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ON THE HILL

News and information for Primrose Hill People

www.onthehill.info

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In this issue: **PH Desert Island Books –** Mary-Kay Wilmer's selection of eight best books
PH Gardens – Tomatoes or raspberries, or both? **PH People –** G-force of 5

OUR BELOVED HILL MOVES ONE STEP CLOSER TO FRACKING AS EXPLORATORY WELL PLANS ARE APPROVED.

See page 9

PH Opinion

A Flagrant Abuse of Power

On 15 December, local petitioners spent a complete day in front of the Select Committee on HS2 in Committee Room 5 of the House of Commons. A wide range of individuals and community groups had worked extremely hard to prepare clear proposals on how to mitigate the effects of HS2 on Camden – and, in particular, on Primrose Hill. Amongst many other reasonable arguments, a strong case was made for an obvious mitigation measure: moving the Adelaide Road Vent Shaft to the empty site at Juniper Crescent (the old Primrose Hill Station).

Although we were heard more attentively and politely than some other Camden petitioners, there was a clear, and improper, impatience by Select Committee members to get through all Camden petitions before Christmas (we were last in the queue). The committee unrealistically expected petitioners to know what earlier Camden petitioners had said; and, conveniently for itself, seemed to think that all traffic, construction and air-quality problems could simply be left to Camden Council.

Petitioners were relieved to get through what was a considerable ordeal and waited in hope for the Select Committee's report. This was issued on 22 February and can be seen on www.publications.parliament.uk/pa/cmhs2/129/129pdf. It is a TRAVESTY. Rather than being a specific report on Camden, the committee's recommendations on Camden, Euston and Primrose Hill are presented in a minor section of a report on the whole line. The report gives only eight pages out of 110 to Camden, one of which is a photograph. Old Oak Common as an alternative terminus is rejected in a paragraph; the Euston double-deck scheme in four sentences. The proposed vent shaft move is dismissed out of hand, as is the very sensible idea of a property bond. The Select Committee gives Camden effectively NOTHING.

In the light of the huge amount of time, effort, hope and intelligence petitioners put into preparing their petitions, the report is an insult. No reasons are given for the Select Committee's decisions (or rather non-decisions). Much of the report simply repeats a formula: 'The residents were worried about x. We listened to them on this and decided against any change to HS2's plans.' It is a sad day for British democracy when central government, abetted by a tame committee, deliberately overrides legitimate concerns, reasonable arguments and constructive proposals. The committee's report spinelessly endorses the farcical consultation undertaken by HS2 itself over the last five years. Camden and Primrose Hill, their interests and arguments ignored, are now set to pay a heavy price over many years without compensation.

In the face of this appalling treatment, what can be done? The first reaction came two days after the Select Committee report, when an outraged body of protesters picketed the National Temperance Hospital, where HS2 was opening a new office, 'HS2 at Euston'. Vociferous and sustained objections from well over a hundred people greeted HS2 bigwigs, Simon Kirby, the £750,000 a year CEO, Chairman Sir David Higgins and the Minister for HS2, Robert Goodwill. These mandarins, used to imposing suffering from a distance, looked distinctly uneasy at their reception. The CNJ headline the next day, 'The Death of Democracy', accurately reflecting the mood of the protesters, spoke for everyone in Camden.

All is not yet lost. Petitioners who ave not been satisfied by the House of Commons (all of them) can and will now petition the House of Lords. The Ombudsman is looking into HS2's blatant failures of consultation and engagement. HS2 has many problems of its own still to solve. Finally, there isalways the hope that this crazy, irrational scheme will collapse under its own failings and contradictions. HS2 is a huge white elephant sustained not by reason but by vested interest and by political willpower, bent on ignoring legitimate consultation and on sidestepping democratic safeguards. George Osborne, the scheme's main proponent, admires the Chinese government's ability to get things done.

Martin Sheppard

OTH contacted HS2 Ltd and explained that an article would appear in the April issue and invited their comments on this project's impact on Primrose Hill but we did not receive a reply.

Here are comments from two local residents who attended the demonstration.

"In the depressing job of dealing with HS2 on behalf of Darwin Court residents, last week's demo stood out as sheer fun. An elderly gang of co-campaigners, friends, neighbours and fellow dog-walkers waved banners, made jokes and shouted slogans. HS2 Chief Executive, Simon Kirby, looked distinctly rattled, especially when a lone pink-haired activist stormed the gates and tried to chain herself to the inside. The staff treated her with more courtesy than we were given during the last three years of well-paid, useless and uninformed staff finding new ways to stall us or communicate in any way but the normal "we came, we attended, therefore we engaged" routine.

More demos, please. They may not have much effect on HS2, but it's great for community spirit."

Annabel Leventon

"I believe this was the first anti HS2 Demo, and there were quite a few Primrose Hillers there. Obviously the message is getting round that not only is HS2 a crazy project for the country, but that the effect on us here will be awful. This is not just spoilt nimbyism: there would be serious noise/health/pollution implications if the zoo carpark is taken over for a decade or so. I hope there will be more demonstrations, and - with more notice - I'm sure lots of people would want to participate.

Meanwhile I've heard (from a friend of a friend who's Something in Downing Street) that they realise they've made a huge mistake: they should have taken the new line up alongside the M1 !!"

Caroline Cooper

Editor's Letter

Welcome to our April edition

We are welcoming spring with a wonderful article written by locally born and bred garden writer **Catherine Horwood Barwise**, specially for those of us with smaller gardens, giving suggestions on how to make the most of our outdoor space. **Marc Ward** tells us about his love affair with nature, while About Face reveals **Richard Beer's** lifelong delight in finding hidden treasures. In Primrose Hill People, **Chiara** tells us about her passion for high speed on the water.

Being spring there are plenty of new shoots too. In this issue we are launching the first of a seasonal appearance of Desert Island Books. Imagine that Primrose Hill is surrounded by water and you are stranded on the island. What eight books would you want to have with you? There's more too with PH Poets' Corner, Market Place News and PH Business Services, and remember to explore the What's On pages as well.

Would you believe that, just as we are about to go to press, ***OTH*** has discovered plans to explore the potential for fracking on Primrose Hill. This would be an absolute outrage. Go to News and Views to find out more.

And now a goodbye. You will probably have noticed Leanne Roche's name appearing in ***OTH*** over the past six issues, as she has been helping us with the magazine on a part- time basis. But now Leanne is moving elsewhere for a full-time role. She has been a delight to work with, and we wish her well in her future career. Congratulations and good luck, Leanne, from all of us at ***On The Hill***. Come back and see us soon.

Janet

Janet Reuben
Managing Editor



PS: As Leanne is leaving us we are seeking a What's On editor. If you would like to volunteer please get in touch onthehillcontact@phca.cc

Preview

Inside front cover: PH Opinion
The HS2 Select Committee met in December and published their report in February. Martin Sheppard gives us his views; and on behalf of Primrose Hill, he's not happy.

01 Welcome and Preview

02, 03 & 04 About Face
With an exhibition due at the end of the month, Richard Beer talks about his life in Primrose Hill and his passion for 'junking'.

06, 07 & 08 Primrose Hill Gardens?
So how does your garden grow? With silver bells and cockle shells, or is it tomatoes and raspberries? Primrose Hill born and bred garden writer Catherine Horwood Barwise gives us her advice.

10, 11 & 12 PH People – G-force of 5
Meet Chiara Rossi, Primrose Hill's speed junky of the water.

14 & 15 & 16 What's On
Find out everything that's going on in Primrose Hill in April

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Marc Ward tells us a little about Primrose Hill's secret garden, his affinity with green spaces and why he wears shorts all year round.

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20 & 21 Primrose Hill Desert Island Books
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Our first in this new feature.

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A selection of local retailers and where to find them, for wining, dining and shopping in Primrose Hill.

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This is a new *OTH* listing, which we hope our readers will find useful.

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A poem from a local poet – either living or working here.

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Back cover: Hello, Primrose Hill
See who came along to meet Jude Law at the Library Film Show.

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This publication is created by the community and for the community of Primrose Hill on behalf of your local charity, the Primrose Hill Community Association (PHCA). We hope you enjoy it. www.onthehill.info

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About Face

Richard Beer goes ‘junking’



At the end of April, Richard Beer will be having a one-man exhibition of his paintings and etchings in a small gallery opposite the British Museum. He’s very surprised.

“It came as a bolt from the blue. I just didn’t think I’d ever have another show. It’s very nice when jolly things happen when you’re old.” In two years’ time Richard will be ninety.

He lives contentedly in the house he bought in Primrose Hill for just over £4,000 in 1958. He volunteers at the Library, has many friends and as active a social life as he can manage. He lets a fellow artist have his studio in the basement, where he used to have a full-size ‘double bed’ etching press.

Richard has lived in France and Italy, studying etching in Paris in the early 1950s at the studio of S. W. Hayter, the master of ground-breaking etching techniques. Hayter founded the famous Atelier 17, which became the focal point for the twentieth-century revival of print as an art form in its own right.

“I was there on a French government scholarship, having studied at the Slade under William Coldstream. But the art schools in Paris were the pits. At the Ecole de



About Face



Beaux Arts they had these ridiculous 'fagging' initiations. So I packed it in and came back. But Coldstream said, Why not go and learn etching with Bill Hayter, so I did – and returned to Paris. The jolliest person working in that studio was the Spanish surrealist painter Miró. He was just having fun. We'd have supper together in a bistro round the corner. I think the meat was horse. Terrible elastic steaks. I stupidly went out and got a room in the suburbs, not a little garret in the centre of Paris, which would have been better. But you see I was born and brought up in Finchley – a child of pebbledash land. In fact I'm surprised I'm not in Finchley now!"



It was a £300 commission from John Cranko to design a ballet for Covent Garden that enabled Richard to leave home; and after a bedsit or two, he finally bought his current house with an art editor friend. They were told, "There's this funny area with a few roads not far from the park."



"It wasn't called Primrose Hill then. And there were proper shops: a butcher, a proper butcher, not a 'meat boutique', and there was a lovely junk shop and a wonderful chemist, Mr Alderton's, on the corner of Sharpleshall Street. No smart restaurants or cafés, as it wasn't a rich area then. Quite scruffy, in fact. And there was one famous artist living opposite me, William Roberts. He's got one of the three blue plaques in this road.

I suppose he was the first of the arty brigade. He was a mad Vorticist and he wouldn't talk to anyone. He never got over the fact that he wasn't as famous as Wyndham Lewis. Then A. J. P. Taylor and his wife Margaret lived next door to William Roberts. In fact I used to teach Margaret Taylor etching at the London Poly in Regent Street. She was charming. I've got a little painting of hers on the wall there. I didn't like him much. I remember she bought a house for Dylan Thomas; she was a great patron of his, so she bought a house just to help him, in Delancey Street."

Richard made his living from commissions for book covers and illustrations, selling paintings

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Anthony Gross, The Church at Cabanac , 1978, engraving

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Henry Moore, Eight Reclining Figures in Yellow , lithograph

About Face



"I've always gone junking. Not antique shops, can't bear them. All that polished furniture looking rather self-conscious. This pub table cost £3 in Bromley, this lovely chair was £1. This nineteenth-century French café clock I brought back from the Paris flea market in the back of a friend's mini.



and teaching etching at Chelsea. He exhibited at the RA and at the Zwemmer and Curwen galleries. Then John Betjeman, who was a friend of his, suggested they collaborate on a folio of prints and prose based on the Wren churches of London. ***Ten Wren Churches*** was published by Editions Alecto and was quite a success.

Over the 58 years he's lived in Primrose Hill, Richard has been scouring junk shops and marchés aux puces and bringing back his treasures. His Aladdin's cave of a house will be featured in the May edition of Interiors magazine, along with a piece about his lifelong hobby of 'junking'.

"I've always gone junking. Not antique shops, can't bear them. All that polished furniture looking rather self-conscious. This pub table cost £3 in Bromley, this lovely chair was £1. This nineteenth-century French café clock I brought back from the Paris flea market in the back of a friend's mini. [Since it's the size of a small cartwheel, that must have been quite a journey.] Oh and this sofa was given to me by Cranko; too big for his house, but it fits in here perfectly, and I love the colour. This is why I want to stay here as long as possible. I do like it here, and one gets fond of all one's junk!"



Richard Beer's one-man show is at the Abbott and Holder Gallery, 30 Museum Street WC1, from 27 April to 7 May.

Annie MacDonald

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Energy Efficiency Rating - C76

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Primrose Hill Gardens

"How does your garden grow?"



However small your patch, now's the time to spring into action. There are loads of things to be done to get ready for summer, says Primrose Hill born-and-bred garden writer Catherine Horwood Barwise.

I can't wait for those long summer evenings spent outside, glass of wine in hand with the sweet scent of flowers surrounding me – even the neighbour's barbecue! But whether you have a roof terrace like mine, a garden on the ground or simply on a windowsill, remember that a little effort now will make all the difference to enjoying your garden when summer comes. Follow these tips for blooming results:



Primrose Hill Gardens

• Forget the spade and trowel and get outside with a broom and bag. Just tidying up the autumn leaves and any dead foliage will make a garden look instantly better. Weeds have gone wild so pull up any obvious ones, especially where you see bulbs pushing their noses up through the soil. They'll thank you for it.

• If you're nervous of pruning, wait until you can see signs of new growth before reaching for the secateurs. Roses should have been pruned by now, but are incredibly resilient to being chopped at any time. Lavender and rosemary will appreciate a light trim, but don't cut into the old woody stems. As a rule, clematis that flower late in the year can be cut back hard; those that are about to flower now just need a tidy-up later. 'Comb' the smaller grasses with your fingers to remove dead stems; and trim dead stems from palms, making sure to wear thick gloves.

• Now's the time to top-dress pots, especially big ones and any with box or bay. Scrap away 2-3 inches of soil and replace with fresh potting compost. Add a couple of handfuls of slow-release feed granules as well – the ones for rose and shrubs are best. And then top with some gravel or slate chippings. These will help keep the moisture in during the summer months as well as shade the roots.

• Don't rush out and buy your summer bedding plants yet. While many of us may still have pelargoniums (geraniums) that survived the mild winter, they're used to outside temperatures. The small plants being pushed at us now have been grown in perfect indoor conditions without 'hardening off'. While a few cold nights won't kill them, they will shut down and not put on any new growth for a while. Save your money for later buys that will reward you far more. Instead scatter seeds of hardy annuals such as larkspur and nigella for a mini cutting garden, and calendula and nasturtiums for decorating summer salads – so easy, they're perfect to help children get started.

• There's always room for some vegetables and salads, even on a patio or windowsill. All the big seed names now offer varieties designed for growing in pots and on patios. Now is the time to start sowing seeds – just a pinch will be productive. I'll be growing Lettuce 'Little Gem' and some cut-and-come-again varieties. Why pay supermarket prices for herbs that turn up their toes once they are out of their plastic jackets? Watch mint roots grow in a glass, but keep it in a pot not in the ground – perfect for the shadier garden.





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Primrose Hill Gardens

And who would have thought there would be room for raspberries on a terrace garden as well? But a new variety called 'Ruby Beauty' has been bred specifically for containers and only grows to 1 metre high. Healthy blueberries too are perfect for pots, provided they're grown in ericaceous compost –and there's the bonus of fiery autumn foliage.





• Nothing beats a home-grown tomato, and they will happily grow in pots. Try something new – 'Sungold', perhaps, which has trusses of small fruits with a sweet flavour and a rich, golden colour. And if you're into hanging baskets, look out for Tomato 'Tumbler' – a terrific taste, but needs more watering than most.

• Don't think you haven't got room for soft fruit either. The best way to grow strawberries is in pots or troughs, just as the major growers do. This avoids stooping to harvest, and they're brilliantly easy to force for early fruits on a sunny windowsill. This year I'm trying an early variety called 'Vibrant' – cold-stored plants ready to go as soon as they feel a bit of warmth.

• And who would have thought there would be room for raspberries on a terrace garden as well? But a new variety called 'Ruby Beauty' has been bred specifically for containers and only grows to 1 metre high. Healthy blueberries too are perfect for pots, provided they're grown in ericaceous compost – and there's the bonus of fiery autumn foliage.

And did you know about the secret garden of Regent's Park? It's St John's Lodge Gardens, a secret jewel of a garden. Look out for the entrance through a small gate in the Inner Circle near the Parks Office.



Catherine Horwood
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(Virago, 2010)

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Primrose Hill People

Turn at 100 k.p.h with a G-force of 5
Primrose Hill's speed junky gets her highs on the water



The Mole decides he would rather not be battered in Chiara Rossi's powerboat, but would graciously drink a glass of rather special Chianti selected by her.

For many of us in Primrose Hill twenty-nine-year-old

CHIARA ROSSI

is the charming assistant manager of Negozio Classica, the wine bar in Regent's Park Road. But she is rather more than that. She is well on the way to becoming a qualified sommelier; is a more than decent photographer; plays tennis, swims and cycles; and plays electric guitar. But also her team, Rossi Racing Powerboat, represents Italy in international competitions.

Chiara and her brother Massimo were brought up in a tiny town near Venice. Her father, Stefano, was the manager of an assistance marina; and her mother, Patricia, was a chef. As a child Chiara travelled with her father when he competed in powerboat racing around the world: South Africa, Florida, Sweden, Norway. Before long she was sitting on her father's lap taking the controls of his boat, and by sixteen she was competing.

Two years ago Chiara took a break from working in a bar in Venice to come to London for two months to improve her English. She came across Negozio Classica in Notting Hill, asked if they had a job and started working there.

Negozio Classica is part owned by Tuscany's Avignonesi winery and was set up to showcase the full range of Avignonesi wines in the best way possible – serving them by the glass. Avignon in Italy? How come?

A total of seven French popes reigned at Avignon until 1376, when Gregory XI moved his court to Rome taking with him some noble families of Avignon. One of those families was the Avignonesi which separated into three branches, in Rome, Siena and Montepulciano.

It's a complicated story. In 1305 a deadlocked conclave finally elected Clement V, a Frenchman, as pope. He refused to move to Rome and set up his court in the papal enclave at Avignon, where it remained for the next 67 years. If you visit Avignon, forget about the bridge that ends incongruously only halfway across that stretch of the Rhone. Instead, visit the astonishingly opulent papal palace. A total of seven French popes reigned at Avignon until 1376, when Gregory XI moved his



court to Rome taking with him some noble families of Avignon. One of those families was the Avignonesi which separated into three branches, in Rome, Siena and Montepulciano.

The Avignonesi's cellars are among the most ancient in Italy. The Palazzo Avignonesi was built according to a design by Jacopo Barozzi (called Vignola) in the second half of the XVI century (what we'd call the seventeenth century) and it has always been the cellars' headquarters.

If Chiara does not race for two months, she feels withdrawal symptoms. And this is just Formula Two. Her ambition is to progress to Formula One, where the real professionals race for real prizes.

The Falvo brothers, owners of vineyards in the municipality of Cortona, took over Avignonesi in 1974 and re-founded it investing greatly in viniculture, selecting the local varieties and introducing classical ones such as Chardonnay, Sauvignon Blanc, Cabernet, Merlot and Pinot Noir. Then, in 2009, Avignonesi was acquired by Virginie Saverys who introduced organic and biodynamic farming methods and acquired additional vineyards and a state-of-the-art winemaking facility in the Montepulciano appellation.

That's why we have a little bit of Italy on Regent's Park Road. And not long after joining Negozio, Chiara transferred to Primrose Hill and has been a part of the community ever since.

Let's get back to the powerboat racing. It is an expensive sport: the boat

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and all the trappings cost in the region of £60,000, and then there is the team. In Chiara's team her father is the mechanic, her brother Masssimo is the radio-man and there are two other mechanics, all of whom have to be paid. So obviously sponsorship is essential. Her Italian sponsors are Favian Variatori, TS Informatica and ABC Logistic.

Fine, you have a team and sponsorship, but how on earth do you prepare for a powerboat race when you live in Primrose Hill? "I have to rely on the team and give them my complete trust, so that when I arrive the day before the race I know that everything is ready. In the weeks before, I focus on what is in front of me: mentally visualising the cockpit and the controls, seeing the course, racing round it in my mind. I have studied videos of previous races, I have studied the opposition. I am mentally ready. I leave Negozio at 2 a.m., get on the flight to Milan at 7 a.m. and am meeting the team at 10 a.m."

Eventually she has registered, the technical scrutineering is complete, she has been round the course, she has taken part in the boat parade, and she is in her boat. What is it like?

"The boat is small, 4.3 metres in length. It consists of a cockpit and an engine with a fibreglass streamlined body that allows the boat to surge, water-planing and bouncing over the waves. Along the shore of the lake there is a timber walkway and twenty boats are lined up, each held in place by two of the team. You are strapped in the cockpit, helmeted, oxygen connected. It is a hot Italian day, 45 degrees in the cockpit. Then the starter gun goes, the mechanic yanks the starter just as you do with a lawnmower, and with a deafening roar the boats leap forward, up to 100 k.p.h in the six seconds to the first turn, which you take with a G force of 5.5 or 6.0. You can't see a thing because of the spray. A 50-second lap. Then you do it again for 45 laps."

The rewards are not great. If you race outside Europe, the organiser pays everything: flight, hotel, container transport for the boat. If you come in the first ten you might get 2-3,000 euros, but that goes nowhere near paying for fuel and spare parts. It's the drug that's important. If Chiara does not race for two months, she feels withdrawal symptoms. And this is just Formula Two. Her ambition is to progress to Formula One, where the real professionals race for real prizes.

Chiara's Facebook entry for 12 July 2015 reads: "Getting better and ready for the next race after an unlucky weekend in Brindisi. Thanks to all my team, my family, my sponsor, my friends, Bergamo Scuba Angels and all the people who helped me!"



Already Chiara is a two-times bronze medal holder as part of the Italian team in the Italian championships. Her twin ambitions are clear and specific: she wants to be a fully qualified sommelier recognised by the Italian Sommelier Association and WSET with her own London wine-bar; and she intends to be a gold medal winner in the Formula One world championships. No question in my mind. Watch this name: Chiara Rossi.

The Mole on the Hill

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What's On

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FRIDAY 1

Creative Movements: Picture This!
For children, rising 4 - 6 years, we will use movement, music and art to explore the story "Picture This!". St. Marys Church, NW3 3DJ. 10am-12.30pm. £35. Visit: www.creativemovements.co.uk

MONDAY 4 - FRIDAY 8

Sew Much Fun: Easter Classes. Hand Sewing
Classes for Age 5 and up. 11am-12pm. £12/session.
Machine Sewing
Age 8 and up.2pm-5pm. £50/session
To book a place, Call: 020 7722 9889 or email sewmuchfun@btinternet.com

TUESDAY 5

Creative Movements: The Giving Tree
Two day workshop (5/6 April) for children, 4 - 8 years, we will use movement, music and art to explore the story "The Giving Tree." St. Marys Church, NW3 3DJ. 10am-12.30pm. £65. Visit: www.creativemovements.co.uk

Film Show at the Library
To mark the 400th anniversary of Shakespeare's death: Much Ado About Nothing,(1993), starring Emma Thompson, Kenneth Branagh & Denzel Washington, director Kenneth Branagh. PHCL, 7.30pm £8 including a glass of wine

WEDNESDAY 6

Open House: Action on Hearing Loss
Andy Taylor talks about removing barriers, technology, treatments and campaigning for equality. PHCC. 2pm. Free. Contact: 02075868327

THURSDAY 7

Creative Movements: Strictly Dance
For children 4-8 years, we will use movement , music and art to explore the story "Strictly Dance!". St Mary's Church, NW3 3DJ, 10am-12.30pm.£35. Visit: creativemovements.co.uk

FRIDAY 8

Creative Movements: Katie in London
For children, 3 - 5 years, we will use movement, music and art to explore the story "Katie in London." St. Marys Church, NW3 3DJ. 10am-12pm. £30. Visit: www.creativemovements.co.u

MONDAY 11- FRIDAY 15

Sew Much Fun: Easter Classes.
Hand Sewing
Classes for Age 5 and up. 11am-12pm. £12/session.
Machine Sewing
Age 8 and up.2pm-5pm. £50/session
To book a place, Call: 020 7722 9889 or email sewmuchfun@btinternet.co

WEDNESDAY 13

Open House: Music in Mind
Beautiful melodies from a musical group of mental health service-users who play the festival circuit. PHCC. 2pm. Free. Contact: 02075868327

FRIDAY 15

Mixed Show: New Artists
A new exhibition featuring artists showing for the first time at the gallery.(15 April-5 May) Beside The Wave, NW1 8LS. Free admission. All artwork available to buy. Email: gallery@beside-the-wave.co.uk or call: 0207 722 4161.

SATURDAY 16

Seedling Swap
Transition Primrose Hill; Come and swap extra seedlings or pick some up for a donation. Tomatoes, herbs, annual bee friendly flowers. All welcome. Outside PHCL.10.30am-12.30pm.Queries to transitionprimrosehill@gmail.com

Over 60s Easter bingo
An afternoon of Bingo hosted by the students. Six games for 60p/£3. Free refreshments and raffle. Haverstock School. 2pm. To book contact Nikki: 02074248366

SUNDAY 17

"Primrose Hill: Changes since 1945
Walk led by local historian Martin Sheppard, starting outside St Mary's Church, King Henry's Road. 2.30pm. £10 for walk or £25 for series of 3 local walks. Visit: http://thefriendsofstmaryspri mrosehill.org/events/

WEDNESDAY 20

Open House: Doorstep Crime/Scams
Over half the U.K. population are targeted by scammers - find out how to reduce your risk of being caught out. PHCC. 2pm. Free. Contact: 02075868327

WEDNESDAY 27

Open House: LA VIE EN ROSE
This 2007 film of the life of Edith Piaf stars Gerard Depardieu and Marion Cotillard. PHCC. 2pm. Free. Contact: 02075868327

THURSDAY 28

Library Book Club
This month's book will be 'A Spool of Blue Thread' by Anne Tyler. PHCL. 6.45pm

SATURDAY 30

Library Open Mic
PHCL. 5-7pm Contact: events@phcl.org if you would like to play

LATER DATES

THURSDAY 5 MAY

Primrose Hill Community Library Presents
An evening when Joan Bakewell and Sue MacGregor interview each other.
Cecil Sharp House, 2 Regent's Park Road, 7.30pm, doors open at 7.00pm, admission £15.00 includes a glass of wine or soft drink. Tickets available from Primrose Hill Books, 134 Regent's Park Road, NW1 8XL, 020 7586 2022 or online at www.primrosehillbooks.com. All proceeds to benefit Primrose Hill Community Library.

FRIDAY 6 MAY

'Top of the Hill' Quiz
The 13th Annual 'Top of the Hill' quiz. A fun evening with a mixture of taxing questions and silly ones. PHCC. 7pm for 7.30pm start. £10 includes a glass of wine. Recruit a table of up to 8 neighbours, or just come yourself and join in with a team. Numbers are limited. Tickets will be April. Contact: 020 7586 8327

SATURDAY 11 JUNE

Primrose Hill Summer Fair
We would love your help. We are looking for donations and volunteers for the day. Chalcot Square, Primrose Hill 1.30pm-5pm.
Contact Mick at the PHCA if you would like to help. Call: 020 7586 8327 or email: info@phca.cc

JUNE/ JULY

Primrose Hill Summer Lectures
A series of talks featuring well-known literary and political figures. St Mary's Church. NW3 3DJ
For dates and more information please visit http://thefriendsofstmaryspr imrosehill.org/events/

Please submit entries for our May edition by Friday April 1
onthehillwhatson@phca.cc

PHCC
Primrose Hill Community Centre
29 Hopkinson's Place (off Fitzroy Road), NW1 8TN
Contact: info@phca.cc
020 7586 8327

PHCL
Primrose Hill Community Library
Sharples Hall Street, NW1 8YN
Contact: events@phcl.org
02074196599

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REGULAR EVENTS FOR THE GROWING

MONDAY

Ready Steady Go Creative Workshops
Dance, music and singing for children aged 15 months to 3 years. PHCC. 10.15am-11am. To book contact: 020 7586 5862.

Library Rhyme Time for Under 5's
Drop-in session where adults and children sing together. PHCL.10.30 am-11.15am. Suggested £2 donation.

Circus Glory
Trapeze for 3-12 years old. PHCC. 3.00pm-6.30pm. gmonastesse@googlemail.com

Homework Club for Over 5's
Drop-in for help with homework and reading. PHCL. 4pm-6pm. Free.

Perform
Drama, dance and singing for 4-7 years. PHCC. 4pm-6pm. Contact: 020 7209 3805 (Term begins January 10)

TUESDAY

Monkey Music
Music and play for under 5's. PHCC. 9.30am-11.30am. Trial class free, subsequent classes £11.

Olé Kids Spanish
Spanish classes for children aged 6 months to 4 years. PHCL. 4pm-5pm. Contact: lola.ferdez@gmail.com

Music & Rhyme Time for the Under 4's.
Drop in sessions at the PHCC. 4.30pm-5pm. £1

Strings Club
Classes for children. PHCC. 4pm-6pm.

Catherine's Ballet, Chalk Farm School of Dance 3 and up
Ballet classes. Chalk Farm Baptist Church. 4.15pm-6.45pm.www.chalkfarmschoolofdance.co.uk info@chalkfarmschoolofdance.co.uk info@chalkfarmschoolofdance.co.uk

WEDNESDAY

Ready Steady Go Creative Workshops
Dance, music and singing for Children aged 15 months to 3 years. PHCC. 10.15am-11am. To book contact: 020 7586 5862.

Circus Glory
Trapeze for 3-12 years old. PHCC. 2.30pm-6.30pm. Contact: gmonastesse@googlemail.com

Primrose Hill Children's Choir
Fun songs and games, exciting performances. Come along and sing with us. 4-11 years. St Marys Church, NW3. 4pm-5pm during term time. First time free, £8 per Week. www.primrosehillchoirs.com

THURSDAY

Ready Steady Go Creative Workshops
Exploratory play, singing, dance and stories for children aged 6-15 months. PHCC. 9.45am-10.45am. To book contact: 020 7586 5862.

Drop-in for Under 4's
Drop in and take part in a variety of activities. PHCC. 11.15am-1pm. £2.50

First Class Learning
Tuition in English and Maths. Classes at the PHCL. 3.30pm-6pm.Contact: primrosehill@firstclasslearning.co.uk

Catherine's Ballet, Chalk Farm School of Dance for Under 5's
Ballet classes. Located at the PHCC.4pm-5pm. Visit www.chalkfarmschoolofdance.co.uk. Contact: info@chalkfarmschoolofdance.co.uk

Music & Rhyme Time for Under 4's
Drop in held at the PHCC. 4.30pm-5pm. £1

FRIDAY

Circus Glory
Trapeze for 3-12 years old. PHCC 3pm-6.30 pm. Contact: gmonastesse@googlemail.com

Homework Club for Over 5's
Drop-in for help with homework and reading. PHCL. 4pm-6pm. Free

Pitta Patta Dance for creative 5-16 years.
Classes at the PHCC. 4pm-5.30pm. Contact juliet@pittapattadance.co.uk

SATURDAY

Catherine's Ballet, Chalk Farm School of Dance 5 and up.
Ballet classes. Chalk Farm Baptist Church. 9.30am-1.30pm.www.chalkfarmschoolofdance.co.uk info@chalkfarmschoolofdance.co.uk

SUNDAY

Perform
Drama, dance and singing for 4-7 years. PHCC. 9.30am-1pm. 020 7209 3805

REGULAR EVENTS FOR THE GROWN

MONDAY

ACOL Bridge Club
Located at the PHCC. 1.45pm-3.45pm. £3

Circus Glory: Trapeze For Adults
All levels welcome. PHCC. 1.30pm-2.45pm. Contact: gmonastesse@googlemail.com

Neighbours' Help Information Session
Drop-in service for help with form filling and accessing services. PHCL. 2pm-4pm. Free

Boules (Petanque)
Friendly group meets at 5pm on Primrose Hill, next to children's playground. Contact PHCC: 0207586 8327

Chilled Strings
Small amateur string chamber orchestra, guided by professional tutor Kwesi Edman. PHCC. 6.30pm-8.45pm. £10 for each evening. sueandhercello@gmail.com

Bridge Club for Beginners/ Intermediates
Located at the PHCL. 7pm-8.30pm. £3.

Primrose Hill Community Choir
Love to sing? Try us out! All welcome. PHCC. 7.30pm-9.30pm. £5. Hear us and details at: www.primrosehillchoirs.com

The Queens Quiz
Weekly Quiz held on Monday's. £2 to play with the winning team taking it all! Free drinks for bonus rounds and runner up. The Queens Pub & Dining rooms, Regent's Park Road NW1. 8pm.

TUESDAY

Pilates in the Library
Dynamic classes 10.15am-11.15am. Gentle classes 11.30am-12.30pm. PHCL. Each session £12. Contact: lizacawthorn@gmail.com

English for Speakers of Other Languages (ESOL)
Exciting programme for those who live in English Speaking Countries, but English is not their first language. PHCL. 12 noon-1.30pm. Contact: jojarrod@gmail.com or 07887 568822

Spanish For Beginners
Free class at the PHCC. 1.30pm-3.30pm. Contact: info@phca.cc

Keep Fit for the Over 60's
Class held at the PHCC. 3pm-4pm. Free

General Yoga
Classes held at the PHCC. 6.30pm-8pm. Contact details cat.b1@blueyonder.co.uk

WEDNESDAY

Primrose Hill Neighbour Help
Information session in the lounge of Jacqueline House. Open to anyone for help with form-filling and accessing services. Oldfield Estate. 10am-12 noon. Free

Over 50's
Freshly cooked, hearty meals every Wednesday and Friday at Jacqueline House, Oldfield Estate. 12.30pm. Call: 020 7586 8327

Circus Glory: Trapeze For Adults
All levels welcome. PHCC. 1.15pm-2.15pm. Contact: gmonastesse@googlemail.com

THURSDAY

Yoga
Energising vinyasa flow, suitable for all except complete beginners. PHCL. 10am-11am. £10 drop in or £36 for 4 consecutive classes. arjeta.whitehouse@gmail.com Call: 07595982473

Bridge Club for Beginners/ Intermediates
Club held at the PHCL. 10.30am-12 noon. £3.

Poetry Group
Read and discuss poems, your own or others. 11am-12 noon. Located in Egbert Street. Contact:susan.sciama@gmail.com £10.

Gentle but Effective Pilates
Drop-in Pilates class. PHCL. 12.30pm-1.30pm. Contact: annie@mactherapy.org

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Narcotics Anonymous
At the PHCC.
1.30pm-3.45pm. Free.

Primrose Hill Yoga
Strengthen, stretch, relax and re-energise. Beginners welcome. 5.30pm-6.30pm. PHCC. £38 for 4 classes (£9.50/class) or £11 drop in. Student and unemployed discount available.Contact: carolineshawyoga@gmail.com

Art Class, Life Drawing
Class held at the PHCC.
7pm-9.30pm. £7

FRIDAY

Mums' Mornings
Drop-in session for children and adults with toys and books. PHCL. 10.30 am-11.30am.

Suggested Donation £2 **Lunch Club for the Over 50's**
Freshly cooked, hearty meals every Wednesday and Friday at Jacqueline House, Oldfield Estate. 12.30pm. Call: 020 7586 8327

Circus Glory: Trapeze For Adults
All levels welcome. Classes at the PHCC. 1.30pm-2.45pm. gmonastesse@googlemail.com

Bottle Apostle: Free Friday Tastings
Join us every Friday for samples from our unique Enomatic wine tasting machines. We also showcase visiting winemakers and/or emerging craft breweries. 4-8pm. Contact: 020 3805 5577

SATURDAY

Primrose Hill Market
Weekly Saturday food market. St Pauls School, Elsworthy Road, NW3. 10am-3pm. www.primrosehillmarket.com

Chalk Farm Foodbank
Located at the Baptist Church, Berkley Road, 11am-1pm.

SUNDAY

Hopkinson's Bar
Meet for a drink with your neighbours. All welcome. PHCC. 12 noon-2pm

Escape the Hamster Wheel (twice a month, 3 and 10)
"All the ordinary made extraordinary." Ecotherapy on the Hill: Mindfulness in Nature. 11am-12pm. £12. More details at www.smelltheraindrops.com

UPCOMING CLASSES

Art classes for Adults
Newly organised, Morning Art classes (Wednesday or Friday). Primrose Hill Village. 10.30am -12.30pm. £35 includes all basic materials. info@art-buddies.com 07813 808 119 to register your interest

Please check with class organisers for start of term dates.

Primrose Hill Community Association



Summer Fair in Chalcot Square

Saturday 11th June
1.30-5pm
We need your help!
Calling all Volunteers to help out before, during and after for a range of tasks from working on stalls to setting up.
We are also looking for donations; bottles for tombola, unworn/ new clothing
Contact PHCA: 020 7586 8327 or info@phca.cc
Primrose Hill Community Association, 29 Hopkinsons Place, off Fitzroy Road, NW1 8TN

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	Dinner	18:00 - 22:30
Saturday - Sunday	Brunch	11:00 - 15:00
	Dinner	18:00 - 22:30

Q&A

My Primrose Hill

In conversation with Marc Ward
Aka The Bushman Gardener

Q. When did you arrive in Primrose Hill?

A. Just a simple Kiwi, I arrived in England over 30 years ago. I visited the zoo and stumbled upon the Village on my walk home. Never looked back!

Q. What aspect of Primrose Hill made you stay here so long?

A. I guess the pubs kept me here, as I met some amazing people who became clients as well as good mates!

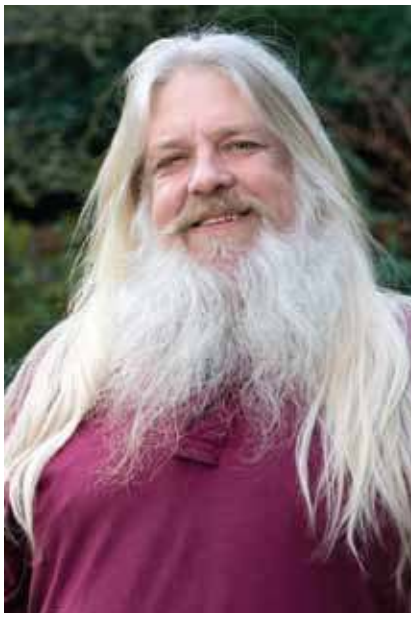
Q. Where is your favourite green space in the area?

A. I'm lucky enough to be the gardener for the largest secret garden in Primrose Hill. It's a joy to work in, the owners are exceptional people and now good friends, but I'm not telling you where it is!

Q. What do you think of the trend to build over rear gardens with extensions and 'studios'?

A. Sometimes these builds are not sympathetic towards nature and can damage the environment. Back gardens are often more hidden, so it can be hard to estimate the cumulative effect. Developments can alter the water table, changing the eco system of neighbouring gardens.

Q. What gardening initiatives improve the public amenity in Primrose Hill?



A. The potted fruit trees outside shops were a great idea, but require careful maintenance. Planting around the base of the trees is great, and it's nice to see the locals taking care of this!

Q. Have you seen evidence of climate change?

A. There has always been climate change, but since the advent of the industrial revolution this has gathered pace. It's good that humans are finally attempting to do something about it, although it will take centuries, not years.

Q. Have you witnessed a decrease in wildlife populations in Primrose Hill?

A. Not in the number of dogs! But there is a decline in hedgehogs, bats, pollinators and several species of birds. Encouraging and nurturing wildlife and its benefits is vitally important, and can be great fun too!

Q. What plants would you recommend to support the bee population?

A. We need to ensure a year-round supply of flowering plants, from fruit trees in the spring to plants that flower during the winter. It also helps to leave some flowering herbs like comfrey *(symphytum officinale)*, with its pretty flowers.

Q. What extra planting would you recommend for the Hill itself?

A. The lower part of the hill has a drainage problem. I think planting trees like the silver birch in these areas would alleviate this. It is a beautiful tree with its white peeling bark, and would look stunning in years to come. You can also tap the tree for exceptionally tasty water!

Q. Why do you wear shorts all year round?

A. I'm not sure really… I hated trousers as a child, running round in the bush in New Zealand. The shorts, along with the long white hair and beard, complete my non-conformist look!

Q&A

thebushmangardener@gmail.com
As told to Phil Cowan

PH Families

Storytime



World Read Aloud Day has recently been celebrated all over the globe. It's a movement to promote focus on reading books to children. So how can parents prolong its benefits throughout the year?

Primrose Hill Community Library is one of the most popular buildings to bring small children to, especially on Monday morning for Rhyme time or on any cold day for keeping warm in the play area. However, parents and carers should make sure to borrow some of the colourful books too.

Stories we are told become part of childhood memories: the excitement as the story takes on, envying the lead character, hating the bad guys. World Read Aloud Day was celebrated on 24 February, reminding us just how important it is to read to our children as the benefits are so many. Reading together will introduce them to new words, improve their creativity and teach them about the world.

According to Noel Janis-Norton, Director at Calmer Parenting and UK spokesperson for World Read Aloud Day in the UK, it only takes a few changes to incorporate more reading time into a busy schedule. Usually, bedtime is considered the perfect time for a story, but Noel Janis-Norton suggests being creative with the time you have at hand.

"Why not try reading a story to your child at mealtime, after you finish eating. And make sure to bring books everywhere you go so that you have them in the car. There are always those five minutes of waiting time that will do for a story," she says.

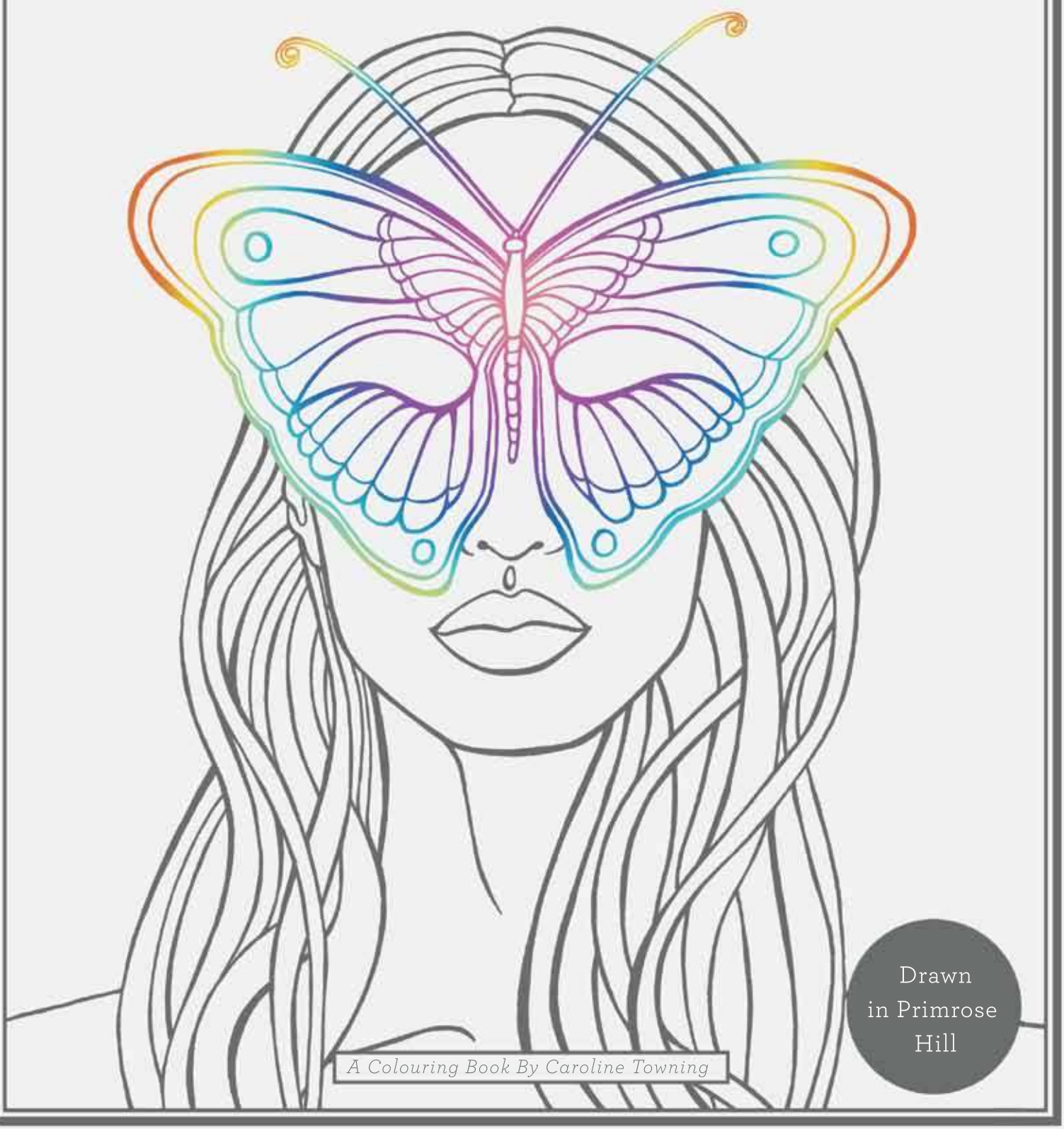
Noel also recommends having a fresh selection of books by the coffee table, and then just sit down to share a read when you would relax anyway. Her advice is that parents don't have to ask children whether they want to hear a story. If they see mum or dad looking in a book, this will instantly spark their interest and the child will join in straight away. She also stresses that it's very important to keep changing the books so that storytime stays fun for the little ones. And their parents.

You can easily become a member of Primrose Hill Community Library. Just drop by with some form of ID on Monday, Wednesday afternoon, Friday or Saturday and they will give you a children's or adult membership card. It's all free!

Sandra Samuelson

A Colourful Mind

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PH - Desert Island Books



Imagine that Primrose Hill is surrounded by water. If you were marooned on that island, what would be the eight books you would want with you? Who better to invite to choose for the first in this series than Mary-Kay Wilmers, editor of the London Review of Books.

Do you take the

eight books

that you feel define you? Or do you choose them to look good to the audience of Radio 4? Or to your rescuers? Or to yourself as you get more and more disheartened on the island? Are they to remind you of your former life, or to help you get away from it? And, crucially, is it assumed that you will have read them all at least once before compiling your list?

I thought I wouldn't say which of the eight that I've chosen I've read or even reread. Or – just to show off briefly – in what languages. But if I haven't read them I would very much like to and I'm not likely to get a better opportunity. Finally, how do I list them? Alphabetically? Chronologically in terms of my life, starting with *Little Women?* (Though there was a book before that, called *Jonny*, about a little boy and his nanny – my brother, now in his eighties, still teases me about it.) Or any old how?

OK, here goes. First, *Little Women*, which in one small way will be a consolation since Christmas won't be Christmas on my desert island either. As I re-re-re-read it I can spend some time imagining what it would be like not to identify with Jo: what would life on my island be like if I were Meg, say, or Amy? Would I be worrying Meg-like about the other animals, or like Amy moaning about the absence of a mirror or different frocks for different days?

Then shall I alternate the easy books and the difficult ones, moving from *Little Women* to Marx's 1844 Manuscripts *(Economic and Philosophic Manuscripts of 1844)?* It makes sense to read it while I can still be optimistic enough to think I'll get back to the mess with my ideas straightened out. My son says it's very clear.



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PH - Desert Island Books



And after Marx, Proust, obviously – a key text that anyone who's spent a life in literary journalism and publishing needs to read from beginning to end. Being caught up in the day to day of contemporary writing would not be an excuse.

Then a short American novel from the 1970s, lately reissued as a classic: ***Speedboat*** by Renata Adler. Semi-plotless, written in disjointed paragraphs, about a young woman who works in publishing in 1970s Manhattan, it's astute, engaging and – as reported in the *New Yorker* – 'not a little self-consciously neurotic'.

You could also describe Grace Paley's stories as being 'not a little self-consciously neurotic' (I ought to apologise: I wasn't asked for a self-portrait) and although 'Wants' in ***Enormous Changes at the Last Minute*** obviously isn't the best story ever written, it's the one I like best.

Reading Homer for the first time, the historian James Davidson wrote in the *LRB*, is like watching Athena crack out of Zeus' skull fully armed or like opening the caves at Lascaux and discovering the Sistine Chapel ceiling inside. He arrives on the field of literature like a meteorite out of a cloudless sky, our very own *qibla*, our inscrutable Black Stone. That the first surviving Western poetry, born within a generation or two of the alphabet, should also be so well-achieved is astonishing.' *Iliad* or *Odyssey*: you have to read one of them at least before you are rescued.

After that, light relief: Iris Murdoch's ***Flight from the Enchanter***, the one in which the hero, Misha Fox, swings from a chandelier and has one blue eye and one brown eye. At least that's how



"After that, light relief: Iris Murdoch's ***Flight from the Enchanter***, the one in which the hero, Misha Fox, swings from a chandelier and has one blue eye and one brown eye."



I remember him but I haven't reread it since it came out.

The last book I'll be taking – this one to keep me company and remind me of better times – is Nina Stibbe's ***Love, Nina***, about my children when they were children and their nanny, when that's what she was.

Mary-Kay Wilmers

PH News & Views

Fracking on the hill

Our intrepid reporter, Olaf Priol, has discovered that secret negotiations have been underway to gain approval to install a fracking well on the top of Primrose Hill. This week the project moved on one step further when measurements were taken to check whether the summit of the hill could take the weight of the exploratory drilling gear.

Our loyal readers will recall that last year we had the issue of whether our very name of Primrose Hill was under threat by EU regulators as there were no primroses growing on the hill. This year our view could be ruined and the ensuing noise pollution would be terrible.

Send us a letter to onthehillletters@phca.cc

Roundhouse needs you

This is an exciting time to get involved with the Roundhouse as we mark our 10th year as a youth arts charity and our 50th as a performing arts venue. We are looking for people to join the Roundhouse Local Development Committee, which we set up to connect local businesses, friends and neighbours to the Roundhouse. You'll help us to grow financial support, ensuring we remain a cornerstone of our local community for future years to come. If you're looking for a rewarding role, then we want to hear from you. Please email Charlotte at charlotte.biddle@roundhouse.org.uk



Transition Primrose Hill Air Pollution Monitoring Project

It is estimated that over 430,000 people die each year in the UK from causes linked to air pollution levels that exceed EU limits.

In the first nine days of 2016 alone, readings of Nitrogen Dioxide and particulates on Oxford Street had reached the figure estimated to be safe for the whole of the year.

On Saturday 5 March volunteers from Transition Primrose Hill in partnership with Clean Air UK installed equipment at 20 locations in the area to monitor levels of Nitrogen Dioxide. Sites on lampposts adjacent to schools, busy junctions, side streets and the top of the hill were chosen to provide a picture of where our pollution hotspots are with a view to taking action that could reduce risks to the health of our community.

The equipment will remain in place until 2 April when it will be removed and sent to a laboratory to gather results.

If you would like to become involved with this important study or other issues affecting our environment, please contact transitionprimrosehill@gmail.com

Phil Cowan

Will CS11 make mayhem for motorists?

Transport for London's consultation on Cycle Superhighway 11, which would run from Swiss Cottage through Regent's Park to Portland Place, has aroused a lot of vociferous opposition. Motorists who use the Outer Circle as a quick through-route are angry that their preferred routes will be blocked during rush hour. Local residents are up in arms because they fear that displaced traffic will clog up their streets.



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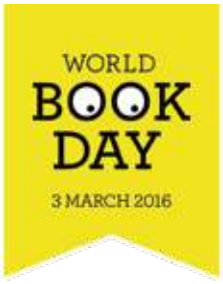


But what exactly is the problem and what is the solution? The problem is that London, a city with good public transport, has too many motorists who use scarce road-space extravagantly; if we are to keep London moving, we must encourage more people to get on their bikes and to walk. Primrose Hill and Regent's Park are perfect places for this! Cyclists take up less space than cars, cause no pollution and are quiet and cheap, and every person who gives up their seat on a tube or a bus in order to walk or cycle frees up this space for another traveller. We need to encourage people to get on their bikes, and in order to encourage people to cycle we must make more convenient and safe routes for them. Cycle Superhighway 11 promises to be such a route. The park will not be closed to cars; only four gates will be shut during rush hour. Anyone who wants to reach the park, to walk, to run, for sport or to visit the zoo, the theatre or a café, can do so.

A far bigger danger to our roads is posed by the lorries that will rumble through North London when HS2 starts construction work. Lorries must be kept off residential streets and we need to ensure that the comfort and safety of pedestrians and cyclists is not jeopardised while this work goes on. HS2 has promised to set up a Traffic Liaison Group and we must make sure that our voices are heard here.

Angela Hobsbaum,
Coordinator,
Camden Cyclists

St Paul's



St Paul's Primary School celebrated World Book Day with a bang this year. Local celebrity author Lauren Child officially opened the school library and stayed to sign books for the children (and adults!) as part of our Big Book Market event. Book quizzes were won cakes were eaten and hundreds of books were sold, with the leftovers shared amongst local charity shops and shipped to schools in Africa.

Lunch Club Cook – a letter from a friend

Dear Sylvia,

Your friends at Oldfield are so sorry that you are poorly. You are such a dear person in our lives. We miss your smiling face, your kindness and care. We all look forward to your delicious lunches on Wednesdays and Fridays. The men always queue up for second helpings! Lunches mean that twice a week we all get together to eat and socialise; people leave their rooms andsit round the tables to become a family. It is a special time, although usually very noisy. It means so much to us all. Thank you, thank you. Darling Sylvia, we hope that you will feel better very soon.

We love you and miss you.

From Sue and all the Lunch Club

Whilst Sylvia gets better, Oldfield are looking for a temporary cook for Wednesday and Friday lunches. You would be required to work 5 hours per day, 10am until 3pm. You would be in charge of cooking one menu for around 20 people. Contact the PHCA: info@phca.cc; tel: 020 7586 8327

DAVID BIRKETT
Estate Agents
119 Regents Park Road, Primrose Hill, London NW1 8UR
Tel: 020 7722 3094 Fax: 020 7722 2181 Web: www.davidbirkett.com
Email:sales@davidbirkett.com or lettings@davidbirkett.com

GUIDE ONLY

Regents Park Road, NW1

A bright, spacious and very well presented penthouse apartment set within this popular development with far reaching views across London as well as a terrace and balcony to both sides.

Built approximately 12 years ago these flats provide attractive and well thought out accommodation just minutes from both the underground station at Chalk Farm and the excellent facilities that Primrose Hill has to offer including shops, restaurants and the park.

2 Bedrooms • Living room • Integral kitchen • Bathroom • En-suite Shower room • Secure undergound parking space • Lift • South facing roof terrace • Balcony

Leasehold 143 years remaining
Offers in the region of £825,000



Primrose Hill Surgery News

The surgery has succeeded in becoming a training centre for GPs and welcomes Dr Sophie Mylan from the Royal Free Hospital who is doing an 18-month placement in Primrose Hill.

The practice is also training our pharmacist, Mr Lalani, to become a prescribing pharmacist, so you may see him assisting in the consulting room as part of this process. Mr Lalani is already valued as a source of advice, and eventually this may save you making appointments to see a GP for minor complaints.

Sadly (though happily for him!) Dr Warlow is getting married and is planning to move out of London, so he will be leaving us.

If you are interested in joining the Primrose Hill Patient Participation Group, ask at reception or email us on primrosehillppg@gmail.com. You will have a chance to take part in many kinds of consultations and be told about regular public meetings to discuss issues with our doctors.

Who were Thomas Charles, William Platt and Eleanor Palmer?

Many street signs around here state that we are in the Borough of St



St Pancras Old Church

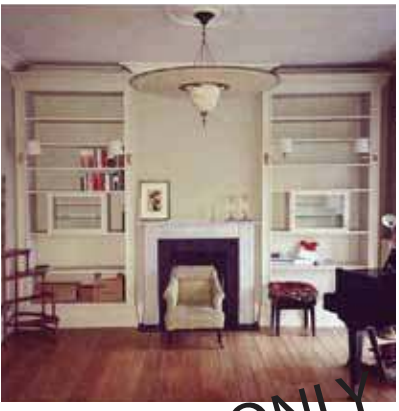
Pancras, best known now for the international train station. This area of Camden has a fascinating history, and includes the church that is thought to be the oldest place of Christian worship in London, named after St Pancras, one of the earliest saints. (Camden was formed from the Boroughs of St Pancras, Holborn and Hampstead.)

The history of the St Pancras Welfare Trust started in 1558, when St Pancras was a hamlet by the River Fleet. In that year a wealthy woman named Eleanor Palmer, who had survived many husbands and had connections with the area, died and bequeathed *'two acres of meadow land and its income for the benefit of the poor of Kentish Town and Chipping Barnet forever'*. The land was 'situated near a place known as Fortis Green'.

Some years later, in 1617, a resident of Holborn, Thomas Charles, concerned about the plight of his poor neighbours, left them various sums of monies, including *'twenty-four shillings payable yearly at Christmas forever for the poor of Kentish Town'*. This was followed by another gift, established in 1632 by William Platt of Kentish Town, to give *'one pound each at Christmas to fourteen needy persons living in the parish of St Pancras forever'*.

> We do this with one part-time paid member of staff, working with over a hundred local referring agencies and ten volunteer trustees, to get help where it is most needed, keeping the cost of running the charity to the minimum, and always looking to reduce our overheads in order to make more grants.

And the story continues: in 1992, some 375 years after the Thomas Charles gift, the Trustees became responsible for the assets of the Camelot Trust, a charity established in 1969 by a local resident, Mrs Neel, to provide holidays for disadvantaged local children. We now support local primary schools to fund those in the






GUIDE ONLY

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mobile: 07913 423 433 • *email:* stan@primhill.com
instagram: primrosehill_lp • www.primhill.com

school who cannot pay for their annual school trip.

As far back as history records, this borough has been an area of mixed fortunes, with neighbours keen to help each other. The bequest funds have been carefully managed and invested over the centuries, and the current group of trustees makes about 120 grants, totalling over £30,000 per year, to those in the greatest need. At Christmas 2015, the trust helped 138 families with extra cash for their food shopping so that they could have a better time.

We do this with one part-time paid member of staff, working with over a hundred local referring agencies and ten volunteer trustees, to get help where it is most needed, keeping the cost of running the charity to the minimum, and always looking to reduce our overheads in order to make more grants.

Some recent cases include:

- A single mother whose 8-month-old baby had no clothing or bedding. They are in a sparsely furnished flat with no access to public funds.
- An elderly man who cannot get out to use the launderette, needs a new washing machine but has no cash to fund it.
- A widowed mother of five children, whose husband died last year, needing warm clothes and a mattress after one of theirs was damaged beyond use.

Perhaps, like Thomas, William and Eleanor, you would like to support those in greatest need who live close by?

View the website at www.spwt.org.uk or contact the Trust on spwtrust@gmail.com to find out more about making a donation or applying for a grant (Registered Charity no. 261261).

Eleanor Sturdy

Pets and Toxic Plants

Some plants are toxic to animals, so when planting in the garden or indeed with house plants, you need to be



aware. As an example, lilies are one of the most toxic household plants for cats: just eating as little as two leaves can result in liver failure and will need urgent veterinary treatment.

Other common plants which could cause major problems to your cat and dog are as follows: amaryllis, asparagus fern, azalea, begonia, crocus, delphinium, foxglove, hyacinth, hydrangea, English ivy, laburnum, lily of the valley, lupin, mistletoe, oleander, poinsettia, rhododendron, rhubarb leaves, sweet pea, wisteria, yew; and also tulip, daffodil and narcissus bulbs. There are many other plants which can also be an irritant, so it is wise to research this before having plants in your home, especially if you have an inquisitive cat or dog which will eat anything. A full list of toxic plants can be found on www.dogstrust.org.uk.

If a pet does become unwell from eating one of these plants, they need to be taken to the vet immediately, and preferably with the plant so that it can be identified. Many of us have these plants growing in the garden, and have pets with no problems, but it is sensible to be aware of which can be toxic in case of problems.

Gail Levy



News & Views Editor: Leanne Roche

Market Place April News

This column brings our readers a selection of what is new and current with our local businesses.

Gallery196 (13)
Arriving now: sumptuous soft cotton caftans, cover-ups and scarves; block-printed, embroidered, hand-woven and embellished textiles from India; silver tribal jewellery from Egypt; baskets and picnic rugs from Morocco. tel: 020 7722 0438

Cave Interiors (19)
Alongside our usual tailored interior design services, we are launching our new collection of furniture, soft furnishings and home accessories throughout April. tel: 020 7722 9222

L'Absinthe Brasserie (20)
Two great wine offers for our customers:
Tuesday: 30% off all Burgundy wines
Wednesday: 30% off all Bordeaux wines
Incroyable... tel: 020 7483 4848

Sew Much Fun (26)
Drop in to Sew Much Fun and see our collection of summer prints just begging to be made into simple dresses and skirts for your daughters and grand- daughters. tel: 020 7722 9889

Aesthetics Lab (35)
With new treatments and products being launched almost every month, Aesthetics Lab is the fastest growing Medispa. Visit us today for a complimentary consultation and receive your personalised treatment plan. tel: 020 7722 5872

Bottle Apostle (37)
We've partnered with Market Restaurant (on Parkway in Camden) for an exclusive BYO (bring your own) offer. Take along any wine from Bottle Apostle on a Monday night and open it for free to enjoy with your dinner.
www.marketrestaurant.co.uk
tel: 020 3805 5577

Just turn the page for details of opening hours and contact information.

Market Place

Wining, Dining and Shop Listing

1 Prim Nail and Beauty
2 Erskine Road NW3 3AJ
020 7586 6366
joprim@hotmail.co.uk
Mon - Saturday 9.30 - 18.00
www.primuk.com

2 L'Absinthe (all day) Brasserie
40 Chalcot Road NW1 8LS
020 7483 4848
absinthe07@hotmail.co.uk
Mon 8.00 - 16.00, Tues - Fri 8.00 - 22.00, Sat 9.00 - 22.00, Sun 12.00 - 21.00 www.labsinthe.co.uk

3 Primrose Hill Framing Company
45 Chalcot Road, NW1 8LS
020 7586 4571
primrosehillframingco@gmail.com
Mon - Fri 9.30 - 13.00/14.00 - 17.30, Sat 9.30 - 13.00

4 Zoe and Morgan (jewellery)
48 Chalcot Road, NW1 8LS
020 7586 7419
personalshopper@zoeandmorgan.com
Mon - Fri 11.00 - 18.00, Sat 11.00 - 17.00 www.zoeandmorgan.com

5 Jack O'Shea
65 Regent's Park Road, NW1 8XD
020 7586 0570.
les@jackoshea.com
Tues - Sat 9.00 - 18.00, Sun 10.00 - 17.00, closed Mon
www.jackoshea.com

6 Nicolas Wine Shop
67 Regent's Park Road, NW1 8XA
020 7722 8576
primrose@spiritedwines.com
Mon - Thurs 10.00 - 21.00,
Fri - Sat 10.00 - 22.00, Sun 11.00 - 21.00 www.nicolas.co.uk

7 Keturah Brown
85 Regent's Park Road NW1 8UY
020 7586 0512
keturahbrownltd@gmail.com
Mon - Fri 10.30 - 18.00,
Thurs10.30 - 18.30, Sat 10.00 - 18.00, Sun 13.00 - 18.00

8 Adam Simmonds
87 Regent's Park Road, NW1 8UY
020 7813 1234
info@adamsimmonds.co.uk
Mon - Sat 10.00 - 18.00,
Thurs 10.00 -19.00
www.adamsimmonds.co.uk

9 Primrose Hill Pets
132 Regent's Park Road, NW1 8XL
020 7483 2023
gail@primrosehillpets.co.uk
Mon 9.30 - 18.30, Tues - Sat 9.00 - 18.00, Sun 11.00 - 17.00
www.primrosehillpets.co.uk

10 Primrose Hill Books
134 Regent's Park Road, NW1 8XL
020 7586 2022
shop@primrosehillbooks.com
Mon - Fri 9.30 - 18.00, Sat 10.00 - 18.00, Sun 11.00 - 18.00
www.primrosehillbooks.com

11 Ripe Kitchen
136 Regent's Park Road, NW1 8XL
07572 480 102
info@ripekitchen.co.uk
Mon - Fri 7.30 - 18.00, Sat 8.00 - 19.00, Sun 8.30 - 19.00
www.ripekitchen.co.uk

12 Clifton Interiors
168 Regent's Park Road, NW1 8XN
020 7586 5533
rosie@cliftoninteriors.com
Mon - Fri 9.00 - 18.00,
Saturday by Appointment
www.cliftoninteriors.com

13 Gallery 196 (orange door)
196 Regent's Park Road, NW1 8XP
020 7722 0438
info@gallery196.com
Open every day 10.00-18.30
www.gallery196.com

14 Lisa Hauck Hair & Make-Up
148 Gloucester Avenue, NW1 8JA
020 7722 1043
info@lisahauck.com
Mon - Fri 10.00 - 19.00, Thurs 10.00 - 20.00, Sat 9.00 - 18.00, closed Sun www.lisahauck.com

15 Sweet Pea
77 Gloucester Avenue, NW1 8LD
020 7449 9292
mail@sweetpeajewellery.com
Mon - Fri 10.00 - 18.00, Sat 10.30 - 17.00 www.sweetpeajewellery.com

16 La Petite Poissonnerie
75A Gloucester Avenue, NW1 8LD
020 7483 4435
lapetitepoissonneire@gmail.com
Tues - Sat 9.30 - 19.30, Sun 10.30 - 17.30 www.lapetite-poissonnerie.co.uk

17 Primrose Bakery
69 Gloucester Avenue, NW1 8LD
020 7483 4222
hello@primrose-bakery.co.uk
8.30 - 18.00 Mon - Sat, 9.30 - 18.00 Sun www.primrose-bakery.co.uk

18 Ruth Kaye Design
67 Gloucester Avenue, NW1 8LD
020 7722 7227
team@ruthkayedesign.com
Mon - Sat 9.30 - 17.30
by Appointment only
www.ruthkayedesign.com

19 Cave Interiors
29 Princess Road, NW1 8JR
020 7722 9222
georgina@caveinteriors.com
Mon - Fri 9.30 - 17.30
www.caveinteriors.com

20 Melrose & Morgan
42 Gloucester Avenue, NW1 8JD
020 7722 0011
info@melroseandmorgan.com
Mon - Fri 8.00 - 19.00,
Sat 8.00 - 18.00, Sun 9.00 - 17.00
www.melroseandmorgan.com

21 Odette's Restaurant
130 Regent's Park Road, NW1 8XL
020 7586 8569
info@odettesprimrosehill.com
Tues - Fri 12.00 - 14.30, 18.00 - 22.00 Sat 12.00 - 15.00, 18.00 - 22.30 Sun 12.00 - 15.00, 18.00 - 21.30 Closed Mon.
www.odettesprimrosehill.com

22 Greenberry Café
101 Regent's Park Road, NW1 8UR
020 7483 3765
info@greenberrycafe.co.uk
Tues - Sat 9.00 - 22.00,
Sun and Mon 9.00 - 16.00
www.greenberrycafe.co.uk

23 Anna
126 Regent's Park Road, NW1 8XL
020 7483 0411
anna@shopatanna.com
Mon - Sat 10.00 - 18.00,
Sun 12.00 - 18.00
www.shopatanna.com

24 The Lansdowne
90 Gloucester Avenue NW1 8HX
0207 483 0409
info@thelansdownepub.co.uk
Mon - Sat 12.00 - 23.00,
Sun 12.00 - 22.30
www.the lansdownepub.co.uk

25 Whites Hairdressers
42 Chalcot Road, NW1 8LS
020 7586 5850
cait.whitesofprimrosehill@gmail.com
Mon - Sat 11.00 - 19.00,
Thurs 11 - 20.00
www.whitesofwhitecross.co.uk

26 Sew Much Fun
46 Chalcot Road, NW1 8LS
020 7722 9889
sewmuchfun@btinternet.com
Mon - Fri 11.00 - 18.00,
Sat 10.00 - 17.00
www.sewmuchfun.co.uk

Wining, Dining and Shopping Map



27 Primrose Interiors
55 Regent's Park Road, NW1 8XD
020 7586 6595
info@primrose-interiors.com
Sun - Fri 10.00 - 17.00

28 Jino Design
Studio 44, Chalcot Road, NW1 8LS
020 7419 1774.ino@jino-design.com
Mon - Fri 10.00 - 17.00
www.jino-design.com

29 Garry Trainer Clinic
65 Princess Road, NW1 8JS
020 7722 6203
garry@garrytrainer.com
Mon - Fri 7.00 - 20.00
Sat 9.00 - 17.00, Sun 9.00 - 13.00
www.garrytrainer.com

30 Pamela Shiffer
75 Regent's Park Road, London
NW1 8UY
020 7483 4483
Mon - Sat 10 - 6.00 Thurs 10 - 7.00
Sun 12 - 6.00
www.shop@pamelashiffer.com.

31 Fitzroys
77 Regent's Park Road, NW1 8UY
020 7722 1066
fitzroys@outlook.co.uk
Mon - Sat 9.00 - 18.30,
Sun 10.00 - 17.00

32 La Collina Restaurant
17 Princess Road, NW1 8JR
020 7483 0192
info@lacollinarestaurant.co.uk
Mon - Sun 12.00 - 14.30,
18.00 - 22.15
www.lacollinarestaurant.co.uk

33 Beside The Wave London
41 Chalcot Road, NW1 8LS
020 7722 4161
gallery@beside-the-wave.co.uk
Mon - Sat 10.00 - 18.00, Sun 11.00
-16.00 www.beside-the-wave.co.uk

34 Negozio Classica
154 Regent's Park Road, NW1 8XN
020 7483 4492
info@negozioclassica.co.uk
Mon - Sun 11.00 - midnight
Kitchen closes at 22.30pm
www.negozioclassica.co.uk

35 Aesthetics Lab
128 Regent's Park Road, NW1 8XL
020 7722 5872
info@aestheticslab.co.uk
Mon 9.00 - 18.00, Tues - Thurs 9.00
- 19.00, Fri 9.00 - 18.00, Sat 10.00
- 18.00, Sun 10.00 - 16.00
www.aestheticslab.co.uk

36 Manna Restaurant
4 Erskine Road NW3 3AJ
020 7722 8028
enquires@mannav.com
Tues - Sun 12.00 - 22.30
www.mannav.com

37 Bottle Apostle
172 Regent's Park Road
NW1 8XN
020 3805 5577
info@bottleapostle.com
Mon - Fri 11.00 – 8.00
Sat 10.00 – 8.00
Sun 10.00 – 6.00
www.bottleapostle.com

38 Gary Ingham Hairdressing
150 Regent's Park Road
NW1 8XN
020 7483 1000
info@garyingham.com
www.garyingham.com
Mon-Tues 10.00-19.30
Wed 09.00-19.30
Thurs-Fri 09.00-20.30
Sat 09.00-18.30
Sun 11.00-18.00

39 Rose & North
Financial Planning &
Wealth Management
142 Gloucester Avenue
NW1 8JA
0203 627 6297
hello@roseandnorth.com
www.roseandnorth.com
Mon-Fri 10.00 - 17.00

40 NuYu London
9 Princess Road, NW1 8JN
020 3204 2020
info@nuyulondon.co.uk
Tues, Weds 10.00 - 19.00
Thurs, Fri 10.00 - 20.00
Sat 09.30 - 19.00

41 Primrose Hill Dental
61A Regent's Park Road,
NW1 8XD
020 7722 0860 / 07845 0088 240
primrose.dent@gmail.com
Mon, Weds, Fri 09.00 - 17.00
Tues, Thurs 09.00 - 20.00
Sat 09.00 - 13.00

★ **Community Centre**
42 Dr Surgery
43 Library
44 Post Office

If you would like your business to appear on these pages please contact onthehillads@phca.cc

PH Business Services

Here is a new OTH listing that we would like to expand over the months to come. We hope our readers will find it useful.

The Posh Locksmith
Matthew Green set up KEYS GALORE locksmith service for Primrose Hill in 1982. Local door opening and Master Locksmith service 24/7. Installing the best- registered locks, insurance and police approved security devices HS BS EU. Call: 07738573247
Email: matthew@poshlocksmith.com

Radi Lyubenov Osteopath
Sport Massage and Acupuncture therapist.
7 Adelaide Road, Chalk Farm, NW3 3QE Thursdays 09.00 - 17.00. 10% discount for children, students and pensioners. Call: 07871 373680 Email: osteopath.radilyubenov@gmail.com
www.northlondon-osteopathy.co.uk

Piano tuning and restoration
Local specialist with experience of working with a range of clients including ENO, recording studios, professional musicians, schools, private homes. Soon for sale, refurbished Steinway model "O" grand, beautiful touch and tone. Call: 07989139916
Email: mssurrey@yahoo.com
www.londonpianotuner.com

J. P. Walker, Painting and Decorating
A professional service provided by a locally based tradesman with over 25 years experience. Free estimates and advice. Call: 07517 99 59 89 Email: nw3handy@gmail.com

Sort & Survive
Advice and practical help with cataloging, donation or sale of artworks, antiques and books.
Call: 07747 111561
sortandsurvive@scudamore.demon.co.uk

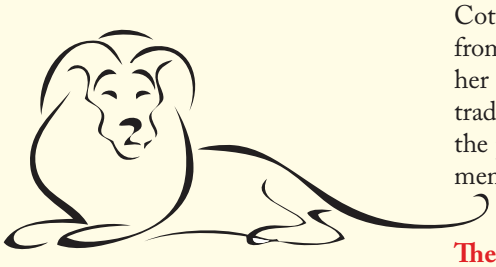
If you would like to include your business in this directory please contact onthehillads@phca.com

PH Poems

A Child's Safari

The blood and smashed
twigs meant we had arrived.
A kill - excitement
twitched my body -
was this lions' work?
Those exhilarating roaring beasts
still near, noses dipped
red, flies darting in for
their share of the feast.
The yellow hunters lay belching,
digesting next day's spoor.
Impulsive, I leap out,
track the carcass -
warthog? Zebra, antelope?
folllow the entrails sprawling
towards the thicket.
The lions were replete.
I would not be the Pride's next meal,
so my nine year old brain reasoned.

Hazel Summerfield



PH Letters



Dear Editor,

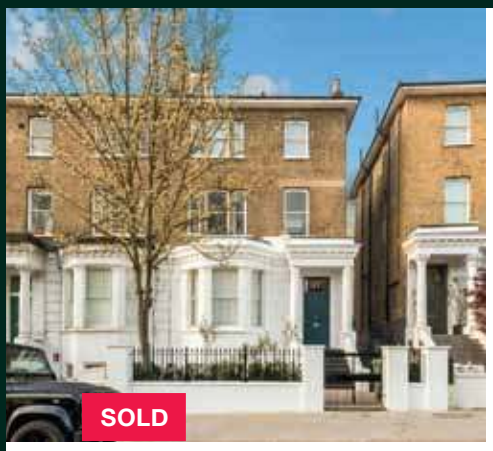
We wanted to let you know about an event commemorating the life of Edith Piaf. It was a fantastic celebratory gathering from residents of Oldfield and the local public. It was organised for the most part by the Primrose Hill Neighbours Help and Central & Cecil. There were speeches from Mayor Larraine Revah and Councillor Richard Cotton, performances of French songs from local musicians, readings from her life, audience sing-alongs and traditional French onion soup. It was the perfect celebration of her life and a memorable afternoon.

The Team
Primrose Hill Neighbours Help (PHNH)

PH Laughs



"Are you sure you have the right title?
I can't find 'My Life As A Bunny Girl'
by Joan Bakewell anywhere."



King Henrys Road,
Primrose Hill NW3
Guide price: £1,695,000



Gloucester Avenue,
Primrose Hill NW1
Guide price: £4,250,000



Chamberlain Street,
Primrose Hill NW1
Guide price: £3,850,000



Edis Street,
Primrose Hill NW1
Guide price: £2,950,000

Knight Frank

EXCEPTIONAL RESULTS IN PRIMROSE HILL

When making the decision to sell one of your most valuable assets, you deserve first class advice with exceptional results.

Our extensive local knowledge and with 29 offices means we can match your property to the best possible buyer.

To find out how we can help you please contact us

KnightFrank.co.uk/belsizepark
belsizepark@knightfrank.com
020 8022 5462

GUIDE ONLY

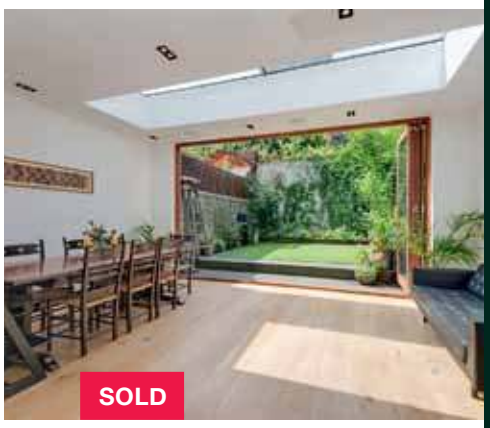
@KnightFrank
KnightFrank.co.uk
OnTheMarket.com



Regents Park Road,
Primrose Hill NW1
Guide price: £3,950,000



Chamberlain Street,
Primrose Hill NW1
Guide price: £3,550,000



Ainger Road,
Primrose Hill NW3
Guide price: £4,750,000



Gloucester Avenue,
Primrose Hill NW1
Guide price: £1,650,000



Gloucester Avenue,
Primrose Hill NW1
Guide price: £2,000,000



Princess Road,
Primrose Hill NW1
Guide price: £4,150,000

GUIDE ONLY

Hello Primrose Hill

See who came to the Film Show at the Library

Jude Law generously agreed to come along to the library fundraising event to talk about the film Breaking and Entering, in which he starred. The film was directed by Anthony Minghella and shot in and around Primrose Hill, with a scene of Jude and Juliette Binoche on the summit.

Jude spoke movingly about his close relationship with the director Anthony Minghella, how he came to meet him, what it was like to work with him and his sense of loss at his passing.



Jude Law with his copy of ***On The Hill***



Rowan & Jenny



Colin, Jude & Corin



Betty, Clare, Kim



Bill, Pam, Bernard & Rosemary



Jess and Rob



Pam and Sharon



Ray, Rowen, Jenny and Jeff



G&H's new Camden Office

www.g-h.co.uk
GOLDSCHMIDT & HOWLAND
Established 1888

"This page is generously sponsored by Goldschmidt & Howland"