

Produced in Collaboration by the  
Wellington Smokefree Action Group



Ropata Community

Primary Health Organisation

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IT'S NEVER TOO LATE TO  
**QUIT SMOKING**

Have you tried?

Phone **The Quit Line** 0800 778 778

Face to Face **Aukati Kai Paipa** 939 4631

In a group **Can Quit** 389 8421

**These are all free or very cheap**

*You could also try your local medical centre.  
See overleaf for medical centres in your area.*



Charges for quit smoking treatment vary between medical centres.

Price of consultation varies from no charge to a Doctors fee.

## Quit Smoking Providers

Wellington Central	Phone
Brooklyn Central Health	801 8188
Brooklyn Medical Centre	384 2761
Capital Care Health	801 8935
City GPs	381 6161
City Medical Centre	471 2161
Community Health Services (CCDHB)	918 6386
Courtenay Medical	801 5228
Hataitai Medical Practice	386 3598
Island Bay Medical Centre	383 7647
Karori Medical Centre	920 4562
Kelburn Medical Centre	939 9551
Kelburn Surgery	475 9801
Massey University Student Health	801 2542
Miramar Medical Centre	388 7018
Newtown Medical Centre	389 9955
Newtown Union Health Service	380 2020
Ngawari Medical Centre	389 1155
Northland Village Surgery	475 3377
Pacific Health Services Wellington	388 7071
Port Nicholson Medical Centre	354 4315
Seatoun Surgery	939 3989
Te Aro Health Centre	385 0255
The Salvation Army Bridge Program	389 6566
The Terrace Medical Centre	472 5723
Thorndon Medical Centre	473 0855
Victoria University Student Health	463 5308
Wellington Division Cancer Society	389 8421
Wellington People's Centre	385 8596
Wellington North	Phone
Johnsonville Medical Centre	920 8850
Khandallah Medical Centre	479 7157
Newlands Medical Centre	478 9858
Ngaio Medical Centre	939 9393
Onslow Medical Centre	478 9999
Wadestown Medical	473 7248

Wainuiomata	Phone
Fitzherbert Road Medical	564 3497
Lower Hutt	Phone
Avalon Medical Centre	567 7359
Epuni Medical Centre	567 1217
Kokori Marae/Aukati Kai Paipa ( Sharon )	939 4631
Nae Nae Medical Centre	
Pretoria Street Surgery	939 3330
Ropata Medical Centre	920 0800
Waiwhetu Medical Centre	569 2436
Waiwhetu Medical Centre Petone	568 7599
Upper Hutt	Phone
Fergusson Drive Surgery	528 3048
Queen Street Surgery	528 9099
The Doctors Silverstream	527 7376
Porirua	Phone
Dr Jordans Surgery, Porirua East	237 8444
Kenepuru Hospital (Janet – Heart Failure Service)	918 2222
Kokiri Marae / Aukati Kai Paipa (Sandi – Pember House)	237 0066
Ora Toa Health Unit, Takapuwahia	237 0110
Porirua Pacific Health Service, Cannons Creek	237 9824
Porirua Asthma Service	237 0878
Porirua Union and Community Health Service	237 4207
Titahi Bay Medical Centre (Dr Gaus)	236 7700
Titahi Bay Medical Centre (other doctors)	236 8171
Tumai Mo Te Iwi PHO – Sarah Tumai	237 4534
Waitangirua Health Centre	235 9059
Whitby Doctors	234 1404
Whitireia Polytech, Student Health Nurse	237 3130
Kapiti	Phone
Chris Lane Medical	902 8300
Coastal Medical Centre	902 9200
Dr Cammack and Dr Evans	298 5114
Dr Paul Norton	298 3050
Hora Te Pai Health	902 7095
Paraparaumu Medical Centre	902 8500
Raumat Road Surgery	298 6807
Team Medical	297 3000