

# Firstport

Powered by the team at  
**Enable New Zealand**

## **Kia ora and happy 2025**

While the Firstport team have been busy bees since early Jan, you might agree that it feels like February is the real start of the year. — Have you started setting goals, getting back to work, kicking off school or uni?

We're all for the “new year, new me” vibe. Every day is a new opportunity to try something new and discover new information. So, this month we've put together some tools to support you in starting 2025 strong.

Plus as always, we've put in the mahi to make digesting vital information for our community a bit easier. Feel free to share!



### **DSS Consultation next steps**

Starting **10 February**, Disability Support Services (**DSS**) will open a community consultation for our disability community and service providers. It runs through to **24 March 2025** and builds on findings from their 2024 mahi.

**DSS are looking for feedback on disability assessment and funding processes clearer.**

Read our simplified explanation of what's ahead



**Get active and maybe, a free personal coach!**

Did you know you could be eligible for a **Green Prescription**? Find out how your GP or health professional can offer support for your wellbeing through this funded wellbeing programme. It could be funding access to activities, nutrition planning or even a free personal coach! 💪

A Green Prescription can make things easy, but **not everyone knows it's available** so we've created a quick guide to take you through it.

[Explore Green Prescriptions](#)



## New year fresh start: ID's and how to get them

Many services will ask you to prove your identity, which can be tricky if you're not travelling internationally or set up to drive. [ID](#)

Applying for programmes or jobs can often mean you need two forms of ID or a photo ID. So even if your birth certificate is sorted, you can still be in a pickle. You're not alone! There are solutions. We've created an easy rundown of how to get them.

[Get your ID sorted](#)

**Dock into your Firstport essentials - Uni, school, maybe getting ready for Valentines Day** ❤️

[Starting school](#) can be an exciting time but can also create some worry - Find learning support. 🏠

Your list of [University Student Disability Services](#) across Aotearoa. 📄

Advice about how to meet new people, [online dating](#), and [keeping yourself safe online](#).



Parents taking care of their **relationship**. ❤️

Connect with **like-minded people**—whether you share similar experiences living with a disability, or you're just looking to make new friends! 🙌



**Thank you for being such an important part of our community.**

Have ideas for improving the layout, suggestions for fresh content, or any other golden nuggets of advice? Share them with us! Together, we can build a website that truly reflects and serves our amazing community. Here's to an even better year ahead—thank you for being on this journey with us! 🎉

[Email info@firstport.co.nz](mailto:info@firstport.co.nz) or [give our team a call at 0800 362253](tel:0800362253)



**MINISTRY OF SOCIAL  
DEVELOPMENT**  
TE MANATŪ WHAKAHIATO ORA



**Firstport**

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