

Brian Forrester

Donation kindly passed on by

Rev. Linda and Steve Hillier

Brian Forrester

1938-2018

Brian recently died aged 80. He did his National Service in the RAF (Royal Air Force) and then worked for British Airways.

He loved running and was Lifetime Chairman of BA Athletics Club. He has always collected the tee shirts, shorts, caps and sports accessories from races he took part in or marshalled, and over the years, he gave them to many charities.

He has been a very close friend of our family and before he passed away, he nominated us to organize everything after his death. His house was full of so many items that we thought would be best donated to charities, as Brian would have wished.

We are pleased these items will help people and send God's blessing.

Rev. Linda Hillier

Items collected include mainly marathon memorabilia gathered over 20+ years and personal belongings

- T-shirts
- Caps
- Sweatshirts
- Tracksuits
- Socks
- Shirts
- Trousers
- Event Marshalls high visibility Tops
- Bags
- Accessories
- Protective gloves
- Medicines
- Walking sticks
- Crutches
- Walking frames
- Wheelchairs
- Mobility accessories

Items were shipped and distributed in Togo (West Africa) by Kossi Kunakey

- **Avépozo** is a small town 15 km from Lomé the Capital city
- **Zébévi Psychiatric Hospital** is 50 km from Lomé, South-East of Togo, near the Benin border
- **Cotonou** (Capital of neighbouring country Benin). A stroke patient who could not afford a walking frame
- **Central Prison of Lomé**, in the Capital, a former Slave Trade holding post built in the 18th century, to hold about 650 slaves, it was turned into a prison after the independence, and holds today over 2000 prisoners

Distributions were carried out with the support of AGOPODE, a charity for abandoned children who live in the streets of Lomé

Sorting out boxes

Items were packed in 5 large boxes in London and shipped to Lomé, Togo. They were then sorted and assigned to the various groups and institutions chosen to receive them. This was possible with the assistance of the co-founders of AGOPODE



Central Civilian Prison of Lomé



Esse, the AGOPODE co-founder sorting out the donations in the prison's compound.

could not photograph the donation.

We could only photograph 'below the neck' of the officers checking the clothes and accessories that we had brought. Many of the guards helped themselves to t-shirts, caps, shirts, tracksuits etc... before letting us to give out the rest.

Agopode regularly donates clothes and food to prisoners who are not fortunate enough to receive relatives visits. The donations are therefore the only way for them to eat decent food from time to time and clothe themselves.

The Central Civilian Prison of Lomé is located next to the Central Court of Justice. Built during the era of the slave trade for 650 places, it houses today over 2000 detainees. Click [here](#) for more information.

The security is extremely tight. We had to go through 3 check points before reaching the gate. We were then received by the person in charge of co-ordinating donations and actions from charities.

Due to the strict rules around the identity protection of the guards and the prisoners, we



Archive images from the Internet

Central Civilian Prison of Lomé



Due to the strict rules around the identity protection of the guards and the prisoners, we could only photograph guards up to the chest or neck, and no photograph of detainees.

Detainees include hard and violent criminals as well as people caught shop lifting or even simply accused or suspected of stealing.

Psychiatric Hospital of Zébévi, Aného



The Psychiatric Hospital of Zébévi was built in before WW1. Located in Aného a well known city, 45 km East of the capital Lomé, it has a capacity of 136 beds, but today hosts the majority of psychotic patients from Togo, Benin, Burkina Faso and Côte d'Ivoire for an average duration of 3 months. Some of the patients stay all their life, because abandoned by their family. There is no day care, which does not facilitate the transition from complete hospitalization to home return.

The medical team is composed of psychiatrists, nurses, psychologists, and a physiotherapist.

A typical day offered to patients is as follows: 5am, wake up, wash, house chores; 6 to 10am: breakfast and morning care; 10H: workshops; 12 to 3pm: lunch, midday, nap (mandatory), workshops; 4 to 6pm: dinner, evening care; 9pm: TV, night care, bedtime (mandatory). Workshops led by nurses. Activities include sewing, chicken

farming, growing vegetables, board games, football, gym, and cooking. Patients have the choice to sign up or not. They are not allowed to leave the site (for risk of escaping), but have the opportunity to do their shopping on site and receive visits from their families. Men and women are in separate dormitories. The most spacious rooms consist of 3 beds. For lack of places, some larger rooms sleep more than 3 wherever possible.

The hospital receive donations from a variety of organisations and charities, but this is sporadic and donations such as clothing and pocket money are most welcome. Often, the personnel is forgotten in such donations, and yet it is underpaid and may feel left out when donations are made.



Psychiatric Hospital of Zébévi, Aného

On 27 August 2018, we visited the Psychiatric Hospital, 45 km from Lomé, to donate, on behalf of the late Brian Forrester t-shirts, shirts, trousers, shorts caps, etc. We were received by the Hospital Chief Executive who then called up chief nurses to organise the



distribution. He was very grateful and asked us to extend his gratitude to Linda and Steve for their kindness and generosity and the memory of Brian will live long. He also added that hospitals like his need support.

Psychiatric Hospital of Zébévi, Aného



The medical team helped distribute the shirts, t-shirts, sweat shirts, smart shirts, trousers to the patients. The patients seem extremely please to have some brand new shirts and many wore them proudly while other quickly went to their rooms to secure them in their cases and bags so they can '*wear them on special occasions*' they said.



AGOPODE - based and operates in Lomé



On 23 August 2018, we visited the centre and donated, on behalf of the late Brian Forrester t-shirts, shorts caps, tracksuits, etc. The children extremely happy and grateful. They then gave us a small gift of jewellery and keyring for Linda and Steve Hillier who kindly passed on the items.

AGOPODE was launched in April 2014 at the initiative of social workers and young friends in the face of the shortcomings encountered to support vulnerable populations, especially children, in their development.

The idea of association sprang up in the aftermath of the project UN AUTRE REG'ART, realised in April 2014, which aimed to promote the artistic talents of the detainees of the civil prison and children living in the streets in Lomé. Often described as reduced to violence, thuggery, delinquency and begging. The project has succeeded in overcoming the stigma attached to these populations and raising public awareness of their cause.

Agodode is now a well established charity with a centre in Tokoin Kodomé, near the Sylvanus Olympio Central Hospital. Children from across the city are regularly taught Maths and French as well as craftsmanship. There make jewellery and accessories which they then sell to fund daily food and basic items such as soap for bathing and washing their clothing. One of the key rules they must abide by is to stay clean.

The political situation in the country often forces them to move around the town constantly to avoid patrols and curfews, because they are easy targets for the government forces.

For more information, please visit Agopode's Facebook page [here](#).

AGOPODE Centre, Kodomé Lomé

The centre is based in a disaffected area in Lomé. Children are given basic education. They learn Maths and Languages as well as crafts. They make jewellery and accessories which are sold to pay for their basic needs such as soap, food. They sometimes are allowed to sleep there, because most of the children sleep in the streets which can be extremely dangerous during curfews when political crisis flare up.



AGOPODE – Centre, Kodomé Lomé



AGOPODE – Centre, Kodomé Lomé



Cotonou (Capital city of Republic of Bénin)

This is Mr Adrien Yavoedji. He lives in Cotonou, Bénin Republic.

Following a stroke he was in hospital for some time. After many months of physio, he started to take a few steps, but the family could not afford any mobility aid. He was offered one of the 2 or 3 walking frames donated by Rev. Linda Hillier.



Clinique SADZO

AVÉPOZO

Avépozo was a small village, 15 km from Lomé the capital city. It is today a very affluent small city considered as a suburb of Lomé. Many people live there and commute to Lomé for work.

The small clinic was set up by Mr and Mrs Sadzo in the 1990's. They are doctors living in Avépozo. Mrs Sadzo is our eldest sister. We come from Avépozo, a small village which earliest inhabitants included my Grand-father the late Kunakey Siméon Atsu-Kplaka, who was a well known and respected farmer, land owner and business-man. He built the first primary school in the village in 1932, because he wanted the villagers' children to access education. The nearest school in the capital city was too far. He later added the first Catholic Church on the same premises. Today the complex is called 'Paroisse catholique Saint Joseph d'Avépozo'.

Mr and Mrs Sadzo run the clinic, treating patients even when the patients are unable to pay their small fee which is used to fund medicines and basic consumables. The couple receive many of their medicines from associations and charities for which they regularly work, the rest is funded by them. Since Mrs Sadzo retired, over 15 years ago, she has devoted most of her time to the clinic. Her husband also helps whenever he can. Today she has become less active due to poor health.

After hearing about the clinic, Reverend Linda Hillier wanted to send medicines and accessories to help and started bringing to me walking sticks, frames etc. As a Chaplin, Reverend Hillier receives many donations of items and equipment. When Brian was permanently moved to a hospice, Rd Hillier and her husband Steve started to clear his house of all the clothes and accessories and decided to kindly pass them onto me to ship to Togo, in support of the clinic.

A number of mobility accessories deposited at a local family clinic in Avépozo, to donate to needy patients

A BIG ‘THANK YOU!’ TO LINDA & STEVE HILLIER!

Kossi Charles Kunakey

A Secondary School Teacher in Harrow, London, Kossi was born, raised and mainly educated in Togo. He has been living in UK since 1990. He regularly spends his Summer Holidays in Togo. His wish is to collect quality unwanted or donated clothing and accessories in UK, ship them to Togo and then donated them to the most needy people through various bodies and organisations including clinics, hospitals and prisons. 28.12.18