

Retiring Ron

Growing old disgracefully

April 26



Keithley's public transport system just keeps chugging along



Bob Marley's Three Little Birds was an inspiration to visit the bakery in West Yorkshire



Owner Bec is from Dulwich, sarf London



The gorgeous Jamaica spice rum cupcakes are in rasta colours



Her pastries are delicious too



Michael and Charlotte were made up with their gift



Cousin Colin and Anne Marie were on form as usual with their Scouse banter



It was always the Fab Five



Colin couldn't wait to tuck into his cupcakes. Woman at the back is either jealous or disgusted. Or both!



Jimmy always gives an amazing Beatles bus tour



He was my guide two years ago. Jimmy is a staunch red but his brother supports the Chels



The new Everton stadium is impressive - unlike Chelsea who got destroyed 3-0



Colin and son Joe are thrilled to make their Retiring Ron debuts



The stadium tour of Hill Dickinson the next day was entertaining although painful



Come back Kiernan, we need you



The post-match grilling wasn't easy



The magnificent stadium holds 52,000





We celebrated Mother's Day in March. First time ever St Theresa wasn't around. Bless.



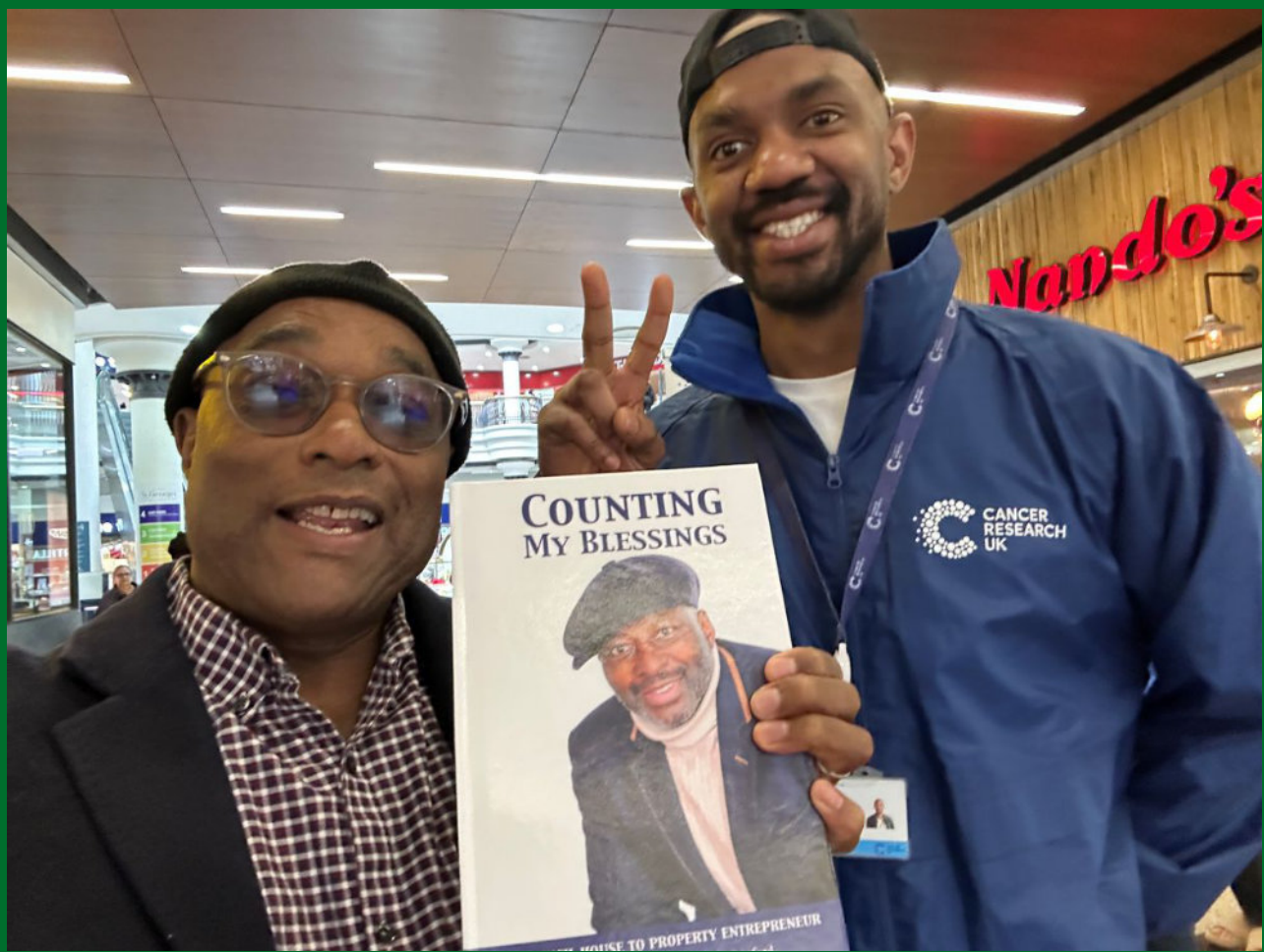
I popped into Liverpool Metropolitan Cathedral to light a candle for Mum and all the other departed mothers. Always in our hearts.





Best whistle on to attend the Commonwealth Secretariat's Nigerian business diaspora conference to promote my latest book 'Counting My Blessings'





Spent time in Harrow promoting the book at different outlets. TJ, a charity fundraiser, said 'I am going to buy my uncle's book.'



On Mother's Day we all went to Art Play, Liverpool Street to find our inner Picassos. Then on to a smashing dinner nearby to honour The Queen.



My effort has a reserve price of only half a mill



Talking about art, this gallery in St James's St beside the Ritz is worth checking out





Popped in to Jamaica Patty Co for a fix from the lovely Theresa in Covent Garden



Spicy beef is always my yum yum



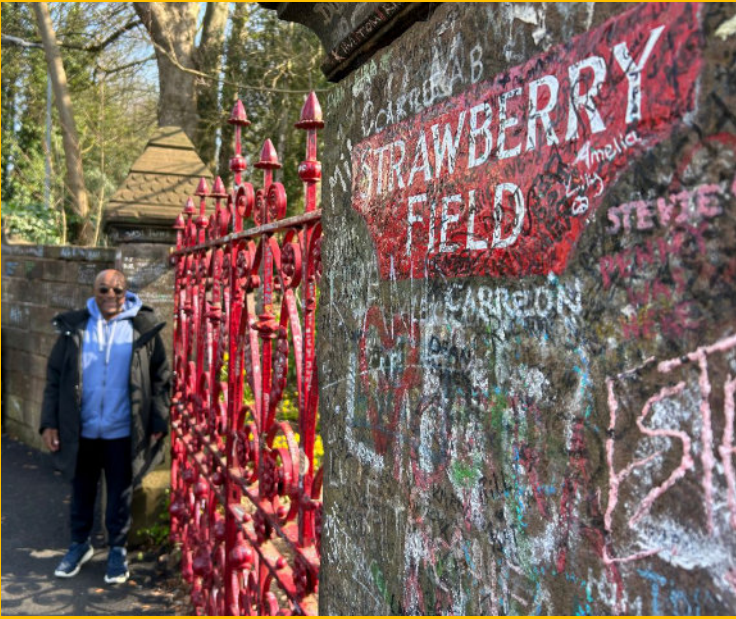


Liverpool is an amazing city



John Lewis bought this house over from Australia





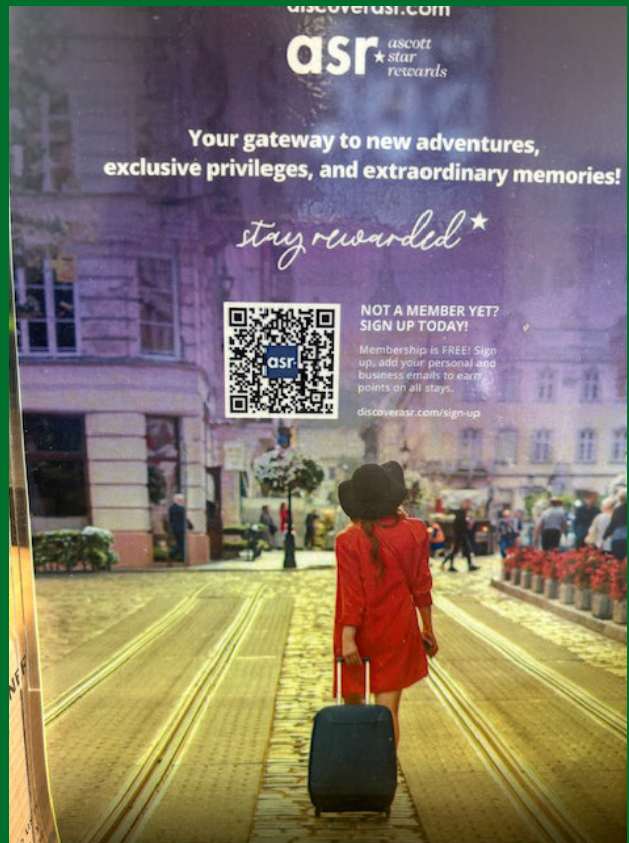
Nice to see Colin and Jill after a thousand years who came down from Birkdale. We had a superb Turkish lunch in the grand art deco setting of Elif on Castle St.



I stayed at Citadines, right beside Liverpool Lime St station



Bright, airy and modern. Kitchenette, gym, washing machine... Excellent value too



Discounts if you're a fist-timer or member on their website



Major props to Michael B Jordan for his sizzling 'Sinners' showing. Typically, he celebrated his Oscar win at a burger bar.



We're making a 10-minute documentary to showcase Maurice Hope MBE's amazing story. If you would like to invest in 'Land of Hope and Glory', for as little as £100, get in touch.



It's a vampire horror blockbuster



DJ Costas Costa hosted me at his film studio for our writers' meet



Kevin Marvellous is leaving us to be a full time Hogwart. Kev bought the first 'Land of Hope and Glory' online. He's now the first to invest £100 in our film. Enjoy your Dominican rum bro.



My ickle bruv Jerry is a groovy DJ, based in Haywards Heath, Sussex



Jerry, always in demand, is available for bookings.



With over 40 years' experience, he always entertains



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Thrilled to meet a boyhood hero, Clyde Best, at a screening of his biopic



Tony D Head, star of 'The Wire', hosted the event



Best, an MBE, was a West Ham pioneer in the racially hostile 60s and 70s



He was a real powerhouse



Now 75, his journey from humble childhood in Bermuda is compelling



He has received accolades from many institutions



Tim is a West Ham historian. But he likes to feel the Blues sometimes



Gooner Rob was blowing bubbles after being photobombed



Tim is going to Bermuda this month for more screenings



A huge squad of football royalty contributed...



Shaka Hislop
West Ham United Goalkeeper
1998 - 2002, 2005 - 2006



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