



Details About Nyrobi's Hidden Disability

During the pandemic, Nyrobi became seriously ill and was bed-ridden for two years. In 2021, she was diagnosed with several chronic and invisible health conditions that continue to shape her daily life and career. These include Chronic Acute Pain, Chronic Fatigue Syndrome (CFS), Hypersomnolence (an excessive need for sleep), Postural Orthostatic Tachycardia Syndrome (POTS), brain fog, and Dysmenorrhea. Together, these conditions affect her energy levels, mobility, and cognitive function, often requiring medication, rest, and careful management of her physical activity.

Living with these hidden disabilities brings constant challenges, both personal and professional. Nyrobi has spoken openly about the fear of being judged or overlooked in an industry that prizes constant visibility and performance. Everyday tasks—such as preparing for a photoshoot, filming content, or touring—can be exhausting and require additional time and support. Touring in particular demands extensive planning and additional costs, including travel adjustments, medical care, and recovery time between shows. Beyond the physical strain, Nyrobi faces stigma and misunderstanding from others who may not fully grasp the realities of chronic illness, as well as the emotional toll of isolation and loss of agency when decisions are made without full understanding of her condition.

Despite these barriers, Nyrobi remains deeply committed to her music and her message. She continues to adapt her career to suit her health, prioritising manageable activities such as digital engagement with fans and collaborations that respect her boundaries. Her focus is on building a supportive team that understands her needs and enables her to thrive creatively without compromising her well-being. Through resilience and strategic planning, she demonstrates that success in the music industry can look different—and that inclusion and accessibility benefit everyone.

Advocacy Through Music

Nyrobi's experiences with disability have also inspired her creative work. Her debut album, *Rave Immortal*, co-created with Chaya, explores themes of mental health, isolation, and the search for connection while living with disability. The project extended beyond music to include a fully illustrated companion book, supported by Arts Council England, which was distributed for free on tour and made available online. The duo also hosted book clubs and partnered with organisations such as *Attitude is Everything* and *BBC Introducing* to promote greater accessibility within the music industry. Their collaboration with BBC Introducing led to accessibility initiatives at BBC festivals in 2025, part of a five-year pledge to continue improving inclusion for artists and staff alike.

Nyrobi's work continues to explore social and cultural issues beyond disability. Her collaborations and releases have tackled subjects including climate change (*ARMAGEDDON* with Sola Guinto, 2025), bullying and individuality (*Freakshow EP*), women's rights and erased histories (*WITCH* with Delilah Bon, 2023), and domestic violence (*Rockstar: LUNAR*).



Earlier releases such as *Slowly Die: LUNAR*—a haunting reflection on child abuse—further demonstrate her commitment to using art as a platform for truth, healing, and advocacy.

TOUR DATES:

PENDULUM + ALT BLK ERA – Tour Dates

06 OCT – Helsinki, Ice Hall
08 OCT – Stockholm – Sold Out
09 OCT – Drammen – Sold Out
11 OCT – Copenhagen – Sold Out
14 OCT – Berlin, Columbiahalle
16 OCT – Prague – Sold Out
17 OCT – Budapest – Sold Out
19 OCT – Milan, Alcatraz – Low Tickets
21 OCT – Winterthur, Eulachhalle
23 OCT – Cologne – Low Tickets
24 OCT – Offenbach, Stadthalle
25 OCT – Stuttgart
27 OCT – Luxembourg
28 OCT – Tilburg – Sold Out
30 OCT – Paris – Sold Out
01 NOV – Edinburgh, Corn Exchange, UK
03 NOV – Bristol, The Prospect Building, UK
04 NOV – Wolverhampton, The Civic Hall, UK
06 NOV – London, O2 Academy Brixton, UK
07 NOV – London, O2 Academy Brixton, UK
09 NOV – Manchester, Depot Mayfield, UK

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