



Finding Health Services

COUNTIES MANUKAU

Kia ora!

There are many health services available in the Counties Manukau community. This information will help you find services which are affordable, and can support you and your family to:

- Keep healthy and well
- Identify and address health issues
- Ensure your income and housing allows you to remain healthy.



*Healthy body,
healthy person,
healthy family,
healthy community.*

Choosing a health service

Not sure which service you need?

Family medical centres (GPs) or Pharmacies, are a good place to start if you want a health check or have a health concern. These services can refer you to specialist health services if needed.

Is your health need urgent or an emergency?

Accident & Medical Clinics are a good option as there are several available, and they have long opening hours.

If these services are closed, or it is a life-threatening emergency, then the Emergency Department at Middlemore Hospital is best.

Key Information

COST 💰

All the services listed are **FREE** for people who are eligible for publicly funded health care, unless their description says otherwise. Services with a 💰 may require a fee.

REFERRAL 🏥

People can **self-refer** to all these services, unless their description says otherwise. Services with a 🏥 require a referral from a health professional.

Living Well

There are many ways to be more active and eat more healthily.

The services with a **G** are free (or cheaper) if people have a Green Prescription, either from a health professional, or self-referral.

Sport Auckland **G**

- ☎ (09) 623 7900 or ☎ 0800 22 84 83
- 📱 TXT name and 'GRX' to 2739
- 🌐 sportauckland.co.nz

Provides individual and group support for healthier eating and being more active. Services are provided in Papakura, Franklin, Māngere, Manurewa, Ōtara and Howick/ Pakuranga. Self-referrals accepted via phone, online or text.

Ōtara Health Charitable Trust **G**

- ☎ (09) 274 8355

Provides an Active Families programme for children, young people and their families to become more active and eat healthier.

Auckland Council Pools and Leisure Centres **G**

- ☎ (09) 301 0101
- 🌐 aucklandleisure.co.nz/fitness/green-prescription

There are 18 different pools and leisure facilities around East and South Auckland. Some of these provide low cost wellness activities for people with a Green Prescription.

Mahi Marumarū - Recovery Sport

- 🕒 Mondays 2pm-3pm
- ☎ (09) 263 5923

This AOD Peer Support service offers Recovery Sport, group-based physical activity on Mondays 2-3pm.

*Physical health
means a better
future for us and
our kids.*



Manurewa Marae - Weekly Fitness Programme

- 📍 81 Finlayson Ave, Clendon Park
- ☎ (09) 267 8768
- 🌐 manurewamarae.co.nz

A range of classes for whānau and the community. See website for more details.

Counties Manukau Health Dietitian Services **R**

For people who want extra support to eat healthier and are not eligible for Green Prescription services, health professionals can make referrals to dietitian services at the following clinics.

Community Health Services - Dietitian clinics



- 📍 Māngere/Ōtara, Botany, Papakura and Pukekohe

Manukau SuperClinic - Outpatient Dietitian clinic

- ☎ (09) 277 1660

Sleep

Greenstone Family Clinic

 157 Great South Road, Manurewa
 (09) 267 8702



This family medical centre provides a sleep clinic. Request help with sleep when booking an appointment. Fees apply.

Counties Manukau Respiratory Services

 100 Hospital Road, Otahuhu
 (09) 276 0000

A GP referral is required




Counties Manukau SuperClinic Outpatient Sleep Clinic

 901 Great South Road, Manukau
 (09) 277 1608

A GP referral is required




Smoking, Alcohol & Drugs

Quitline


 0800 778 778 or  TXT 4006
 quit.org.nz

24/7 support for people to stop smoking by phone, online or text. Nicotine replacement therapy and referral to other services provided.

Counties Manukau - Living Smokefree




 Middlemore Hospital, Building 34 Western Campus
 0800 569 568 or  TXT 'NOW' to 590

Huakina Development Trust

 (09) 238 0250




Health and wellbeing centre provides smoking cessation.

Alcohol & Drug Helpline

 0800 787 797 or  TXT 8681
 alcoholdrughelp.org.nz


A helpline for confidential, professional information, insight and support. Available 24hrs/7 days a week.

Community Alcohol & Drug Services (CADS)

 4/17 Lambie Drive, Manukau
 Walk-in clinic open Mon-Fri, 10am-1pm
 (09) 845 1818 Mon-Fri, 9am-4.30pm

CADS Counselling services offer information, individual counselling or group sessions to help people change their use of substances.

Alcohol.org.nz



 alcohol.org.nz

Online help and advice to prevent and reduce alcohol-related harm.

Pain Management




Discuss ongoing pain issues with your family doctor, so they can refer you to one of the services below.

Counties Manukau Chronic Pain Clinic

 Manukau SuperClinic, 901 Great South Road, Manurewa
 (09) 277 1660

For adults with pain for longer than 6 months. If pain is related to an ACC claim, contact TARPS or ACC for a referral to a private service.

The Auckland Regional Pain Service (TARPS)


 Greenlane Clinical Centre, 214 Green Lane, Epsom
 0800 631 1234 or  (09) 375 4300

For pain related to an ACC claim.

Health Information


Information Resources

Healthline

 0800 611 116

24/7 health information and advice from registered nurses.

Kidshealth.org.nz

 kidshealth.org.nz

Information about children's wellbeing and health.

Health Navigator

 healthnavigator.org.nz

Health information and resources for the whole family, including self-care.

Health Service Directories

Healthpoint

 healthpoint.co.nz

Online directory of health and social services.

Citizens Advice Bureau

 Papatoetoe (09) 278 5191
 Manurewa (09) 266 5729
 Ōtara (09) 274 6577
 Mangere (09) 275 6885
 Pakuranga (09) 576 8331
 cab.org.nz

Help (online, by phone or in person) to find local health and social services.

Health pages

 healthpages.co.nz

A directory of health and well-being services.

Family Services Directory

 familyservices.govt.nz/directory

An online directory of services for families.

Family Medical Centres

There are many family medical centres (General Practices- GPs) to choose from.

- Ask friends, family and other people who they recommend.
- Search **Healthpoint** (healthpoint.co.nz) to find a family medical centre which suits you.

Some services provide cheaper or free services, and you may be eligible for financial assistance.

Maaori Services

These medical centres use a Maaori approach to support people.

Services with an **H** also provide healing such as matakite, rongoa and mirimiri.

Huakina Whaanau Ora Community Clinic **H** **S**

- 📍 17 Roulston Street, Pukekohe
- ☎ 0800 367 942 or (09) 238 0250

Ōtara Whanau Medical Centre **S**

- 📍 3/100 Alexander Crescent, Ōtara
- ☎ (09) 274 9135

Papakura Marae Health Centre **S**

- 📍 29 Hunua Rd, Papakura
- ☎ (09) 297 2160

Raukura Hauora o Tainui **H** **S**

- 📍 Te Puea Memorial Marae, Māngere Bridge
 - ☎ (09) 263 8040
- A Rongoa Maaori service

You can't separate physical health from mental health. Mental health depends upon physical health.



Te Manu Aute Whare Oranga **H** **S**

- 📍 81 Finlayson Ave, Manurewa Marae, Clendon Park
- ☎ (09) 267 8768

Turuki Health Care **S**

- 📍 2/32 Canning Crescent, Māngere
- ☎ (09) 275 5788

Pasifika Services

These medical centres use a Pasifika approach to support people.

South Seas Healthcare **S**

- 📍 14 Fair Mall, Ōtara
- ☎ (09) 273 9017

The Fono South **S**

- 📍 7 Halver Road, Manurewa
- ☎ (09) 267 6331

Dental Care

General Dental Care

Auckland Regional Dental Service

📞 0800 825 583

🌐 letstalkteeth.co.nz

For children aged 1 to 17 years Auckland Regional Dental Service provides free dental care.

For people 18+ years regular check-ups and cleaning are recommended to prevent problems developing. Most dental services are not funded, so ask for costs. Some offer free check-ups and quotes for WINZ.

Emergency Dental Care

Subsidised emergency dental care is available for adults. There is a maximum of 3 visits per person, per year, and a charge of \$40.00 for the relief of pain and infection.

Auckland DHB Oral Health Service 💰

Auckland DHB Oral Health Service runs **Relief of Pain clinics** which provide cheaper care for oral pain. Phone and book appointments for the next day.

Otāhuhu

📍 Middlemore Hospital
📞 (09) 259 9671

Māngere East

📍 Buckland Road Clinic
📞 (09) 259 9671

Epsom

📍 Greenlane Clinical Centre
📞 (09) 630 9809

People with a Community Services Card or Pension card can also access cheaper emergency care from the dentists below. There is a maximum of 3 visits per person per year and a charge of \$40.00 for the relief of pain.

Mighty Mouth Dental 💰

📍 Manukau, Māngere, Ōtara
📞 0800 262 2208

Pacifica Dental 💰

📍 Manurewa
📞 (09) 269 7074

The Fono Dental 💰

📍 Manurewa
📞 (09) 267 6331

Mahu Dental 💰

📍 Manurewa
📞 (09) 268 2266

Takanini Dental Centre 💰

📍 Takanini
📞 (09) 296 2636

Lumino - The Dental Company 💰

📍 Pukekohe
📞 (09) 238 0438

Catching it Early

General Health Checks

You can get general health checks from family medical centres, to check:

- How well your body is working
e.g., heart, liver, kidneys, thyroid, blood and lungs.
- Whether health problems may be developing, such as diabetes, heart disease, cancer (e.g., skin, or prostate for men).
- Sight and hearing

Fees may apply, although some services provide cheaper or free services. You may be eligible for financial assistance.

National Screening Programmes

 [timetoscreen.nz](https://www.timetoscreen.nz)


The following national screening programmes are recommended as they can identify and treat problems early.

Bowel Screening

 0800 924 432

A free screen, offered by mail every 2 years, to men and women, aged 60-74 years.

Cervical Screening

 0800 729 729


Complete every 3 years for women aged 25-69 years. Book in with family doctor, community health or sexual health service. A fee may apply.

Breast Screening Aotearoa Manukau

 0800 270 200 or  (09) 250 8000

Free for women, aged 45-69 years. Enrol to have a mammogram every 2 years. Mammograms are completed at the Manukau SuperClinic, at health centres (in Māngere, Botany, Pukekohe, Howick), or through a mobile service.

Pharmacy Services

As well as dispensing medicines, Pharmacists may also provide other health services 

- Health checks e.g. blood pressure, blood sugar, cholesterol, weight.
- Hearing tests
- Sexual health medications, e.g. emergency contraception
- Vaccinations
- Smoking cessation
- Needle exchange


Search [healthpoint.co.nz](https://www.healthpoint.co.nz) to find a pharmacy that works best for you. You can consider their location and hours, cost, and extra services they may provide e.g. Methadone dispensing.


Laboratory Services

Family doctors may ask people to complete specific health tests, such as blood tests, at a laboratory service.

Labtests NZ


 18 collection centres in South Auckland

 (09) 574 7399


 [labtests.co.nz](https://www.labtests.co.nz)


Middlemore Hospital

 Ground Floor, Galbraith Building Hospital Road, Otahuhu

 (09) 276 0000

Manukau SuperClinic

 Module 2, 901 Great South Road, Manurewa

 (09) 276 0044

Sexual Health Services

For services such as contraception, pregnancy tests, cervical smears, and testing for sexually transmitted infections (STIs).

Family Planning 💰

Make an appointment or drop in.
Free for people under 22 years. Fee for others.

Manukau

- 📍 Level 3, Westfield Shopping Centre, 2 Manukau Station Rd
- ☎ (09) 263 7600

Papakura

- 📍 Trust Arcade, 169 Great South Rd
- ☎ 0800 372 546
- ☎ (09) 298 4608

South Auckland Sexual Health Clinic

- 📍 12 Waddon Place Māngere
- ☎ 0800 739 432

Te Kaha o Te Rangatahi Trust

- 📍 2b Jellicoe Road, Manurewa
- ☎ (09) 267 6310

Sexual health and pregnancy services for young Māori and Pacific Island rangatahi and their whānau.

Blood Borne Virus Testing

If you think you might be at risk, tests and treatment for Blood Borne Viruses (i.e. HIV/ AIDS; Hepatitis B; and Hepatitis C) can be arranged through:

- **A family doctor or an Accident and Medical Centre** 📍
- **The NZ Aids Foundation - Burnett Centre**
☎ 0800 802 437

Needle Exchange

These peer-led services are for people who inject drugs. Sterile injecting equipment is provided in exchange for used equipment, and can be purchased cheaply. Education and advice is available about safer injecting, and used equipment can be safely disposed of.

Auckland Drug Information Outreach (ADIO) South 💰

- 📍 605D Great South Road, Manukau
- ☎ (09) 263 0344

Needle exchange at pharmacies 💰

- 👉 nznep.org.nz
- 👉 healthpoint.co.nz

There are 15 pharmacies that exchange needles in South-East Auckland. Find a provider at the websites listed.

Health Financial Assistance

The following schemes provide people with cheaper fees (sometimes free) to visit the doctor and get prescriptions.

Enrol with a Primary Health Organisation (PHO)

Enrol at your family medical centre. Receive free services and prescriptions to children 0-13 years; Cheaper doctor visits and prescriptions for people 14+ years.


High Use Health Card and CarePlus

Family doctors can apply each year for patients who visit them regularly.

Prescription Subsidy Card

Families who are prescribed a lot of medicines during the year can discuss this with the Pharmacist.

Community Services Card


 0800 999 999

 workandincome.govt.nz

Work and Income NZ provide these for people on a benefit, full time students or people paid by Veteran Affairs. Contact WINZ or a health professional to apply.

Disability Allowance

 0800 559 009

 workandincome.govt.nz

People who have regular, ongoing health costs because of a disability, can contact WINZ to access weekly payments.

ACC Subsidy

People getting medical care for an injury caused by an accident, may be charged a lower fee if it's covered by Accident Compensation Corporation (ACC).

Foodbanks



Auckland City Mission

Provides emergency food parcels through the following locations.



Clendon Park Community House

 60 Finlayson Road, Clendon
 (09) 267 5327

Papakura Marae

 29 Hunua Road, Papakura
 (09) 297 2036

Manukau Urban Maaori Authority (MUMA)

 31 Calthorp Close, Māngere East
 0800 866 862

St Luke's Anglican Church


 3 Russell Road, Manurewa
 (09) 266 5266

Foodbank NZ

 foodbank.co.nz

Search online for local foodbanks.

Māngere Budgeting Services Trust

 (09) 275 2266 or  0508 22 22 83


Budgeting and Family Support Services

The Salvation Army - Social Services


Otāhuhu

 (09) 276 5793

Papakura

 (09) 299 6791


Pukekohe

 (09) 238 5641


Manukau

 (09) 262 2332

Howick

 (09) 535 0847

Flat Bush

 (09) 277 6829

South Auckland Christian Foodbank

 027 477 1092

Employment Services

Workwise Employment Agency

📍 Harakeke House, 15 Ronwood Ave, Manukau
☎️ (09) 261 3402

Assists people facing personal or health challenges to return to or stay in employment. Online referral.

Workbridge

📍 Ground Floor, Building 14 Central Park
660 Great South Road, Ellerslie
☎️ (09) 263 6665 or ☎️ 0508 858 858

Helps people with health conditions connect with employers.
Online enrolment.

Work and Income NZ

☎️ 0800 559 009

Financial assistance for people who are on a low income or not working, and support to get work.

Budgeting Services

Citizens Advice Bureau - Budgeting Clinics

Clinics providing advice and help with money and debt management. Please call to confirm the date and time of the next clinic.

Māngere

☎️ (09) 275 6885

Manurewa

☎️ (09) 266 5729

Ōtara

☎️ (09) 274 6577

Pakuranga-Eastern Manukau

☎️ (09) 576 8331

Papakura

☎️ (09) 299 6411

Papatoetoe

☎️ (09) 278 5191

MoneyTalks

☎️ 0800 345 123 or 📠 TXT 4029

Free financial helpline from trained financial mentors.
Also links people to services in community.

The Salvation Army Community Ministries

📍 Manukau
☎️ (09) 262 2332

Māngere Budgeting Services Trust

📍 Māngere, Tuakau and Ōtara
☎️ (09) 275 2266

Papakura Budgeting Service

☎️ (09) 299 6881 or ☎️ 0800 211 211

Waiuku Family Support Network

☎️ (09) 235 9099

Housing Services

For help to find emergency accommodation, transitional housing, as well as longer-term housing. Most services also link people with health and social services.

Work and Income NZ

- 📞 0800 559 009 or visit an office
- 🌐 housing.msd.govt.nz

Assistance to find options for both emergency and longer-term accommodation needs. See website for more information.

Transitional and Longer-Term Housing

LinkPeople - Housing First

- 📍 Harakeke House, 15 Ronwood Avenue, Manukau
- 📞 0800 932 432

Penina Health Trust

- 📞 (09) 269 7989

Referrals through Work and Income NZ.

Māngere Budgeting Services Trust

- 📞 (09) 275 2266 or 📞 0508 22 22 83

Budgeting and Family Support Services. Provides housing advocacy among other services.

Emergency Housing

Te Roopu o Te Whanau Rangimarie o Tāmaki Makaurau

- 📍 2 Cameo Court Road, Māngere.
- 📞 (09) 275 1230

Family emergency and transitional housing.

Monte Cecilia Housing Trust Māngere

- 📞 (09) 275 6661
- 🌐 montececilia.org.nz

Family emergency housing.

Hindu Niwas Māngere

- 📞 (09) 275 1003 or 📞 0800 275 100

Epsom Lodge - The Salvation Army

- 📍 18 Margot Street, Epsom
- 📞 (09) 524 0252

Emergency and transitional housing for men and women.

Auckland City Mission - Homeless Outreach Team

- 📞 (09) 303 9200

Support for people who are homeless, especially those sleeping rough.

Accident & Medical Clinics

For physical emergencies, or when need to be seen urgently when family medical centres are closed.

Opening Hours

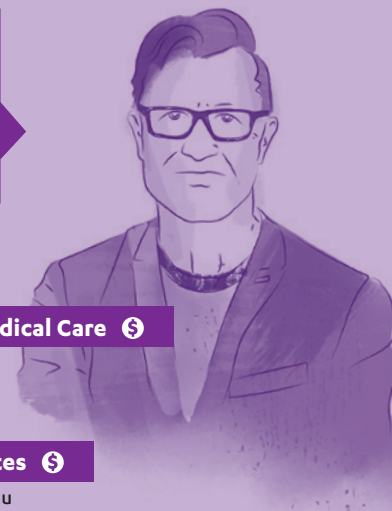
These clinics are open 7 days a week, opening hours are listed.

Fees

Fees are lower after hours: between 6pm and 8am weekdays, on weekends and public holidays. All children under 6 years are free.

Subsidies for other people may be available for those with subsidy cards.

*Physical health is
being able to do
what I want to*



Bakerfield Medical & Urgent Care Clinic \$

- 📍 16a Bakerfield Place, Manukau
- 🕒 Open 8am-8pm
- ☎️ (09) 263 7770

Counties Medical Urgent Care \$

- 📍 6-18 O'Shannessey Street, Papakura
- 🕒 Open 8am-10pm
- ☎️ (09) 299 9380

Takanini Urgent Care \$

- 📍 106 Great South Road, Takanini
- 🕒 Open 8am-8pm
- ☎️ (09) 299 7670

White Cross \$

- 📍 15 Station Rd, Otahuhu
- 🕒 Open 8am-10pm
- ☎️ (09) 276 3000

East Care Accident and Medical Care \$

- 📍 260 Botany Road, Howick
- 🕒 Open 24 hours
- ☎️ (09) 277 1516

Manukau Medical Associates \$

- 📍 18 Manukau Station Rd, Manukau
- 🕒 Mon-Fri 8.30am-7pm
- 🕒 Sat-Sun 9am-12pm
- ☎️ (09) 262 2011

Local Doctors Ōtara \$

- 📍 3 Watford Street, Ōtara
- 🕒 Open 8am-11pm
- ☎️ (09) 274 3414

East Tamaki Health Care Dawson Road Clinic \$

- 📍 124 Dawson Road, Flat Bush
- 🕒 Open 8am-8pm
- ☎️ (09) 274 3468

Quotes are from the mental health
and addiction community.

Updated July 2019
For latest version, visit:

aodcollaborative.org.nz

**Equally
Well** 



**AOD Provider
Collaborative**

Supported by Odyssey and Counties Manukau Health