

**CERTIFIED LARC PROVIDERS – COUNTIES MANUKAU**

Please contact [LARC.CMDHB@middlemore.co.nz](mailto:LARC.CMDHB@middlemore.co.nz) for any additions or amendments to this list

EASTERN	
<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>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>IUCD Only:</i> Dr Brett Hyland  <i>Jadelle &amp; IUCD:</i> Dr Lydia Siew, E: <a href="mailto:lydia@highlandpark.co.nz">lydia@highlandpark.co.nz</a> Dr Wendy Chan, E: <a href="mailto:wendy.hk.chan@gmail.com">wendy.hk.chan@gmail.com</a>
<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 &amp; East Tamaki</b> T: 09 274 7823 ext 9935, E: <a href="mailto:anjini.kumar@tamakihealth.co.nz">anjini.kumar@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 Insertions Only:</i> Dr Frank Yang  <i>Accepts Referrals</i>
<b>Tend Pakuranga Medical Centre (formerly Pakuranga Medical)</b> 11-13 Cortina Place, Pakuranga	<i>Jadelle &amp; IUCD:</i> Dr Eileen Sables

# Te Whatu Ora

## Health New Zealand

T: 09 950 7351, E: <a href="mailto:kiaora@tend.nz">kiaora@tend.nz</a>	<i>Jadelle / IUCD Removals Only:</i> Dr Nigel Tay  <i>Jadelle Insertions Only:</i> Dr Ji Young Park
<b>The Doctors Ti Rakau</b> 316 Ti Rakau Drive, Burswood, Auckland T: 09 273 8980, E: <a href="mailto:info@tr.thedoctors.co.nz">info@tr.thedoctors.co.nz</a>	<i>Jadelle Insertions Only:</i> Dr Frank Yang

FRANKLIN	
<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, <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>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@familysupport.org.nz">admin@familysupport.org.nz</a>	Drop-in or booked clinic for under 25-year-olds, Tuesday from 9.00 am to 12.00 pm  <i>Jadelle Only</i>
<b>Pukekohe Birthing Unit Clinic</b> Pukekohe Hospital, 1 Tuakau Road, Pukekohe T: 09 237 0640, M: 021 958 793	Every Friday from 9.15 am to 3.15 pm
<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>	<i>Jadelle &amp; IUCD:</i> Dr Aileen Elborough
<b>Pukekohe Maternity Hospital</b> 1 Tuakau Road, Pukekohe M: 0272 564 088	<i>Jadelle Only:</i> Elizabeth Harker, E: <a href="mailto:liz.midwife@xtra.co.nz">liz.midwife@xtra.co.nz</a>
<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>	<i>IUCD Only:</i> Dr Louisa Sinclair
<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>	<i>Jadelle &amp; IUCD:</i> Dr Lynette Ashby, Dr Sophie Chan
<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>	<i>Jadelle Insertions Only:</i> Menedore Nibaruta
<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>	<i>Jadelle &amp; IUCD:</i> Dr Nicola Coombes, Dr Sasha Maxwell  <i>Does Not Accept Referrals</i>

# Te Whatu Ora

## Health New Zealand

MANGERE/OTARA	
<b>Bader Drive Health Care Maangere</b> 93 Bader Drive, Maangere Town Centre T: 09 275 8598, E: <a href="mailto:womenshealth@bdhealthcare.co.nz">womenshealth@bdhealthcare.co.nz</a>	<i>Jadelle &amp; IUCD:</i> Dr Nua Tupai
<b>Dr Upsdell's Surgery</b> 2 Graeme Avenue, Maangere East T: 09 278 7214	<i>Jadelle Only:</i> Dr John Upsdell
<b>Health Connections</b> 145 Saint George Street, Papatoetoe M: 022 428 8396	<i>Jadelle &amp; IUCD:</i> Katie McCullough (NP) E: <a href="mailto:katie@healthconnections.co.nz">katie@healthconnections.co.nz</a> E: <a href="mailto:Yhs@healthconnections.co.nz">Yhs@healthconnections.co.nz</a>
<b>Maangere Hub Contraception Clinic</b> 10 Waddon Place, Maangere T: 09 259 3826 E: <a href="mailto:MangereOtarahub.Generic@middlemore.co.nz">MangereOtarahub.Generic@middlemore.co.nz</a>	Open every Thursday 8.30 am to 4.30 pm
<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>	<i>Jadelle &amp; IUCD, Accepts Referrals for Mangere Health Centre Patients Only:</i> Lorryne Rani
<b>Mangere Refugee Health Service</b> 251 Massey Road, Mangere East T: 09 250 9850, E: <a href="mailto:mangerehealth@mangerehealth.co.nz">mangerehealth@mangerehealth.co.nz</a>	<i>Jadelle &amp; IUCD Removals:</i> Dr Nazeeha Bajoor-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 - Maangere &amp; Otago</b> T: 09 274 7823 ext 9935, E: <a href="mailto:anjini.kumar@tamakihealth.co.nz">anjini.kumar@tamakihealth.co.nz</a>	<i>Jadelle &amp; IUCD:</i> Dr Oruba Khalil, Otago  <i>Jadelle Only:</i> Dr Lamara Kandelaki, Mangere
<b>OneCare Health Papatoetoe</b> 230 Great South Road, Papatoetoe T: 09 550 2146, E: <a href="mailto:ocoreception@onecarehealth.co.nz">ocoreception@onecarehealth.co.nz</a>	<i>Jadelle Insertions:</i> Dr Rohit Singla
<b>Otago Family &amp; Christian Health Centre</b> 5/20 East Tamaki Road, Otago T: 09 274 6654, E: <a href="mailto:roshan.fernando@otarafamily.health.nz">roshan.fernando@otarafamily.health.nz</a>	<i>Jadelle Only:</i> Renee Carroll, Siniva Toma  <i>IUCD Only:</i> Melissa Hassan
<b>South Seas Healthcare</b> 14 Fair Mall, Otago T: 09 273 9017, E: <a href="mailto:admin@southseas.org.nz">admin@southseas.org.nz</a>	<i>Jadelle Only:</i> Dr Rodania Levi
<b>The Doctors Middlemore</b>	<i>Jadelle Insertions &amp; Removals/IUCD Removals:</i>

# Te Whatu Ora

## Health New Zealand

215 Massey Road, Māngere East T: 09 275 9977, E: <a href="mailto:info@md.thedoctors.co.nz">info@md.thedoctors.co.nz</a>	<i>Dr Shomel Gauznabi, Dr Dulani, Dr Tom Bye, Dr Mahzer Iqbal</i>  <i>Does Not Accept Referrals</i>
<b>Turuki Healthcare</b> 2/32 Canning Crescent, Maangere T: 09 275 5788, E: <a href="mailto:mangere@thc.org.nz">mangere@thc.org.nz</a>	<i>Jadelle &amp; IUCD:</i> Dr Emalia Lavemai, Dr Janet Vaughan, Dr Katrina Kirikino, Dr Thealyssa Ng  <i>IUCD Only:</i> Dr Linda Pirrit
<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>	<i>Janelle Only:</i> Dr Genevieve Syed
<b>Youthline Clinic</b> 145 Saint George Street, Papatoetoe Call: Kerrie Salwey, M: 021 589 520 or E: <a href="mailto:kerrie.salwey@middlemore.co.nz">kerrie.salwey@middlemore.co.nz</a>	Drop-in or booked clinic for under 25-year-olds, Thursday from 9.00 am to 12.00 pm  <i>Jadelle Only</i>

MANUKAU	
<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:</i> Dr Sahar Bahnam
<b>Conifer Gardens Medical Centre</b> 138 Great South Road, Takanini T: 09 298 0238, E: <a href="mailto:cgmcc@gmcc.co.nz">cgmcc@gmcc.co.nz</a>	<i>IUCD Only:</i> Dr May Lim  <i>Does Not Accept Referrals</i>
<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>	Dr Anne Tuala
<b>Greenstone Family Clinic</b> 157 Great South Road, Manurewa T: 09 26 78702	<i>Jadelle Insertions &amp; Insertions:</i> Karen Hoare (NP) E: <a href="mailto:karen@greenstoneclinic.co.nz">karen@greenstoneclinic.co.nz</a>
<b>Health and Happiness (un) Ltd</b> 488 Great South Road, Papatoetoe T: 09 277 7830, E: <a href="mailto:reception@yourhealthcentre.co.nz">reception@yourhealthcentre.co.nz</a>	<i>Jadelle Insertions Only:</i> Dr Rohit Singla
<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>Leabank Health Centre</b> 100 Weymouth Road, Manurewa T: 09 267 1580, E: <a href="mailto:leabank.reception@tamakihealth.co.nz">leabank.reception@tamakihealth.co.nz</a>	<i>Jadelle &amp; IUCD:</i> Alysha Clark  <i>Jadelle Only:</i>

MANUKAU	
	Dr Nishela Manawadu
<b>Local Doctors – Dawson Road</b> T: 09 274 7823 ext 9935, E: <a href="mailto:anjini.kumar@tamakihealth.co.nz">anjini.kumar@tamakihealth.co.nz</a>	<i>Jadelle &amp; IUCD:</i> Dr Aaia Aladdin  <i>Jadelle Only:</i> Dr Kalyani Wijeweera
<b>Manukau SuperClinic, Contraception Clinic</b> 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 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 Only, 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, Jan Christieson, Nurse  <i>Jadelle &amp; IUCD Insertions, Does Not Accept Referrals:</i> Dr Dean Mackay
<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:</i> Dr Melbourne Mauiliu  <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>	<i>Jadelle Only:</i>

# Te Whatu Ora

## Health New Zealand

MANUKAU	
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>	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>Te Manu Aute Whare Oranga</b> 81 Finlayson Avenue, Clendon Park, Manurewa T: 09 640 0824 E: <a href="mailto:whareoranga@manurewamarae.co.nz">whareoranga@manurewamarae.co.nz</a>	<i>Jadelle &amp; IUCD:</i> Veenita Rairi
<b>The Fono - Manurewa</b> 7 Halver Road, Manurewa T: 09 267 6331	<i>Jadelle &amp; IUCD:</i> Dr Natasha Bansal E: <a href="mailto:Natasha.Bansal@thefono.org">Natasha.Bansal@thefono.org</a>
<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	
<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>	<i>Jadelle &amp; IUCD:</i> MiYeong You (NP)  <i>Accepts Referrals from CMH Patients</i>
<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>	<i>Jadelle &amp; IUCD:</i> Dr Suei (Ssu-Yu)
<b>Local Doctors – Sylvia Park</b> T: 09 274 7823 ext 9935, E: <a href="mailto:anjini.kumar@tamakihealth.co.nz">anjini.kumar@tamakihealth.co.nz</a>	<i>Jadelle &amp; IUCD:</i> Dr Vidhi Mehta (on leave till Sept)
<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>	<i>Jadelle &amp; IUCD Removals Only:</i> Dr Sobia Imran
<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>	<i>Jadelle &amp; IUCD:</i> Alysha Clark  <i>Accepts Referrals</i>
<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>	<i>IUCD Only:</i> Dr Kate Harrison  <i>CMH Patients Enrolled with Clinic Only</i>
<b>University of Auckland Health &amp; Counselling Service</b> T: 0800 698 427, E: <a href="mailto:uhsnurse@auckland.ac.nz">uhsnurse@auckland.ac.nz</a>	<i>Jadelle Insertion &amp; Removal:</i> Stephanie Crerar, Gladys Ko  <i>Jadelle &amp; IUCD Insertion &amp; Removal:</i> Doreen Arasaratnam, Eleanor Philp