

We Swim Side By Side

When Kate was diagnosed with epilepsy in 2025, it changed many aspects of her life—but it didn't take away her love of swimming.

A lifelong swimmer, Kate knew that epilepsy can make swimming more challenging and that extra precautions are needed to stay safe. Rather than giving up the sport she loves, she adapted. Today, she swims with people beside her in the water and with others watching from the poolside or shore, ensuring she can continue doing what brings her joy.

Kate has turned her experience into a way of giving back by creating the “**We Swim Side by Side**” fundraising project in support of Epilepsy New Zealand.

The design brings together two powerful symbols of epilepsy awareness: the **purple ribbon**, the universal symbol representing hope, awareness and solidarity, and the **seahorse**, whose shape resembles the hippocampus – a part of the brain often involved in seizure activity.

For Kate, the message goes beyond epilepsy.

“We Swim Side by Side is for everyone who loves swimming. The people I swim with are some of the most generous, inspiring people I know, and I'm sure yours are too. We're all here for each other – in the water and on land – sharing the ups and downs of life together.”

This is for my swim buddies and coaches, and all of yours too. Thank you so much. I can't imagine what we'd do without you.”

Every purchase from the **We Swim Side by Side** range helps make a difference, with **100% of the profits donated to Epilepsy New Zealand**. Your support helps raise awareness, provide education, and ensure people living with epilepsy and their whānau have access to the information and support they need.

The range is available exclusively through [Kingfisher Gifts' Kate's Epilepsy Towel Fundraiser](https://www.kingfishergifts.co.nz/categories/kates-epilepsy-towel-fundraiser-nz) (https://www.kingfishergifts.co.nz/categories/kates-epilepsy-towel-fundraiser-nz). Whether you're a swimmer, supporting someone living with epilepsy, or simply want to make a difference, every purchase helps ensure no one has to face epilepsy alone.

They can courier towels or swim caps or pick up can be arranged in Wellington Freyberg Pool, Oriental Parade or Wellington Regional Aquatic Centre or Hawkes Bay kingfishergifts, 70 High



0800 37 45 37



national@epilepsy.org.nz



www.epilepsy.org.nz

Street, Waipawa.

Thanks to [Kingfisher Gifts](#) for helping Kate turn her own journey into something that will help so many others.



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