



# KITRINOS HEALTHCARE SUMMARY REPORT

Caring for Refugees

*GREECE 2018*

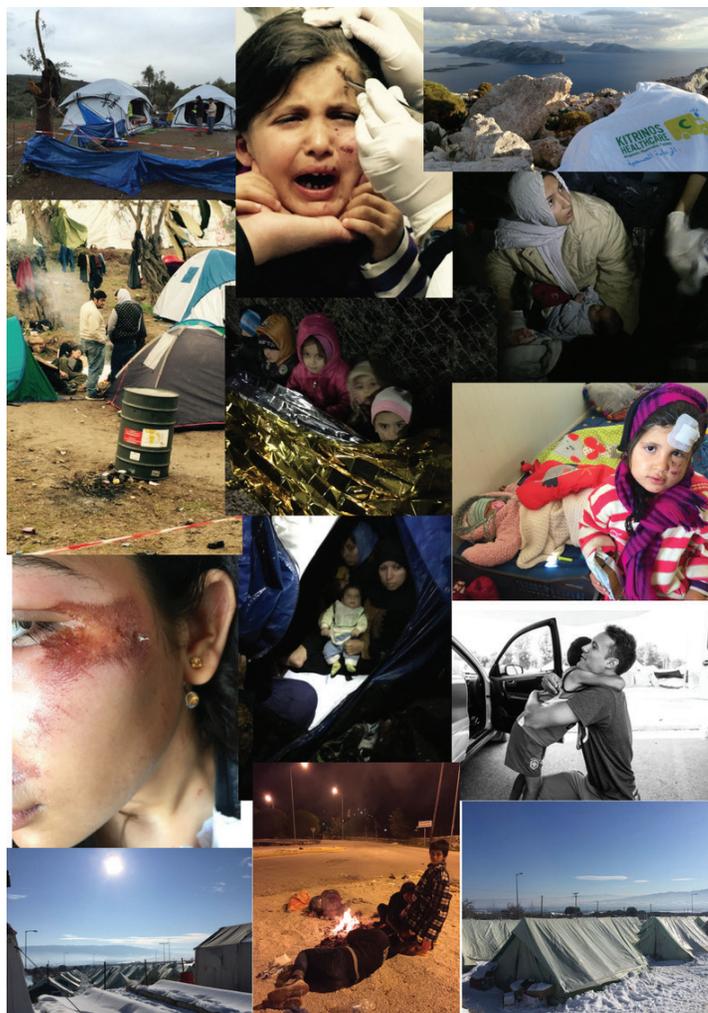
# KITRINOS HEALTHCARE

## Caring for Refugees fleeing War and Persecution

### CURRENT SITUATION

With still no immediate end in sight, the European Migrant Crisis marks the worst refugee crisis since World War Two. Since 2015, over a million refugees from Syria, Iraq, Afghanistan and surrounding regions - most fleeing conflict, insecurity, and widespread violence - have arrived on the shores of Lesbos and surrounding islands in Greece. In 2017, the UNHCR documents more than 171,000 arrivals by sea (1). 2018 has barely begun but in January alone, over 1000 people made the treacherous crossing across freezing waters. Already almost 200 are missing and feared to be dead. (2)II. As nations wrestle with the short and long term impact of this mass migration, finding creative, efficient, and responsible ways to meet refugees' needs remains elusive. Current solutions are based on static, traditional models of care – the establishment of centralized registration centers, holding camps, and health clinics. The obvious problem is that ports of entry are in flux, the stringent border restrictions continue, and the conditions of countries from which refugees are fleeing are ever-changing.

KH has been in operation since 2015 and became a registered UK and Greek charity in 2017. We have consistently grown since starting in Moria in Lesbos, Edomenie borders, EKO camp, Drama camp and Elpida (in collaboration with 'Together for Better Days' and Team Rubicon). We have done this through successful partnerships and affiliations as well as becoming well recognised and respected by the Greek authorities and have a seat at the UNHCR and Greek Ministry of Health planning meetings for refugees services alongside big charities like MSF



Sea arrivals in 2018

5922

Last updated 29 Jan 2018

Dead and missing in 2018 (estimate)

188

Last updated 29 Jan 2018



## STAFF AND VOLUNTEERS

Project "Care-A-Van" was implemented in Feb 2016, the majority of the clinicians (doctors, nurses, paramedics) operate on a voluntary basis and self-fund their trips. We currently have 800 clinical volunteers on our database. Their continued support is testament and recognition of the need for our work. The credibility and professionalism of the service given has been consistently commented on with many volunteers returning several times to work with us. In September 2017, we had our first long term volunteer GP, Dr Kate Meghan, who turned down a position with MSF to work with us. In the field a core team of local staff are in position to support the various sites worked by the volunteers

**Clinicians:** Senior Doctor, Two Long term doctors and a Long term Nurse (Currently in post for 6 months- until June 2018)

**Clinical support team:** Physical Therapy & Outreach Coordinator (Tamim), Four interpreters (Syrian Arabs & Qurds), physiotherapist (Syrian), Assistant coordinator (Greek) and our Ground Operations Manager (Greek).

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In the UK we have a small team part time administrative staff who have been working under leadership of UK based Medical Director and Honorary CEO (Trustee Roles). The self employed paid staff include: a Volunteer Coordinator, a Finance Manager, a Communications Officer, an IT support officer and an Outreach Coordinator (Sew & Knit Project Manager).

# OUR WORK

Our mission is to care for Refugees. We do this primarily through the provision of medical services and this is where the majority of our time, funds and effort is spent. However, we also recognise the importance of psychosocial support and the need for other service.

We believe through our holistic programmes, which have a highly therapeutic outcome for the beneficiaries, can also create solutions for a sustainable income by promoting trade. Many beneficiaries we are working with are highly skilled women who have been widowed through the war. Kit-Knit" Sewing & Knitting Project- project empowering the many women travelling on their own having been widowed, to start self-sustaining livelihoods.



*Hana a 38 year old mother of eight (the youngest Ahmed disabled with cerebral palsy) found it more therapeutic to sew and knit. She suffered with severe and uncontrollable hypertension.*



*The "Sewing & Knitting" section in camp Drama provided a safe and quiet space for the many women to occupy their time and minds in a structured way that also helped them to develop their skills. Many confidently made items which were exhibited.*

## MEDICAL EDUCATION & HEALTH CONFERENCES

A recent successful partnership with Swedish based "Peaceful Heart Network" inspired the idea to teach "Trauma Tapping Technique" for PTSD to other health professionals who could benefit from our insight and experience on the ground.

Three such conferences are being planned for the forthcoming year to include other types of medical training for humanitarian healthcare professionals world wide.



*Gunilla Hamne almost sedates Amina with much needed relaxation. The widow and mother of five has been struggling to get the help she needed whilst trapped in the inner city of Athens for over 1 year.*



*Vulnerable and unaccompanied minors in Leros Hotspot Camp attend a group teaching session where they are taught the self-help "Trauma Tapping Technique" to help them to cope with symptoms of insomnia and post-traumatic stress without using medication.*

## MEET SOME EXAMPLES OF OUR BENEFICIARIES



*Salahuddin remains blind from shrapnel lodged in his brain. He underwent surgery when a car-bomb exploded next to him. He underwent emergency surgery at the time to save his leg but remains in chronic pain. His father who travels with him as his carer had to leave his wife and daughters behind in Syria with no knowledge of whether they have survived.*



*Randa aged 4 years and her baby sister escaped with the rest of her family of mainly women & children when a bomb exploded a few metres from their car while driving to the Syrian Turkish border. Her wounds had been freshly stitched and were becoming infected.*

# BENEFICIARIES

## Number of Beneficiaries served (2015–2018)

Location	Date	Number of beneficiaries
1. Moria Camp, Lesvos	Oct 2015 - Feb 2016	100,000
2. Edomenie Border Camps	Feb - May 2016	30,000
3. EKO Camp	Feb - June 2016	2,500
4. Lesvos, Northern Greece	Ramadan Dates & eid gift	10,000
5. Camp Drama	Jun - Dec 2016	500
6. Camp Serrez	June- Sep 2016	500
7. Vagiochori (Ghost camp)	Dec - Feb 2016	100
8. Sinatex Kavalari Camp	Dec - Feb 2017 (14 months)	600
9. Elpida Camp	Jan- Jun 2016	800
11. Qurbani Udhia Meat Lesvos, Northern Greece, Kavala & Drama	Sept, 2017	720
12. Lesvos Burial (including children)	Nov 2017	20
13. Serrez Camp- Aetopeta (Highly Vulnerable)	Nov 2017 - Jan 2018	80
14. Athens "Hope Clinic" - Out of Hours Primary Care	Sept 2017 - present	600
15. Athens "Velos Youth Centre"	Sept 2017 - present	300
16. Veria Camp (Families & pregnant women)	Nov 2017 - present	400

# OUR PLANS FOR 2018/19

The UNHCR reports that in March 2018, over 2,400 refugees and migrants arrived by sea in Greece, compared to over 1,500 in March 2017 - a 60% increase. As of the end of March, sea arrivals to Greece have increased by 33% compared to the same quarter in 2017. In addition, the number of people rescued or intercepted after departing from the Turkish coastline has more than doubled this year compared to the same period last year. At the land border, there were over 1,480 recorded arrivals to Evros in March, almost seven times more than the 223 arrivals of the same period in 2017.

## Medical Care

At Kitrinos Healthcare we respond to the change by providing the most effective and efficient service where there is the most need including in our existing camps in Nea Kavala and Veria and via our mobile service in Thessaloniki. Big charities such as the Red Cross and Save the Children are leaving Greece. We find ourselves amongst a dwindling number of primary health care providers despite the need being greater than ever. We are passionate about continuing to support vulnerable refugees.

## Lesvos Island

Thousands of vulnerable refugees remain stranded in camps or temporary shelters in Greece, with 7,000 on the island of Lesvos alone. While the international community might shift its attention to other large crises around the world, Kitrinos Healthcare continues to provide direct support to refugees. We are pleased to have commenced medical services inside Moria Camp on Lesvos Island which has 7000 refugees trapped there in squalid conditions and will continue providing much needed medical care until the end of the year.

## Psychological and Social Support

As well as providing much needed psychological services, such as the "Trauma Tapping Technique", our holistic approach means we would continue to attend to other needs which are not necessarily just



medical. Acknowledging the cultural and spiritual needs of the displaced communities by providing them with basic requirements like modest clothing and halal nutrition features highly on our list of priorities. The majority muslim displaced women we find in Greece felt their needs were rather neglected to date. Whilst in Moria, we met women who told us they were only able to hand-wash their clothes and hadn't been able to change them since their arrival in the camp weeks earlier. These women, who have suffered unspeakable horrors and losses, are now stranded in refugee camps and settlements and are clinging on to the last of their dignity.

Kitrinos Healthcare and SWAN are working together on this joint project to provide "jilbabs" and "hijabs" as requested by these women. Our current target will only help us to support a fraction of the women in the camps of Lesvos where 7000 people remain trapped in terrible conditions.

We will continue to monitor the situation in Greece and go wherever there is a need, continuing to fulfil our mission to care for refugees. We are having a direct impact with minimal bureaucratic costs.

All our work to date has been possible due to the prayers and support of donors like you. We have grown year upon year because of the sincere efforts supported by your kindness and generosity.

# HOW YOU CAN HELP



## DONATE ON OUR WEBSITE

[www.kitrinoshealthcare.com/donate](http://www.kitrinoshealthcare.com/donate)

You can donate via Charity Checkout, NowDonate or PayPal.



## SUPPORT OUR TOTAL GIVING CAMPAIGN

<https://www.totalgiving.co.uk/appeal/abayaaidrefugees>



## VOLUNTEER

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

This Ramadan, why not host an Iftar for us.  
Contact us for more information - <https://www.kitrinoshealthcare.com/contact>