UPPER HUTT HEALTH CENTRE Newsletter

SPRING 2026

Team Updates at Upper Hutt Health Centre

We are delighted to welcome and introduce some new GPs who have joined the UHHC team. Dr Alex Ng started with us in September working Monday – Friday. Originally from Hong Kong, he has a broad interest in general practice including primary care dermatology and musculoskeletal medicine. He is fluent in both Cantonese and Mandarin.



Joining us in November is Dr Marius Popescu who arrives after previously working at Gain Health here in Upper Hutt. Dr Popescu also has a broad interest in primary care including acute and emergency presentations. He will be working with us Wednesday – Friday.

We are also welcoming back Dr Claire Mercer in November who returns to us following an extended break overseas.

Finally, we wish a fond farewell to Dr. Beata Danielek who leaves UHHC having joined us earlier in the year.

Nursing services

Did you know that many common health concerns can be managed by our experienced nursing team?

At Upper Hutt Health Centre, we have a highly skilled team of nurses, including Nurse Prescribers who can assess, diagnose, treat and prescribe medications for a wide range of health conditions.

You can book directly with one of our Nurse Prescribers for help with:

- Common illnesses: Colds and flu symptoms, sore throats, constipation, acid reflux, gastro and seasonal allergies.
- Urinary tract infections (UTIs)
- High blood pressure: Monitoring, treatment and medication management.
- Skin conditions: Acne, eczema, scabies, rashes and skin infections.

Traveling soon?

Stay healthy while you travel. Book your travel vaccination assessment with us today!

Woman's Health Clinic

Get personalised care across a range of women's health services including; menopause support and procedures such as pessary reviews and pipelle biopsies.

Give us a call on 04 920 1800 or email inquiries@uhhc.co.nz

- Wound care and minor injuries: Assessment and treatment.
- Contraception: Advice, counselling and management.
- Weight management: Advice and ongoing support.
- Long-term conditions: Diabetes, asthma and COPD, including medication reviews, treatment adjustments and ongoing management.
- And much more!

Not sure who to book with? Simply ask our reception team when making your appointment. They'll be happy to help you find the most appropriate clinician for your needs.

Cervical Screening Month Wrap-Up!

September was an incredible month for Cervical Screening at UHHC! Thanks to your support, we completed 155 HPV screens for wāhine due or overdue, offered free screening all month, and kickstarted with a successful Saturday clinic.

Congratulations to our $100 voucher prize draw winners, who have now been notified!

Missed out in September? It’s never too late, contact our team to book your cervical screen today!

Join a Clinical Trial at UHHC

Upper Hutt Health Centre’s Clinical Trials team is currently recruiting participants for a number of important research studies.

Coeliac studies:
We are running coeliac disease studies for those with both well controlled coeliac and those who have ongoing symptoms despite attempting a gluten free diet. The medications target the pathways that lead to inflammation and intestinal damage typical of coeliac disease.

Lung conditions:
If you have bronchiectasis, COPD or asthma we would like to hear from you as we have a number of different trials focusing on this area. We know that the current treatments don't work for everyone and we are focusing on helping develop additional options for those with these conditions.

Why take part?
Taking part in a clinical trial gives you access to new treatments and helps shape better healthcare for the future.

Interested in learning more?
Please email clinicaltrials@uhhc.co.nz with the subject line “Eczema” or “COPD” and include: Your full name, date of birth and contact number.

Vensa Patient Portal

Manage your health online including - booking appointments, requesting scripts and viewing results.

Contact our team or visit our website and we can help get you started.

Minor Procedures

We offer a range of procedures from: removal of skin lesions, in-grown toenails, contraceptive devices and steroid joint injections.

Give us a call on 04 920 1800 or email inquiries@uhhc.co.nz