>
<b>Turuki Healthcare</b> 2/32 Canning Crescent, Mangere T: 09 275 5788, E: <a href="mailto:mangere@thc.org.nz">mangere@thc.org.nz</a>	<b>Jadelle &amp; IUCD:</b> Dr Emalia Lavemai (during school holidays only), Dr Janet Vaughan, Dr Katrina Kirikino, Dr Thealyssa Ng  <b>Jadelle Insertion:</b> Lena Hope  <b>LARC Clinic (one day a week):</b> Bookings for this clinic after an initial consult with a GP
<b>Whanau Ora Community Clinic</b> 258 Puhinui Road, Papatoetoe T: 0800 367 942, E: <a href="mailto:info@toa.org.nz">info@toa.org.nz</a>	<b>Jadelle Only:</b> Dr Genevieve Syed
<b>Youthline Clinic</b> 145 Saint George Street, Papatoetoe Call: Kerrie Salwey, M: 021 589 520 or	<b>Jadelle Only</b> Kerrie Salwey, Brenda Taia

<b>MANGERE &amp; OTARA</b>	
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>	Drop-in or booked clinic for under 25-year-olds, Thursday from 9.00 am to 12.00 pm
<b>MANUKAU</b>	
<b>Clendon Family Health Centre</b> 9 Robert Ross Place, Clendon T: 09 267 2636	<i>Jadelle Insertions:</i> Dr Bhavana Patel, E: <a href="mailto:bhavana@clendonfamily.co.nz">bhavana@clendonfamily.co.nz</a> Dr Jessica Ly, E: <a href="mailto:jessica@clendonfamily.co.nz">jessica@clendonfamily.co.nz</a>  <i>Jadelle &amp; IUCD:</i> Dr Lisa Karl, E: <a href="mailto:Lisa@clendonfamily.co.nz">Lisa@clendonfamily.co.nz</a>
<b>Bakerfield Medical Centre</b> 16A Bakerfield Place, Manukau 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> Dr Sahar Bahnam, Dr Hannah Liu
<b>Etu Pasifika South Auckland (formerly Cavendish Family Doctors)</b> 175-195 Cavendish Drive, Papatoetoe T: 09 869 9963, E: <a href="mailto:adminetusouth@etupasifika.co.nz">adminetusouth@etupasifika.co.nz</a>	<i>Jadelle &amp; IUCD:</i> Dr Anne Tuala
<b>Flatbush Medical Centre</b> 201 Murphys Road, Flatbush T: 09 930 8314, E: <a href="mailto:Reception.fbmcl@gmail.com">Reception.fbmcl@gmail.com</a>	<i>Jadelle Insertion:</i> Kalaiyarasi Mohanan
<b>Greenstone Family Clinic</b> 157 Great South Road, Manurewa T: 09 26 78702	<i>Jadelle Insertions &amp; Removals:</i> Karen Hoare (NP) E: <a href="mailto:karen@greenstoneclinic.co.nz">karen@greenstoneclinic.co.nz</a>
<b>Hunters Corner Medical Centre</b> 28 Hoteo Ave, Papatoetoe T: 09 277 8297, E: <a href="mailto:reception@hunterscornermedical.co.nz">reception@hunterscornermedical.co.nz</a>	<i>IUCD Only:</i> Dr Phillipa Johnstone
<b>Local Doctors – Dawson Road</b> 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> Dr Aaia Aladdin  <i>Jadelle Only:</i> Dr Kalyani Wijeweera
<b>Local Doctors – Manurewa Healthcare</b> 210 Great South Road, Manurewa T: 09 266 4477, E: <a href="mailto:reception@manurewadoc.co.nz">reception@manurewadoc.co.nz</a>	<i>Jadelle &amp; IUCD:</i> Alysha Clark, Nurse Practitioner  <i>Jadelle Only:</i> Dr Nishela Manawadu
<b>Local Doctors – Takanini</b> 30 Walters Road, Takanini T: 09 274 7823	<i>Jadelle Only:</i> Meiyun Ding
<b>Manukau Health Park Contraception Clinic</b> Module 10, 901 Great South Road, Manurewa T: 09 259 3826 E: <a href="mailto:MangereOtarahub.Generic@middlemore.co.nz">MangereOtarahub.Generic@middlemore.co.nz</a>	Alternate Saturdays 9.00 am to 1.00 pm  <i>By Appointment Only</i>
<b>Manurewa Healthcare</b> 210 Great South Road, Manurewa	<i>Jadelle Insertion &amp; Removals:</i> Kim Bouzaid

MANUKAU	
T: 09 266 4477, E: <a href="mailto:kim@manurewa.co.nz">kim@manurewa.co.nz</a>	<i>Accepts Referrals</i>
<b>Manurewa Medical Limited</b> 157 Great South Road, Manurewa 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> Poonam Saini  <i>Accepts Internal &amp; Externals Referrals</i>
<b>Papakura Birthing Unit Clinic</b> 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
<b>Papakura East Medical Centre</b> 57 Clevedon Road, Papakura T: 09 299 9666, E: <a href="mailto:admin@pemc.co.nz">admin@pemc.co.nz</a>	<i>Jadelle &amp; IUCD Insertions, Accepts Referrals:</i> Dr Shelly Collins, Korinna Walker-Burns, Nurse  <i>Jadelle &amp; IUCD Insertions, Does Not Accept Referrals:</i> Dr Dean Mackay
<b>Papakura Marae Health Clinic</b> 29 Hunua Road, Papakura T: 09 297 2160, E: <a href="mailto:reception@papakuramarae.co.nz">reception@papakuramarae.co.nz</a>	<i>Jadelle Insertions &amp; Removals:</i> Amanpreet Kaur
<b>Pasefika Family Health</b> 5 Waimahia Avenue, Weymouth 2103 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> Dr Melbourne Mauiliu, Dr Lulu  <i>Accepts Referrals</i>
<b>Secondary School Based Services</b> 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>
<b>Sexual Wellbeing Aotearoa (formerly Family Planning)</b> 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)
<b>Southpoint Family Doctors</b> 9 Sharkey Street, Manukau T: 09 262 0072 For external referrals bookings contact <a href="mailto:clinical@spfd.co.nz">clinical@spfd.co.nz</a> or <a href="mailto:reception@spfd.co.nz">reception@spfd.co.nz</a>	<i>Jadelle Only:</i> Dr Fiona Shepherd, E: <a href="mailto:fiona@spfd.co.nz">fiona@spfd.co.nz</a>  <i>IUCD Only:</i> Dr Hinamaha Lutui, E: <a href="mailto:hinamaha@spfd.co.nz">hinamaha@spfd.co.nz</a>
<b>Whanau Ora Community Clinic</b> 153 Mahia Road, Wattle Downs T: 09 266 6070, E: <a href="mailto:receptionmahia@toa.org.nz">receptionmahia@toa.org.nz</a>	<i>Jadelle Insertions:</i> Dr Rohit Singla
<b>Wiri Family Doctors</b> 10/792 Great South Road, Wiri T: 09 263 6622, E: <a href="mailto:wirifamilydoctors@gmail.com">wirifamilydoctors@gmail.com</a>	<i>Jadelle Only:</i> Xin (Isabel) Zhao

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