



## Team Kitrinos

3 χιλ. "Μου αρέσει!" • 3,4 χιλ. ακόλουθοι



WhatsApp

Μήνυμα

Μου αρέσει!

Δημοσιεύσεις

Πληροφορίες

Ονομαστικές αναφορές

Κριτικές

Ακόλουθοι

Περισσότερα ▾



### Δημοσιεύσεις

Φίλτρα



Team Kitrinos

20 Δεκεμβρίου 2018 · 🌐



"In Moria, there is a reprieve found in children. They laugh, they play, they love — despite their circumstances. While it is beautiful to see, there is also a dark side to being a child in Moria: danger can be found everywhere. This boy, finding nothing else to play with, picked up a fish hook. It embedded into his hand. Luckily we were able to tend to it before an infection started. We would like to say such accidents are an exception, but the truth is that the children of Moria Camp are often in dangerous situations and accidents do happen. While we are glad to help treat accidents, it is always better to prevent them. Children's safety is everyone's responsibility and we must not allow the conditions in Moria to compromise this"

- words from a [#kitrinoshealthcare](#) [#volunteer](#) in [#CampMoria](#), [#Lesvos](#).

[#teamkitrinos](#) [#volunteerforrefugees](#) [#childrefugees](#)  
[#refugeeswelcome](#) [#healthcare](#) [#charity](#) [#healthcarecharity](#) [#ngo](#)  
[#refugee](#) [#refugee](#) [#Greece](#) [#refugeesGreece](#) [#refugeecamp](#)



👍❤️ 6

2 📎

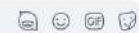
👍 Μου αρέσει!

💬 Σχόλιο

📎 Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

18 Δεκεμβρίου 2018 · 🌐



West Yorkshire GP Richard and counsellor Liz will be volunteering with Team Kitrinos this winter.  
 Please donate to support our on-going work in Camp Moria!

AMBULANCE



KITRINOSHEALTHCARE.CHARITYCHECKOUT.CO.UK

### Richard and Liz are volunteering in Camp Moria!

Couple Richard and Liz from West Yorkshire are giving up their win...

12

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



### Team Kitrinos

18 Δεκεμβρίου 2018

"I am so grateful to Kitrinos Healthcare and the incredible team for giving me the opportunity to help those in need. This little boy, who presented with something not uncommon to be seen in a GP clinic back home, was more susceptible to prolonged infection and slower recovery because of the suboptimal conditions in which he was living at Moria Camp. Treating children in our clinic has given me some of the most heartwarming, yet heartbreaking, experiences I have had during my time here. Despite suffering the harshest of conditions at such a young age, and never having known any different, the pure innocence of the toddlers is still evident in their facial expressions. I am not sure if this observation brightens or darkens my day."

- words from a #kitrinoshealthcare #volunteer, #CampMoria, #Lesvos 2018.

\*#DONATE\* to Kitrinos Healthcare today to help us care for #refugees in Camp Moria this #Winter.

#refugee #Lesbos #charity #healthcare #healthcarecharity #childrefugees #volunteerforrefugees



7

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



### Team Kitrinos

12 Δεκεμβρίου 2018

Are you a medical doctor with a few weeks off in 2019? This January, February and March we are looking for volunteer doctors who can help us offer urgent primary care to refugees in Camp Moria, Lesvos. Fill out our volunteer application form at [www.kitrinoshealthcare.org/volunteer/](http://www.kitrinoshealthcare.org/volunteer/)

"Team Kitrinos is full of love and compassion . . . my son and I had such a good time [volunteering] that we would like to go again soon!"



-Noureen, volunteer  
November 2018

### Team Kitrinos

Μη κερδοσκοπικός οργανισμός

✉ Στείλτε μήνυμα

👍❤️ 11

1 💬 5 ➦

👍 Μου αρέσει! 💬 Σχόλιο ➦ Κοινοποίηση 🌐 ▼

Τα πιο σχετικά ▼

👤 Γράψτε ένα σχόλιο...

👤 Gunilla Hamne  
Will share with Medical Doctors I know 😊 ...

Μου αρέσει! Απάντηση 4 χρ. 📌

### Team Kitrinos

11 Δεκεμβρίου 2018 · 🌐

"In most parts of the world, winter is met with certain types of excitement. A time to rest, a time to curl up with a book, and a chance to restore. Winter has come to Moria Camp — and with it, a whole new set of challenges. In our tiny clinic, we watch helplessly as patient after patient looks for care and warmth, despite the conditions. To understand Moria, it is critical to understand the most vulnerable times, as well as the happy moments that make up daily life. For today, we hope for warmth, for compassion, and for a greater sense of humanity among this close community. We are so grateful to those who continue to see the light through the darkness and are working hard each day to restore humanity in these desolate spaces."

- KH volunteer, November 2018

Thousands of refugees, 1/3rd of whom are children, are trapped in Camp Moria this winter. Living in squalid conditions and exposed to the harsh winter conditions, infectious diseases become more commonplace and more dangerous. We are seeing a significant rise of influenza cases and upper respiratory tract infections in our clinic, and with temperatures falling, this problem will only get worse.

Our volunteer medics are on the ground in Moria, providing healthcare to the vulnerable people trapped in the camp. To help us care for refugees this winter, please donate to Kitrinos Healthcare today at [www.kitrinoshealthcare.org/donate](http://www.kitrinoshealthcare.org/donate).

Thank you.

#westandwithrefugees #campmoria #refugeesGreece #Lesbos #Lesvos #winterappeal #charityappeal #wintercharityappeal #donate #donations #volunteer #doctors #medicine #medical #healthcare #refugeecrisis #Syrianrefugees #refugees

KITRINOSHEALTHCARE.ORG

[www.kitrinoshealthcare.org](http://www.kitrinoshealthcare.org)

👍❤️😊 7

3 ➦

👍 Μου αρέσει! 💬 Σχόλιο ➦ Κοινοποίηση 🌐 ▼

👤 Γράψτε ένα σχόλιο...

### Team Kitrinos

10 Δεκεμβρίου 2018 · 🌐

This #HumanRightsDay thousands of men, women and children are attempting to survive in Moria refugee camp. No child or adult should

be forced to live among open-sewage, in a freezing tent, and wait for hours every single day for food. #WeStandWithRefugees  
#RefugeeCrisis #Solidarity #Humanity  
#StandUp4HumanRights



👍👎 16

9 ↗



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



**Team Kitrinos**

7 Δεκεμβρίου 2018 · 🌐

...

Inside Moria - Greece's largest refugee and migrant camp



YOUTUBE.COM

**Inside Moria - Greece's largest refugee and migrant camp.**

Euronews' Apostolos Staikos takes us inside Greece's largest refuge...

👍👎 9

4 ↗



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



**Team Kitrinos**

5 Δεκεμβρίου 2018 · 🌐

...

This #InternationalVolunteerDay we want to say a massive thank you to past and present volunteers for being a crucial part of Team Kitrinos! We wouldn't be able to do the important work we do in refugee camps across Greece without the determination, teamwork and problem solving every single one of you bring to our clinic!





43

1 8

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά



Γράψτε ένα σχόλιο...



Aman Habibi

We are proud of kitrinos team

Μου αρέσει! Απάντηση 4 χρ.



Team Kitrinos

1 Δεκεμβρίου 2018

#teamkitrinos are working hard amid the cold and difficult weather. A big thank you to #AidHoc and @healthpointfoundation for coming to help us clean up after the clinic flooded! #CampMoria #refugees #winter #charity #medicalcharity #ukcharity #ngo #flooding #Lesvos #Lesvos



18

1 2

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά



Γράψτε ένα σχόλιο...



Vanesa Juarez

Μου αρέσει! Απάντηση 4 χρ.



Team Kitrinos

30 Νοεμβρίου 2018

Shona, twelve years old, explaining what brought her family to Moria refugee camp, Lesvos: "Back in Afghanistan, some people were threatening my father. "If you do not leave this place, we will kill your children," they said. We took the smuggling way. We started our journey in Kabul, my city, and from Kabul we went to Turkey. We left Afghanistan to Pakistan, to Iran and Turkey. The crossing to Pakistan was good, but the crossings to Iran and Turkey were very difficult. It was wintertime, there was a lot of snow and it was very cold. I traveled with my family, my four siblings and my parents."



EURONEWS.COM

### In their words: Children and young refugees living in camps on Greek islands | View

4

2



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

29 Νοεμβρίου 2018 ·

Winter-ready brothers in full parkas and boots. It's not often we see someone properly dressed for the weather, so it is especially heartwarming to know these young ones won't suffer through the rain and cold. #refugees #healthcare #campmorja #medicine #charity #refugeecharity #ngo #refugeesGreece #Lesvos #Lesbos #healthcareforrefugees #childrefugees #humanity #humanitarian #teamkitrinos #kitrinoshealthcare #winter



9



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

29 Νοεμβρίου 2018 ·

Ramin, 12 years old: "TAPUAT (the UNICEF center) is the only place [our father] allows us to go to alone. Everywhere else, he wants us to be all together. We cannot go to the food line without him because it is very dangerous. Every day, there are fights. My mother attempted suicide three times in Moria camp before she decided to leave without us. Now we talk to her sometimes, but at least she is alive."



EURONEWS.COM

ΕΠΙΧΕΙΡΗΣΙΑΣ

### In their words: Children and young refugees living in camps on Greek islands | View

6

2

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...



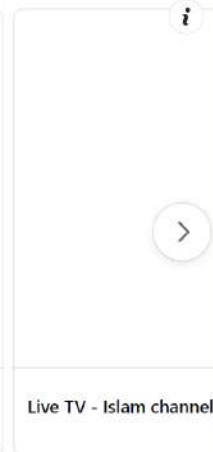
**Team Kitrinos**

28 Νοεμβρίου 2018 · 🌐

Founder of Kitrinos Healthcare Dr Siyana Shaffi will be on Islam Channel in a few moments. Tune in to hear about our work in Greece. Available on Sky 727, virgin 838 or online: <https://www.islamchannel.tv/live-tv/> #kitrinoshealthcare #refugees #refugeecharity



Live TV - Islam channel



Live TV - Islam channel

10

1

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...



**Team Kitrinos**

28 Νοεμβρίου 2018 · 🌐

'This year alone, more than 1,200 men, women and children have died trying to make this journey to Europe, according to the International Organization for Migration's Missing Migrants project. These are just the deaths we know about.'

NEWSDEEPLY.COM

### What It Means for Migrants When Europe Blocks Sea Rescues

8

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...



**Team Kitrinos**

27 Νοεμβρίου 2018 · 🌐

This #GivingTuesday PayPal is matching any donation you make to Kitrinos Healthcare today, at: <https://www.paypal.com/gb/fundraiser/charity/207882>  
Small donations make a big difference to small charities like us. please

Small donations make a big difference to small charities like us, please donate!

PAYPAL.COM

### Give to the cause you love today

It's #GivingTuesday! Join me in celebrating by giving back at www...

4



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



### Team Kitrinos

27 Νοεμβρίου 2018 · 🌐

Dr Kat volunteered with us in September 2018. We would like to share with you an excerpt from her diary, which provides a heartfelt insight into life in one of the world's most notorious refugee camps: Camp Moria...



KITRINOSHEALTHCARE.ORG

### From London to Lesvos: Diary of a Volunteer | Helping Refugees | United Kingdom | Kitrinos Healthcare

7



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



### Team Kitrinos

27 Νοεμβρίου 2018 · 🌐

Yusuf, 17 years old from Aleppo, Syria:  
"I usually wake up very early in the morning to be in the food line at 3 a.m. for breakfast. I wait in line from 3 a.m. until 8 a.m. I have a small break and then from 9 a.m. to 1 p.m., I have to wait in the food line again to have something to eat for lunch. Then, I go to school (the TAPUAT center) until 5 p.m. and right after school, I directly go back to the food line to wait for dinner."



EURONEWS.COM

### In their words: Children and young refugees living in



in their words: Children and young refugees living in camps on Greek islands | View

10 1

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos** 26 Νοεμβρίου 2018 ·

Calling all senior doctors! We are urgently seeking volunteers to work with us from December 18th-22nd!

We are also looking for GPs/doctors to join us in January 2019.

If you are interested in providing healthcare to refugees in Camp Moria, please go to [www.kitrinoshealthcare.org/volunteer](http://www.kitrinoshealthcare.org/volunteer).

4 3

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos** 26 Νοεμβρίου 2018 ·

Tomorrow is #GivingTuesday - show your support for refugees in Camp Moria, Lesvos ! This is a great opportunity for you to support Kitrinos Healthcare in any way you like, whether that's a cake sale, a donation, or even spreading the word by telling your friends or making a post on social media using the hashtag #kitrinoshealthcare - and don't forget to @ us!

#healthcarecharity #NGO #refugee #refugees #charity #UKcharity #supportrefugees #standforrefugees #refugeesGreece #CampMoria



GIVINGTUESDAY.ORG.UK

**Home - Giving Tuesday**

#GivingTuesday is the day to do good stuff for charity, straight after...

3

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos** 20 Νοεμβρίου 2018 ·

Today our clinic flooded. It wasn't unexpected. At Kitrinos, we do our best with what we have and make up solutions when needed.

Sometimes this means we have to sweep puddles with brooms, and make trenches with gravel. All in a day's work. #refugees #healthcare #campmoriam #medicine #charity #refugeecharity #ngo #refugeesGreece #Lesvos #Lesbos #healthcareforrefugees #childrefugees #humanity #humanitarian #teamkitrinos #kitrinoshealthcare





22

1

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά

Γράψτε ένα σχόλιο...

Adriana Garcés  
You guys are amazing, keep up the good work.  
Μου αρέσει! Απάντηση 4 χρ. 2

Team Kitrinos  
19 Νοεμβρίου 2018

3

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

Team Kitrinos  
19 Νοεμβρίου 2018

"While all asylum systems are subjective, [Stathis Poularakishe] said that the situation on Greece's islands has turned the search for protection into a "lottery." Asylum claims on Lesbos can take anywhere between six months and more than two years to be resolved."

NEWSDEEPLY.COM

### The Vulnerability Contest

Traumatized Afghan child soldiers who were forced to fight in Syria...

4

1

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

Team Kitrinos  
17 Νοεμβρίου 2018

Inside Moria: a look inside the refugee camp on Greek island





YOUTUBE.COM

Inside Moria: a look inside the refugee camp on Greek island

6

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

Team Kitrinos

16 Νοεμβρίου 2018

Our amazing #teamkitrinos volunteers on the ground in Camp Moria - keep up the excellent work guys!

#refugees #healthcare #charity #ngo #refugeecharity #volunteers #volunteer #healthcareforrefugees #campMoria #Lesvos #Lesbos #refugeesGreece



17

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

Team Kitrinos

16 Νοεμβρίου 2018

We are still on the lookout for volunteer doctors who can help us treat patients in Camp Moria this December! Fill out our medical volunteer application form at [www.kitrinoshealthcare.org/volunteer](http://www.kitrinoshealthcare.org/volunteer) or send us an email at [volunteer@kitrinoshealthcare.com](mailto:volunteer@kitrinoshealthcare.com)!

"Kitrinos Healthcare is an amazing organization and I am so grateful to have had the opportunity to work with you! I learned so much in such a small period and truly made a family in Moria! It was a medical clinic, but it provided a lot of love in the process. Caring for these patients and forming human connections in the process is what made this organization so

special and something I can never forget.



-Laura, volunteer  
October 2018

10

7



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

15 Νοεμβρίου 2018 · 🌐

...

"If it gets any worse than this, I'll go back to Iraq"

An article looking at the growing mental health crisis in one of the world's most notorious refugee camps...

#refugee #refugees #mentalhealth #mentalhealthcrisis #Lesbos  
#Lesvos #refugeesGreece



CTVNEWS.CA

A rare look at life inside Lesbos' Moria refugee camp, the island prison



3



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

14 Νοεμβρίου 2018 · 🌐

...

"I get nightmares, I can't sleep and I keep seeing my friends' faces all the time. I feel guilty that I had to leave my country. I had a good life and I earned well. I have done my post graduation. I keep thinking about why I had to leave." The story behind this was very difficult to hear.

This young Afghani was at a demonstration when his university friends were killed in a bomb blast. He can still hear the noises from that day. What can I offer him? Not enough but something at least. Thanks to Kitrinos he can talk to a doctor. He can tell someone his story. He can be told that people care about him and he has done well and that he should not feel guilty for being alive.

With the help of the Kitrinos coordinator we can look into what referral pathways and means we have to get him into the Greek system for some counselling. Kitrinos acts as an important bridge for patients to gain access to secondary care.

- Some words from a Kitrinos Healthcare volunteer, November 2018.

#refugees #healthcare #campmoria #medicine #charity  
#refugeecharity #ngo #refugeesGreece #Lesvos #Lesbos  
#healthcareforrefugees #humanity #humanitarian



13

2



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

13 Νοεμβρίου 2018 · 🌐

...

"It was another day at the clinic - a Friday. Everyone was upbeat, and the day had been calm so far. After lunch time, 5 emergencies arrived

at the same time. My patient was a teen, 15 years old, but looked more like an adult. He had been waiting in the food line for 2 hours, and said he wasn't feeling well. When I first saw him he was pale but his vitals were fine. He opened his eyes and started to cry, and then closed them and kept them closed during much of our consultation. We were told he had a history of heart disease and so we did an ECG, but the ECG was normal. He looked healthy and the neurological exam was also normal. I gave him some water and he was able to swallow, but still didn't open his eyes and appeared to be sleeping. He was in this state for at least an hour and suddenly he woke up, very surprised, and he couldn't remember what had happened. Though our tests showed that he was physically as healthy as could be expected, life in Moria was clearly having a significant impact on him.

This young boy had had a long and hard journey with his mother and brother before their arrival in Lesvos. They were deported 4 times, and they walked through the mountains to get here.

I still think about this boy and about so many other boys and girls like him. We had a lot of similar cases last week at the clinic. This is very scary for the families, and even for us. I felt useless. All I, as a doctor, can give them right now is a space to talk and time to adjust."

- some words from a Kitrinos Healthcare volunteer, November 2018.

#refugees #healthcare #campmorja #medicine #charity  
#refugeecharity #ngo #refugeesGreece #Lesvos #Lesbos  
#healthcareforrefugees #childrefugees #humanity #humanitarian



👍👏 25

5 ➦



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



**Team Kitrinos**

11 Νοεμβρίου 2018 · 🌐

...

"Up to 60% of asylum seekers attending the mental health centre in Moria this year said they had contemplated suicide, and almost 30% had tried to take their own lives"

Please read the following article, which discusses the prevalence and severity of mental health issues amongst those trapped in Camp Moria:

<https://www.theguardian.com/.../trauma-runs-deep-for...>

(Trigger warning: mentions of suicide, self-harm and sexual violence; images of self-harm)



## 'We have found hell': drawings reveal children's trauma at Lesbos camp | Lorenzo Tondo

7

4



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

10 Νοεμβρίου 2018 · 🌐



Hope Project

10 Νοεμβρίου 2018 · 🌐

Every week is busy at The Hope Project!

Here is a little of what has gone on with distribution just this week alone.

We can only do this because of the support we receive from so many small groups and charities around the world, much of our current supplies have come to us on the containers sent by [CARE UK Charity](#), and supported in turn by many charities across the uk including [ShareShop Chester](#) [Refugee Relief Ynys Môn](#) and so many more.

As well as all the clothes and supplies we give out every week to many people from Moria camp, we also were able to help the families with new babies and give them everything they needed. Baby baskets packed with everything you could need for new borns and baby strollers.

The distribution warehouse if packed all day from 9am.

Everyday we receive lists of items from the doctors based inside and outside the camp, MSF, BRF & Kitrinos, we supply individual packs of clothes for each patient suffering with scabies, this means that they can clean their clothes daily, which is an essential part of treating scabies infections.

We passed on a large amount of medicines and medical supplies to DocMobile - Medical Help e.V. for their treatment of patients at [#TheHopeProjectMedicalCentre](#) based at [One Happy Family - Community Center, Lesbos](#), they will also pass on some of these supplies to other medical groups depending on where the supplies are more needed.

[Kitrinos Healthcare](#) asked for a wheelchair and a baby stroller that we were able to supply, we will work on getting them more medical equipment to support their work inside Moria camp We passed on diapers and a few other supplies to the fabulous projects of [Katerina Nikos Home For All](#) And [Bashira House SAO Association](#).

Yesterday we made several trips to Kara Tepe camp close to our projects. We were able to supply children's bicycles, many wheelchairs as well as two for children that were needed & baby boxes for the new mums and their babies at the camp (we will take more on Monday and also wooden and travel cots)

Now onto the next week 🙏🙏

All of this is only possible because of you! ❤️🙏

We Can Not Continue Without Your Help And Support!

[#TogetherWeAreStronger](#)

The Hope Project Donations;

<https://mydonate.bt.com/fundraisers/thehopeprojectkempson>

Prism the Gift Fund; ref The hope project

(IMPOTANT!!!!: please make sure all deposits are marked THE

HOPE PROJECT/KEMPSONS)

Account no: 80996260

Sort Code: 18-00-02

IBAN: GB54 COUT 1800 0208 0996 26

Swift Code: COUTGB22

#MoriaRefugee #RefugeesGr #refugee #lesvosrefugees  
#refugeescrisis #refugeeslesvos #refugeeswelcome  
#refugeechildren #everydayrefugees #moria #morialesvos  
#safepassage #fortresseurope

Philippa and Eric Kempson - refugee support/ Lesvos Philippa  
Kempson Eric Kempson on far i fo

7

2

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

9 Νοεμβρίου 2018 ·

"Whether it's refugees or people moving for jobs, they are human beings."



ALJAZEERA.COM

Nearly 60,000 migrants have died or gone missing since 2014: AP

9

2

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

9 Νοεμβρίου 2018 ·

We urgently need volunteer doctors to treat patients in Camp Moria this December! Fill out our medical volunteer application form at [kitrinoshealthcare.org/get\\_involved](http://kitrinoshealthcare.org/get_involved) or email [volunteer@kitrinoshealthcare.com](mailto:volunteer@kitrinoshealthcare.com)!

"This was an invaluable experience and compelled me to re-evaluate my understanding of hospitality, compassion, justice, citizenship, borders and migration. It really triggered a lot of personal contemplation regarding the ethics of forced displacement and our relationships to, and responsibilities towards the not-so-distant-others."



- Kat, volunteer  
September 2018

11

13

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

8 Νοεμβρίου 2018 · 🌐



'[Moria volunteer] Thornton told of four or five families living in tents designed for one.

"The kids sleep in the tents at night while the parents walk around outside. Then during the day the parents try to get some sleep while their kids are left on their own outside. There are no organized schools."

## Adirondack Daily Enterprise

ADIRONDACKDAILYENTERPRISE.COM



**BBC: 'The worst refugee camp on earth' | News, Sports, Jobs - Adirondack Daily Enterprise**

👍👎 2

1 ↗



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

8 Νοεμβρίου 2018 · 🌐



Words from a volunteer:

"As a GP I am used to seeing thrush in breast fed babies. Why is this case so different that I am writing about it ?

This is a 3 month old baby who lives in Camp Moria. The baby lives with his Syrian parents in a tent. The social history was not about who lives with the parents and about breast feeding. It was trying to comprehend what horrors this young family escaped to get here and to understand how this 3 month old baby will cope with conditions here.

The next step was not finding out what guidelines there are for prescribing for thrush but what medication can I find to give them? I was so excited to find our last bottle of nystatin and then had to go searching for a suitable topical antifungal for a breast feeding mum. A lot of what needs to be done here is weighing pros and cons and deciding what is in the best interest of the patients. Should I treat with something I don't normally use in the UK as this is the best option here?"

[#refugees](#) [#healthcare](#) [#campmoriamoria](#) [#medicine](#) [#charity](#)

[#refugeecharity](#) [#refugeesGreece](#) [#Lesvos](#) [#Lesbos](#)

[#healthcareforrefugees](#) [#childrefugees](#)



👍👎 22

6 ↗



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...





**Team Kitrinos**  
6 Νοεμβρίου 2018 · 🌐



 Ο χρήστης **Together for Better Days** πρόσθεσε 15 νέες φωτογραφίες στο άλμπουμ: **@TAPUAT, October 2018**.  
6 Νοεμβρίου 2018 · 🌐

October was powerful. With a conscious focus on protection and education for the hundreds of kids who access TAPUAT every day as well as activities of female empowerment and art therapy, we have had a month of emotional storms within the community, countless farewells, and profound conversations and mutual learning. We would like to wish the families who have managed to move on in October, from Moria camp to alternative accommodation or to the mainland, best of luck and strength.

Also, we would like to thank some of our new partners:  
Bikes for friends for running the TAPUAT Women Empowerment Biking Project

Photolgaphy for the student interviews and wonderful photos  
Aniko for customizing our Sports Dev. programme and assessing TAPUAT's needs

Kitrinos Healthcare for seeing over 50 patients in four mornings, in one month alone, amongst them pregnant women and newborn babies.

Havening Techniques for training our team and running activities with women and children

👍 2

👍 Μου αρέσει!    💬 Σχόλιο    ➦ Κοινοποίηση    🌐

 Γράψτε ένα σχόλιο...    🗨️ 😊 📷 📱

**Team Kitrinos**  
6 Νοεμβρίου 2018 · 🌐

Do you want to volunteer with a charity that provides healthcare to refugees in Lesvos? We are now looking for senior doctors to work with us in Camp Moria between the 16th and 31st of December. Those available for only one week may apply. Please go to [www.kitrinoshealthcare.org/volunteer](http://www.kitrinoshealthcare.org/volunteer) to register your interest. Thank you!

#refugees #refugee #volunteer #charity #ukcharity #healthcarecharity #refugeecharity #Lesvos #Lesbos #CampMoria #refugeesGreece #healthcareforrefugees

**JOIN US!**  
Kitrinos Healthcare  
is looking for  
**Senior Doctors.**  
When?

December 16th-31st, 2018

**Where?**  
Camp Moria, Lesvos Island

**Register your interest at:**  
[www.kitrinoshealthcare.org/volunteer](http://www.kitrinoshealthcare.org/volunteer)



13 likes · 21 shares

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
4 Νοεμβρίου 2018 · 🌐



**'Thank You'**  
from Kitrinos Healthcare

To those who were able to attend our educational event on Thursday 18th of October, our volunteers and staff are incredibly grateful for the love and support expressed by all of you. We hope you enjoyed the evening as much as we did!

A special 'thank you' goes out to our friends and colleagues at Peaceful Heart Network - Gunilla Hamne and Ulf Sandstrom - and the Hope Project - Phillipa and Eric Kempson - for sharing their knowledge and wisdom with us.

Thank you also to all those kind enough to donate on the night, purchase our auctioned items, and pledge to donate to Kitrinos Healthcare on an ongoing basis. We will keep you updated about how your donations are helping us to care for the 8,000 refugees currently trapped on Lesvos Island.

We hope to see you all again soon!  
With blessings and gratitude.

Team Kitrinos



5 likes

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
1 Νοεμβρίου 2018 · 🌐

'It's so desperate that some of the refugees and migrants awaiting asylum in Europe have told aid workers that life in their respective home countries, where they witnessed torture, bombings, and murder, was preferable to what they experience in Moria.'



CTVNEWS.CA

**Tensions grow inside and outside Greece's Moria refugee camp**

4 likes · 2 shares

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
31 Οκτωβρίου 2018 · 🌐

"Although the vast majority of migrants who arrive in Moria are

Although the vast majority of migrants who arrive in Moria are traumatised, after having fled from violent conflicts in their home countries, conditions in the camp have exacerbated their trauma," said Luca Fontana, field coordinator of MSF on the island.



NEOSKOSMOS.COM

### Medecins Sans Frontieres confirms rape cases at Moria migrant camp | Neos Kosmos

👍❤️ 11

👍 Μου αρέσει!    💬 Σχόλιο    ➦ Κοινοποίηση

👤 Γράψτε ένα σχόλιο...



**Team Kitrinos**

30 Οκτωβρίου 2018 · 🌐

"We came here for a better life. We escaped from Afghanistan because there was war, but here we can't save our life. How can we do that? We don't study, we don't work, there's no food, so what do we do?"



CTVNEWS.CA

### A rare look at life inside Lesbos' Moria refugee camp, the island prison

👍❤️😢 8

👍 Μου αρέσει!    💬 Σχόλιο    ➦ Κοινοποίηση

👤 Γράψτε ένα σχόλιο...



**Team Kitrinos**

29 Οκτωβρίου 2018 · 🌐

This November, volunteer doctor Tahira will be treating refugees in our clinic, and is raising money to continue our services running. Please donate what you can. Thank you Tahira, our team look forward to working with you in the clinic!



TOTALGIVING.CO.UK

### TotalGiving™ - Tahira's page for Kitrinos Healthcare - Raising money for refugees in Greece - Kitrinos Healthca...

5

1

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

29 Οκτωβρίου 2018

Inside Moria: a look inside the refugee camp on Greek island



YOUTUBE.COM

Inside Moria: a look inside the refugee camp on Greek island

4

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Ο χρήστης Team Kitrinos συγκεντρώνει χρήματα από δωρεές.

25 Οκτωβρίου 2018

Thank you to our followers for choosing to stay aware of the refugee crisis in Greece. With such terrible conditions and heart-wrenching stories, it is easy to turn a blind eye and hope the crisis goes away on its own. But we will continue to do our best treating patients and giving some moments of peace and comfort in Camp Moria. We know we are not alone in caring for refugees, and we thank you for your support.



**WHAT WE DO:** We provide urgent care for vulnerable refugees stuck in Greece. Clients include children with disabilities, torture and trauma victims, cancer sufferers, pregnant women, the elderly, and sufferers of kidney stones due to lack of clean water.

**WHY WE DO IT:** Many aid charities have left Greece to provide care in other world crises. We are a small charity, but driven to provide aid, without which, refugees would be without vital access to healthcare.

**HOW WE DO IT:** We recruit medical volunteers (doctors, nurses, paramedics...) and non-medical volunteers to help in Greece. We provide them with medical resources, and offer limited shared accommodation and transport - charged at reduced rates.

**HOW YOU CAN HELP:** You can help fund our resources, by donating at <https://kitrinoshealthcare.charitycheckout.co.uk> <https://www.totalgiving.co.uk/charity/kitrinos-healthcare> and register your interest to volunteer with us from [https://www.kitrinoshealthcare.org/get\\_involved](https://www.kitrinoshealthcare.org/get_involved)



Συγκεντρώθηκαν 0 £ για τον μη κερδοσκοπικό οργανισμό Kitrinos...  
Γίνετε ο πρώτος που θα κάνει δωρεά!

Δωρεά

7

2

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

23 Οκτωβρίου 2018



Ο χρήστης **Gunilla Hamne** είναι στην πόλη **Mória, Lesvos, Greece**.

22 Οκτωβρίου 2018 · 🌐

Beloved Team **Kitrinos Healthcare**, Moria camp, Lesbos ❤️

👍❤️ 33

1 ↗



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



**Team Kitrinos**

22 Οκτωβρίου 2018 · 🌐



Calling all medical doctors! We're looking for licensed doctors to volunteer with us in Camp Moria, Lesvos this December. Fill out our medical volunteer registration form at [www.kitrinoshealthcare.org/get\\_involved](http://www.kitrinoshealthcare.org/get_involved) or express your interest at [volunteer@kitrinoshealthcare.com](mailto:volunteer@kitrinoshealthcare.com)



**Volunteer doctors needed!**  
**December 2018**

👍 4

16 ↗



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



**Team Kitrinos**

22 Οκτωβρίου 2018 · 🌐



'While all asylum systems are subjective, [Stathis Poularakishe] said that the situation on Greece's islands has turned the search for protection into a "lottery." Asylum claims on Lesbos can take anywhere between six months and more than two years to be resolved.'

NEWSDEEPLY.COM

### The Vulnerability Contest

Traumatized Afghan child soldiers who were forced to fight in Syria...

8

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

Team Kitrinos

19 Οκτωβρίου 2018

'Across Moria and the "Olive Grove," the feeling that Greek authorities have failed the nearly 8,500 people living there is deeply felt, with women, children and many men too afraid to even make the journey to the few portable toilets available across the camp at night.'



KEEPTALKINGGREECE.COM

### MSF warns of increasing assaults against children in Moria camp - Keep Talking Greece

22

15

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

Team Kitrinos

17 Οκτωβρίου 2018

Last chance to get your tickets to 'Bad Camp, Sad Kids: The Crisis Continues' on October 18th in London - book asap to ensure a place ! Come along to this special evening of learning and celebration as we approach our third year on the ground in Greece.

Tickets here: <https://eventbrite.co.uk/.../educational-charity-event...>

Founder of Kitrinos Healthcare Dr Siyana Shaffi, Gunilla Hamne of Peaceful Heart Network and colleague Ulf Sandstrom will talk about their work in Moria Camp in Lesvos, providing healthcare and teaching self-help techniques for stress and trauma to refugees. We have used these techniques to help people with issues such as panic attacks, depression and even child behavioural problems, and the focus is always on the idea that they can be taught by anyone, learned by anyone, and passed on to provide a 'ripple of healing' in a community where so many lives have been torn apart by violence and trauma. Come and hear all about it and learn 'Trauma Tapping Technique', which you can use on yourself and your loved ones to reduce stress and improve overall mental health! A delicious two-course dinner will be provided, and we will be selling hand-made products from 'Hope Project' and tasty Palestinian snacks from 'Zaytoun'. We look forward to seeing you there!

Share to spread the word !

#refugee #refugees #charityevent #healthcare #Londondonevent #educationalevent #seminar #Londonseminar #Moriacamp #campmoriam #refugeecamp #charitydinner #psychology #medicalcare #mentalhealth #trauma #ptsd #traumatapping #haventing #selfhelp





EVENTBRITE.CO.UK

### Educational Charity Event - 'Bad Camp, Sad Kids: The Crisis Continues'

4 likes 1 comment 1 share

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά

Γράψτε ένα σχόλιο...

Mohammad Javad Amirzadeh Great office

Μου αρέσει! Απάντηση 4 χρ.

Team Kitrinos 16 Οκτωβρίου 2018

Donate at: <https://www.kitrinoshealthcare.org/donate>

"To be able to meet the refugees, see the camp and hear their stories firsthand was eye opening and moving. I found myself amazed at how strong and resilient people are despite their tragic circumstances and difficult journeys... It was challenging and frustrating at times to not be able to provide the best standard of care due to limited resources but you soon adapt to this and make the best of what you have... It was lovely getting to know and working with the rest of the Kitrinos team, their hard work and dedication is admirable."



-Zaynab, volunteer September 2018

3 likes 1 share

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

Team Kitrinos 16 Οκτωβρίου 2018

People waiting to be seen in our Moria Camp clinic early last week... The man using a wheelchair travelled with his brother from Somalia to Lesvos. He was in his 60s and suffered from uncontrollable high blood pressure and had had a stroke which left him both paralysed and unable to speak. His brother took him to the clinic as he was struggling to maintain his personal hygiene. We explained that the catheter he requested would be an unsafe option due to the high risk of kidney infection, but he accepted some adult nappies and words of support from our medical volunteer team for the time being. #refugees #volunteers #volunteer #refugee #campmoriam #moriam #lesbos #lesvos #refugeesgreece #refugeecrisis #ukcharity #greekcharity #ngo #charity #health #healthcare #medical #healthcareforrefugees #refugeecamp





13 1 3

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά

Γράψτε ένα σχόλιο...

Aman Habibi  
The best medical team in the world 🙏🙏  
Μου αρέσει! Απάντηση 4 χρ.

**Team Kitrinos**  
15 Οκτωβρίου 2018

'With winter approaching, it is feared the cold will deepen the humanitarian crisis here even further, making an already dire situation even worse.'

ITV.COM

Fears growing in 'unbearable' and overcrowded Moria refugee camp in Greece as winter approaches

8

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
15 Οκτωβρίου 2018

**\*\*IMPORTANT UPDATE\*\***

Dear event attendees,

We are looking forward to seeing you all on Thursday evening and we are really excited to tell you about how we use Trauma Tapping Technique in Camp Moria. Sadly we have some unfortunate news: we are now unable to offer CPD certificates for this talk due to unforeseen circumstances. We offer our sincerest apologies. Despite this we are sure that the event will still be enjoyable and beneficial for you in your future endeavors. The evening will also end a little earlier - around 9.30 rather than 10pm.

Regards,

Kitrinos Healthcare

2

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...





Team Kitrinos

12 Οκτωβρίου 2018 · 🌐



Calling all volunteers! New applicants please fill out our volunteer registration form at [www.kitrinoshealthcare.org/get\\_involved](http://www.kitrinoshealthcare.org/get_involved), and previous volunteers please email [volunteer@kitrinoshealthcare.org](mailto:volunteer@kitrinoshealthcare.org)



Pharmacist and admin  
volunteers needed!  
November & December 2018

CAN YOU VOLUNTEER WITH US  
IN CAMP MORIA?

**STEP ONE** Complete our registration form and send us the necessary documents in the case of emergency and medical assistance. You do not need to pay for a passport or visa if you are not a citizen of the European Union. We will provide you with the necessary documents and help you with the application process.

**STEP TWO** Submit your application. We will contact you to schedule an interview. You will need to bring a passport photo and a recent passport. We will provide you with the necessary documents and help you with the application process.

**STEP THREE** Receive your invitation to volunteer. We will provide you with the necessary documents and help you with the application process.

**STEP FOUR** Receive your invitation to volunteer. We will provide you with the necessary documents and help you with the application process.



14



2



3



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Τα πιο σχετικά ▾



Γράψτε ένα σχόλιο...



Liaqatt Awan  
Interested

Μου αρέσει!

Απάντηση

4 χρ.

Έχει επιλεγεί η ταξινόμηση "Τα πιο σχετικά", συνεπώς κάποια σχόλια μπορεί να έχουν εξαιρεθεί.



Team Kitrinos

10 Οκτωβρίου 2018 · 🌐



'When the flood of refugees was at its high point, Camp Moria was basically a way station, one of the first stops for asylum seekers, many fleeing war in Syria, Iraq and Afghanistan, on their way to the European mainland. But as the European Union has responded to the crisis by closing internal borders and cutting deals with Turkey and African governments and warlords to slow the exodus, many of the migrants have become stranded where they first make landfall.'

<https://www.nytimes.com/.../greece-europe-refugees.html>



6



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

9 Οκτωβρίου 2018 · 🌐



'The overcrowding is so extreme that asylum seekers spend as much as 12 hours a day waiting in line for food that is sometimes moldy. Last week, there were about 80 people for each shower, and around 70 per toilet, with aid workers complaining about raw sewage leaking into tents where children are living. Sexual assaults, knife attacks and suicide attempts are common.'



NYTIMES.COM

'Better to Drown': A Greek Refugee Camp's Epidemic of Misery



7



Μου αρέσει!



Σχόλιο



Κοινοποίηση





Γράψτε ένα σχόλιο...



Team Kitrinos

8 Οκτωβρίου 2018 · 🌐



'According to the IRC report, "up to 60% of asylum seekers attending the mental health centre in Moria this year said they had contemplated suicide, and almost 30% had tried to take their own lives". Aid groups say they can only deal with the most severe cases and fear that the numbers of suicidal children are much higher.'



THEGUARDIAN.COM

'We have found hell': drawings reveal children's trauma at Lesbos camp | Lorenzo Tondo



8



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

4 Οκτωβρίου 2018 · 🌐



Some words from our director Dr Siyana Shaffi, who is currently on the ground in Lesbos (be aware that the content may be distressing to read):

"Amongst the cases we saw yesterday, I met several people whose stories will undoubtedly stay with me long after I return home.

I spoke to a mother who was struggling to breastfeed her days old baby, who was getting cold at night in the falling temperatures - I worry that winter is fast approaching.

I met a young woman who had been so severely tortured and violated that she now suffers from amnesia and mutism; she is still in shock and cannot speak.

I also met a young man who is profoundly depressed, having witnessed atrocities carried out on his wife and children, before they were killed in front of his eyes."

The fact that these are only some of the people seen in our clinic over one day alone gives a horrifying indication of the extent of the trauma that hangs over all those trapped Camp Moria.



14



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Τα πιο σχετικά ▾



Γράψτε ένα σχόλιο...



Jim Canelli

As a friend of your father I can see why he is so proud of you. God bless you and keep you safe.



Μου αρέσει!

Απάντηση

4 χρ.



Team Kitrinos

4 Οκτωβρίου 2018 · 🌐



In the distressing Camp Moria, most of the daily injuries happen while people queue for food. In an overcrowded food line, with tired and hungry refugees waiting for breakfast since 4 a.m, people eventually become agitated and push ahead of each other. A 6-year-old boy was squashed against a fence, cutting his hand so badly that a member of our team had to stitch up the wound.





11

4



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

4 Οκτωβρίου 2018 ·



Dear all,

it's the last day to book tickets for our educational charity event 'Bad Camp, Sad Kids' at early bird price (after midnight UK time the full price will be charged).

This is a unique opportunity to learn "stress relief" techniques that will prepare you for many situations including sadness, anxiety, insomnia and even has a beneficial effect on physical symptoms like chronic pain and high blood pressure. Don't forget the first fifty ticket buyers will receive a free copy of "Resolving Yesterday - First Aid for Stress and Trauma with TTT" signed by the authors.

And of course, if you're not able to come yourself, you could always sponsor someone else (like a medical student or humanitarian volunteer) to prepare them for the world of caring for humanity!

Get your ticket(s) here: <https://www.eventbrite.co.uk/.../educational-charity...>

We would love to see you there.

With best wishes,

وعليكم السلام ورحمة الله وبركاته Siyana



EVENTBRITE.CO.UK

Educational Charity Event - 'Bad Camp, Sad Kids: The Crisis Continues'

1



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

3 Οκτωβρίου 2018 ·



DON'T FORGET OUR EARLY BIRD TICKET SALE ENDS TOMORROW!

Get your online discount, plus free book 'Resolving Yesterday' by trauma consultant Gunilla Hamne at:

<https://www.eventbrite.co.uk/.../educational-charity...>



EARLY BIRD SALE  
CLOSES THIS THURSDAY

Kitrinos Healthcare  
Educational Charity Event

All proceeds go to Kitrinos Healthcare Charity



**October 18th 2018  
6-10pm**  
The Oak Suite, Elm Grove  
Conference Centre  
Roehampton Lane, London  
SW15 5PH

**"Bad Camp, Sad Kids"**

**The crisis continues...**  
SUPPORT OUR ONGOING WORK IN CAMP MORIA, WHERE  
MENTAL ILLNESS AND SUICIDE ATTEMPTS ARE ON THE RISE

2

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
3 Οκτωβρίου 2018 ·

'There is only one shower for every 84 people and one toilet for every 72 people'



NYTIMES.COM

**Greece's Biggest Migrant Camp Is a Mental Health Crisis, Aid Groups Say**

9

1 3

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά

Γράψτε ένα σχόλιο...

**Tammy Perry McDevitt**  
I so desperately wanted to "organize" women and babies...and I couldn't even wrap my head around that. This is just staggering....

Μου αρέσει! Απάντηση · 4 χρ.

**Team Kitrinos**  
2 Οκτωβρίου 2018 ·

Don't forget our Early Bird ticket sale for our Educational Charity Event in London ends **THIS THURSDAY!**  
You have two days left to save £10 and receive a free copy of Trauma consultant Gunilla Hamne's brilliant book 'Resolving Yesterday: First Aid for Stress and Trauma with TTT'. Book your ticket today!



EVENTBRITE.CO.UK

**Educational Charity Event - 'Bad Camp, Sad Kids: The Crisis Continues'**

Educational Charity Event - 'Bad Camp, Sad Kids: The Crisis Continues'

3

1 ↗



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

2 Οκτωβρίου 2018 · 🌐

...

Donate at: <https://kitrinoshealthcare.charitycheckout.co.uk/>



9

4 ↗



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

2 Οκτωβρίου 2018 · 🌐

...

A young boy praying in #CampMoria - may he be blessed. #Refugee #refugees #Moria #refugeesgreece #prayer #Greece #Lesvos #Lesbos



26

4 ↗



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

1 Οκτωβρίου 2018 · 🌐

...

Don't miss out on our Early Bird ticket sale for our Educational Charity Event on Oct 18 in London! You have three days left to save £10 and receive a free copy of Trauma consultant Gunilla Hamne's brilliant book 'Resolving Yesterday: First Aid for Stress and Trauma with TTT'. Book your ticket now:

<https://www.eventbrite.co.uk/.../educational-charity...>



**EARLY BIRD SALE  
CLOSES THIS THURSDAY**

## Kitrinos Healthcare Educational Charity Event

All proceeds go to Kitrinos Healthcare Charity



**October 18th 2018  
6-10pm**

The Oak Suite, Elm Grove  
Conference Centre  
Roehampton Lane, London  
SW15 5PH

"Bad Camp, Sad Kids"

### The crisis continues...

SUPPORT OUR ONGOING WORK IN CAMP MORIA, WHERE  
MENTAL ILLNESS AND SUICIDE ATTEMPTS ARE ON THE RISE

Educational Charity Event - 'Bad Camp, Sad Kids: The Crisis Continues'

10

3



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



**Team Kitrinos**

1 Οκτωβρίου 2018 · 🌐

...

Our team recently prescribed medication to the oldest member of Camp Moria, a 95-year-old woman, who journeyed to Lesbos with her children and grand-children. With overflowing rubbish bins, broken sewage pipes, and thousands of hungry and agitated people packed into the camp; Moria is no place for the elderly and vulnerable. Hundreds of refugees of all ages continue to escape to Lesbos every day.



25

4



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Τα πιο σχετικά ▾



Γράψτε ένα σχόλιο...



Team Kitrinos

1 Οκτωβρίου 2018 · 🌐



Migrants staying in tents at Moria camp to be moved as severe weather approaches



EKATHIMERINI.COM

Migrants staying in tents at Moria camp to be moved as severe weather approaches | Kathimerini



5



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

28 Σεπτεμβρίου 2018 · 🌐



"There was a long corridor with iron railings and men were wait in line. What for? When I asked them, they said food. Authorities know this looks bad, but before this system was inforced, there was tension and fights about who would get food."



EURONEWS.COM

'I was shocked'—what's it like in Lesbos' Moria refugee camp?



4



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

28 Σεπτεμβρίου 2018 · 🌐



'Describing the appalling conditions at the overcrowded camp on Skai TV, Pavlopoulos said that there is one toilet per 70 residents and one shower stall per 90 residents. He also warned of a surge in violence, including sexual assaults, saying that the women and children at the Moria camp need to be urgently transferred to safer facilities.'





**Half of Moria migrant camp population is women and children, NGO says | Kathimerini**

5 1

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
27 Σεπτεμβρίου 2018 ·

Can you help us treat patients in Camp Moria this October? Fill out our medical volunteer form at [https://www.kitrinoshealthcare.org/get\\_involved](https://www.kitrinoshealthcare.org/get_involved) and previous volunteers please email us at [info@kitrinoshealthcare.com](mailto:info@kitrinoshealthcare.com)



**Volunteer doctors needed!  
October and December 2018**

11 7 12

Μου αρέσει! Σχόλιο Κοινοποίηση

Όλα τα σχόλια ▾

Γράψτε ένα σχόλιο...

**Shanza Haider Faryal** ...  
Μου αρέσει! Απάντηση 4 χρ.

**Sehrish Mansoor** ...  
**Rohma Akhtar** lets do this...and this time i m seriously thinking about this ...  
Μου αρέσει! Απάντηση 4 χρ.

**Rohma Akhtar** ...  
**Sehrish Mansoor** ok. Let's do this ...  
Μου αρέσει! Απάντηση 4 χρ.

**Rohma Akhtar** ...  
**Sehrish Mansoor** in pakistan ? ...  
Μου αρέσει! Απάντηση Δείτε τη μετάφραση 4 χρ.

**Sehrish Mansoor** ...  
Isnt this in greece? I havnt checked the details yet...let me check ...  
Μου αρέσει! Απάντηση 4 χρ.

**Rohma Akhtar** ...  
**Sehrish Mansoor** btao phr ...  
Μου αρέσει! Απάντηση Δείτε τη μετάφραση 4 χρ.

**Sehrish Mansoor** ...  
**Rohma Akhtar** ok i ll ...  
Μου αρέσει! Απάντηση 4 χρ.

Απαντήστε στο χρήστη Sehrish Man...  
Γράψτε ένα σχόλιο...





Team Kitrinos

27 Σεπτεμβρίου 2018 · 🌐



'Mohammad Hasher Mirzad is a 28 year old asylum seeker and he says, "We came here to be in a safe situation. Unfortunately we are not safe. We are in a very bad situation. Every day and night, there are fights, people kill each other. We don't want to stay here. Especially the families don't want to stay here, they want to leave as soon as possible, because the weather is getting colder".'



EURONEWS.COM

### Greek camp at Moria: reaching boiling point

NGO's and human rights groups have urged Greece to take action ...

👍👎 5

1 ↗



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

27 Σεπτεμβρίου 2018 · 🌐



Wildfire Breaks Out Near Camp In Greece, Home To Thousands Of Refugees



NPR.ORG

### Wildfire Breaks Out Near Camp In Greece, Home To Thousands Of Refugees

👍👎 7

4 ↗



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Ο χρήστης Team Kitrinos ενημέρωσε τη φωτογραφία εξωφύλλου.

26 Σεπτεμβρίου 2018 · 🌐



👍👎 31

3 ↗



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...





Team Kitrinos

26 Σεπτεμβρίου 2018 · 🌐



"Volunteering with Team Kitrinos at Moria Camp in Greece was a highly enjoyable and rewarding experience. I met some wonderful colleagues and residents in Moria Camp, some of whose stories will stay with me forever. I look forward to working with Team Kitrinos again soon!"



-Sanna, volunteer  
September 2018



8



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

24 Σεπτεμβρίου 2018 · 🌐



Team Kitrinos has gathered in London this October, eager to spread awareness of the current refugee crisis in Greece.

Come to hear us share our ongoing work in Moria refugee camp and the healing effects of TTT. We hope to see you there!

<https://www.eventbrite.co.uk/.../educational-charity...>

NOTE: Unfortunately due to unforeseen circumstances we are now unable to offer a CPD certificate of attendance. The event will also end a little earlier, at 9.30pm.



## Kitrinos Healthcare Educational Charity Event

All proceeds go to Kitrinos Healthcare Charity



October 18th 2018  
6-10pm

The Oak Suite,  
Elm Grove  
Conference Centre  
Roehampton Lane,  
London SW15 5PH

"Bad Camp, Sad Kids"

### The crisis continues...

**SUPPORT OUR ONGOING WORK IN CAMP MORIA, WHERE MENTAL ILLNESS AND SUICIDE ATTEMPTS ARE ON THE RISE**

- Learn 'Trauma Tapping' - a technique we use in camps to reduce stress and promote healing, free of language and cultural barriers
- Presentations by **Dr Siyana Shaffi** and Psychosocial Trauma Consultants **Gunilla Hamne** and **Ulf Sandstrom**
- First 50 tickets receive a free signed copy of Gunilla Hamne's book 'Resolving Yesterday' (worth £11)
- Enjoy a delicious 2-course hot meal (Halal and gluten-free options)
- CPD certificate of attendance provided

**EARLY BIRD: BOOK BY THURS 4 OCT FOR £10 OFF**

TICKET PRICE: £60

[www.kitrinoshealthcare.org](http://www.kitrinoshealthcare.org)

[www.peacefulheart.se](http://www.peacefulheart.se)

Educational Charity Event - 'Bad Camp, Sad Kids: The Crisis Continues'



9



Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



**Team Kitrinos**

24 Σεπτεμβρίου 2018 ·

Suicidal children in Moria refugee camp must be given a safe haven

THE NATIONAL AE

Suicidal children in Moria refugee camp must be given a safe haven

5

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



**Team Kitrinos**

21 Σεπτεμβρίου 2018 ·

4

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



**Team Kitrinos**

17 Σεπτεμβρίου 2018 ·

A teenage boy came to our clinic suffering from severe abdominal pain, and when performing an ultrasound, we noticed a scar under his ribcage. It looked like a surgical scar from a nephrectomy due to kidney disease, and the patient confirmed that he'd had a kidney removed. Strangely, during the ultrasound, our doctor was unable to locate the gallbladder. He continued to ask about the boy's medical history, and the patient then revealed that a few years ago, he was kidnapped in his home country, Iraq, and was a victim of organ harvesting. He didn't know what other organs had been taken during the assault.

Horrific tales from the refugees in Camp Moria are not infrequent. Medical facilities are severely lacking, but our volunteers are working tirelessly on the ground to provide healthcare to those so desperately in need.

Please support us by going to [www.kitrinoshealthcare.org/donate](http://www.kitrinoshealthcare.org/donate).





INSTAGRAM

👍👍👍 24

1 💬

👍 Μου αρέσει!

💬 Σχόλιο



Τα πιο σχετικά ▾



Γράψτε ένα σχόλιο...



Marie-Lyne Bournival

This is simply barbarian. How can we do these atrocities to each other.

...

Μου αρέσει! Απάντηση 4 χρ. 😞



Team Kitrinos

17 Σεπτεμβρίου 2018 · 🌐

...

'Parents gave the most incredible feedback. Many parents had lost hope, but rediscovered it through their children.'

IRISHTIMES.COM

**Many of the children in the refugee camp already have hope – they just need to hold on to it**

👍 4

1 ➦

👍 Μου αρέσει!

💬 Σχόλιο

➦ Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

15 Σεπτεμβρίου 2018 · 🌐

...

Residents at Moria refugee camp live in fear, new survey shows



EKATHIMERINI.COM

**Residents at Moria refugee camp live in fear, new survey shows | Kathimerini**

👍👍 3

1 ➦

👍 Μου αρέσει!

💬 Σχόλιο

➦ Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

15 Σεπτεμβρίου 2018 · 🌐

...

'By now, we are accustomed to horrifying footage from refugee camps. We forget the psychological damage of purgatory. This waiting space, in which you can never go back to your old life and identity, but haven't been told yet what your new one will be.'



THEGUARDIAN.COM

'Accepting charity is an ugly business': my return to the refugee camps, 30 years on

5

1



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

14 Σεπτεμβρίου 2018 · 🌐

...

Greece has the means to help refugees on Lesbos - but does it have the will?



THEGUARDIAN.COM

Greece has the means to help refugees on Lesbos – but does it have the will?

3

1



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

13 Σεπτεμβρίου 2018 · 🌐

...

Could you survive as a refugee in Camp Moria? Kitrinos Healthcare continues to provide daily medical care in the camp. 🙏



AJ+

13 Σεπτεμβρίου 2018 · 🌐

Become an asylum seeker in Moria for three minutes and see what life would be like.

Kamel Ahmad και 7 ακόμη 5 ↗

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos** 13 Σεπτεμβρίου 2018 · 🌐

No NGO rescue boats currently in central Mediterranean, agencies warn



THEGUARDIAN.COM

No NGO rescue boats currently in central Mediterranean, agencies warn

7 2 ↗

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos** 12 Σεπτεμβρίου 2018 · 🌐

Greece: Residents and refugees work together to rebuild Lesbos



DW.COM

Greece: Residents and refugees work together to rebuild Lesbos | DW | 10.09.2018

4 2 ↗

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos** 11 Σεπτεμβρίου 2018 · 🌐

Greek migrant camp workers strike to protest overcrowding

FRANCE24.COM

### Greek migrant camp workers strike to protest overcrowding

2

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

11 Σεπτεμβρίου 2018 ·

11 Experts to Watch on Refugee Health

NEWSDEEPLY.COM

### 11 Experts to Watch on Refugee Health

The complex health needs of the world's growing displaced popula...

5

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

10 Σεπτεμβρίου 2018 ·

#worldsuicidepreventionday #wspd #ispd #refugees #Lesvos



5

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

10 Σεπτεμβρίου 2018 ·

Μου αρέσει! Σχόλιο Κοινοποίηση



Team Kitrinos

10 Σεπτεμβρίου 2018 · 🌐



This #worldsuicidepreventionday, our thoughts are with those trapped in the filthy and overcrowded Camp Moria. It is no surprise that symptoms of depression, psychosis and PTSD are common amongst those trapped in refugee camps, and heartbreakingly, MSF has seen children as young as 10 attempting suicide.

#wspd #ispd #refugees #healthcare #mentalhealth #Moria #CampMoria #Lesvos #Lesbos



TELEGRAPH.CO.UK

Children as young as 10 'attempting suicide' in notorious Greek refugee camp



9



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

10 Σεπτεμβρίου 2018 · 🌐



A father brought his two-year-old son to our clinic one evening as he was suffering from an acute respiratory tract infection which he'd contracted during his journey from Syria, through Turkey and then by boat to Lesbos. The father told us about his fears regarding his son's mental health - the toddler had been suffering from insomnia and nightmares accompanied by sweating and a fast heart rate, and frequently broke into loud, persistent crying. His father was strongly convinced that this was caused by witnessing bombing in their hometown, and said that both the child and his older siblings had repeatedly seen his neighbours and family members die before their eyes. We brought in a clinical psychologist, who was able to reassure him that as the boy was so young, it is unlikely that he will remember the details of the war and symptoms of his trauma will diminish with age. Sadly, this is not true for his three older siblings, who will likely never forget the horrors of their past. #refugees #refugee #refugeesGreece #healthcare #Lesbos #Lesvos #LesvosIsland #health #trauma #war #Syria #charity #UKcharity #Greekcharity #moria #campmoria



17





Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά ▾

Γράψτε ένα σχόλιο...

Συντάκτης  
**Team Kitrinos**  
Hello Zubeda, we are immensely grateful for any support of our work. Donations to keep our services running can be given at:  
<https://www.totalgiving.co.uk/charity/kitrinos-healthcare>  
or... Δείτε περισσότερα



Μου αρέσει! Απάντηση 4 χρ.

Zubeda Shaikh  
How can we donate to Kitrinos? ...

Μου αρέσει! Απάντηση 4 χρ.

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
6 Σεπτεμβρίου 2018 · 🌐

Apologies - we have realised that the wrong caption was used for this image when originally posted. The original has been deleted and this is a repost of the image with the correct caption:

Our team were preparing to leave the clinic late one Friday night, when a blind wheelchair-user from Congo arrived, complaining of a headache. After taking a detailed history and a clinical exam we found that he was in urgent need of regular hemodialysis - vital treatment that he hadn't had for five days. Both he and his wife suffered from diabetes, and he had multiple diabetes-related complications, but neither had had access to insulin for almost a week as they had lost their medication on their way to Lesvos. We were able to give them the one remaining insulin pen in our fridge, which helped them to bridge the gap until they could receive a pharmacy prescription.

The need for medical care in Greek refugee camps is as great as ever - please donate at [www.kitrinoshealthcare.org/donate](http://www.kitrinoshealthcare.org/donate) so we can continue working on the ground to provide care to those in desperate need.

#healthcare #refugees #refugeesGreece #Moria #MoriaCamp #CampMoria #Greece #humanitarianaid #refugeecrisis #medicalcare #medicalaid #Greekcharity #UKcharity



9 1

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**

Team Kitrinos 6 Σεπτεμβρίου 2018 · 🌐

We recently treated a Syrian woman who hadn't received any medication for her hypertension since leaving Syria 4 months ago, as the ill-equipped camp Divata - where she had been staying previously - couldn't provide her with the medication she needed. Many of the refugees we spoke to commented that Divata's medical care facilities were poor.

[#healthcare](#) [#refugees](#) [#campmoría](#) [#charity](#) [#ukcharity](#) [#moría](#) [#health](#) [#medicalcare](#) [#medicalaid](#) [#refugeesGreece](#)



👍👎 11

2 ↗



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Τα πιο σχετικά ▾



Γράψτε ένα σχόλιο...



Team Kitrinos

6 Σεπτεμβρίου 2018 · 🌐

Arrest of Syrian 'hero swimmer' puts Lesbos refugees back in spotlight



THEGUARDIAN.COM

Arrest of Syrian 'hero swimmer' puts Lesbos refugees back in spotlight

👍👎👏 7

3 ↗



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

5 Σεπτεμβρίου 2018 · 🌐

This [#InternationalDayOfCharity](#) we'd like to say a big thank you to our supporters and volunteers. It is thanks to you we are able to continue offering healthcare to refugees in Greece every month.

TEAM

charity no. 117256  
KITRINOS  
HEALTHCARE  
Μηχανισμός Θετικής Υγείας



# KITRINOS

**WHAT WE DO:** We provide urgent care for vulnerable refugees stuck in Greece. Clients include children with disabilities, torture and trauma victims, cancer sufferers, pregnant women, the elderly, and sufferers of kidney stones due to lack of clean water

**WHY WE DO IT:** Many aid charities have left Greece to provide care in other world crises. We are a small charity, but driven to provide aid, without which, refugees would be without vital access to healthcare

**HOW WE DO IT:** We recruit medical volunteers (doctors, nurses, paramedics...) and non-medical volunteers to help in Greece. We provide them with medical resources, and offer limited shared accommodation and transport - charged at reduced rates

**HOW YOU CAN HELP:** You can help fund our resources, by donating at <https://kitrinoshealthcare.charitycheckout.co.uk>  
<https://www.totalgiving.co.uk/charity/kitrinos-healthcare>  
and register your interest to volunteer with us from <https://kitrinoshealthcare.wixsite.com/kitrinos-healthcare>

6

2

Μου αρέσει!

Σχόλιο

Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

4 Σεπτεμβρίου 2018 ·

Six-year-old memorial for drowned refugees destroyed by unknown perpetrators on Lesbos:

[#refugees](#) [#refugeecrisis](#) [#Lesvos](#) [#Greeknews](#) [#Lesbos](#) [#Greece](#)



KEEPTALKINGGREECE.COM

Memorial for drowned refugees completely destroyed on Lesbos - Keep Talking Greece

8

Μου αρέσει!

Σχόλιο

Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

3 Σεπτεμβρίου 2018 ·

'Sea rescue is not a crime: Refugees and solidarity groups protest in Athens'

[#Greece](#) [#refugeesGreece](#) [#searescue](#) [#refugeecrisis](#) [#migrantcrisis](#) [#protest](#)



KEEPTALKINGGREECE.COM

"Sea-rescue is not a crime: Refugees and solidarity groups protest in Athens - Keep Talking Greece

protest in Athens - keep talking Greece

14

1

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...

**Team Kitrinos**

31 Αυγούστου 2018 · 🌐

In just five days (Aug 13-17), 499 people, crammed into 13 boats, survived the journey to the Lesvos.



Camp Moria, August 2018

7

6

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...

**Team Kitrinos**

31 Αυγούστου 2018 · 🌐

Overcrowding at Lesvos migrant center worsening



EKATHIMERINI.COM

Overcrowding at Lesvos migrant center worsening, Anthi Pazianou | Kathimerini

3

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...

**Team Kitrinos**

30 Αυγούστου 2018 · 🌐

Photos of our small team of volunteers this month, in our Camp Moria clinic.

Patients in Camp Moria not only suffer from malnutrition, illnesses and injuries from bomb explosions, but severe, untreated psychological issues from the immense trauma they have been through.





8 1

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
28 Αυγούστου 2018 ·

<https://kitrinoshealthcare.charitycheckout.co.uk/.../Urge...>



7 1

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
28 Αυγούστου 2018 ·

'The worst refugee camp on earth' - BBC News



YOUTUBE.COM

'The worst refugee camp on earth' - BBC News

Children as young as ten attempting suicide and almost constant h...

👍❤️ 4 5 ➦

👍 Μου αρέσει!    💬 Σχόλιο    ➦ Κοινοποίηση    🌐

👤 Γράψτε ένα σχόλιο...    🗨️ 😊 📷 🗑️

**Team Kitrinos**  
28 Αυγούστου 2018 · 🌐

Children 'attempting suicide' at Greek refugee camp



BBC.COM  
**Children 'attempting suicide' at Greek refugee camp**  
Moria refugee camp on the island of Lesbos suffers from overcrowd...

👍❤️ 10 6 ➦

👍 Μου αρέσει!    💬 Σχόλιο    ➦ Κοινοποίηση    🌐

👤 Γράψτε ένα σχόλιο...    🗨️ 😊 📷 🗑️

**Team Kitrinos**  
24 Αυγούστου 2018 · 🌐



👤 Ο χρήστης **Luz Carmona** είναι με το χρήστη **Gloria Sanchez** και **3** ακόμη.  
14 Αυγούστου 2018 · 🌐

CRONICAS de una OPTOMETRISTA en LESBOS.  
La Humanidad que transforma el mundo.Love for humanity.  
El día en el que me aventure a hacer esto nunca imaginé todas las consecuencias positivas que me traería de vuelta. Este verano, sin esperar, la tonalidad de mis días de descanso cambio por completo y se lleno de las luces y sombras de Lesbos.  
Me presentaron el proyecto de Light Without Borders y casi sin querer ya estaba metida de lleno con muchas ganas de vivir esa aventura y con muchos miedos a la vez. Luz nos acompaña desde el primer momento y nos guía en el campo entre tanto y tanto horror hacia el Isobox, ahí es donde ponemos nuestro granito de arena. Se hace difícil la comunicación pero las ganas no nos faltan y la satisfacción de estar ayudando, porque se puede hacer algo por ellos, SI.  
Light Without Borders hace llegar a Lesbos, al campo de refugiados en Moria, las gafas usadas que se recogen en muchos puntos de España, aquí se clasifican según su graduación y se

archivan en una base de datos para de esta manera y con ayuda de esos voluntarios profesionales de la visión y poder llevar Luz a los refugiados.

Desde mi corta experiencia en Lesbos animo a todos aquellos que puedan sumarse a este proyecto aportando experiencia profesional y tanta ayuda que es necesaria.

Al final dejas un poquito de ti pero te llevas mucho más, sensaciones y emociones que en su mayoría muy positivas, es una experiencia que recordare siempre.

No hay mejor recompensa que la sonrisa y el agradecimiento de los refugiados, es el alimento de los voluntarios

Gracias Luz Carmona, a ti a tu organización Light Without Borders. Gracias a ti y a Belen de la Universidad de Albacete por dedicar vuestras vacaciones al corazon de la Humanidad en Lesbos.

Todos te echaremos de menos!!

Con Amor, Luz y Esperanza.

Δείτε τη μετάφραση



3



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

23 Αυγούστου 2018 · 🌐



Dear friends,

We apologise for the delay but can now confirm that your Qurbanis in Greece have been completed. Thanks to your incredible generosity over Eid, we were able to provide nutrient-rich meals to many refugees in Camp Moria, Lesbos.

TaqabbalAllahu minna wa minkum - May God reward you abundantly for your patience.

Happy Eid al Adha from Team Kitrinos!



10



1



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Τα πιο σχετικά ▾



Γράψτε ένα σχόλιο...



Attaullah Sherzad

Blessings to you 🙏



Μου αρέσει!

Απάντηση

4 χρ.

Τροποποιήθηκε



Team Kitrinos

18 Αυγούστου 2018 · 🌐



<https://kitrinoshealthcare.charitycheckout.co.uk/.../Eid...>

## How YOU can directly give to refugees in Camp Moria:

**This week, we are collecting donations for children and families in the camp**

£2 will give one child an Eid Kiddy Gift Pack (sweets, treats and small toy)

£5 will give one family a Family Food Pack (beans, rice, oil, sugar and tea)

### What could a £50 donation achieve?

£50 = Twenty-five children receive an Eid Kiddy Gift Pack

£50 = Ten families receive a Family Food Pack

**Link in description**



4



3



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...





Team Kitrinos

15 Αυγούστου 2018 · 🌐



We're looking for medical doctors who can volunteer this 2018 in Camp Moria, Lesvos. Fill out our volunteer application form at: <https://www.kitrinoshealthcare.org/volunteer/>

"Overall a great experience, hopefully I will be back at some point!"

- Lotte, volunteer  
July 2018



6



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

14 Αυγούστου 2018 · 🌐



#MakeADifference this #CharityTuesday and donate at <https://kitrinoshealthcare.charitycheckout.co.uk/.../Urge...> to help us repair our ambulance so we can provide healthcare to the thousands of refugees trapped in the overcrowded and unsanitary Camp Moria, Lesvos. Share to spread the word! #charity #refugees #ukcharity #greece #Lesvos #Lesbos #refugeesGreece #healthcare #medical #appeal #charityappeal



3



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

14 Αυγούστου 2018 · 🌐



It's #CharityTuesday ! Enter the competition (below) to win both a £25 gift voucher for you and £25 for Kitrinos Healthcare! #charity #healthcare #refugees #refugeesGreece

#CharityTuesday







**Give as you Live**  
14 Αυγούστου 2018 · 🌐

🚩 #CharityTuesday #Competition 🚩

We've teamed up with @waitrose to give you the opportunity to win a £25 gift voucher AND a £25 donation to your chosen charity!

To enter, simply click here ➡

<https://www.giveasyoulive.com/.../charity-tuesday.../enter>

👍 1

🔗 1

👍 Μου αρέσει!    💬 Σχόλιο    ➦ Κοινοποίηση    🌐

👤 Γράψτε ένα σχόλιο...    📧    😊    📷    📌

**Team Kitrinos** Ο χρήστης **Team Kitrinos** ενημέρωσε τη φωτογραφία εξωφύλλου.  
14 Αυγούστου 2018 · 🌐  
<https://kitrinoshealthcare.charitycheckout.co.uk/.../Urge...>



👍 3

💬 2

👍 Μου αρέσει!    💬 Σχόλιο    ➦ Κοινοποίηση    🌐

📄 Τα πιο σχετικά ▾

👤 Γράψτε ένα σχόλιο...    📧    😊    📷    📌

**Greg Kavarnos**  
You guys still in Drama too? ...  
Μου αρέσει!    Απάντηση    4 χρ.

👤 Συντάκτης  
**Team Kitrinos**  
Hi Greg, we are no longer in Drama, we have re-located to Lesvos. ...  
Μου αρέσει!    Απάντηση    4 χρ.

**Team Kitrinos**  
14 Αυγούστου 2018 · 🌐

Children losing out on education in EU migration deal



EUOBSERVER.COM

[Opinion] Children losing out on education in EU migration deal

2

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

12 Αυγούστου 2018 · 🌐

Eid for refugees in Greece! A big thank you to those who have donated so far. We hope to be able to offer treats and a meal to as many refugees as possible at this special time.

<https://kitrinoshealthcare.charitycheckout.co.uk/.../Eid...>

<https://kitrinoshealthcare.charitycheckout.co.uk/.../Meat...>



Brighten a child's day and offer families a meal to share at:

[kitrinoshealthcare.charitycheckout.co.uk/cf/Eid-for-refugees-in-Greece](https://kitrinoshealthcare.charitycheckout.co.uk/cf/Eid-for-refugees-in-Greece)

Give refugees a nutritious meal of meat at:



[kitrinoshealthcare.charitycheckout.co.uk/cf/Meat-for-Refugees---Eid-Campaign](https://kitrinoshealthcare.charitycheckout.co.uk/cf/Meat-for-Refugees---Eid-Campaign)

3

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...



Ο χρήστης Team Kitrinos είναι με το χρήστη Salam Aldeen.

10 Αυγούστου 2018 · 🌐

With help from Salam from Team Humanity, we hope to bring more smiles to the kids in Camp Moria, Lesvos during Eid celebrations this month.

#refugees #healthcare #refugeesGreece



22 1

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
10 Αυγούστου 2018 ·

Μου αρέσει! Σχόλιο Κοινοποίηση

**Team Kitrinos**  
10 Αυγούστου 2018 ·

3

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
9 Αυγούστου 2018 ·

**\*\*URGENT AMBULANCE REPAIRS NEEDED - REFUGEES IN CAMP MORIA NEED YOUR HELP\*\*** Costs are quickly mounting up - please donate to <https://kitrinoshealthcare.charitycheckout.co.uk/.../Urge...> to keep our ambulance running so we can provide healthcare to vulnerable refugees trapped in camp Moria, Lesvos. This large ambulance allows us to transport patients, doctors and medical equipment, as well as providing a clean and safe space for private consultations and minor surgery. The ambulance has served us well but is now in need of repairs which will amount to over £3000. Thank you for all your support so far. We're past the quarter-way mark but don't stop now - every donation helps! Please share to spread the word!

[#charity](#) [#healthcare](#) [#healthcarecharity](#) [#charityappeal](#) [#refugees](#) [#Lesvos](#) [#Moria](#) [#CampMoria](#) [#refugeesGreece](#) [#medicalaid](#) [#kitrinoshealthcare](#) [#refugeecamp](#) [#refugeecamps](#) [#aid](#) [#migrantcrisis](#) [#refugeecrisis](#) [#appeal](#) [#ambulance](#) [#health](#) [#wellbeing](#) [#humanitarianaid](#) [#volunteer](#) [#donate](#)



10 8

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά

Γράψτε ένα σχόλιο...

Team Kitrinos  
7 Αυγούστου 2018 · 🌐

This Brother recently came into the clinic with his wife and two children. He was hit by air strikes in Syria a year ago, and had been patched up but not offered any long-term care due to a lack of doctors in the area. He is now wheelchair-bound and living with chronic pain in his shoulder, where there is a growth of abnormal tissue.

SUPPORT KITRINOS HEALTHCARE - HELP US REPAIR OUR AMBULANCE -

<https://kitrinoshealthcare.charitycheckout.co.uk/.../Urge...>

#refugeecrisis #migrantcrisis #refugees #lesvos #lesbos #moria #campmoria #refugeecamp #medicalaid #healthcare #charity #humanitarianaid #healthcarecharity #donate



👍❤️ 6

3 🗨️

👍 Μου αρέσει!

💬 Σχόλιο

🔗 Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos  
5 Αυγούστου 2018 · 🌐



Ο χρήστης **Gunilla Hamne** είναι με το χρήστη **Perso Coeur La Merveille**.

4 Αυγούστου 2018 · 🌐

"Do you want to know the secret of how to stay human here in this camp?" Pèpè, the Congolese community leader in the Moria refugee wire gate, asks me when we meet in the crowd outside the barbed wire gate.

"Of course!" I reply.

He smiles and says: "You have to give love! That is the the only way

your soul can survive in this hell. You have to help others. Otherwise you get sick."

This is Moria Refugee Camp in the island of Lesbos, Greece. The unwanted home for 8500 asylum seekers from Syria, Iraq, Afghanistan, Congo, Cameroon.....

Frustration from months of waiting for decisions. Overcrowded tents. Open stinky sewage. Hearts beating from stress. Dust muddling the eyes. Fighting in the food line. Trauma screaming out in the night.

And at the same time: Hope. Love. Care. Smiles and friendships.

To share a tool to reduce stress is one way of giving love. Can you pass on Tapping to somebody today?

5

1

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

2 Αυγούστου 2018

This young boy was suffering from tonsillitis, with a persistent cough and a high fever. He frequently fell asleep during the examination. The children saw bottles of clean water on the table and were very pleased to be given some.

YOU CAN SUPPORT KITRINOS HEALTHCARE BY HELPING US TO REPAIR OUR AMBULANCE:

<https://kitrinoshealthcare.charitycheckout.co.uk/.../Urge...>

#refugeecrisis #migrantcrisis #refugees #lesvos #lesbos #moria #campmoria #refugeecamp #medicalaid #healthcare #charity #humanitarianaid #healthcarecharity



5

2

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

1 Αυγούστου 2018

We've reached the quarter way mark!! Thank you so much to everyone who has donated so far - please keep it coming! DONATE TO KEEP OUR AMBULANCE RUNNING:

<https://kitrinoshealthcare.charitycheckout.co.uk/.../Urge...>

Our ambulance, 'Mama Kitrinos', is currently being prepared for the journey to Camp Moria in Lesbos, where 10,000 refugees remain trapped in unsafe and unsanitary conditions. This large ambulance allows us to transport patients, doctors and medical equipment, as well as providing a clean and safe space for private consultations and minor surgery.

'Mama Kitrinos' has served us well, but is now in need of urgent repairs amounting to £3,000. Donate now to help us provide healthcare to refugees in Lesbos.

#charity #healthcare #healthcarecharity #charityappeal #refugees#Lesvos #Moria #CampMoria #refugeesGreece #medicalaid #kitrinoshealthcare #refugeecamp #migrantcrisis #refugeecrisis #appeal #ambulance #health #wellbeing #humanitarianaid #volunteer #donate

## Urgent Ambulance Repairs Needed



£3,000  
Target

£744  
Raised



Donate

3

3



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

31 Ιουλίου 2018 · 🌐

...

There has been a great deal of tension since the beginning of Ramadan, which has been exacerbated by the tough living conditions in Camp Moria. Our team has recently spent some time stitching wounds resulting from clashes and conflicts - something our GP did not expect to have to do. As resources run low and the terrible wars in Syria continue, it seems that the situation is only getting worse.  
[#refugeecrisis](#) [#migrantcrisis](#) [#refugees](#) [#lesvos](#) [#lesbos](#) [#moria](#) [#campmoria](#) [#refugeecamp](#) [#medicalaid](#) [#healthcare](#) [#charity](#) [#humanitarianaid](#) [#healthcarecharity](#)



7

4



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

31 Ιουλίου 2018 · 🌐

...

Our volunteer GP Kat needs help getting to Lesbos to treat patients in Camp Moria. Travel costs can be high in Summer, but we need a GP each week in our clinic.  
Please donate what you can to her Go Fund Me page:



GOFUNDME.COM

Click here to support Kats volunteering in Greece organised by Katerina Baimas

4

2

Μου αρέσει! Σχόλιο Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

28 Ιουλίου 2018

Can you fundraise for Team Kitrinos?

<https://www.totalgiving.co.uk/fundraise/kitrinos-healthcare>

**KITRINOS**  
HEALTHCARE  
Κίτρινος Φροντίδα Υγείας



## CAN YOU FUNDRAISE FOR TEAM KITRINOS?

We are a healthcare charity, caring for refugees

**WHAT WE DO:** We provide urgent care for vulnerable refugees stuck in Greece. Clients include children with disabilities, torture and trauma victims, cancer sufferers, pregnant women, the elderly, and sufferers of kidney stones due to lack of clean water

**WHY WE DO IT:** Many aid charities have left Greece to provide care in other world crises. We are a small charity, but driven to provide aid, without which, refugees would be without vital access to healthcare

**HOW WE DO IT:** We recruit medical volunteers (doctors, nurses, paramedics...) and non-medical volunteers to help in Greece. We provide them with medical resources, and offer limited shared accommodation and transport - charged at reduced rates

To be able to continue our services, we rely on donations to cover our monthly costs

If you go to  
[www.totalgiving.co.uk/fundraise/kitrinos-healthcare](https://www.totalgiving.co.uk/fundraise/kitrinos-healthcare)  
you can set up your own fundraising page

1

Μου αρέσει! Σχόλιο Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

27 Ιουλίου 2018

Our ambulance, 'Mama Kitrinos', is currently being prepared for the journey to Camp Moria in Lesvos, where 10,000 refugees remain trapped in unsafe and unsanitary conditions. This large ambulance allows us to transport patients, doctors and medical equipment, as well as providing a clean and safe space for private consultations and minor surgery.

'Mama Kίtrinos' has served us well, but is now in need of urgent repairs amounting to £3,000.

Please follow the link below to donate to keep our ambulance running:

Please follow the link below to donate to keep our ambulance running.  
<http://kitrinoshealthcare.charitycheckout.co.uk/.../Urgen...>

Thank you for all your support, and a special thank you to those who have donated so far.

--  
#charity #healthcare #healthcarecharity #charityappeal #refugees #Lesvos #Moria #CampMoria #refugeesGreece #medicaid



## OUR AMBULANCE NEEDS REPAIRING!

To keep our ambulance on the road, we urgently need to raise enough money to cover its repair costs.

**Patients in Camp Moria in need of hospital review appointments are unable to afford the transportation to get to hospital.**

**Without transport run by us, many patients can't access treatment.**

**Our ambulance can transport up to 6 individuals at a time, helping our team to respond to urgent needs when needed.**

**Any donation you're able to make will help keep our ambulance running for longer.**



Please donate at:

[kitrinoshealthcare.charitycheckout.co.uk/cf/Urgent-Ambulance-Repairs-Needed](http://kitrinoshealthcare.charitycheckout.co.uk/cf/Urgent-Ambulance-Repairs-Needed)

4

2



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

27 Ιουλίου 2018 · 🌐

...

Our volunteers interviewed a 12-year-old girl and her mother the day they reached Lesvos from Somalia. The team recognised that she has a serious heart condition and needs to be transferred to Athens for urgent treatment.

Until then, she has to remain in the hot and cramped New Arrivals area of the camp.



5

2



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

27 Ιουλίου 2018 · 🌐

...



Our team of volunteers have been hard at work treating and supporting patients from the small clinic in Camp Moria.

L-R: Project coordinator Karl, doctor Lotte, pharmacist Maria, nurse Inma, nurse Vanessa and doctor Elena.

They treated a young man who has a large external fixator on his leg. He came from Somalia and his leg was damaged in a bomb explosion, he has not been able to walk on it since and has had to use crutches to get around the camp.



36 5 10

Μου αρέσει! Σχόλιο Κοινοποίηση

Όλα τα σχόλια

Γράψτε ένα σχόλιο...

**Solo Solo**  
Thanks for your hard work

Μου αρέσει! Απάντηση 4 χρ.

**Rafaela Escudero**  
Sois unas súper campeonas!!! Seguid con vuestra ayuda, esto OS hace grandes!!!!!!

Μου αρέσει! Απάντηση Δείτε τη μετάφραση 4 χρ. 2

**Loida Medina**  
Felicitaciones! Dios los bendiga!

Μου αρέσει! Απάντηση Δείτε τη μετάφραση 4 χρ.

**Conchi Jimenez**  
Buenas Tardes...que grandes que sois...no puedo deciros nada mas ..muchos besos a tod@ . Feliz tarde...

Μου αρέσει! Απάντηση Δείτε τη μετάφραση 4 χρ. 2

**Sam Haddad**  
Nice to see you guys.. Keep the good work

Μου αρέσει! Απάντηση 4 χρ.

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
26 Ιουλίου 2018

Last Friday our team underwent TTT (trauma tapping techniques) training, instructed by Gunilla Hamne, trauma consultant and founder of PHN.

TTT is a form of physical therapy designed to reduce stress, that when taught to refugees, can benefit those suffering from PTSD, panic attacks, and anxiety.

<https://kitrinoshealthcare.charitycheckout.co.uk/.../Urge...>





2

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

26 Ιουλίου 2018

"Part of the reason people's mental health deteriorates so drastically here in Lesbos is that they come from traumatizing experiences, and reach Europe hoping for refuge and dignity. But what they find is the opposite: more violence and more inhumane conditions."



INFOMIGRANTS.NET

### MSF alarm over 8,000 migrants crowded into Lesbos camp

Doctors Without Borders (MSF) is sounding an alarm over the situation at the Moria refugee camp on the Greek island of Lesbos, where it sa...

9

5

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

23 Ιουλίου 2018

Hello friends! Via #GiveasyouSwitch, you could generate up to £17 in free funds for Kitrinos Healthcare. Find out more here: [https://www.giveasyoulive.com/.../kitri.../1172586/0/\\_switch](https://www.giveasyoulive.com/.../kitri.../1172586/0/_switch)  
#bestdeal #switch #compare #kitrinoshealthcare #healthcare #refugees #charity #refugeecharity #greece #refugeesgreece #medical #giveasyoulive

**Give as you Switch**

Compare quotes, get a great deal and raise **FREE funds** for us when you buy a new policy!

**PLUS:** Switch your energy provider and raise up to **£17!**

Car insurance

Pet insurance

Travel insurance

Home insurance

1

1

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

21 Ιουλίου 2018

We have been told that having escaped her home-country, a refugee called Josephine risked the journey of a boat to safety. While crossing the mediterranean, the worst happened, and the boat began to sink.

She was forced to cling to the wreck to stay alive for 48 hours, before being rescued. Shaken, the rescue team retrieved other bodies from the water. She had no choice but to sit next to the body of a woman and child, with the knowledge that if she had not been able to hold on, her body would have been retrieved also.

THEGUARDIAN.COM

### Mediterranean: more than 200 migrants drown in three days

6

1

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

20 Ιουλίου 2018

This week, the team's debriefing ended with an introduction to trauma tapping support, with the aim of offering an alternate coping-mechanism to teach to refugees suffering from PTSD.

With our dedicated volunteer-doctors, we have hard-working translators who assist us by improving communication between doctor and patient by translating our doctors' medical evaluations and essential advice into Arabic, Farsi, Qurdish, Somali and Ingala.

<https://kitrinoshealthcare.charitycheckout.co.uk>

<https://www.totalgiving.co.uk/charity/kitrinos-healthcare>



8

2

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

20 Ιουλίου 2018

Co-founder of Islamic Relief Dr Hany El-Banna talks about the European Refugee Crisis, from the 'Olive Grove Camp' section of Camp Moria, Lesvos.

<https://www.youtube.com/watch?v=iCabBmqM96k>

#islamicrelief #refugees #refugeesGreece #Lesvos #Lesbos #Moria #CampMoria #refugeecamp



YOUTUBE.COM

فى مخيم جرين جروف للاجئين، موريا ، لاسفوس، اليونان. 16 يوليو 2018

4

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

20 Ιουλίου 2018

Refugees in Greece hopeless as Europe eyes more returns





ALJAZEERA.COM

### Refugees in Greece hopeless as Europe eyes more returns

While Europe tightens restrictions on refugees, asylum seekers in G...

3

2 ↗



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



**Team Kitrinos**

19 Ιουλίου 2018 · 🌐

...

MONDAY, JUNE 16th, 2018

With the assistance of Mytilene hospital doctors, our hard-working medical volunteers spent the day urgently treating refugees, including: A woman who had started a miscarriage, a woman experiencing severe eye pains and suddenly became blind, a woman who had nearly died from an overdose, a woman who had been sexually assaulted, and a terminally-ill man suffering from hepatitis C and cirrhosis of his liver - his 13-year-old old son who he is travelling with will be left an orphan.

To suffer alone in pain and distress from a preventable disease most definitely has its consequence on the sufferer's mental health.

The help of every volunteer contributes to preventing the deterioration of both physical and mental health of refugees, many of whom already carry the immense trauma of escaping the devastation in their bombed home-countries.

Thank you to all our volunteers, for your hard-work and determination.

<https://kitrinoshealthcare.wixsite.com/kitrinos-healthcare>

<https://kitrinoshealthcare.charitycheckout.co.uk>

<https://www.totalgiving.co.uk/charity/kitrinos-healthcare>

i

KITRINOSHEALTHCARE.WIXSITE.COM

Helping Refugees | United Kingdom | Kitrinos Healthcare

13

2 ↗



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



**Team Kitrinos**

19 Ιουλίου 2018 · 🌐

...

19 drowned, at least 28 missing in migrants shipwreck north off Cyprus



i

19 drowned, at least 28 missing in migrants shipwreck north off Cyprus -...

19 drowned, at least 28 migrants shipwreck north off Cyprus -...

2

1 ↗



Μου αρέσει!



Σχόλιο



Κοινοποίηση





Γράψτε ένα σχόλιο...



Team Kitrinos

19 Ιουλίου 2018 · 🌐



U.N. to present plan for Mediterranean migrant centres for EU



UK.REUTERS.COM

U.N. to present plan for Mediterranean migrant centres for EU



1



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...

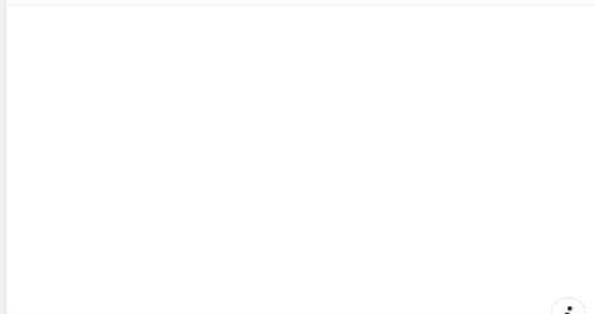


Team Kitrinos

18 Ιουλίου 2018 · 🌐



After Fleeing War, Refugee Children Face Lasting Psychological Trauma



NEWS.NATIONALGEOGRAPHIC.COM

After Fleeing War, Refugee Children Face Lasting Psychological Trauma



2



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

17 Ιουλίου 2018 · 🌐



HELP US REPAIR OUR AMBULANCE

Can you help to keep our ambulance 'Mama Kitrinos' on the road? This ambulance has been with us since Spring 2016, where she helped us to provide vital healthcare services to thousands of refugees trapped in camp Eko, Idomeni. Now, she is in need of urgent repairs. Please help us keep Mama Kitrinos running so we can provide healthcare to refugees in Greece. Spread the word!

Read more and donate here:

<https://kitrinoshealthcare.charitycheckout.co.uk/.../Urge...>

#medical #healthcare #charity #healthcarecharity #ambulance #charityappeal #refugees #healthcareforrefugees #refugeesGreece #Greece #KitrinosHealthcare #TeamKitrinos





KITRINOSHEALTHCARE.CHARITYCHECKOUT.CO.UK

### Urgent Ambulance Repairs Needed

Kitrinos Healthcare is a UK- and Greek-based registered charity pro...

14

2 16

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά

Γράψτε ένα σχόλιο...

**Nick Sarchet**  
Poor Mama!!! Donated and shared. Xxx

Μου αρέσει! Απάντηση 4 χρ. 2

**Team Kitrinos**  
Thank you so much Nick!

Μου αρέσει! Απάντηση 4 χρ.

**Team Kitrinos**  
16 Ιουλίου 2018

Team Kitrinos: What we do

<https://kitrinoshealthcare.charitycheckout.co.uk>

<https://www.totalgiving.co.uk/charity/kitrinos-healthcare>

<https://kitrinoshealthcare.wixsite.com/kitrinos-healthcare>



**WHAT WE DO:** We provide urgent care for vulnerable refugees stuck in Greece. Clients include children with disabilities, torture and trauma victims, cancer sufferers, pregnant women, the elderly, and sufferers of kidney stones due to lack of clean water

**WHY WE DO IT:** Many aid charities have left Greece to provide care in other world crises. We are a small charity, but driven to provide aid, without which, refugees would be without vital access to healthcare

**HOW WE DO IT:** We recruit medical volunteers (doctors, nurses, paramedics...) and non-medical volunteers to help in Greece. We provide them with medical resources, and offer limited shared accommodation and transport - charged at reduced rates

**HOW YOU CAN HELP:** You can help fund our resources, by donating at

<https://kitrinoshealthcare.charitycheckout.co.uk>

<https://www.totalgiving.co.uk/charity/kitrinos-healthcare>

and register your interest to volunteer with us from

<https://kitrinoshealthcare.wixsite.com/kitrinos-healthcare>

9

3

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

Ο χρήστης **Team Kitrinos** ενημέρωσε την εικόνα του προφίλ του.

16 Ιουλίου 2018



6 1 ↗

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
16 Ιουλίου 2018 · 🌐



YOUTUBE.COM  
**Greek migrant camps at breaking point as arrivals continue**  
The migration crisis is shaping politics and influencing elections acr...

3 2 ↗

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
14 Ιουλίου 2018 · 🌐

A special thank you from #teamkitrinos for all your kind donations over Ramadan (please click images below to read). To make a donation to Kitrinos Healthcare, please follow this link:  
<https://kitrinoshealthcare.charitycheckout.co.uk/.../fund...>  
#kitrinoshealthcare #refugees #healthcare #charity #Greece #refugeesGreece

Special Thanks (English)

Special Thanks (Greek)

Special Thanks (Arabic)

3 2 ↗

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
14 Ιουλίου 2018 · 🌐



INFOMIGRANTS.NET  
**Greek pensioner arrested for shooting Syrian boy on Lesbos**  
A 78-year-old man from the village of Moria on



the Greek island of Lesbos has been arrested and detained by local police on Wednesday for...

4

1

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

12 Ιουλίου 2018

Can you volunteer with us in Camp Moria?

[https://kitrinoshealthcare.wixsite.com/kitri.../get\\_involved](https://kitrinoshealthcare.wixsite.com/kitri.../get_involved)

<https://totalgiving.co.uk/fundraise/kitrinos-healthcare>

### CAN YOU VOLUNTEER WITH US IN CAMP MORIA?

**STEP ONE** Complete our registration form and Send us the necessary documents to be able to enter the camps, and medical documents to work as a medical-volunteer. You may have to pay for a certificate you don't possess, such as an Apostille. Wait for us to process your documents, and tell us whether any need re-submitting or we need any additional documents.

**STEP TWO** Budget your volunteering:  
**Travel** to and from Greece, from where you are based  
**Volunteer House rent** - we currently charge 12 euros a night to stay at the shared accommodation for volunteers  
**Private accommodation** - if there is no availability in the volunteer house for the month you have selected to volunteer (this will be confirmed before you book flights)  
**Transport** to the volunteer house/refugee camp - if we are unable to provide it for you  
**Unexpected travel** to another refugee camp - if help is urgently needed in a different camp, we may ask you to relocate

**STEP THREE** Confirm with us whether you still can volunteer with us. Wait for confirmation that we still have the resources for you to volunteer on the dates you requested

**STEP FOUR** Now dates have been confirmed, you can book your flights/ travel to Greece. Tell us when you have successfully booked your flights and we will then notify the volunteer coordinator in Greece

**STEP FIVE** Welcome to Team Kitrinos. You can now pack your bags, continue to check your emails for updates from us, and create your own fundraising page from <https://www.totalgiving.co.uk/fundraise/kitrinos-healthcare>



Complete our registration form at [https://kitrinoshealthcare.wixsite.com/kitrinos-healthcare/get\\_involved](https://kitrinoshealthcare.wixsite.com/kitrinos-healthcare/get_involved)

8

5

Μου αρέσει!

Σχόλιο

Κοινοποίηση

Τα πιο σχετικά



Γράψτε ένα σχόλιο...



Joanne Aeschlimann

I will come soon

Μου αρέσει! Απάντηση 4 χρ.



Team Kitrinos

11 Ιουλίου 2018



Kevin McElvaney



7 Ιανουαρίου 2018

The design of Camp Moria as a former military base is giving people the impression that asylum seekers are living in a prison. Stretched along a hilltop and with many fenced sections, it is confusing to find your way through.

2

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

10 Ιουλίου 2018

It has been reported that a sixteen-year-old boy has suffered severe injuries from being shot by a farmer outside of Camp Moria. The boy is a refugee who had fled from Syria, and is being treated in Mytilene hospital.



LESVOSPOST.COM

Ξεφεύγει η κατάσταση- Αγρότης πυροβόλησε και τραυμάτισε 16χρονο μετανάστη σε χωράφι έξω από το...

9

1 1

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά

Γράψτε ένα σχόλιο...



Συντάκτης  
Team Kitrinos

Update: The boy had left Camp Moria with his family, to escape the recent riots in the camp, when he was shot. The shooter reportedly has a previous conviction for the murder of his wife, and a history of hostility towards refugees.

Μου αρέσει! Απάντηση 4 χρ.



Team Kitrinos

10 Ιουλίου 2018



EKATHIMERINI.COM

Violent brawl leaves eight hurt at Moria migrant camp on Lesbos | Kathimerini

2

1 2

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά

Γράψτε ένα σχόλιο...



Saiqa Ali

Ahmed Ehtesham Uddin  
Μου αρέσει! · Απάντηση · 4 χρο.

Team Kitrinos  
10 Ιουλίου 2018 ·



KEEPTALKINGGREECE.COM

2,800 refugee children in Greece's camps attended school in 2018

8

3

Μου αρέσει! · Σχόλιο · Κοινοποίηση

Γράψτε ένα σχόλιο...

Team Kitrinos  
10 Ιουλίου 2018 ·



YOUTUBE.COM

Reshaping the Trauma of Refugee Children in Lesbos | National Geographic

3

3

Μου αρέσει! · Σχόλιο · Κοινοποίηση

Γράψτε ένα σχόλιο...

Team Kitrinos  
10 Ιουλίου 2018 ·



INFOMIGRANTS.NET

'Europe is not what you expect it to be'

Pakistani migrant Shahid Ali left his studies for a dream of a better L...

2

2

Μου αρέσει! · Σχόλιο · Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
10 Ιουλίου 2018 · 🌐

2 👍 1 ➦

👍 Μου αρέσει!    💬 Σχόλιο    ➦ Κοινοποίηση    🌐

👤 Γράψτε ένα σχόλιο...

**Team Kitrinos**  
9 Ιουλίου 2018 · 🌐



DAILYMAIL.CO.UK

**Left to rot on Lesbos: Countless asylum seekers stuck on Greek island**

10 👍 10 💬 10 ➦

👍 Μου αρέσει!    💬 Σχόλιο    ➦ Κοινοποίηση    🌐

Τα πιο σχετικά ▾

👤 Γράψτε ένα σχόλιο...

**Elena Gogou**  
thanks to european immigration policies ...

Μου αρέσει!    Απάντηση    4 χρ.

**Team Kitrinos**  
3 Ιουλίου 2018 · 🌐

Calling all GPs! We are currently looking for GPs that can volunteer with us in the next few weeks in Lesbos. Please contact us at [volunteer@kitrinoshealthcare.com](mailto:volunteer@kitrinoshealthcare.com) for more details



8 👍 9 ➦

👍 Μου αρέσει!    💬 Σχόλιο    ➦ Κοινοποίηση    🌐

👤 Γράψτε ένα σχόλιο...

**Team Kitrinos**  
23 Ιουνίου 2018 · 🌐

"It affects and involves us all, and what it needs is understanding, compassion and political will to come together and find real answers for the refugee plight. This has become a defining challenge of our times." — Elina Grandi

imes. — Γρηγόρης Σταύρου

Photo from Camp Moria, Lesvos.

#refugeeweek #refugeeweek2018 #refugee #refugees #charity #healthcarecharity #medicalcharity #aid #medicalaid #ukcharity #greece #refugeesgreece



13 1 2

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά

Γράψτε ένα σχόλιο...

Karam Abdelrahman  
Most ridiculous hashtag i ever read

Μου αρέσει! Απάντηση 4 χρ.



Team Kitrinos

21 Ιουνίου 2018

Dr Siyana Shaffi in the clinic in Camp Moria recently, where around 7,000 refugees live in unsanitary conditions with limited access to healthcare facilities.

#refugeeweek #refugeeweek2018 #kitrinoshealthcare #teamkitrinos #refugee #refugees #Greece #refugeesgreece #charity #healthcare #healthcarecharity #ngo #aid



19 4

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

19 Ιουνίου 2018 · 🌐

Refugee Week is a time for celebration and appreciation of the contributions, creativity and resilience of refugees around the world. Kitrinos Healthcare Sewing and Knitting Club ('KitKnit') allows refugee women to get creative and show off their craft skills within the otherwise sombre setting of a refugee camp, and we have been thrilled by the positive impact it has had. Show your support for refugee women this Refugee Week by purchasing one (or more!) of the unique products that have been hand-knitted by women in Camp Drama. All proceeds go towards the individual creators and to funding this project sustainably.

<https://www.kitrinoshealthcare.com/shop>

#kitrinoshealthcare #refugeeweek #refugeeweek2018 #healthcare #charity #ngo #greece #refugees #refugee #refugeesgreece #knitting #sewing #KitKnit

KITRINOSHEALTHCARE.COM

Sewing & Knitting Shop | Kitrinos Healthcare



3



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

18 Ιουνίου 2018 · 🌐



Refugee Week

18 Μαΐου 2018 · 🌐

Refugee Week's 20th birthday is here! Join us to celebrate the contributions, creativity and resilience of refugees, 18-24 June. Here's how you can get involved: <http://refugeeweek.org.uk/take-part-in-refugee-week-18-24...> Please share 🙌



2



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

18 Ιουνίου 2018 · 🌐

It's Refugee Week! The theme for Refugee Week 2018 is 'This 20 Year Anniversary'. Why not show your support to refugees by doing one or more '20 simple acts' - one for each year that Refugee Week has been going! Find out more here: <http://refugeeweek.org.uk/simple-acts/>

#kitrinoshealthcare #refugeeweek #refugeeweek2018 #20simpleacts #simpleacts #healthcare #charity #ngo #greece #refugees #refugeesgreece

by a Simple Act, or tie one (or more) into an event you're already planning (e.g. Sing a song or Watch a film).

Or, you might decide to do one of the Simple Acts as a standalone action during Refugee Week (e.g. Share a 20 second message of welcome).

2. Decide how you'd like to go about your Simple Act. Some acts will take a little planning, others none at all. Use the resources linked to the acts and contact us if you'd like more advice or ideas.

REFUGEEWEEK.ORG.UK

### Simple Acts | Refugee Week

Help change the way we see refugees, and ourselves To celebrate R...

9

2

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

7 Ιουλίου 2018

Hello friends,

Cakes4Gaza is back with an exclusive 1-day-only sale!

In the final 10 days of Ramadan, why not break fast with fresh, delicious cupcakes, handmade by volunteers and delivered straight to your door? Every penny will go to charity; 50% of which goes to Kitrinos Healthcare.... Δείτε περισσότερα

## CAKES4GAZA 100% DONATION POLICY!!!



Box of 12 for £30  
Delivery 8th June

Call 07904305994  
07723022485  
07581421634

4

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

17 Μαΐου 2018

Ramadan Mubarak,

This Ramadan, why not host an Iftar in aid of Kitrinos Healthcare?

Follow the link for more information, and to register. Feel free to share this with those who may be interested!

<https://goo.gl/forms/vph513Szqo0O675E2>

#iftar #Ramadan #RamadanMubarak #refugees #refugeecharity #charity #healthcare #refugeesGreece #Greece #KitrinosHealthcare #TeamKitrinos

DOCS.GOOGLE.COM

### Host an Iftar for Kitrinos Healthcare

4

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...



**Team Kitrinos**

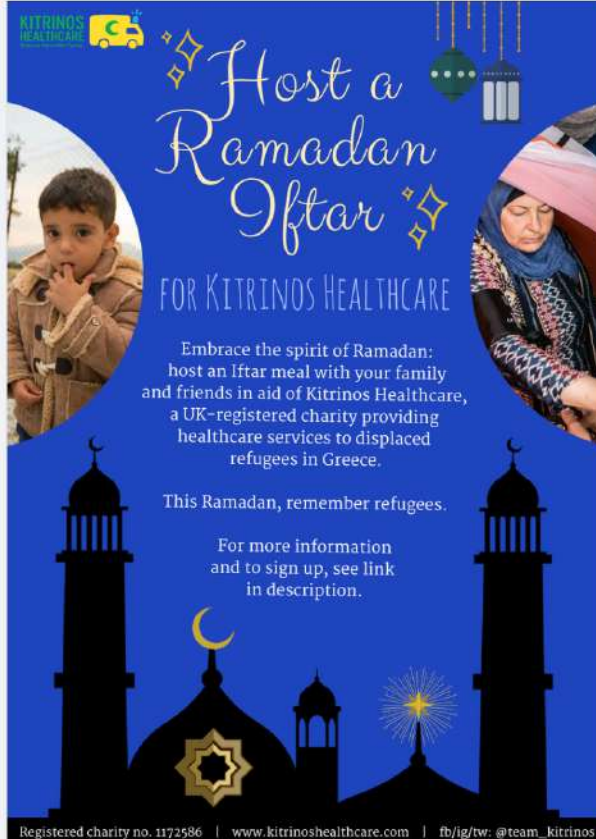
8 Μαΐου 2018 · 🌐



This Ramadan, why not host an Iftar in aid of Kitrinos Healthcare? Follow the link for more information, and to register. Feel free to share this post with those who may be interested!

<https://goo.gl/forms/vph513Szo00675E2>

#Ramadan #Iftar #hostaniftar #kitrinoshealthcare #refugees #refugee #Greece #refugeesGreece #charity #ngo #healthcare #notforprofit



Registered charity no. 1172586 | [www.kitrinoshealthcare.com](http://www.kitrinoshealthcare.com) | [fb/ig/tw: @team\\_kitrinos](https://www.facebook.com/team_kitrinos)



8



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



**Team Kitrinos**

18 Απριλίου 2018 · 🌐



We are so pleased to be able to congratulate [Lucy Pitt](#) for completing the 2018 [#brightonmarathon](#), running for [#KitrinosHealthcare](#) and raising an amazing £3,143! We send you and all who donated the warmest Thank You for choosing Kitrinos and [#runningforrefugees](#), and hope you're having a well earned rest!

#healthcare #charity #refugees #marathon #medicalaid #healthcareforrefugees #Syria #medicalcare #refugeesGreece #Greece #humanitarian #humanitariancrisis





29

1

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

8 Απριλίου 2018

Refugees in Greece still need you!

We have recently started working in Nea Kavala Camp, near Polykastro, and have set up a Gofundme campaign to raise funds to help us set up a clinic to provide medical and holistic healthcare services to refugees:

[www.gofundme.com/kitrinos-caring-for-refugees](http://www.gofundme.com/kitrinos-caring-for-refugees)

We are so grateful to everyone who has donated to our campaign so far, but we still have a long way to go before we reach our target. Please share this message and donate if possible - we appreciate everything and anything you are able to give.

Thank you.

#kitrinoshealthcare #medicalcare #healthcare #refugees #refugeecharity #charity #ngo #Greece #fundraising #gofundme #gofundmecampaign #medicalcharity #humanitarian #medicalaid #humanitarianaid #polykastro #refugeesgreece #crowdfunding



GOFUNDME.COM

Click here to support Refugees in Greece Need Your Help! organised by Kitrinos Healthcare

6

2

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

27 Μαρτίου 2018

From 'Refugees Deeply: Executive Summary for March 19th':

"Capsized Boat in the Aegean Sees Highest Death Toll in Months:

At least 16 people have drowned trying to reach Greece from Turkey by boat. The death toll is the highest in recent months and comes at the onset of spring when crossings normally increase.


Greek authorities said the deaths came after a boat carrying would-be asylum seekers capsized on March 17 off the small island of Agathonisi. It is believed that the craft had 22 people aboard."

<https://www.newsdeeply.com/.../executive.../2018/03/19>

It is thought that around 22 people were on the boat that capsized off Greece's Agathonisi island, near the coast of Turkey on Saturday, 17th of March. Tragically, five out of the 16 confirmed dead were children.







## Executive Summary

NEWSDEEPLY.COM

### Executive Summary for March 19, 2018

We review the latest issues related to refugees, including a German...

Μου αρέσει! Σχόλιο Κοινοποίηση

**Team Kitrinos**  
27 Μαρτίου 2018

Refugees in Greece still need you!

We have recently started working in Nea Kavala Camp, near Polykastro, and have set up a Gofundme campaign to raise funds to help us set up a clinic to provide medical and holistic healthcare services to refugees. We are so grateful to everyone who has donated to our campaign so far, but we still have a long way to go before we reach our target. We appreciate everything and anything you are able to give!

Our Gofundme campaign: <https://www.gofundme.com/kitrinos-caring-for-refugees>

Thank you,  
~Team Kitrinos

#kitrinoshealthcare #medicalcare #healthcare #refugees  
#refugeecharity #charity #ngo #Greece #fundraising #gofundme



GOFUNDME.COM

### Click here to support Refugees in Greece Need Your Help! organised by Kitrinos Healthcare

14 11

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
18 Μαρτίου 2018

<https://www.newsdeedly.com/.../dont-forget-our...>



NEWSDEEPLY.COM

### Don't Forget Our Unfulfilled Promise to Syrian Refugee Children

2

Μου αρέσει! Σχόλιο Κοινοποίηση



Γράψτε ένα σχόλιο...



**Team Kitrinos**

18 Μαρτίου 2018 · 🌐



<https://www.newsdeeply.com/.../the-real-reasons-why...> This is shocking... Bombs falling on one side, and on the other, closed doors and hopelessness due to an oblivious and uncaring world; it's no wonder some refugees decide to turn back. More than once have I heard patients say, 'at least it would be a quick death'.



NEWSDEEPLY.COM

### The Real Reasons Why Syrians Return to Syria

A small number of Syrian refugees are returning home despite the ...



1



Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...



**Team Kitrinos**

13 Μαρτίου 2018 · 🌐



Dear supporters,

Just a quick message to say thank you to all who attended our coffee morning and knitting exhibition on March 5th - an early International Women's Day celebration, and an appreciation of the skilled craftwork created by the amazing refugee women we have got to know.

The community came together to donate a wealth of homemade snacks and cakes, and a special thanks goes to Smaira for her delicious sticky toffee date cupcakes.

We'd also like to thank Jane for coming along and demonstrating knitting patterns and techniques to our attendees.

The event was attended by student journalist Shorai Shoniwa-Forchin, who has kindly created a short video which will soon be available to watch on our website.

Thanks to all involved, we raised £465 overall (over the three events from March 4th-5th) in aid of our Sewing and Knitting club 'KitKnit' - [Kitrinos.KitKnit](#) - which will go directly back to the women whose products we displayed, and will also be used to help sustain this project so refugee women can continue to use knitting as a creative outlet and a means of economic empowerment leading to a sustainable living.

We had an enjoyable and successful day, and we will keep you up to date via social media and email about any events we plan to hold in future. You can sign up to our mailing list via our website if you haven't already.

If you weren't able to attend, remember that there are plenty more hand-knitted items for sale in our shop: [kitrinoshealthcare.com/shop](http://kitrinoshealthcare.com/shop)

All the best,

Team Kitrinos

#kitrinoshealthcare #healthcare #refugees #iwd  
#internationalwomensday #london #londonevents #iwdevents  
#knitting #sewingandknitting #holisticcare #empowerment





7

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

11 Μαρτίου 2018

Happy Mother's Day from Team Kitrinos!

Though statistics vary, it is believed that around 2/3rds of Syrian refugees are women and children.

You can help support amazing and resilient refugee women by purchasing hand-crafted knitted items made by the women in our camps: [www.kitrinoshealthcare.com/shop](http://www.kitrinoshealthcare.com/shop)

Kitrinos Healthcare are still on the ground, providing healthcare to vulnerable refugees living in Greece. Help us set up a clinic in a new camp by making a donation to our Nea Kevala Fund: [www.gofundme.com/kitrinos-caring-for-refugees](http://www.gofundme.com/kitrinos-caring-for-refugees)

(artwork by Nathalie Cross-Padden)

#kitrinoshealthcare #mothersday #happymothersday #illustration #art #refugees #refugee #healthcare #Greece #Syria #Syrianrefugees #health #charity #medical #medicalcharity #teamkitrinos



6

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
8 Μαρτίου 2018 · 🌐

"Whether caused by armed conflict or natural disaster, humanitarian crises always hurt women and girls the most – they account for more than 75 percent of the refugees and displaced persons at risk from war, famine, persecution and natural disaster." - Irina Bokova, former director-general of UNESCO

On this International Women's Day, we appreciate the wonderful, resilient women in our camps more than ever.

While aid is vital in times of humanitarian crises, trade offers a more sustainable, empowering solution. Please help support refugee women by purchasing some of the lovely knitted items, hand-crafted by the women in our camps. All proceeds go back to the individual creators and are also used to sustain our Sewing and Knitting Club, to provide refugee women with a creative outlet.

'KitKnit' Webshop: [www.kitrinoshealthcare.com/shop](http://www.kitrinoshealthcare.com/shop)

#internationalwomensday #internationalwomensday2018 #iwd  
#women #empoweringwomen #refugees #refugeecamps #greece  
#aid #trade #knitting #fairtrade #fairtradeclotches #knitted



👍 5

🔗 4



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Τα πιο σχετικά ▾



Γράψτε ένα σχόλιο...



**Team Kitrinos**  
5 Μαρτίου 2018 · 🌐

There is still time to come and support our kitknit event for international women's Day.  
Come and eat some brunch and hear about the stories from the camp!  
#empoweringwomen #internationalwomensday #kitknit #teamkitrinos



👍 1



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



**Team Kitrinos**  
2 Μαρτίου 2018 · 🌐

Come along to our coffee morning on March 5th for an early International Women's Day celebration! Warm yourself up with a nice hot cuppa and learn about our Sewing & Knitting Club and the wonderful refugee women we have got to know.

Entry is free; see below for details.

<https://www.eventbrite.co.uk/.../kitknit-coffee-morning...>

#internationalwomensday #iwd #women #refugees #knitting #event #sewing #crochet #Greece #tooting #tootingevents #londonevents #londoniwd #londoninternationalwomensday #womenrefugees #coffeemorning



EVENTBRITE.CO.UK

### 'KitKnit' Coffee Morning

Everyone is welcome! Come along, bring a friend, and learn about ...

4

1

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...

### Team Kitrinos

27 Φεβρουαρίου 2018 ·

The saying goes, 'there's no such thing as bad weather, only unsuitable clothing'. Keep the winter chills at bay and head over to our 'KitKnit' shop, where we sell a range of knitted items handmade by refugee women! All proceeds go back to the women and are used to help keep our Sewing and Knitting Club going.

<https://www.kitrinoshealthcare.com/shop>

#refugees #women #Greece #winter #snow #snowday #woolies #refugeecamps #kitrinoshealthcare #teamkitrinos



KITRINOSHEALTHCARE.COM

### Sewing & Knitting Shop | Kitrinos Healthcare

Newly opened Kitrinos Healthcare shop selling knitted goods hand...

4

2

Μου αρέσει!

Σχόλιο

Κοινοποίηση



Γράψτε ένα σχόλιο...

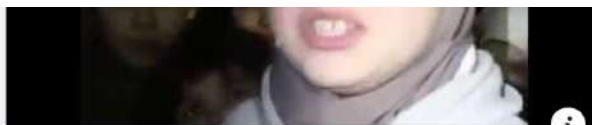
### Team Kitrinos

26 Φεβρουαρίου 2018 ·

Please, please take a few minutes to read what doctor Housam Adnan wrote from #EasternGhouta just before this weekend.

#EasternGhouta #bombing #Syria





KITRINOSHEALTHCARE.COM

### Eastern Ghouta: Nearly 300 killed in 2 days. | Kitrinos Healthcare | Charity for Refugees

3

1



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



#### Team Kitrinos

24 Φεβρουαρίου 2018

Many medical conditions become exacerbated during the winter months, and it is vital that refugees receive the care they need to ensure their winter is as painless as possible. Kitrinos Healthcare is continuing to work on the ground in several camps across Greece, providing medical care to those in need. To help people like Azzam, please click the donate button on our facebook page.

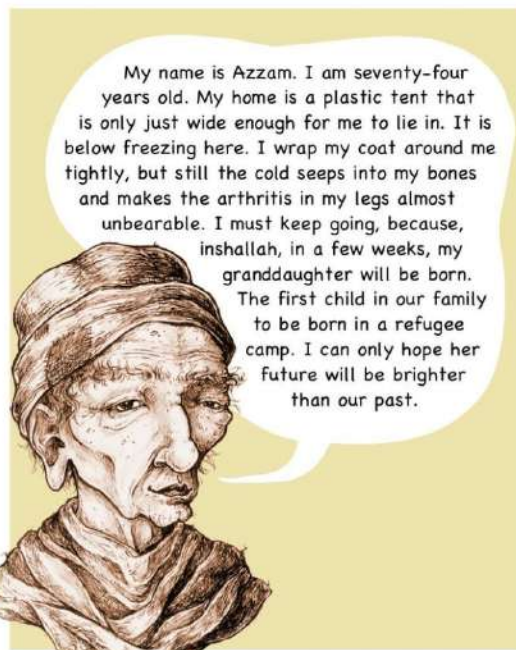
Please don't forget the refugees this winter.

~ Team Kitrinos

#kitrinoshealthcare #protectingthevulnerable #refugees #medicaid #healthcare #medicine #volunteer #volunteerdoctor #refugeecamps #Greece

\*Although these people are fictional, there are so many like Azzam currently living in refugee camps in Greece.

Artwork by [Nathalie Cross-Padden](#)



My name is Azzam. I am seventy-four years old. My home is a plastic tent that is only just wide enough for me to lie in. It is below freezing here. I wrap my coat around me tightly, but still the cold seeps into my bones and makes the arthritis in my legs almost unbearable. I must keep going, because, inshallah, in a few weeks, my granddaughter will be born. The first child in our family to be born in a refugee camp. I can only hope her future will be brighter than our past.

2

3



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



#### Team Kitrinos

22 Φεβρουαρίου 2018

<https://www.gofundme.com/kitrinos-caring-for-refugees>

Refugees in Greece need your help, now more than ever.

Kitrinos Healthcare has recently taken over a new camp 'Nea Kavala', and we really need your help to get things up and running. Please have a look at our fundraiser page and donate what you can - everything helps!

- Team Kitrinos



GOFUNDME.COM

Click here to support Refugees in Greece Need Your Help! organised by Kitrinos Healthcare

8

4



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

20 Φεβρουαρίου 2018

Don't forget, we're holding a coffee morning on March 5th as an early International Women's Day celebration. Save the date!

Tickets (free): <https://www.eventbrite.co.uk/.../kitknit-coffee-morning...>

~ International Women's Day ~

**"KitKnit"**  
**COFFEE MORNING**  
*In aid of Kitrinos Healthcare*

**10.30am-1.30pm**  
**Monday 5<sup>th</sup> March 2018**

**Mushkil Aasaan**  
222 Upper Tooting Road, SW17 7EW

Come and listen to founder of Kitrinos Healthcare Dr Siyana Shaffi and Outreach Worker Shakirah Rowe talk about Kitrinos Healthcare and how our Sewing and Knitting Club 'KitKnit' empowers women living in refugee camps.

A range of products made by the women will be on display and available to purchase.

[www.kitrinoshealthcare.com](http://www.kitrinoshealthcare.com) Registered Charity no. 1172586

7



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

20 Φεβρουαρίου 2018





Η Σελίδα Team Kitrinos ενημέρωσε το ωράριο λειτουργίας της.

WhatsApp

Μου αρέσει! Σχόλιο Κοινοποίηση



Ο χρήστης Team Kitrinos ενημέρωσε τη φωτογραφία εξωφύλλου.  
20 Φεβρουαρίου 2018



9

1

Μου αρέσει! Σχόλιο Κοινοποίηση



Γράψτε ένα σχόλιο...



Ο χρήστης Team Kitrinos πρόσθεσε μια προσωρινή φωτογραφία προφίλ.  
18 Φεβρουαρίου 2018

Empowering women through sewing & knitting...the best cure to low self esteem!



3

1

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά



Γράψτε ένα σχόλιο...



Συντάκτης  
Team Kitrinos  
If you are in South London on the 5th March- you may



like to pop in for a coffee and see some of the beautiful sew, knit & crochet craft that the women in our camps occupied themselves with. Hear stories about their lives and how it all started...please email [admin@kitrinoshealthcare.com](mailto:admin@kitrinoshealthcare.com) for more details.

Μου αρέσει! Απάντηση 4 χρο.



Ο χρήστης **Team Kitrinos** αισθάνεται λυπημένος,  
18 Φεβρουαρίου 2018 · 🌐

A sad sad reality....it just seems never ending...



**SOS MEDITERRANEE France**

27 Ιανουαρίου 2018 · 🌐

● **BREAKING** :Journée tragique en Méditerranée.

Après avoir été témoin impuissant à l'aube de l'interception d'un canot pneumatique dans les eaux internationales par les garde-côtes libyens, l'Aquarius a été mobilisé plus tard dans la matinée pour le sauvetage d'un autre canot pneumatique dans les eaux internationales au large de la Libye.

Quand les canots de sauvetage de SOS MEDITERRANEE sont arrivés près de ce bateau en détresse, des personnes étaient déjà dans l'eau. 98 personnes ont été sauvées et 83 se trouvent en sécurité à bord de l'Aquarius, 15 autres ayant été évacuées d'urgence par hélicoptère.

8 patients, dont 6 enfants, et leurs accompagnateurs ont été évacués par hélicoptère vers l'hôpital le plus proche à Sfax en Tunisie.

2 femmes n'ont pas pu être réanimées et laissent deux enfants orphelins.

Plusieurs personnes sont portées disparues par des proches qui ont survécu.

"Nous avons été confrontés à un sauvetage très critique. Quand nos canots de sauvetage se sont approchés, le pneumatique était déjà dégonflé d'un côté et des personnes étaient dans l'eau. Certaines avaient déjà perdu connaissance quand elles ont été repêchées" - Klaus Merkle, SAR Coordinator #Aquarius

Suivre les mises à jour ici : <https://twitter.com/SOSMedFrance> et ici [https://twitter.com/MSF\\_Sea](https://twitter.com/MSF_Sea)

#TogetherForRescue

Δείτε τη μετάφραση

👍 😢 2



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



**Team Kitrinos**

16 Φεβρουαρίου 2018 · 🌐

\*\*The Lost Boys of Athens\*\*

"We must protect families, we must protect children, who have inalienable rights and should be loved, should be taken care of physically and mentally, and should not be brought into the world only to suffer" - Indira Gandhi

Only to children - in many cases

Every day, over 200 refugees and asylum seekers arrive in Greece, 40% of whom are under the age of 18. They have often travelled far in search of a better life, but instead face loneliness, alienation, abuse and exploitation. Many of the 2.5 thousand child migrants in Greek Hotspots are unaccompanied and living on the streets, and often the only way to survive is via domestic servitude and sexual exploitation. Older men take advantage of the desperate situations vulnerable boys find themselves in, offering services such as access to lawyers, phone cards and places to stay at highly inflated prices. People smugglers are some of the worst perpetrators, often charging refugees thousands of euros, leaving them little choice but to 'sell their bodies' in order to fund their journeys.

In the heart of Athens, there is a place where such young people may go for respite and support: Velos Youth Centre welcomes at-risk young boys between the ages of 16 and 21, offering emotional and material support as well as providing a safe space for them to eat, shower, wash their clothes and socialise. Trained staff are able to help vulnerable boys become self-sufficient, secure accommodation, obtain legal advice, and access primary healthcare from the Kitrinos Healthcare medical team.

We, the Kitrinos Healthcare team, visit the centre every week to provide medical care to those in need. We are aware that as we work, the exploitation of minors continues to occur openly in a nearby square in broad daylight and at night, clearly visible to anyone who spends more than ten minutes there. Many of the boys we treat are victims of sexual exploitation and also suffer from ailments such as skin conditions and chronic pain which are exacerbated by life on the streets.

The boys who seek sanctuary at the centre are each on an individual journey: some are fleeing war, some are seeking a better future and some have been abandoned by their families. However, they all share one thing in common: they are all lost and forgotten in a system that fails to recognise their need to be protected from predators and abusers.

The Greek authorities and UNHCR are overwhelmed by the situation, and this can be seen in the long waiting periods for accommodation and cash cards. In the meantime, without secure shelter and some cashflow, young people remain at risk of exploitation. These boys have very few places to turn to for support, which is why the services provided by the centre and the Kitrinos Healthcare team are so important.

Please help support our work in Velos Youth Centre by sharing this post and donating via the 'donate' button on our Facebook page or through the Kitrinos Healthcare Charity Checkout. On behalf of the Lost Boys of Athens,

Thank you.

~ Team Kitrinos

#protectingthevulnerable #healthforrefugees #healthcare #healthcareforrefugees #charity #healthcarecharity #kitrinoshealthcare #teamkitrinos #medicalaid #medicalcharity #refugees #Greece #refugeecamps #helptherefugees #NorthernGreece #Athens #Velos #VelosYouthCentre #youthcentre #exploitation #peoplesmuggling

4

8



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



Team Kitrinos

13 Φεβρουαρίου 2018 · 🌐

...

"Having returned from the camps again only a few days ago, my heart is heavy with more tales of sadness and despondency. My cheeks are still wet with tears of the women I cried with, my hands still warm from their earnest grips of hope..." Click the link below to read Dr Siyana Shaffi's latest blog post.

For people who want to act, support us by donating:

<https://www.gofundme.com/kitrinos-caring-for-refugees>

#stories #emotionsfromgreece #hope #kitrinoshealthcare #healthcare #Greece #refugees #charity #medicalcharity





KITRINOSHEALTHCARE.COM

### Kitrinos Healthcare | Charity for Refugees

Kitrinos Healthcare guide a unique and dedicated team of voluntee...

5

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



#### Team Kitrinos

9 Φεβρουαριου 2018

Recruiting Volunteers for February and March! Contact our volunteers coordinator at [volunteer@kitrinoshealthcare.com](mailto:volunteer@kitrinoshealthcare.com) if you're interested!

#volunteer #volunteerrecruitment #kitrinoshealthcare #teamkitrinos #refugees #refugee #refugeecamp #healthcare #health #healthcarecharity #charity #Greece

## Volunteers Needed!



**Could you work with a growing charity that provides healthcare to refugees in crisis?**

Kitrinos Healthcare is looking for volunteers to work with us in Greece for at least 2 weeks, from the last week of February 2018 into March.

**We are looking for:**  
Senior doctors, Nurses and GPs

**Contact:** [volunteer@kitrinoshealthcare.com](mailto:volunteer@kitrinoshealthcare.com)

**Sign up:** [kitrinoshealthcare.com/join-us](http://kitrinoshealthcare.com/join-us)

Kitrinos Healthcare Registered Charity no. 1172586 | UK phone: +447908697791

10

1 12

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά

Γράψτε ένα σχόλιο...



Roisin Begley  
**Hany Ragab**

Μου αρέσει! Απάντηση 4 χρ. Τροποποιήθηκε



#### Team Kitrinos

7 Φεβρουαριου 2018

Kitrinos Healthcare is looking for a pharmacist to work with us for 3+ weeks. Contact [volunteer@kitrinoshealthcare.com](mailto:volunteer@kitrinoshealthcare.com) if you are interested!

## JOIN OUR TEAM!

## Pharmacist Needed

*Could you work with a growing charity that provides healthcare to refugees in crisis?*



**Kitrinos Healthcare** is looking for a pharmacist to work with us as a volunteer in refugee camps in Greece for 3+ weeks.

### Contact:

[volunteer@kitrinoshealthcare.com](mailto:volunteer@kitrinoshealthcare.com)

### Requirements:

- Qualification as a pharmacist and significant post qualification experience, ideally in hospital pharmacy management
- Ability to work well as a part of a multi-cultural and multi-disciplinary team
- Ability to organise and prioritise workload and use initiative
- Ability to cope in a difficult and unpredictable environment
- Available for a minimum period of three weeks

### Responsibilities:

- Ensuring good practice in distribution and pharmaceutical practices comply with national rules
- Drug management and medical equipment order, storage and distribution in Kitrinos clinics
- Assist the coordination team with ensuring that medications safely reach the projects where needed

Kitrinos Healthcare Registered Charity no. 1170286 | UK phone: +447908697791

3 likes 2 comments 8 shares

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά

Γράψτε ένα σχόλιο...

Mary Embleton  
Gwen Hopkins Tony Perkins Graham Parsons

Μου αρέσει! Απάντηση 4 χρ.

Gwen Hopkins  
Thanks very much Mary.

Μου αρέσει! Απάντηση 4 χρ.

Απαντήστε στο χρήστη Mary Emblet...



### Team Kitrinos

5 Φεβρουαρίου 2018

A big thank you to our volunteer dentist Emma for coming to work with us for a week on behalf of [Dentalcoop](#). We really appreciate all your hard work!

~Team Kitrinos

[#kitrinoshealthcare](#) [#teamkitrinos](#) [#healthcare](#) [#medicalcare](#) [#refugees](#) [#dentist](#) [#volunteer](#) [#volunteers](#) [#refugeecamp](#) [#Greece](#) [#charity](#) [#healthcarecharity](#)





9

1

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά



Γράψτε ένα σχόλιο...



Saiqa Ali  
Such a great picture!!

Μου αρέσει! Απάντηση 4 χρ.



Team Kitrinos

30 Ιανουαρίου 2018

Memories of the horrors of their lives before, coupled with the hopelessness that comes with living in squalid refugee camps, can cause serious mental health issues for refugees. Medecins Sans Frontiers reports a high incidence of mental illnesses amongst refugees, such as anxiety, depression and psychotic disorders, with one in three suffering from some form of post-traumatic stress. However, due to language barriers and the transient nature of refugees, providing standard psychological therapy such as CBT can be difficult. A tried and tested technique called Trauma Tapping Therapy - or TTT - may offer an alternative solution. TTT is easy to learn and takes only a few moments of each day to carry out, but studies have shown lasting positive effects. The therapy involves tapping different parts of the body with two fingers and works by flooding the amygdala with two competing sets of sensory data - the tapping, and the unwanted emotional response associated with memories of traumatic events - which can permanently eliminate the unwanted response. We currently have a volunteer who is using this technique on the refugees in Camp Sinatex, and in the future, we hope to teach them how to administer it on themselves and on their family and friends. We are looking forward to seeing positive results!

#kitrinoshealthcare #teamkitrinos #traumatappingtherapy #refugees #mentalhealth #healthcare #mentalwellbeing #trauma #ptsd #mentalillness #Greece



10

1

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά

Γράψτε ένα σχόλιο...

Roisin Begley  
Hany Ragab

Μου αρέσει! Απάντηση 4 χρ.

**Team Kitrinos**  
22 Ιανουαρίου 2018 · 🌐

Kitrinos Healthcare is working hard this winter to provide high-quality medical care to people living in refugee camps in Greece. To help people like Amal and his mother, click the donate button on our facebook page, or donate via charity checkout (see the pinned post at the top of our page).

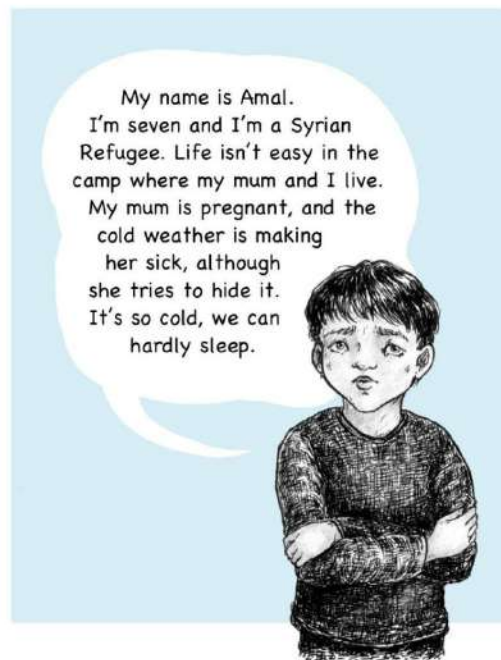
Please don't forget the refugees this winter.

~ Team Kitrinos

[#kitrinoshealthcare](#) [#protectingthevulnerable](#) [#refugees](#) [#medicalaid](#) [#healthcare](#) [#medicine](#) [#volunteer](#) [#volunteerdoctor](#) [#refugeecamps](#) [#Greece](#)

\*Although these characters are fictional, there are so many like Amal currently living in refugee camps in Greece.

Art by [Nathalie Cross-Padden](#) / @ncpillustration on ig



3

4 3

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά ▾

Γράψτε ένα σχόλιο...

Lucy Ragan  
Is that your illustration?? 🙌

Μου αρέσει! Απάντηση 5 χρ. Τροποποιήθηκε

Lucy Ragan  
Ah I knew it, love it!! 🙌

Nathalie Cross-Padden · [Ακολουθήστε](#)  
It is indeed ! This is the charity I write/illustrate for 😊

Μου αρέσει! Απάντηση 5 χρ.

Nathalie Cross-Padden · [Ακολουθήστε](#)  
Lucy Ragan thank you so much !! 🙌

Μου αρέσει! Απάντηση 5 χρ.

Απαντήστε στο χρήστη Lucy Ragan...

**Team Kitrinos**  
21 Ιανουαρίου 2018 · 🌐

Winter Appeal - Donate Today via Charity Checkout !

In winter, temperatures in Northern Greece can fall below -15°C, and for those living in Greek refugee camps, survival can be a daily struggle, as common illnesses can become life-threatening for the most vulnerable. To help us to continue to provide vital healthcare for refugees this winter, please donate via the link below. We appreciate all that you are able to give. Feel free to like & share to spread the word!

<https://fundraise.charitycheckout.co.uk/.../Winter-Appeal...>

FUNDRAISE.CHARITYCHECKOUT.CO.UK

### Winter Appeal #Protectingthevulnerable

1

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

19 Ιανουαρίου 2018

Managing Director at Kitrinos Healthcare Dr Siyana Shaffi recently had the opportunity to talk with Saeeda Rizvi on [Ahlebait TV Networks - SKY 826](#) about the poor living conditions in Greek refugee camps, the impact below-freezing winters have on refugees, and what you can do to help. You can watch the full interview [here](#).

--

To help us to continue providing healthcare to the vulnerable people trapped in refugee camps this winter, please donate via the 'donate' button at the top of our facebook page.

If you are interested in volunteering with us, please go to [kitrinoshealthcare\(dot\)com/volunteer](http://kitrinoshealthcare(dot)com/volunteer).

[#kitrinoshealthcare](#) [#refugees](#) [#medicalaid](#) [#healthcare](#) [#medicine](#) [#volunteer](#) [#volunteerdoctor](#) [#refugeecamps](#) [#Greece](#) [#SaeedaRizvi](#) [#channel826](#) [#socialvision](#) [#ahlebaittv](#) [#protectingthevulnerable](#) [#SocialVoice](#)

YOUTUBE.COM

### Social Voice with Saeeda Rizvi and Dr Siyana Shaffi | Refugee Crisis | 13 01 2018

1

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

18 Ιανουαρίου 2018

YOUTUBE.COM

### Social Voice with Saeeda Rizvi and Dr Siyana Shaffi |

1

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

Team Kitrinos

12 Ιανουαρίου 2018

"This time last year, we were still in camp Drama - the snow had started to fall on the nearby Bulgarian mountains and the refugees continued to live without heating...the children and elderly were getting sick with pneumonia and angina attacks as temperatures dropped to below zero. Sadly, this year, many who had hoped to be in better places long ago still remain stuck and forgotten in worn out camps that are ill equipped to deal with their needs. Sinatex is one such camp, where people live in makeshift housing inside a warehouse and hand-wash their clothes in cold water and use leaky, worn out containers as their shower and toilet facilities."

~ Siyana Shaffi, Medical Director, Dec 2017

Wintertime for many brings thoughts of celebration, holidays, time spent with family and sledding in the snow, but for those trapped in refugee camps, where below freezing temperatures can make simply surviving a daily struggle, winter is the darkest time of the year. In some areas of Northern Greece, temperatures can reach minus 18°C, and hypothermia and frostbite are not uncommon. Overcrowded and unsanitary living conditions cause disease to spread quickly, and the cold weather exacerbates illnesses such as respiratory infections and influenza, which, if untreated, can become life threatening for the most vulnerable. In January this year, three people – two of whom were in their 20s – died within a week in Moria camp in Lesbos. In November, a 5-year-old girl died in the same camp as a result of complications from an untreated illness that was made worse by the cold conditions. Such deaths are avoidable, but over the next few months, there will likely be more.

The need for medical charity presence is greater than ever during the winter, but refugees are not receiving the help they depend upon, and many suffer needlessly as they do not have access to adequate healthcare. The Greek Authorities are failing to respond to the crisis: camps remain overcrowded and unprepared for winter, with people living outdoors in tents or in makeshift shelters with little insulation or heating. EU funding has run out for big organisations such as UNHCR and IOM with no plans for replacement, and The Red Cross will also be terminating their services in January next year.

Kitrinos Healthcare is one of the few remaining caregivers in refugee camps in Northern Greece, and we intend not only to stay but also to expand our services further afield. We will continue to work hard over the coming months to ensure that everyone in our camps receives the medical care they so desperately need this winter. Our clinic in camp Sinatex is open throughout the week and our amazing team of qualified volunteers are working tirelessly to provide high-quality care for this vulnerable community.

We know that money can be particularly tight around this time of year, but if you can, please spare a little to support our work so that we may continue to provide healthcare to those living in refugee camps in Greece during this difficult time. To donate, go to [kitrinoshealthcare\(dot\)com/donate](http://kitrinoshealthcare(dot)com/donate), or go to [www.kitrinoshealthcare\(dot\)com/join-us](http://www.kitrinoshealthcare(dot)com/join-us) to apply for a volunteering position with us. Feel free to share this post to spread the word. We appreciate all the support you can give – even the smallest amounts will help.

Please don't forget the refugees this winter.

Thank you,

Team Kitrinos

[#protectingthevulnerable](#) [#healthforrefugees](#) [#healthcare](#)  
[#healthcareforrefugees](#) [#charity](#) [#healthcarecharity](#) [#kitrinoshealthcare](#)  
[#teamkitrinos](#) [#medicalaid](#) [#medicalcharity](#) [#refugees](#) [#Greece](#)  
[#refugeecamps](#) [#winter](#) [#wintercampaign](#) [#helptherefugees](#)  
[#NorthernGreece](#)

---

(note: please replace '(dot)' with '.' when copying/pasting links - there is an issue with facebook meaning that posts with links cannot be shared properly!)







7

1



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Γράψτε ένα σχόλιο...



**Team Kitrinos**

11 Ιανουαρίου 2018 · 🌐

...

Team K have been working at Camp Sinatex alongside Danish Refugee Council Camp management since December 2016...it was due to close before winter 2017 but unfortunately, the ongoing crisis means that people remain trapped here until January 2018..



0:00 / 1:50



17

2

1



Μου αρέσει!



Σχόλιο



Κοινοποίηση



Τα πιο σχετικά ▾



Γράψτε ένα σχόλιο...



**Ez Crumbe**

Looking good! The new examination couch is a great addition. Hi Ismael!

...

Μου αρέσει! · Απάντηση · 5 χρ.



**Sam Haddad**

Yeah team 🙄🙄🙄

...

Μου αρέσει! · Απάντηση · 5 χρ.

Γράψτε ένα σχόλιο...



Ο χρήστης **Team Kitrinos** ενημέρωσε τη φωτογραφία εξωφύλλου.

...

11 Ιανουαρίου 2018 · 🌐





10

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...



Team Kitrinos

9 Ιανουαρίου 2018 ·

### SENIOR DOCTOR NEEDED

Kitrinos Healthcare is looking for a long-term senior doctor to work with us in 2018. We currently work in Northern Greece, Athens and Leros island. To learn about our work, visit [www.kitrinoshealthcare.com](http://www.kitrinoshealthcare.com). Please share this post with anyone who may be interested! We look forward to having you on our team.

~Team Kitrinos

#teamkitrinos #kitrinoshealthcare #refugees #refugeecamp #fixingbrokenlives #Greece #medicalcharity #medicalaid #healthcare #doctorrecruitment #recruitment #seniordocor

## LONG-TERM SENIOR DOCTOR NEEDED



***Could you work with a growing charity that provides healthcare to refugees in crisis?***

Kitrinos Healthcare is looking for a long-term senior doctor with 3+ years' experience to work with us in refugee camps in Greece from January 2018 onwards. Stipend and accommodation will be provided.

Contact [admin@kitrinoshealthcare.com](mailto:admin@kitrinoshealthcare.com) for further details.

Kitrinos Healthcare Registered Charity ao. 1172586 | UK phone: +447908697791

9

4 42

Μου αρέσει! Σχόλιο Κοινοποίηση

Όλα τα σχόλια

Γράψτε ένα σχόλιο...



Muhammad Zia Ul-Haq  
Radioge do you want ...

Μου αρέσει! Απάντηση 5 χρ.



Jaber Badran  
I am ready if it is possible ...

## Εισαγωγική κάρτα

A group of volunteers including professionals such as doctors, nurses and others. We came together in

Σελίδα · Μη κερδοσκοπικός οργανισμός

London, United Kingdom

admin@teamkitrinos.uk

teamkitrinos.uk

Δεν έχει αξιολογηθεί ακόμα (4 κριτικές)

Προτείνετε διορθώσεις

## Φωτογραφίες Δείτε όλες τις φωτογραφίες



Πληροφορίες για τα στατιστικά στοιχεία Σελίδων · Απόρρητο · Όροι χρήσης · Διαφήμιση · Επιλογές διαφήμισης · Cookies · Περισσότερα · Meta © 2023

I am ready if it is possible

Μου αρέσει! Απάντηση 5 χρ.

Saiqa Ali  
Are you a doctor? Please register online. We need you!!

Μου αρέσει! Απάντηση 5 χρ.

Jaber Badran  
I am a Syrian doctor as a refugee in Portugal and I hope to help you, but I can not leave Portugal because of asylum. When I can travel I will be with you

Μου αρέσει! Απάντηση 5 χρ.

Απαντήστε στο χρήστη Jaber Badran...

Γράψτε ένα σχόλιο...

Team Kitrinos  
3 Ιανουαρίου 2018

"This time last year, we were still in camp Drama - the snow had started to fall on the nearby Bulgarian mountains and the refugees continued to live without heating...the children and elderly were getting sick with pneumonia and angina attacks as temperatures dropped to below zero. Sadly, this year, many who had hoped to be in better places long ago still remain stuck and forgotten in worn out camps that are ill equipped to deal with their needs. Sinatex is one such camp, where people live in makeshift housing inside a warehouse and hand-wash their clothes in cold water and use leaky, worn out containers as their shower and toilet facilities."

~ Siyana Shaffi, Medical Director, Dec 2017

Wintertime for many brings thoughts of celebration, holidays, time spent with family and sledding in the snow, but for those trapped in refugee camps, where below freezing temperatures can make simply surviving a daily struggle, winter is the darkest time of the year. In some areas of Northern Greece, temperatures can reach minus 18°C, and hypothermia and frostbite are not uncommon. Overcrowded and unsanitary living conditions cause disease to spread quickly, and the cold weather exacerbates illnesses such as respiratory infections and influenza, which, if untreated, can become life threatening for the most vulnerable. In January this year, three people – two of whom were in their 20s – died within a week in Moria camp in Lesbos. In November, a 5-year-old girl died in the same camp as a result of complications from an untreated illness that was made worse by the cold conditions. Such deaths are avoidable, but over the next few months, there will likely be more.

The need for medical charity presence is greater than ever during the winter, but refugees are not receiving the help they depend upon, and many suffer needlessly as they do not have access to adequate healthcare. The Greek Authorities are failing to respond to the crisis: camps remain overcrowded and unprepared for winter, with people living outdoors in tents or in makeshift shelters with little insulation or heating. EU funding has run out for big organisations such as UNHCR and IOM with no plans for replacement, and The Red Cross will also be terminating their services in January next year.

Kitrinos Healthcare is one of the few remaining caregivers in refugee camps in Northern Greece, and we intend not only to stay but also to expand our services further afield. We will continue to work hard over the coming months to ensure that everyone in our camps receives the medical care they so desperately need this winter. Our clinic in camp Sinatex is open throughout the week and our amazing team of qualified volunteers are working tirelessly to provide high-quality care for this vulnerable community.

We know that money can be particularly tight around this time of year, but if you can, please spare a little to support our work so that we may continue to provide healthcare to those living in refugee camps in Greece during this difficult time. To donate, go to [www.kitrinoshealthcare\(dot\)com/donate](http://www.kitrinoshealthcare(dot)com/donate), or go to [www.kitrinoshealthcare\(dot\)com/join-us](http://www.kitrinoshealthcare(dot)com/join-us) to apply for a volunteering position with us. Feel free to share this post to spread the word. We appreciate all the support you can give – even the smallest amounts will help.

Please don't forget the refugees this winter.

Thank you,

Team Kitrinos

#protectingthevulnerable #healthforrefugees #healthcare #healthcareforrefugees #charity #healthcarecharity #kitrinoshealthcare #teamkitrinos #medicallaid #medicalcharity #refugees #Greece #refugeecamps #winter #wintercampaign #helptherefugees #NorthernGreece

(note: please replace '(dot)' with '.' when copying/pasting links - there is an issue with facebook meaning that posts with links cannot be shared properly!)

9

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
18 Δεκεμβρίου 2017 ·

A cloudy day in Athens... Our team are working in Velos Youth Centre today, providing healthcare to the young people - many of whom live on the streets and are subject to exploitation - who come to the centre for support in times of need. #kitrinoshealthcare #teamkitrinos #velos #greece #athens #velosyouthcentre #refugee #refugees #charity #medicalcharity #volunteers #healthcare #wellbeing #homelessyouth #exploitation



6

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
18 Δεκεμβρίου 2017 ·

Happy Monday! Thank you for all your support. If you have a spare 10 minutes, why not read our first Newsletter! #happymonday #mondayblue #mondaymotivation #newsletter #refugees #teamkitrinos #fixingbrokenlives #volunteers #Greece #veria #sinatex #athens #Leros #donate #seasongreetings #charity <https://www.kitrinoshealthcare.com/so/0L-5CA0G>



KITRINOSHEALTHCARE.COM

**Kitrinos is growing...**

Dear friend, Welcome to our first ever newsletter! Team Kitrinos has...

11

Κοινοποίηση

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

Ο χρήστης **Team Kitrinos** ενημέρωσε την εικόνα του προφίλ του.  
18 Δεκεμβρίου 2017 ·



17 4

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά

Γράψτε ένα σχόλιο...

**Sam Haddad**  
OLD AMAZING PHOTO.. AND YOUR RIGHT..  
AMAZING TEAM.. GREAT PEOPLE BEAUTIFUL MEMORY'S

Μου αρέσει! Απάντηση 4 χρ.

Δείτε 3 ακόμη σχόλια

**Team Kitrinos**  
15 Δεκεμβρίου 2017 ·

Feeling the winter chill? Don't forget that you can buy unique hats, scarves and more, hand-knitted by women in camps as part of our holistic care scheme, the Sewing and Knitting Club. Visit the 'KitKnit' shop at [www.kitrinoshealthcare.com/shop](http://www.kitrinoshealthcare.com/shop)! #refugee #refugees #medicalaid #medicalcharity #charity #healthcare #winter #christmas #gifts #refugeecamps #Greece



KITRINOSHEALTHCARE.COM  
**Kitrinos Healthcare | Sewing & Knitting Shop**  
Newly opened Kitrinos Healthcare shop selling knitted goods hand...

8 3

Μου αρέσει! Σχόλιο Κοινοποίηση

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
14 Δεκεμβρίου 2017 ·

### ! VOLUNTEERS NEEDED !

Kitrinos Healthcare is looking for volunteers from January 2018 onwards. We currently work in camp Sinatex and Veria (Northern Greece), Hope Café and Velos Youth Centre (Athens) and Leros Camp (the island of Leros). If you are interested in volunteering with us for 3+ weeks, please contact Stephanie at [volunteer@kitrinoshealthcare.com](mailto:volunteer@kitrinoshealthcare.com) or sign up at [www.kitrinoshealthcare.com/join-us](http://www.kitrinoshealthcare.com/join-us). To learn more about our work, visit [www.kitrinoshealthcare.com](http://www.kitrinoshealthcare.com). Please... Δείτε περισσότερα

## Volunteers Needed!



*Could you work with a growing charity that provides healthcare to refugees in crisis?*

Kitrinos Healthcare is looking for volunteers to work with us in Greece from January 2018 onwards.

**We are looking for:**  
Senior doctors, Nurses and GPs

**Contact:** [volunteer@kitrinoshealthcare.com](mailto:volunteer@kitrinoshealthcare.com)  
**Sign up:** [kitrinoshealthcare.com/join-us](http://kitrinoshealthcare.com/join-us)

Kitrinos Healthcare Registered Charity no. 1172586 | UK phone: +447908697791

12 10

Μου αρέσει! Σχόλιο Κοινοποίηση

Τα πιο σχετικά

Γράψτε ένα σχόλιο...

**Team Kitrinos**  
11 Δεκεμβρίου 2017

A Palestinian gentleman in our camp was delighted to be offered a handful of genuine Palestinian dates from [ZaytounLondon](#) to help get him through his stay at the camp, while he awaits surgery which [#Kitrinos](#) have helped to organize. [#kitrinoshealthcare](#) [#teamkitrinos](#) [#fixingbrokenlives](#) [#refugees](#) [#refugeecharity](#) [#medicalcharity](#) [#Greece](#) [#refugeecamp](#) [#Dates4refugees](#) [#soulfood](#) [#zaytoun](#) [#volunteers](#) [#volunteer](#) [#Palestinian](#) [#MedjoulDates](#)

