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Local News

Former Paraplegic's Walk to Melbourne - Stops in Hills & Murraylands

20 August 2019



Former paraplegic Terry Mitropoulos (pictured on right) is walking from Callington to Murray Bridge today as part of his 700km interstate "[Walk and Shine](https://au.gofundme.com/f/walkandshine)" (<https://au.gofundme.com/f/walkandshine>)" journey.

The man, who defied the odds and now walks unaided after having 13 surgeries, is raising awareness for mental health and funds for [The Black Dog Institute](https://www.blackdoginstitute.org.au/) (<https://www.blackdoginstitute.org.au/>) and the [YMCA](https://ymca.org.au/Pages/Home.aspx) (<https://ymca.org.au/Pages/Home.aspx>) Open Door Program.

Nine years ago he was given a 5 per cent chance of living and no chance of getting back on his feet after he contracted a brain tumour, a superbug and a stroke.

The father-of-two dropped into the Crafers Hotel on day one of his walk to Melbourne on Saturday and spoke to locals on Monday 19 August at Mount Barker and Nairne.

In the top image, Terry is pictured with Marcello, the owner of Pallett Cafe in Nairne, who shouted everyone a coffee.

Terry will take a break on Wednesday and head to Taillem Bend on Thursday and Cooke Plains on Friday.

To donate head to the [GoFundMe webpage \(https://au.gofundme.com/f/walkandshine\)](https://au.gofundme.com/f/walkandshine).

Listen below to Terry having a chat with Michelle Beresford at the Crafers Hotel.

Nairne - Stops in Hills & Murraylands
SA Today with Jennie Lenman



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