

Breathing Life

Walking and breathing are synonymous to good health, points out the latest awareness campaign of the Breathing Life Trust that is about to launch three challenging events in its endeavour to raise funds.

Launched on the initiative of John Michael Mouskos, the Breathing Life Trust is a charity that aims to provide personal and financial help to children with respiratory and breathing difficulties. Its purpose is to improve the quality of children's

lives through providing specialised lung function equipment to hospitals as well as developing innovative treatments and information for people who are experiencing breathing difficulties.

Funds raised during the latest 'Breathing Life Cyprus Campaign' will go towards establishing the *Breathing Life Lung Centre for Children*, a 'state of the art' Respiratory Department incorporating the existing Paediatric Respiratory Research Unit at the Makarios



III Hospital in Nicosia. This, the campaigners say, will be a centre of excellence for lung diseases not only in Cyprus and Greece but also in the whole Region. The project has received the firm commitment and the support of the Cyprus Ministry of Health and of the Directors of the Makarios III Hospital.

Other projects that are to be promoted and funded include a **National Asthma Campaign**, which will provide training for parents, teachers and health professionals in modern management of asthmatic children in Cyprus in the home, school environment and in the community. The Breathing Life Trust will also be providing lung

function equipment to the District Hospitals throughout Cyprus.

Research Programmes and the acquisition of advanced respiratory equipment will be provided to improve the management of children with severe respiratory diseases such as Cystic Fibrosis, Immotile Cilia Syndrome, and respiratory illnesses in premature babies.

DONATIONS

Through public and corporate donations within the UK it is hoped to raise £200,000.

If you would like to know more or be involved with the above projects, please contact **John Michael Mouskos** on 020 7598 7979.



Breathing Life Cyprus Campaign 2004

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| 1. Limassol Marina - Tochni: walk starts at 8am | 1 May |
| 2. Tochni - Pano Lefkara | 2 May |
| 3. Pano Lefkara - Lythrodontas | 3 May |
| 4. Lythrodontas - Machairas Monastery | 4 May |
| Rest day | 5 May |
| 5. Machairas Monastery - Askas | 6 May |
| 6. Askas - Agros | 7 May |
| 7. Agros - Spilia | 8 May |
| 8. Spilia - Kakopetria | 9 May |
| 9. Kakopetria - Lemithou | 10 May |
| Rest day | 11 May |
| Rest day | 12 May |
| 10. Lemithou - Mylikouri | 13 May |
| 11. Mylikouri - Stavros tis Psokas | 14 May |
| 12. Stavros tis Psokas - Kato Arkoudaleia | 15 May |
| 13. Kato Arkoudaleia - Baths of Aphrodite | 16 May |
| Rest day | 17 May |
| Rest day | 18 May |
| 14. Baths of Aphrodite - Drouseia | 19 May |
| 15. Drouseia - Agios Georgios | 20 May |
| 16. Agios Georgios - Paphos - Anavargos | 21 May |
| Rest day | 22 May |
| 17. Paphos - Pissouri | 23 May |
| 18. Pissouri - Limassol Marina: completion at 6pm | 24 May |

Campaign Events:

October 2003

Trekking to Mount Everest Base Camp, climbing Kala Patar (20,000 ft) with a view directly to the summit of Mount Everest;

May 2004

A 600km mountain trek around the Troodos mountain range (6,500ft) - see left

July 2004

Climbing Mont Blanc, Western Europe's highest mountain (15,000ft).

The Monastic Revival on Mount Athos

The Department of Byzantine and Modern Greek Studies, King's College, London, is organising a series of lectures with Greek interest every Monday, starting next week on 6 October with *"The Monastic Revival on Mount Athos"*.

This History lecture will be delivered in English by Graham Speake (Oxford). The venue is the Council Room, Strand Campus, King's College, London. It starts at 5.30 pm.

Further information from tel 020 7848 2088.

Then on Thursday 9 October the Centre for Byzantine, Ottoman and Modern Greek Studies of the University of Birmingham opens its season of seminars and lectures with Dr Robin Barber (Edinburgh) presenting *"Journeys to Ithaka"*: Guidebooks and travel in Greece. The seminar starts at 5.15 pm. This will be followed by the Opening Party.

