

# Valentine Vibes

Older but **certainly** not wiser

March 26

February saw family birthdays galore



LOVE  
LOVE

*Valentine's Day vibes. My birthday!*



*Toca Social for footie fun.  
Surely Chelsea won't ignore these mad skills any longer*



*Mrs Shill is ready for her call too.  
From Arteta*



*Jacob will soon replace creaky Van  
Dijk*



*Jasmin can still make a comeback at Loftus Road*



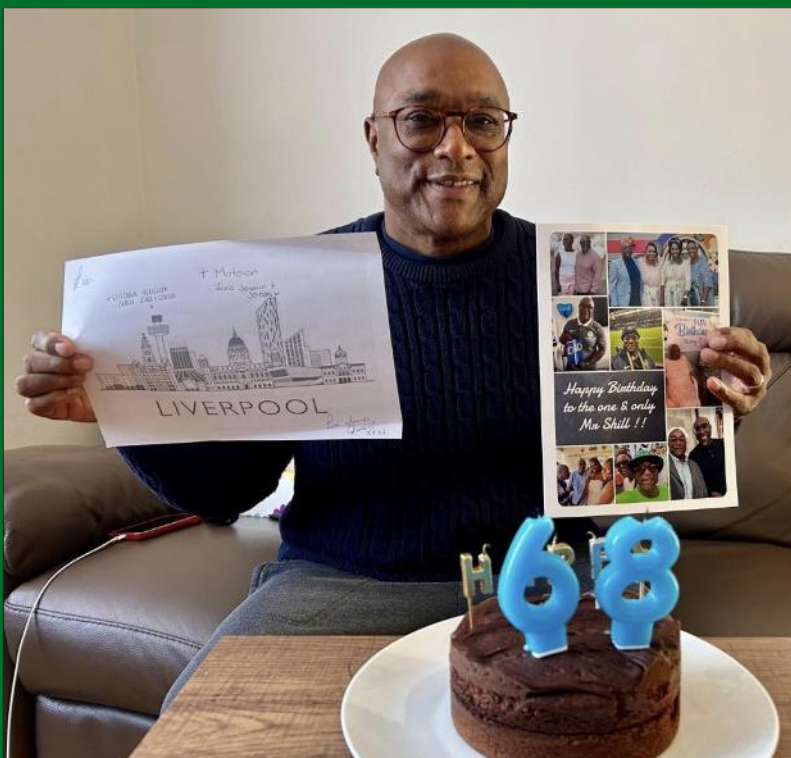
*She starred for QPR girls with Chloe Kelly*



*Multiple hat-tricks earned me the ball*



*Surrounded by love*



*Heading to Scouse land to see the Chels v Everton on March 21*



*Thanks Carlos for the yummy cupcakes, you yummy cupcake*



*Boisdale for cabaret birthday dinner with the Queen*



*Dedicated to Her Majesty*



*February is reggae month. Crown Prince Dennis Brown was born on Feb 1*



*And King Bob's was Feb 6*



*Rihanna's birthday is Feb 20*



*Jasmin's milestone birthday was Feb 2.  
We crazy Aquarians are blessed.*



*She started with posh afternoon tea in the City*



*Then 39th floor of Sushisamba,  
Liverpool St for dinner*



*Queen and princess*



*The Bishopsgate hotel party was next*





*Thanks Charlotte for coming down from Liverpool*



*Triple fun - even with the Gooner in the middle*



*Tom and Sinead were first to arrive... And literally last to leave.  
The Irish really know how to rave!*



*Henry is our resident DJ, even though he's Man U*



*Paul and Dennene rocked the night away*



*Jamie kept his Uganda vibe going from October's Kwanjula*



*Thanks Nam for being Jasmin's devoted godmother*



*Manny and Amaka have been to all our celebrations. Her birthday was Feb 19. Bless.*



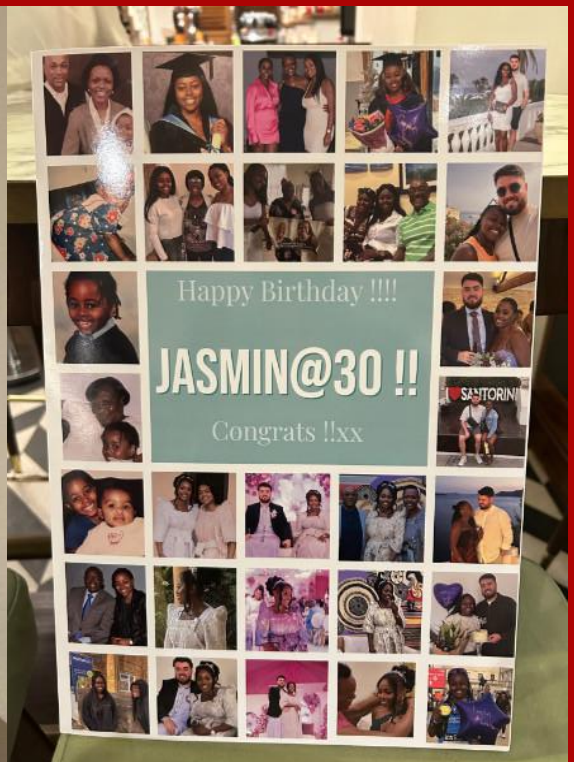
*Nice to see Maya down from uni in Birmingham*



*Gorgeous mums of soon-to-be bride and groom*



*Finally a house party, her 82nd event that week*





*Yet another family milestone! Phionah's 40th on Feb 25.*



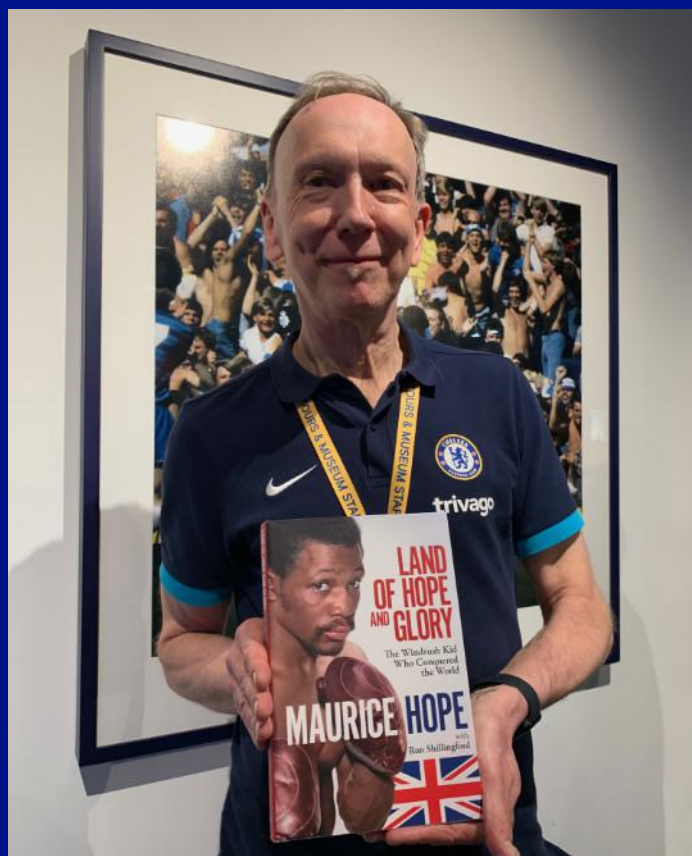
*Henry provided the pyrotechnics*



*There were so many lovely messages*



*Fiona's presence ensured we unhinged the Hammers*



*This diamond geezer was the first to buy our book online two years ago - even before it was published! Massive respect Kevin Marvellous.*



*Surely the world's kindest restaurateur. Ali Alsahlane gives the homeless free food*



*To celebrate 50 years of the shawarma arriving in the UK, Shawarma Hut in south London did a promotion of 5p kebabs on Feb 26, the same price as 1976...*



*...hundreds turned up for the value lunches...*



*...the kebab queue went way down the Walworth Road. The ones who missed out called it a wrap.*



*The Winter Olympics was terrific. The whole of Brazil ignored football and samba for a minute to cheer Lucas Braathen to their first ever gold medal*



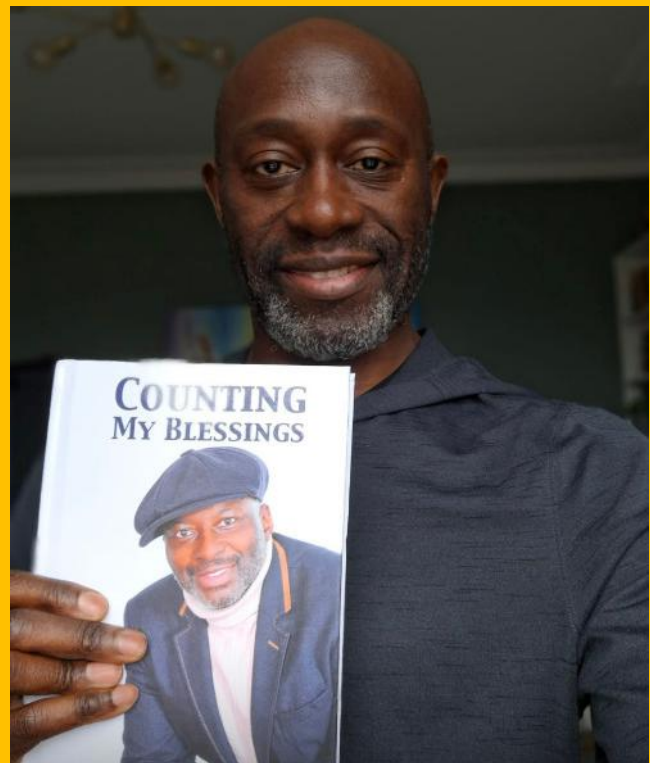
*Boy Scouts raising funds at Baker Street. As a cub scout I did Bob-A-Job Week. Imagine kids weeding gardens now for only 5p!*



*And final birthday, Uche's on Feb 28, celebrating his 31st. Good luck at Ross County fam*



*Publicity queen Rose is supportive of my latest book, 'Counting My Blessings', Chuck Anyia's amazing rags to riches story*



*Broadcasting legend Henry Bonsu has his copy too*



*'Sacked in the Morning' is a script for my TV sitcom show. I'll soon be pitching it to a production company.*

Spring is coming. My first signs: hay fever  
itchy eyes!

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