

Meet our Team

Providing excellent primary healthcare services requires teamwork. Team members have different and complementary skill sets. Combining and coordinating these skills together allows us to provide the best possible care we can for you and your family. Check out our team ...

Doctors

Dr. Brett Hyland - BHB,MBChB,DipObstet

◦ BHB MBChB ◦ Dip Obstetrics ◦ MInstD ◦ FRNZCGP ◦ Hon Clinical Senior Lecturer Available: ◦ Monday, Tuesday, Thursday, Friday ◦ Alternate Thursday evenings Brett grew up in the area, attending Mellons Bay, Howick Intermediate and St Kentigern College where he was a keen rower and rugby player. He enjoys being involved in the education of medical students and General Practice Registrars. He has endeavoured to increase medical services throughout the local area through his involvement in establishing the 24-hour East Care Accident and Medical Clinic on Botany Road and as a trustee for the East Health Trust PHO. Brett and his wife have two children.

Dr. Kirsty Jenner - BM,FRNZCGP

Kirsty is from the United Kingdom, a medical graduate from the University of Southampton. She and her husband moved to New Zealand in 2013 where she worked at Hawke's Bay Hospital before moving to Auckland to follow a career in general practice. Kirsty enjoys all aspects of general practice with a special interest in women's health and mental health. She has a particular interest in child and adolescent primary mental health, having achieved a post-graduate Certificate in this subject from the University of Auckland. Kirsty joined Marina Medical in Sept 2017.

Dr. Pei Yeong - MBChB, FRNZCGP

Pei Yeong graduated from the University of Auckland in 2006 and practised medicine in Palmerston North Hospital before deciding to follow her passion in general practice in 2011. She has worked in various rural and urban practices including Student Health before relocating to Auckland with her family. She joined the Marina Medical team in August 2015, providing care on Monday Tuesday, Wednesday and Friday mornings. While English is her first language, Pei is conversant in Mandarin and Cantonese.

Dr. Yirui (Joyce) Zhang - BMed, BHSci, FRNZCGP

Joyce immigrated to New Zealand in 2002. She was born in China where she worked as an obstetrician. Joyce completed her midwifery training at AUT and worked as an independent midwife for 5 years. In 2013 Joyce qualified as a doctor in New Zealand. Joyce has a special interest in women's and children's health. Joyce is fluent in English and Mandarin. Joyce is available on Monday , Wednesday and Thursday.

Dr. Ramadan Oumer - MBBCh, MRCS(Glasgow)

Ramadan joined us from Starship and Auckland Hospital in September 2021. He has extensive clinical and surgical experience including Senior Medical roles in NZ since 2005 and in England prior to that. With his extensive surgical experience, Dr Oumer will be running surgical clinics for smaller surgical procedures for skin lesions and alike. Ramadan is a father of 5 and enjoys hiking and enjoying the outdoors with his family. Ramadan is fluent in Arabic Ramadan will be available 2 days a week and works across the two sister clinics of Marina Medical and Highland Park Medical, so you will be able to make an appointment to see him at either clinic. Availability: Marina Medical - Tuesday Highland Park Medical - Thursday

Dr. John Manning - MBChB FRNZCGP Dip...

John has been with Highland Park Medical since 2001. Previously a Cockle Bay resident, he has had involvement with the local community through the Howick School of Music and Shelly Park Primary School, which have been attended by his three children. He has additional interests in paediatrics, psychological medicine, dermatology and sports medicine. Availability : Monday to Friday

Dr. Wendy Chan - MBChB, Dip...

Wendy graduated from the University of Auckland with First Class Honours in Biomedical Science in 2011 and then with the MBChB medical degree in 2016. During her medical education, Wendy contributed to several research projects and was published. Wendy has worked in Auckland, Middlemore and Starship Hospitals and achieved the Diploma in Paediatrics in 2019. Wendy has two children and is an accomplished pianist. Wendy joined the Marina Medical team in February 2022. While English is her first language, Wendy is conversant in Cantonese. Wendy will be available 3 days a week at Highland Park Medical. Availability: Monday, Wednesday and Thursday

Dr. Tony Chang - MBChB FRNZCGP

◦ MBChB ◦ FRNZCGP Fluent: ◦ English, ◦ Mandarin ◦ Taiwanese Available: ◦ Monday to Friday ◦ Thursday Evenings Dr Chang and his young family live locally. Tony attended Manurewa High School and Otago Boys High, then completing his medical training at Otago Medical School. Dr Chang speaks fluent English, Mandarin and Taiwanese. Make an appointment on the MyIndici Portal or Phone 09-535-8095

Dr. Joyce Leung - MBChB

Joyce grew up in Howick and attended Macleans College before getting her MBChB medical degree at Auckland Medical School. Joyce worked as a Registrar with us from February to July 2021 and we are very pleased that she has agreed to continue her career with us. Joyce availability : Tuesday to Friday

Dr. Ravi Naran - MBChB

Ravi is a graduate of the University of Newcastle and spent his house officer years training in Sydney before returning home to East Auckland. After working as an Emergency Medicine doctor in Auckland, Ravi decided to pursue a career in General Practice and hasn't looked back. He has a range of experience across different disciplines through his previous hospital time and enjoys getting to know his patients. Outside of work, Ravi enjoys getting outdoors (particularly on the golf course), following his favourite sports teams, and spending time with family and friends. Availability: ◦ Monday at Highland Park Medical ◦ Tuesday at Marina Medical ◦ Thursday at Highland Park Medical ◦ Friday at Marina Medical

Dr. Sushruta Lakshmeesh - MBChB FRNZCGP

Sushruta grew up in Mysore - a city in South Western India where he completed his MBBS (Bachelor of Medicine and Bachelor of Surgery). He moved to the United Kingdom in 2016 where he worked as a senior house officer in surgery and later on as a clinic fellow in stroke medicine. Wishing to have a better work life balance, Sushruta decided to switch over to General Practice. He moved to Auckland in 2022. Sushruta's special interests are preventive medicine and holistic health. In his free time, he enjoys walking and hiking amidst nature, listening to classical Indian music and exploring and cooking healthy vegetarian recipes. Availability : Tuesday and Friday He is fluent in English, Kannada and Hindi

Make an appointment on the [MyIndici Portal](#) or Phone 09-535-8095

Nurse Practitioner

A Nurse Practitioner can
Diagnose your problem
Order tests if needed
Provide a prescription if needed

Appointments can be for
Medical issues
Injuries
Mental Health
Sexual Health

Jocelyn Meynell - RN, MNurs(Hons),...

Jocelyn has been a Practice Nurse at Highland Park Medical since 2005, and became fully qualified as a Nurse Practitioner in 2018. Jocelyn also runs a Student Health Clinic at Pakuranga College on Wednesday mornings during school terms.

Make an appointment on the [MyIndici Portal](#) or Phone 09-535-8095

Clinical and Quality Manager

Stephanie joined our practice in 2017 as our Clinical & Quality Manager. She endeavours to support the practice team to deliver the best care and service possible, and maintain our high level of cornerstone accreditation with the Royal College of General Practitioners.

Clinical & Quality Manager and Accredited Nurse Smear Taker. Stephanie is an experienced nurse qualifying in the UK in 1987. Stephanie worked mostly in Primary care in a variety of unusual settings until arriving in New Zealand in 2005. She has a special interest and skill in woman's health utilising this within GP practices and as a Senior Nurse for Family Planning NZ. Stephanie has been regularly involved in teaching nurses and medical students in smear taking consultations. Outside of work Stephanie enjoys being outside walking & cycling with her Partner Ian and in the garden tending her chickens, fruit and veges. When the weather is against her, she loves being creative in her craft room or baking.

Nursing Team

Our team of knowledgeable and compassionate nurses includes Dorcas, Aileen, Bronwyn, Danielle, Geraldine and Maureen.

They are actively involved in developing new health initiatives. Many of the new services are led by the nursing staff.

Our nursing team can provide new patient medicals, cervical smears, general vaccinations and travel vaccinations (following doctor plan), liquid nitrogen treatment for warts, intravenous treatments (Aclasta for osteoporosis and Ferinject for iron deficiency), along with programmes for those with ongoing or complex medical conditions, which include Care Plus and diabetes care.

Emily - Nurse Coordinator

Nurse Coordinator - Marina Medical Independent Vaccinator, Cervical Smear Taker

Bronwyn

Registered Nurse Independent Vaccinator Smear Taker

Danielle

Registered Nurse Independent Authorised Vaccinator

Dorcas - Nurse Coordinator

Nurse Coordinator - Highland Park Medical Registered Nurse Independent Authorised Vaccinator Nurse Smear Taker

Geraldine

Registered Nurse Independent Authorised Vaccinator

Judy

Registered Nurse Independent Authorised Vaccinator

Sarah

Kendyll

Charlotte

Health Care Assistant

Our health care assistants assist with taking blood pressures and other measurements. They assist the nursing team with recalls and keeping the clinical rooms running smoothly.

Briana

Health Improvement Practitioner - HIP
Free Wellbeing Support

HIP's are registered health professionals who have the knowledge and skills to help you with things like....

- Stress
- Sleep
- Anxiety, depression or feeling down
- Coping with physical health conditions
- Relationship challenges
- Drug or alcohol concerns

The HIP will meet with you in our clinic and have a chat, and together you'll create a plan to start making positive changes right away.

What to expect when you see a HIP:

- A brief session of up to 30 minutes
 - A focus on practical strategies to support you with your wellbeing straight away
 - Linking you with other services if needed
 - In-person, phone or video consults depending on what works best for you.
-

Kathryn Epps - BSc - ...

Kathryn is an experienced Occupational Therapist in mental health and is available for consultations at Marina Medical on Monday, Wednesday and Thursday mornings and at Highland Park Medical on Thursday evenings.

Karen Lucas - BSc-Occupational...

Karen is a Registered Occupational Therapist * BSc - Occupational Therapy * PGCertHealSc - Mental Health and Addictions * PGCert - Cognitive Behaviour Therapy Karen brings a depth of experience from working in community mental health. Karen is available for appointments Monday, Wednesday and Friday at Highland Park Medical

Health Coaches support people to gain the knowledge, skills and confidence to become informed and active in their health care.

Health Coaches can support with things like....

- Healthy eating and exercise
- Understanding your medications
- Communicating with your doctor, nurse or health professional
- Learning about common health conditions such as diabetes and high blood pressure

What to expect when you see a Health Coach:

- Seeing a Health Coach is always free
- Health Coaches normally meet people for 15-20minutes
- Health Coaches can meet you in-person or by phone or video.
- Whānau and loved ones are welcome to see a Health Coach with you

Health coaches can connect you to further support such as:

- Group programmes
- Smoking cessation
- Online information and support
- Awhi Ora community support

Juliet Drown - Health Coach,...

Juliet is only available for appointments at Marina Medical

Clinical Advisory Pharmacist
Free Support to Understand your Medicines

Do you have questions about your medicines?

What is the best time to take them?

What are they for?

Tinna Ko, Clinical Advisory Pharmacist, is part of our team.

Tinna is available every Monday afternoon for a free appointment to discuss any medicine questions you might have. Tinna also can do telephone and video consults with you.

Tinna also reviews the records of patients discharged from hospital and might give you a call to check all is well with any new medicines the hospital may have prescribed.

Psychologists



FOR MORE INFORMATION CONTACT AT:

INFO@EASTAUCKLANDPSYCHOLOGY.CO.NZ OR CALL US ON 021 141 9276

East Auckland Psychology Website

Our services

- Therapy and management of depression, stress, trauma and anger
- Diagnosis, assessment and treatment of mood and anxiety disorders
- Adjustment difficulties, stressful life events, grief and loss
- Relationship difficulties
- Coping with chronic illness or medical conditions
- Sleep difficulties
- Work, burnout or occupational concerns
- Parenting or postnatal concerns

Our approach

We consult with individuals (adults and adolescents), couples, and families. Our practitioners are all highly trained with many years of experience; but above all we value working in a compassionate and collaborative way to promote well being, understanding and positive change.

Our approaches include cognitive behavioural therapy (CBT), solution-focused brief therapy (SFBT), acceptance and commitment therapy (ACT), existential and psychodynamic approaches, mindfulness-based strategies, positive psychology approaches, dialectic behavioural therapy (DBT) and systemic family therapy.

Kahn Higgs - Registered...

Kahn received both his Bachelor of Psychology (2004) and his Masters of Social Science in Clinical Psychology (2008) at the North-West University, South Africa. He has been registered with the New Zealand Psychologists Board as a Clinical Psychologist and is an associate member of the New Zealand College of Clinical Psychologists. In 2017 Kahn and his family immigrated to New Zealand and he was employed by Counties Manukau DHB, as a Clinical Psychologist and Clinical Coordinator to the Child and Adolescent Mental Health Community Service. Kahn specialises in working with children 8 years and older, adolescents and adults who might find coping with everyday life challenging - depression, anxiety, loss & grief, relationships and adjustment....

Ariel Reyneke - Registered...

Angelina Mao - Registered...

Dr. Angelina Mao is a Clinical Psychologist registered with the New Zealand Psychologists Board and is a full member of the New Zealand Psychological Society. She has over 20 years of clinical experience in public and private practice settings and has previously worked in the community mental health services of Counties Manukau District Health Board. Angelina offers face to face sessions and also offers online sessions through video consults. Her areas of interest include working with: • Anxiety • Depression • Post natal depression • Obsessive-compulsive disorder • Grief and loss • Trauma • Adjustment to stressful life events/ Life transitions • Relationship difficulties • Low self-esteem issues She is empathetic and compassionate...

Zillen Roos - Registered...

Zillen is a South African trained Clinical Psychologist with more than 30 years of post-registration experience. He has extensively worked in tertiary health settings, private practice and correctional institutions, and has over time consulted with a diverse group of patients presenting with a wide variety of problems. He has selected, trained and supervised local and international mental health students. He also trained and mentored medical professionals and psychologists within a tertiary hospital mental health environment. He was primarily trained in the psychodynamic theoretical paradigm, but also has experience in systems theory, the person-centred approach and Cognitive Behavioural Therapy (CBT). He works mostly in the adult mental health...

Psychiatrist

Dr Jerry Varghese is a general adult Psychiatrist who has been in New Zealand for 20 years. Initially

working in Palmerston North and moving up to Auckland in 2015. Work Experience in New Zealand has been varied and covers a vast and broad scope, including acute crisis work, general adult, coexisting disorders, psychological medicine, and work with cultural teams. He has also done substantive period in leadership roles and worked as Director Area Mental Health Services. Dr. Varghese has a client centred focus in clinical engagement with skills in both basic psychological forms of interventions as well as pharmacotherapy. Assessments are comprehensive and includes a developmental and biopsychosocial perspective. Goals in interventions are focused on the recovery focused client centred approach, while ensuring harm minimisation.

Qualifications:

MBBS (India) MD Psychiatry (India), FRANZCP (Affiliate)
PGDip CBT (Otago University); MHSM (Massey University)

Ask your doctor for a referral

Dr. Jerry Varghese - MBBS (India) MD...

Dr Jerry Varghese is a general adult Psychiatrist who has been in New Zealand for 20 years. Initially working in Palmerston North and moving up to Auckland in 2015. Work Experience in New Zealand has been varied and covers a vast and broad scope, including acute crisis work, general adult, coexisting disorders, psychological medicine, and work with cultural teams. He has also done substantive period in leadership roles and worked as Director Area Mental Health Services. Dr. Varghese has a client centred focus in clinical engagement with skills in both basic psychological forms of interventions as well as pharmacotherapy. Assessments are comprehensive and includes a developmental and biopsychosocial perspective. Goals in interventions are focused...

Administration and Reception

This is the team that provide the welcoming familiar voices at the end of the phone when you call and the friendly faces in reception when you arrive for your appointment. Most importantly they have a sense of humour - essential for survival in a busy medical practice!

Katherine

Lee

Casey

Desley

Inga

Karen

Lisa

Mandy

Marlyn

Mathew

Tenaz

Debbie

Kay

Management Team

Cheryl Smith - Practice Manager

Deralyn Hansen - Admin Team Lead

Sandy Brand - Tech Clinic Lead

Devika Dayal - Group Nurse Leader

Lucy Hall - General Manager