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Fundraiser Terry Mitropoulos walking from Adelaide to Melbourne to support mental health

Terry Mitropoulos battled a brain tumour, was floored by a superbug, and lost his vision, hearing and movement after a stroke — and he's just going to walk it off. In fact, he's walking all the way from Adelaide to Melbourne for charity.

Peter Rolfe, Herald Sun

Subscriber only | August 16, 2019 8:00pm



Terry Mitropoulos will walk to raise money and awareness of mental health. Picture: Sarah M...

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Inspirational dad of two Terry Mitropoulos is not worried about the prospect of walking from Adelaide to Melbourne this month.



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After all, the journey he has conquered to walk at all, let alone trek more than 700km from the South Australian capital to Federation Square, is of far greater significance.

After developing a brain tumour, being floored by a superbug, and losing his vision, hearing and movement after a stroke, Mr Mitropoulos was told by doctors that he might never walk again.

Instead, he has set out to raise awareness of the mental stress people suffer fighting illness, and funds for The Black Dog Institute.

He is taking on the huge challenge of his “Walk and Shine” journey in his stride.

“I’m still walking into the unknown because I’ve never done this amount of walking before,” he said.

“But the amount of people we will reach along this walk is going to empower me.”

Mr Mitropoulos endured more than 13 operations and had to take as many



as 72 medication at a time during a nightmare four-year battle. He said the struggle inspired him to help others.



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“Being unwell for such a long time, it affects you mentally and physically, it can play with your mind and then it becomes a mental health issue,” he said. “Thankfully I do have the strength ... I thought let’s embrace it and then show how working together we can overcome anything, and help others in their battles.”

Mr Mitropoulos admitted even he thought it was incredible he had the strength to take on the challenge.

“It’s just beyond words, but more importantly it’s the strength I’ve found in, say, the last 10 months that has given me that strength,” he said.

“My family, my friends — they’ve given me the energy to hopefully inspire others.”

He hopes to walk six days a week — about 23km a day — before arriving in Melbourne in time for the AFL Grand Final on Saturday, September 28.

“If we can share some light then — do you know what — we’ve done our duty,” he said.

He said the support would “help carry” him along the way.

“It’s going to be extremely hard but knowing I have that support is going to make it that much easier for me,” he said.

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Sponsors such as Jayco, Brooks Australia, the Caravan Association of Victoria and Toyota have jumped on board to support Mr Mitropoulos but he urged Victorians to dig deep for the cause.

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