

Retiring Ron

Hobbling around Nairobi disgracefully

Edition: Mar 25

Jambo. Welcome back to my craziness. This time in Nairobi, Kenya's bustling capital. My third time with Mrs Shill. Normally we're whizzing around in Ubers maximising the experience but this time an old ankle injury thwarted my movements.



Village Market is a pretty place to relax

Lots of expert physio visits with Dr Achola at Capitol Physio before an MRI scan revealed a hairline fracture and necessity to return home in a moonboot. Mrs Shill and Ella, mini-me, were concerned.



Ella joined us in Nairobi from Kampala for a few days

Nairobi is vibrant and exciting. At the waterfront in Karen the imitation London bus even came with its own rain cloud.



Gentle walking was okay before the moonboot went on



All aboard Ron's Nairobi express



Free rides on Sunshine Tours

In the past I've enjoyed walking on Ngong Hills, finishing with freshly squeezed sugarcane juice, visited museums and hissed at the snakes in their special zoo.

I've also been to the city's National Safari Park; great chance to witness lions, giraffes, zebras, crocs and rhinos. Far more humane than zoos. Much scarier though, esp when the lions strolled beside our jeep. Glad I didn't literally become a Lion bar.



We often passed beside Nairobi's National Park

Ah well. This time the slower pace meant watching top European footie on a giant screen at the Social House.



It's a cracking spot to watch footie



The Social House became my go-to place to relax

No irritating TV commentary, just thumping DJ vibes. Much calmer. Frankly, anything's an improvement on Gary Neville's droning. Watching the Chels beat Leicester was a highlight. The Social House really lives up to its name with multiple restaurants, coffee bars, party vibes and screens. Dining al fresco at the fabulous CJ's and Java House outlets was a treat too. Village Market is ideal for people watching, soaking in the brilliant landscape and defrosting from London's brrrr.

I still managed to attend a function at a swish hotel for International Women's Day.



There were plenty of events for International Women's Day



Menstrual packs for needy females

Organised by T4Better Foundation, the charity's recipients being Kakuma Refugee Camp females needing menstrual packs. Numerous organisers and support groups contributed to the evening where raffles, auctions and general fundraising was the main focus. Enough funds were raised to provide 300 girls with T4B reusable sanitary kits. Our friend Nina and her niece Joanna took us to the event. Asante.



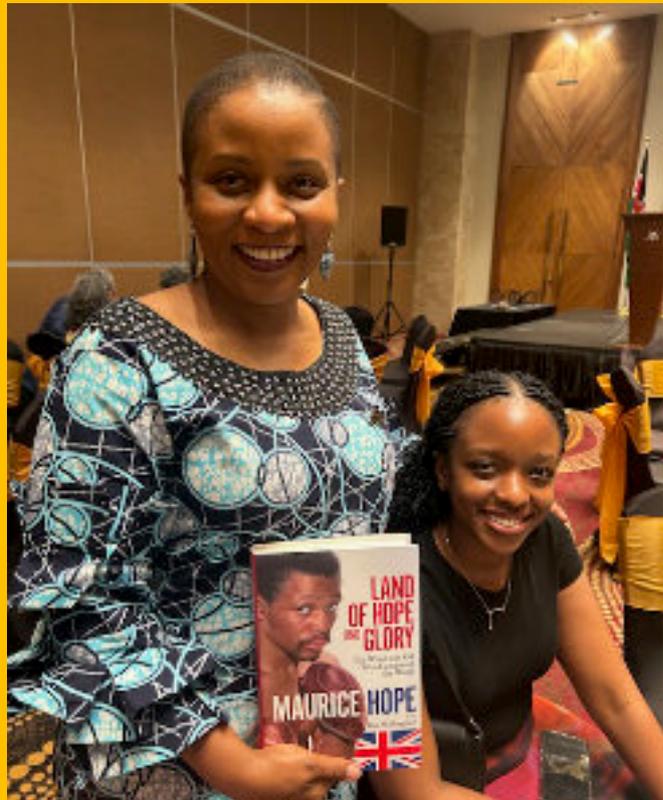
Talented dancers



More talented dancing dancers



The award recipients were inspiring



Nina and Joanna fought over who was going to read it first

This visit was another chance to link up with Patricia Njeri, founder and executive director of Birth and Beyond, a charity that helps destitute teenage mums.



*The Birth and Beyond team,
l-r, David, Patricia, Ann, me, Erastus, Mary Ann*

Patricia was a teenage mother too. Ann, a 17-year-old mum of toddler Elsy, presented me with a Maasai scarf (shuka). Nice touch Pat. Asante. That automatically makes me an honorary Kenyan warrior. (Inspired, I caught and grilled a whole buffalo. For breakfast.)



*Ann kindly presents
me with a shuka*



*Patricia Njeri deserves
her own biography!*

I met Patricia at a Rotary Club event last year. She was appealing for support for Birth and Beyond. I offered to help promote it from London and we've been in touch since. Now we're looking at establishing a Birth and Beyond London office. It will definitely help raise its profile and generate more donors. Selfless Njeri deserves all the help she gets.

<https://www.facebook.com/BirtheadBeyondKenya/>

<https://akuwomenleadershipacademy.com/2024/12/04/empowering-teenage-mothers-a-story-of-birth-and-beyond/>

Okay, the trip was blighted by my injury but it was still fun to be in the tropics and return totally rested, albeit enforced. At Heathrow it was fun to ride the giant buggy with the other crocks all the way to baggage claim. Rehabilitated and refreshed, I've already bounced back and relishing Retiring Ron's next chapter.



Treatment at Capitol Physio, thanks Dr Achola



Hobbling back from Heathrow

Recently received my first royalty payment for 'Land of Hope and Glory', the biography of former world boxing champ Maurice Hope. It won't buy the mansion I'm still dreaming about. More like a microwave. But hey ho, the fight goes on. Feedback is that it's a knockout read. Next signing is at Winners Signings, 43 Market Place, Romford RM1 3AB on Saturday 29 March, 12-2pm.

<https://www.amazon.co.uk/Land-Hope-Glory-Windrush-Conquered/dp/1801507112>

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First one is free. Kwaheri.