

Firstport

Powered by the team at
Enable New Zealand



OCTOBER 2025

Kia ora,

We're excited to launch our new Firstport x Special Olympics Hub today.

We have teamed up with Special Olympics New Zealand in time for the National Summer games to supercharge our disability community's access to information and advice about the awesome mahi they do.

In this month's newsletter:

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INFO & ADVICE

[Firstport teams up with Special Olympics for info hub](#)

To help spread the word about Special Olympics, we have created a new Special Olympics Hub on Firstport. If you're not familiar with Special Olympics New Zealand, they run sport events and programmes for people with intellectual disabilities and autism around the country.

The Firstport x Special Olympics Hub breaks down:

- what Special Olympics is all about
- how to find your local Special Olympics club
- the different sports you can get involved with
- the journey from participating in local competitions to representing New Zealand at the World Games.

One of the coolest things on the Special Olympics Hub is the spotlight on bocce. Bocce is a sport similar to bowls that is very popular within Special Olympics. We teamed up with Special Olympics Manawatū to put together an article and some videos explaining what bocce autism about and what makes it such a fun and inclusive sport.

We also talk about Healthy Athletes, an awesome initiative that gives athletes access to free health screenings at the big Special Olympics events.

We'll be adding more content to the Special Olympics Hub in the future, so keep an eye on it in the coming months.

Check out the links to the Hub content below.

[What is Special Olympics?](#)

[Find your Special Olympics club](#)

[Find your sport](#)

[Bocce - a sport for everyone](#)

[Special Olympics events](#)

[Healthy Athletes initiative](#)



INFO & ADVICE

[Disability support at university or polytechnic](#)

If you or someone in your care is getting ready to study at university or polytech next year, make sure you look into the disability services available to students.

Different universities and polytechnics (also known as institutes of technology or technical institutes) offer different types of support for disabled students. This includes things like notetakers, exam adjustments, and assistive technology.

It's best that you get in touch with your education provider early on so they can figure out what support would be best for you.

We've assembled links to the different tertiary education providers' disability services. Check them out below.

[University student disability services](#)

[Polytechnic student disability services](#)



[Learn New Zealand Sign Language](#)

Ever thought about learning New Zealand Sign Language (NZSL), but you just don't know where to start?

Well, you're in luck because we have recently added a new page to Firstport that links to a bunch of helpful, free resources as well as organisations that offer NZSL courses and classes.

[Find links to NZSL resources and classes on Firstport](#)

"There's a whole generation that have gone back and learnt the reo and are thriving in lots of places and spaces because of it."

**Terewai Simmonds,
Enable New Zealand Pou Tikanga Māori**



NEWS

[Te reo Māori and disability](#)

If you follow us on Facebook or Instagram, you will have seen our posts about Māori disability words during Te Wiki o te Reo Māori.


We also spoke with Terewai Simmonds, Pou Tikanga Māori at Enable New Zealand, about how learning te reo Maori has helped her with her work in the health and disability fields.

[Read about Terewai and her te reo Māori journey](#)

EVENTS

[Check out these events in October](#)

[ADHD Awareness Month](#)

 1-31 October



ADHD Awareness Month is all about providing reliable information and resources to help people thrive with ADHD. Check out these useful resources on Firstport:

- [ADHD in New Zealand](#) - This gives you a good summary about getting an ADHD diagnosis and connecting with various support groups.
- [Self-screening](#) - ADHD New Zealand has a self-screening tool which you can use at home and help you decide if you'd like to get an assessment from a specialist.

[Using Your Voice Workshops](#)


 9 October - **Using professional advocacy services**

 29 October - **Safeguarding, supported decision making, and legal options**

 Auckland and  Online

Using Your Voice is a series of workshops presented by Disability Connect for disabled people and their families.

Mental Health Awareness Week

 6-12 October

The theme for this year's Mental Health Awareness Week is *Top Up Together*. It's all about connecting with other people as we bring the [Five Ways of Wellbeing](#) into our daily lives.

[Check out our Mental Wellbeing section on Firstport](#) for a range of mental health tools, resources, and tips.


Understanding Disability Supports Seminar

 7 October

 Auckland

Work and Income and Kaikaranga will guide you through the different types of disability support available in the community.

I.Drive Christchurch Workshop

 23-24 October

 Christchurch

I.Drive is an interactive and theory-based workshop designed to support disabled people to get their driver licence

Planning for Adulthood Seminar

 23 October

 Online

Learn the ins and outs of wills, trusts, power of attorney, and property management for disabled people in this workshop by Disability Connect.



We're all about making your journey top-notch, and we reckon your input is key!

We're keen to hear your thoughts to help shape we the future of our digital presence. Got ideas for sprucing up the layout, suggestions for fresh content, or any other pearls of wisdom? Chuck' em our way! Together, we can create a website that truly serves your needs.

[Email info@firstport.co.nz](mailto:info@firstport.co.nz) or give our team a call at 0800 362253



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