ON THE HILL

News and information for Primrose Hill people

www.onthehill.info

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In this issue: **Gurinder Chadha on her new film *Viceroy's House*, Nick Crane on *The Making of the British Landscape* and Richard McLaughlin's Life in Music.**



Recycling

A Poem by Susan Greenhill



An angel wing, a tiny thing
I found beneath the chair,
no bigger than a small bee sting,
or wisp of dormouse hair.

Perhaps the owner doesn't care,
one day she may turn up and say –

I'm no longer into wearing wings,
prefer sexy underwear and bling,
and anyway – it was one of a pair
I bought on holiday in Bombay.
Too hot to wear wings now it's spring,
and the splay's not fashionable today.

I'd left it on purpose under the chair
Thought it wouldn't be noticed there,
I would have recycled the useless thing
But into which bin do I fling an old wing?

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Editor's Letter



Photo by
Sarah Louise Ramsay

I'm always surprised by the recurring themes which land in my inbox. Earlier this year it was predictably Donald Trump. This month it has been – not so predictably – silent movies with piano accompaniment. Richard McLaughlin, featured this month, spent time as a pianist for silent movies such as *Nosferatu*. In March the Film Club ran a Silent Movie evening and screened *The Signal Tower* from 1924, with piano and flute played by Stephen Horne. In a world accustomed to surround sound, this makes for an altogether gentler way of watching a film.

Showing now at cinemas is *Viceroy's House*, the latest film by local director Gurinder Chadha. It tells the story of India's independence from British rule and the subsequent Partition and formation of East and West Pakistan.

Nick Crane takes us back even further than the age of the silent movie, in a geographical journey through time. *The Making of the British Landscape* tells the story of how humans and climate change forged the structure of our island.

With a good book and film under your belt, you'll need sustenance too. Will Gordon, head chef at Odette's, gives the recipe for his asparagus soup with wild mushrooms, poached egg and lardo.

Music lovers have another chance to attend the Primrose Hill Opera Cabaret at Cecil Sharp House in June. Tickets are on sale now.

The Community Centre is hoping to safeguard its use for another 25 years and plans to buy the lease; read how you can help.

You'll find plenty of events this month, plus local news, tips on legacy writing, and the challenge of a Primrose Hill sudoku.

Enjoy the spring!

Maggie Chambers

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‘Only the Piano Player...’
Richard McLaughlin

By Tracey Mitchell



Playing the piano professionally proved a passport to the worlds of theatre, film and dance for Richard McLaughlin. Eventually a resident at Compton Lodge, on the far side of Primrose Hill, he spoke readily of luck and chance in a musical vocation.

From his first public performances during the war, playing in Hull’s milk bars at the age of ten, Richard’s career culminated fifty years later in a star performance for Rostropovich at the Maltings in Suffolk.

His training began at London’s Royal Academy of Music in the 1950s. This was after being conscripted into the Air Force and sent to Hanover, where he managed to work as an accompanist on German radio. He then continued his musical studies at McGill University in Montreal.

Back in London, Richard started work as a rehearsal pianist with musicals like *Oklahoma* and *South Pacific*, then being staged in the West End. He played a variety of light music, dance and opera on liners cruising the Mediterranean or making Atlantic crossings.



“At first I had to accept everything. The ships required long hours, because people liked to stay up late. If they didn’t want to go to bed, I had to keep playing. The QE2 had operatic entertainment and I played the piano for them.”



Richard found his way back to Canada, staying there for sixteen years. He accompanied singers touring the country and taught the piano. He decided to audition for Montreal’s Grande Ballet, playing Schumann as his audition piece, and then toured Texas, New Orleans and Philadelphia with them. “It was tricky working with dancers,” he says. “Like them I had to be on my toes all the time because every day is different.” The Grande Ballet had an interesting repertoire of early French folksongs brought to Canada and newly discovered in the archives. They put on a stage version of *Carmina Burana*, and Richard wrote a ballet called *Trial Flight* for Montreal Theatre Ballet.

When touring with the Grande Ballet ended, a chance to accompany Liberace came up. “I finished the tour and Liberace needed somebody for a week,” he explains. “I played offstage, behind a curtain. He had full houses in Las Vegas, but not London.” However, Liberace’s professional approach won Richard’s respect. “His offstage personality was completely different from onstage. He was a good employer and paid well.”

Returning to London again, Richard played the piano for both the Old Vic and the National Theatre in the 1970s, in the days of Laurence Olivier: “I was lucky enough to see Olivier at work. In one play by Priestley the rain fell constantly outside the window. Sir Laurence looked after the rain-making machine, because he wanted the rain to look just right. He was full of anecdotes. Later on, the company played at the Brighton Playhouse. Sir Laurence lived in a Georgian crescent with Joan Plowright. They had the whole company to tea. We saw his museum of costumes and props from Henry V and Richard III. It was all wigs, crowns, swords and sceptres.”

Richard was invited to play incidental music for the Royal Shakespeare Company after he was heard improvising in a bar. “They were at the Aldwych Theatre. They gave me a bike because I was at both the NT and RSC, so I could cycle across the river. I did Chekhov, Turgenev and Gogol, all the Russian plays. The music was composed by Carl Davis, who wrote for them a lot. They put on *Travesties*, one of Stoppard’s first pieces. There were all kinds of actors about: Judy Dench and Donald Sinden had a big hit with a play called

London Assurance. Others like Ian McKellen, Ian Richardson and John Hurt to name but a few were in various productions. I was terribly lucky to be there and see them at work. I relished the eight years with the company, for the flow of creative energy. Everyone had ideas, there were suggestions from all sides. The actors were working out their characters to make it believable."

Improvisational work through the 1980s resulted from Richard's indignation at the taped music being played over silent films in Portobello Road's Electric Cinema. "What are you doing here?" Richard cried to the manager. The manager's response was "Can you do any better?" "So I did," says Richard.

He formed an ensemble called Cine Chimera and went on to play at the Everyman, BFI, Ritzy and Electric cinemas. They performed at a number of foreign festivals, including several times at Pordenone's Silent Film Festival near Venice. "Silent films need appropriate music to express everything from the love story to horror," Richard says. "The music has to encompass so much."

They played for the European silent classics like *Potemkin*, *Caligari*, *Nosferatu* and *Metropolis*. "I played a few Hollywood silents too," Richard explains. "*Sunrise* was the best known." Music played to the films made in the 1920s or 1930s necessarily reflected the musical upheavals of that era. At a Buster Keaton festival in Cambridge, the music captured the tongue-in-cheek, surprising, ironic and funny qualities of the films.

During the 1980s there was a collaboration with British artist, illustrator and children's author, Kathleen Hale. Richard set the picturebook of *Orlando, the Marmalade Cat* to music to raise money for Moot Hall in Aldeburgh. "Kathleen took part and her illustrations were screened. We did the performance several times and it was well-received."



Richard in his youth

Richard's favourite era of silent films are still being enjoyed: Primrose Hill Community Library's film for March was *The Signal Tower* from 1924, with piano accompaniment dedicated to Richard's memory.

Richard McLaughlin sadly passed away at the end of January, mid-way through preparing this article.

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Viceroy's House

By Jim Mulligan



To the Everyman Cinema, Belsize Park for a screening of *Viceroy's House* followed by a Q&A with Primrose Hill resident, the film's director Gurinder Chadha OBE.

"*Bend It Like Beckham* has been the bane of my life," says Gurinder. "Everyone wanted me to make the same film over and over again, but I wanted to make a big epic film that would wow the public and also tell the story of the little girl whose aunt died of starvation and who lived to be my grandmother."

Viceroy's House tells the story of Lord Mountbatten, the last Viceroy of India, and the subsequent Partition of the colonised subcontinent in 1947.

Gurinder believes that seventy years on from Partition, people do not know the history of the British Empire, that it is not taught in schools (a view confirmed by a thirty-year-old Londoner who told me he had never once heard the Empire mentioned throughout his education), and that in India and Pakistan also people are unware of the history of Partition.

So here is one version of the history...

By 1945 Britain was weakened by WW2 and forced to acknowledge that Indian independence was inevitable. Decades of political struggle were paying off for India. The leaders of opposition to imperial rule were Jawaharlal Nehru of the National Congress Party, Muhammad Ali Jinnah of the Muslim League and Mahatma Gandhi. They had all served terms in British jails. Nehru and Gandhi believed that in an independent India all religions could live together as citizens; Jinnah believed that Muslims would never be treated fairly in a united India and that they should have their own independent state. In the months prior to independence, civil unrest, riots and violence were increasing, and Lord Mountbatten panicked. No wonder.

Historians Ian Talbot and Gurharpal Singh wrote in *The Partition of India*: "There are numerous eyewitness accounts of the maiming and mutilation of victims. The catalogue of horrors includes the disembowelling of pregnant women, the slamming of babies' heads against brick walls, the cutting off of victims' limbs and genitalia and the display of heads and corpses. While previous communal riots had been deadly, the scale and level of brutality was unprecedented."

Neither the British nor the newly formed governments were equipped to deal with the ensuing migrations and the violence and slaughter that occurred on both sides of the borders. Estimates of the number of deaths vary, with low estimates at 200,000 and high estimates at 2,000,000.

Gurinder tells her story by means of upstairs–downstairs relationships in the Viceroy's house. Upstairs the Raj is serenely continuing its racist, domineering way; downstairs is seething with rivalry and discontent. The wider political picture is shown by archive footage.

"Post WW2 the view was that Britain and America were taking the map of the world and were deciding how they were going to control everything. The result was new borders and the ordinary people becoming migrants and victims and being criminalised in the process," she says.

The film makes much of the drawing of boundaries. In the timescale they were given, the diplomats had an impossible task, and especially the civil servant Cyril Radcliffe who was chair of the boundary committee. And then it transpired that all the negotiations were a waste of time because Churchill himself had drawn the boundaries, entirely in Britain's self-interest, and these were imposed. The result was disastrous and led to the creation of East and West Pakistan, three wars between India and Pakistan, including the independence of Bangladesh in 1971, and the festering situation in Kashmir.

"I had a choice, either to make a very detailed film about the history, which would have been a documentary; or to give a voice to the people you never hear and get as many people as possible to watch the film."

She includes a compelling love story that encapsulates the religious divide and family loyalties and culminates in the



Kerry Monteen *Bend It Films / Pathe*





Kerry Monteen *Bend It Films / Pathe*

notorious massacre of all the Muslims on a train making its way to Pakistan.

"Immediately after editing *Viceroy's House* I made a documentary on Partition which will be on BBC soon. People in India don't know this history. It is new to them. Young Pakistani people come out of the film and sob. They had not realised the sacrifices people made to achieve Jinnah's utopian vision of a secular society that had good relationships with everyone. They realise that vision has been betrayed. English friends say Britain got off very lightly in the film, but they are determined to learn more about what happened."

It is obviously impossible to make a film like this without offending whole communities. But the film is what it is: an attempt to entertain people, involve them, engage them and make them aware of their history so that they can go out and learn more for themselves.

Viceroy's House is out now at cinemas

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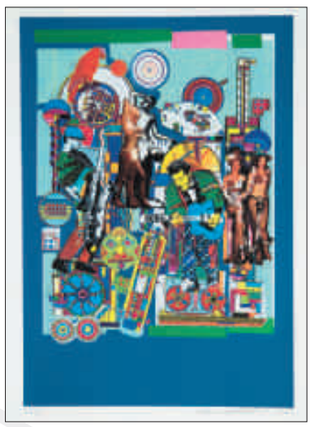
Eduardo Paolozzi, *Blueprint for a New Museum D320 (variation)*; lithograph with screenprinting, signed

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Eduardo Paolozzi, *Jazz*; silkscreen, signed

Silent Movies at the Film Show

By Colin Ludlow

After an unscheduled winter break while the floor of the library was being repaired, the monthly film shows there resumed in triumphant fashion on 7 March with an exhilarating evening of early silent movies. A packed and enthusiastic audience enjoyed the excitements of *The Great Train Robbery*, which was made in 1903, and a full-length action drama entitled *The Signal Tower* (1924).

The programme was selected and introduced by the celebrated film historian and restorer, Kevin Brownlow, who used to run his company, Photoplay Productions, from premises in Princess Road. Kevin won an Honorary Academy Award in 2010 for his role in film and cinema history preservation, and his passion for early cinema proved both captivating and infectious. He provided a wealth of fascinating information about both films.

The Great Train Robbery is one of the earliest film dramas ever made and was accused on its release of provoking a wave of copycat crimes. Although shot in black and white, the remarkably high-quality print used for the screening featured wonderful hand-tinted sequences which literally exploded into colour.

This was no more than a curtain-raiser, however, for the main film of the evening, which demonstrated the huge advance in story-telling techniques during the intervening twenty years. *The Signal Tower* featured spectacular train footage, intercutting narratives and an array of marvellous performances from the leading players.

Although made in Hollywood, it received its world premiere in London, and Kevin gave a compelling account of both this and the extraordinary lengths to which he had to go in order to obtain (and preserve) the print of the film that he was showing. This was intriguingly tinted – black and yellow for daylit sequences, black and blue for night ones – and remarkably modern in the chilling, sexual threat of its dénouement, with Wallace Beery exuding a terrifying sense of menace that seemed to anticipate the antics of Jack Nicholson in *The Shining*. The range of emotional tones and mixture of action, humour and romance were deftly handled by the director Clarence Brown, who went on to become Greta Garbo's favourite silent director.



The richness of the evening would not have been complete, however, without the superb piano (and flute) accompaniment of Stephen Horne. More used to performing at the Barbican cinema or film festivals around the world, Stephen did not stint his efforts for our modest neighbourhood venue. His varied and responsive improvisations provided a heart-thumping sense of tension and drama throughout the film's relentless 20-minute climax. Afterwards he commented that his fingers were a little stiff from the pounding he had given them, but added that it was enormously gratifying to play to such a full and appreciative house.

The evening was the first time that the library screenings had featured a silent movie, but at the end of a fascinating and immensely enjoyable evening people seemed to agree that it ought not to be the last.

Primrose Hill People
Nick Crane

By Maggie Chambers



The Rump of Doggerland. Sandbanks, off the coast of North Norfolk

According to the *Daily Mail*, Nicholas Crane, co-presenter of *Coast* and prize-winning author, is a 'national treasure'. He modestly assures me that they haven't always been so complimentary towards him.

I meet Nick to talk about his masterwork of a book: *The Making of the British Landscape*. It is the story of how humans have shaped our habitat and how it has shaped us in the course of twelve millennia. It is a story of immigration, global warming, destruction and rebuilding which we would do well to heed today.

The morning we meet is white with frost and Nick was just back from the top of Primrose Hill, which is how he starts his day. "Standing there in the frost it isn't difficult to imagine going back 12 millennia. The view is topographically unchanged in terms of hill and valley. To see how it looked 12,000 years ago, replace the modern, artificial landscape with tundra. By 10,000 years ago, it would have been a tree filled valley. By 5,000 years ago the woodland was mixed with clearings and spirals of wood smoke".



Nichols Crane

The hill itself is natural and with neighbouring Barrow Hill has been a vantage point for thousands of years. Although 'barrow' is normally taken as a reference to a burial mound, it's also the Old English word for a place by a wood or grove. The people who first permanently settled these hillslopes chose well. They are south-facing slopes, so warm, sunny and a pleasant place to farm. Barrow Hill has been decapitated by the reservoir and its slopes filled with blocks of flats. The battle between town and country is central to Britain's narrative and so is the challenge to provide affordable housing in the right places.

Nick moved to Primrose Hill in 1991, but he already had a connection here. In the 1880s and 1890s, his great-grandparents lived in Belsize Park. When she was a girl, Nick's grandmother walked from Belsize Avenue to St Paul's Girls school in Hammersmith. Her route took her over Primrose Hill where she'd pass Percy Dearmer (the vicar of St Mary's who produced *The English Hymnal* with Ralph Vaughan Williams) tossing back his scarf in the wind. "There was a certain amount of homing instinct in moving here".

Nick first bought a house in Eglon Mews, but after he married Annabel Huxley and had two of their three children, they moved to Berkley Road. "There was a guy who did odd jobs in Primrose Hill at the time who had a milk float, so I hired it for the day and moved everything over." When he'd finished the move, Nick realised he'd probably never have the chance to drive a milk float again, so he took it on a tour of Primrose Hill.

The Making of the British Landscape is peppered with dramatic climate changes which sculpted the geography of our island. Britain was connected to mainland Europe 12,000 years ago. Around 9700 BC temperatures rose, the ice melted and the tundra transformed into woodland. People became 'woodland dwellers' making tools from stone and hunting deer and boar.

Around 6700 BC a 'little Ice Age' hit Britain and bleak centuries of cold, stormy winters resulted. Trees died, sea levels flooded the rivers, the growing season was shortened and our landscape changed again.

To highlight how globally interconnected we are, in around 6200 BC a vast lake in North America burst its banks and flooded the North Atlantic with chilled water. Temperatures in this part of Europe fell by 5°, sea levels rose and ecosystems shut down. "A global chilling aftershock thousands of miles away had changed the shape and nature of Britain in a matter of months."

One autumn day around 200 years later a tremor in the earth's crust released a huge tract of seabed debris which caused a giant tsunami to cascade over Britain, starting in the Shetlands and crashing on down through the country. People living by the coast in northern Britain would have been met with a 20-metre wall of water which swept away entire communities in its wake.

The ancient plain of Doggerland, which connected Britain to the rest of Europe, faced rising sea levels and its dwellers moved west to safety. The plain had become little more than a precarious bridge connecting Britain to Europe. As the temperatures continued to rise, the North Sea and the Channel finally met, the isthmus was ruptured, and Britain, for the first time in its history (but not the last), was cut adrift from the rest of Europe.

All of this is scary stuff and I ask Nick what he thinks the future might hold for us in terms of global warming. "Collectively, we're burying our heads in the sand and need to address climate change. It can be abrupt. We now have warming oceans, melting ice, rising sea-levels. Weather patterns are tending to become more extreme."

Landscapes, our human habitat, will be bound to change, too. Nick believes we need to approach climate change in three ways: urgently reduce emissions, and think about adaptive, resilient communities and low-carbon economies.



Snowdonia National Park



Today's Primrose Hill



Roman fort on Hardknott Pass, Lake District

Climate had gone part way to creating the landscape of Britain, and the growing population followed suit. Further immigrants arrived by boat. These were the 'house people' who built rectangular houses and began to leave traces on the landscape.

When the Romans invaded Britain in AD 43, Emperor Claudius brought with him 'an army of psychopathic builders' and Britain developed 24 major towns. The Normans created another urban boom, followed by another freeze, rains, famines and the Black Death. Villages were left abandoned and farming was neglected. Fast forward in time and canals, bridges and docks were constructed.

By 1800 London was the largest city there had ever been in the world. In the previous 60 years the ancient hedgerows and field paths bordering Oxford Street had been developed. Between Primrose Hill and Kilburn was open country. South of Primrose Hill was a valuable area of farmland, Marylebone Park. In 1811 the lease for the farm ended and architect-turned-planner John Nash won a competition for how best to develop the land. His scheme was to create a park with trees, a lake and grand terraces. The northern edge was to have a new canal. To prevent undesirables entering the park, Nash minimised the number of bridges over the canal.

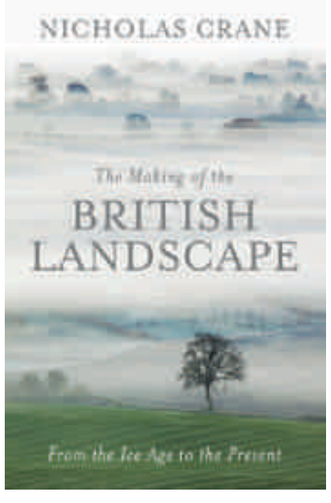
The development of Regent's Park brought this part of London into contact with Regent's Street and the West End. Primrose Hill became more mapped and part of the greater conurbation. Most significant for our neighbourhood was the coming of the railway, which stamped the Industrial Revolution on our landscape. Tunnels, bridges and embankments were built to overcome the 'unhelpful undulations of Britain's landscape'.

After the Second World War, 14 million tons of debris had to be cleared. Much of it was used for rebuilding, but the unusable waste was taken to dumps, including the northern part of Regent's Park (where it appears in dry summers) and the Cumberland Basin on the canal, which is now the zoo cark park.

Nick finds it hard to walk round London without being moved by the landscape. "It's an unbelievably rich landscape, with the capacity to help you time travel to any period. It all has stories to tell."

The reason why Nick wrote the book was to create a fresh narrative of Britain and its habitat, one not told through events of kings and queens and battles. "Modern politics is based on historical events, rather than geographical evolution. But that only goes back 2,000 years. You struggle to find any narrative which fills in the missing 10,000 years. The only story which makes any sense is the one which starts before humans came and then the influx of people from all parts. Cultural diversity is fascinating and part of living in one of the world's most interesting islands."

Given that Nick is an expert on Britain, having travelled to every corner for his books and the programmes *Coast* and *Town*, I ask where he would most like to live in Britain. The answer: "Here in Primrose Hill. Nowhere else comes remotely close. I've never lived in such a warm community."



Nicholas' book 'The Making of the British Landscape' is available now

Sudoku

Use the letters of Primrose Hill instead of the numbers 1-9.

The name Primrose Hill contains nine different letters as three are repeated. Fill the grid so that each row, column and 3 × 3 box contains these nine different letters.

P R I M R O S E H L

		P	R		E	S		
		S	I		P	O		
L			M		R			H
	M		P		O		L	
	L	H				I	O	
	I		O		S		E	
	O						P	

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What's On

Dates for your April diary

APRIL

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Councillor's Surgery
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Imagine
Concert by Primrose Hill Choirs: Community Choir, Children's Choir and Singers. Musical Director: Matthew Watts. Folksongs from Great Britain, Macedonia and Israel, incl. *Blackbird* (Beatles), *Imagine*, *The Rhythm of Life*, *We'll Gather Lilacs* and more. St Mary's Church, NW3 3DJ. 6–7.30pm. Tickets on door: adults £10, concessions £8, under 13s free. primrosehillchoirs.com

SUNDAY 2

Passion Sunday
Sung Eucharist at St Mark's Church, with Passion Play. 10.30am.

Spring Yoga Workshop
Stretch, strengthen and relax the body and calm the mind before enjoying yummy, healthy snacks. PHCC. 4–6pm. £26. Contact: carolineshawyoga@gmail.com www.carolineshawyoga.com

TUESDAY 4

Film Night at the Library
Of Gods and Men (2011), Grand Prix Winner at Cannes 2010, directed by Xavier Beauvois, introduced by William Gulliford, Vicar of St Mark's. PHCL. 7.30pm. £8 in cash, includes glass of wine. Tickets on door or in advance from PHCL.

WEDNESDAY 5

Tech Teaparty
'Recommend Me' invite you to a Tech Teaparty to learn how to access local events, activities and services. PHCC. 2pm. Free.

Annual Parochial Church Meeting
For St Mark's Church. 7pm.

Evening Open House
Talk by David Merron about being evacuated from the East End during WW2, from his book ***Goodbye East End: An Evacuee's Story***, followed by refreshments. PHCC. 7.15–9.15pm. Free.

SATURDAY 8

Playday for amateur musicians
Sinan Kadifachi coaches and conducts Schubert, Quartet in D Minor, 'Death and the Maiden'. PHCC. 12 noon through to free concert at 5pm. £25 including lunch. Contact: sueandhercello@gmail.com

Easter Bingo for Over 60s
Hosted by sixth-formers at Haverstock School, 24 Haverstock Hill. 2pm. 50p, or £3 for six games. Free refreshments and raffle. Contact Nikki: 020 7424 8366

SUNDAY 9

Palm Sunday
Joint service, St Mark's and St Mary's, at St Mary's at 10.30am, starting with procession from the Hill. For details, tel. 020 485 6340

MONDAY 10

Orphic Myth and Platonic Philosophy
Informal talk and readings from Platonic writings; details from www.prometheustrust.co.uk. Cecil Sharp House, 2 Regent's Park Road, NW1 7AY. 7.30–9.15pm, and other Mondays. Free, but donations welcome.

WEDNESDAY 12

Wrong Place, Wrong Time
David Perimutter on turning true life experiences into a novel. PHCC. 2pm. Free.

THURSDAY 13

Meditation Yoga
Yoga with Ellen Emmet. PHCL. 6.30–8pm. Free. Contact: ellenemmet@outlook.com

FRIDAY 14

Good Friday Services
St Mark's Church. 10am, for children; 12 noon, Stations of the Cross; 1.30pm, Solemn Liturgy of the Day.

SUNDAY 16

Easter Day Service
Sung Eucharist at St Mark's Church, 10.30am.

TUESDAY 18

Open Mic
Perform or listen. PHCL. 7pm. Free. Contact: 020 7419 6599

WEDNESDAY 19

The Victorian Working Horse
A talk by local resident Peter Darley of the Camden Railway Heritage Trust. PHCC. 2pm. Free.

Wrong Place, Wrong Time
Repeat of David Perimutter's talk on turning true-life experience into a novel. PHCC. 7.15pm–9.15pm. Free. Details of this and subsequent Evening Open House events from PHCA office: 020 7586 8327

FRIDAY 21

Councillor's Surgery
PHCC. 6.30–7.30pm. No appointments needed.

WEDNESDAY 26

Charade
The 1963 romantic comedy/mystery film, shot in Paris, and starring Cary Grant and Audrey Hepburn. PHCC. 2pm. Free.

THURSDAY 27

Meditation Yoga
Yoga with Ellen Emmet. PHCL. 6.30–8pm. Free. Contact: ellenemmet@outlook.com

Library Book Club
Details of this month's book at www.phcl.org. PHCL. 6.45–8.30pm. Free. Contact: events@phcl.org

MAY

TUESDAY 2

Film Night at the Library
Billy Liar (1963), starring Tom Courtenay and Julie Christie, directed by John Schlesinger. PHCL. 7.30pm. Tickets £8, include glass of wine, in cash, in advance at PHCL, or on the door.

FRIDAY 5

Top of the Hill Quiz 2017
Its back! For a 14th successive year! The famous fun quiz 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 eight neighbours, or just come yourself and join in with a team. Numbers are limited. Contact: 020 7586 8327

JUNE

SATURDAY 10

Summer Fair
10th annual Summer Fair in Chalcot Square, organised by PHCA. Volunteers needed, please ring 020 7586 8327. 1.30–5pm.

REGULAR EVENTS FOR THE GROWING

MONDAY

Ready Steady Go ABC
For babies and toddlers, 0–15 months. Exploratory play, music, singing, dance and stories. PHCC. 9.45–10.45am (0–6 months); 11.15am–12.15pm (6–15 months). Contact: 020 7586 5862

Circus Glory
Trapeze for age 3–12 years. PHCC. 3–6.30pm. Contact: Genevieve gmonastesse@googlemail.com 0797 345 1603

Rhyme Time
Rhyme Time for Under 5s. PHCL. 10.30–11.15am. Suggested £2 donation. Contact: 020 7419 6599

Homework Club
Do your homework in the Library with a qualified teacher. PHCL. 4–6pm. Free. Contact 020 7419 6599

TUESDAY

Monkey Music
Music and play for under 5s. PHCC. 9.30–11.30am. Classes £11. Contact Alex: 020 8451 7626

Hartbeeps Baby Sensory
PHCC. 1.30–5.15pm. Classes £8. Contact Clare: 0752 868 8734

Music and Rhyme Time for the Under 4s
Drop-in sessions. PHCC. 4.30–5pm. £1. Contact PHCC office: 020 7586 8327

WEDNESDAY

Circus Glory
Trapeze for ages 3–12. PHCC. 2.30–6.30pm. Contact: Genevieve gmonastesse@googlemail.com 0797 345 1603

Homework Club
Do your homework in the Library with a qualified teacher. PHCL. 4–6pm. Free. Contact 020 7419 6599

Primrose Hill Children's Choir
Fun songs and games, for ages 4–11. St Mary's Church, NW3. 4–5pm. First time free, then £8 per week. Info at www.primrosehillchoirs.com

All-ages Chess Club
Join us for a game of chess. PHCL. 6.30pm. Free. Contact a.bruce@pardesgrammar.co.uk 07830 107 477

THURSDAY

Mini Mozart
Musical story time for children. PHCL. 9.30am. Contact hello@minimozart.com

Ready Steady Go ABC
For toddlers, 12–18 months. Exploratory play, music, singing, dance and stories. PHCC. 9.45–10.45am. Contact: 020 7586 5862

Mini Mozart for Babies
Musical story time for children. PHCL. 10.15am. Contact hello@minimozart.com

Pilates
Pilates for mothers and babies. PHCL. 11am. Contact pilateswithpaulette@gmail.com

Drop-in for Under 4s
Drop in and take part in a variety of activities. PHCC. 11.15am–1pm. £2.50 to include snack, tea and coffee for mums. Contact PHCC office: 020 7586 8327

Baby Yoga
Nourishing, relaxing yoga classes for babies aged 3 months to crawling. PHCL. 1.45–2.45pm. £8 drop in, £35 for 5 classes. Contact info@tarasabiyoga.com

Catherine's Ballet, Chalk Farm School of Dance for Under 5s
Ballet classes at PHCC. 4–5pm. www.chalkfarmschoolofdance.co.uk info@chalkfarmschoolofdance.co.uk

First Class Learning
English and Maths tuition. PHCL. 3.30– 6.30pm. Contact: primrosehill@firstclasslearning.co.uk.

Music and Rhyme Time for Under 4s
Drop-in at PHCC. 4.30–5pm. £1. Contact PHCC office: 020 7586 8327

FRIDAY

Mothers' Mornings
Meet other mothers while your children play. PHCL. 10.30–11.30am. Free. Contact: 020 7419 6599.

Circus Glory
Trapeze for ages 3–12. PHCC. 2.30–6.30pm. Contact: Genevieve gmonastesse@googlemail.com 0797 345 1603

Funky Dance Classes
Ages 4–16. PHCC. 4–6.45pm. Contact: Juliet 0797 191 6174 www.pittapattadance.co.uk Juliet@pittapattadance.co.uk

SUNDAY

Perform
Drama, dance and singing for ages 4–7. PHCC. 9.30am–1pm. Contact: 020 7209 3805

REGULAR EVENTS FOR THE GROWN

MONDAY

ACOL Bridge Club
PHCC. 1.45–3.45pm. £3. Contact Maureen Betts: 0791 944 4187

Circus Glory: Trapeze for Adults
All levels welcome. PHCC. 1.30–2.45pm. Contact: Genevieve gmonastesse@googlemail.com 0797 345 1603

Neighbourhood Information Centre
Drop-in advice centre. PHCL. 2–4pm. Free. Contact: 020 7419 6599

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

Bridge Class
Join us for a game of bridge. PHCL. 6.30pm. Contact: jojarrold@gmail.com

Primrose Hill Community Choir
Love to sing? Try us out! All welcome. PHCC. 7.30–9.30pm. £5. Hear us and details: Contact Matthew: 0781 723 4925 www.primrosehillchoirs.com

TUESDAY

Dynamic Pilates
Pilates class. PHCL. 9am and 10.15am. £12 per class, £100 for 10 classes. Contact: lizacawthorn@gmail.com

Gentle Pilates
Pilates class. PHCL. 11.30am. £12 per class, £100 for 10 classes. Contact: lizacawthorn@gmail.com

ESOL Class
Learn English. PHCL. 12noon–1.30pm. Free. Contact: mclairebennett@gmail.com

Keep Fit for the Over 60s
PHCC. 3–4pm. Free. Contact PHCC office: 020 7586 8327

Hatha Yoga
PHCC. 1.30–2.30pm. Drop-in £11; 5 classes £50; 10 classes £90. Contact: emma.lecoeur@gmail.com 0780 855 3599

General Yoga
PHCC. 6.30–8pm. Contact Catriona: cat.b1@blueyonder.co.uk 020 7267 5675

Laban Movement Workshop
For those interested in practising and exploring Rudolf Laban's Scales and Efforts. PHCC.12noon–1pm. £10. Contact: jennyfrankel.laban@gmail.com 07970 536 643

WEDNESDAY

Circus Glory: Trapeze for Adults
All levels welcome. PHCC. 1.15–2.15pm. Contact: Genevieve gmonastesse@googlemail.com 0797 345 1603

Feldenkrais
Gentle movement using the Feldenkrais method. PHCC. 6–7pm. Free. Contact PHCC office: 020 7586 8327

Open House
A regular activity (film, talk, performance) followed by tea, cake and chat. PHCC. 2pm. Free. Contact PHCC office: 020 7586 8327

All-ages Chess Club
Join us for a game of chess. PHCL. 6.30pm. Free. Contact a.bruce@pardesgrammar.co.uk 07830 107 477

THURSDAY

Gentle Pilates
Gentle but effective pilates class. PHCL. 12.30–1.30pm. £10 per session. Contact: annie@mactherapy.org

Narcotics Anonymous.
PHCC. 1.30–3.45pm. Free.

Primrose Hill Yoga
Strengthen, stretch, relax and re-energise. PHCC. 5.30–6.30pm. £11 drop-in; £40 for series; student and unemployed discount available. Contact: carolineshawyoga@gmail.com

Yoga for Seniors
PHCC. 7–8pm. Free. Contact PHCC office: 020 7586 8327

Life-Drawing
Beginners to professionals, just drop in! PHCC. 7–9.20pm. £8 or £6 concession. www.meetup.com/Primrose-Hill-Life-Drawing-London Instagram: @lifedrawingph phlifedrawing@gmail.com or contact PHCC office: 020 7586 8327

FRIDAY

Aerial Pilates
PHCC, 9.45–11.15am. Contact: circusbodies@gmail.com

Mothers' Mornings
Meet other mothers while your children play. PHCL. 10.30–11.30am. Free. Contact: 020 7419 6599

Circus Glory: Trapeze for Adults
All levels welcome. PHCC. 1.30–2.45pm. Contact: Genevieve gmonastesse@googlemail.com 0797 345 1603

Thunderclap – varied dance themes
PHCC. 7.30–9.30pm. Free, just drop in. Contact PHCC office: 020 7586 8327

SATURDAY

Primrose Hill Market
St Paul's School playground, Elsworthy Road, NW3. 10am–3pm. Contact: www.primrosehillmarket.com.

SUNDAY

Hopkinson's Bar
Meet for a drink with your neighbours. All welcome. PHCC. 12 noon–2pm. Contact PHCC office: 020 7586 8327

CONTACT DETAILS

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

PHCL
Primrose Hill Community Library
Sharpleshall Street,
NW1 8YN
Contact:
events@phcl.org
020 7419 6599

Please submit entries for our May issue by Friday 7 April
onthehillwhatson@phca.cc

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An Update on Primrose Hill Community Centre

The Primrose Hill Community Association has been given an option by Camden Council to buy a 25-year lease on its home, the Community Centre at 29 Hopkinsons Place, for an upfront payment of £250,000.

In the 1970s a campaign by Primrose Hill residents to stop the demolition of the Piano Factory in Fitzroy Road resulted in Camden Council buying the building and converting it into flats. The Council offered to renovate the old machine shop on the factory site if a group of local volunteers emerged to organise community activities. In 1978 the PHCA was formed, and in 1980 it moved into the Centre.

Since then the Centre has been in daily use, providing space at all times of the day and evening, for educational, children's and leisure activities, and for private hire. The PHCA is a registered charity. Its influence extends beyond the Centre, originally organising the Fireworks on the Hill, the Summer Fair (this year will be the 40th!), a Lunch Club in the Oldfield Estate, the *On The Hill* magazine, and the successful 2012 campaign to save the Library.



For most of the past forty years Camden has given a grant to PHCA, recognising that its activities were of benefit to local residents and were managed more appropriately, and more cheaply, than by the Council. The age of austerity, and the dramatic reduction in funding of local government by central government, have meant that not only has all financial support been withdrawn, but instead Camden is now imposing a rent for PHCA's use of the Centre building. This year's rent is £22,000 and this is anticipated to rise to over £40,000 per annum following a revaluation in five years. The new charge of rent threatens to put PHCA into a loss-making position each year.



So, after several years of difficult negotiations, an offer has been made and the PHCA Management Committee has welcomed this opportunity to buy out a 25-year lease as a way of ensuring a future for the Community Centre. PHCA's Honorary Treasurer, Colin St Johnston, who has been leading the negotiations with Camden for several years, has thanked Councillors Callaghan, Pietragnoli and Cotton, Council officers and others for the support so far.

"We are particularly indebted to local solicitor Francis Katz, who has been acting for the PHCA in a pro bono capacity, and who has spent many hours redrafting clauses and negotiating a lease that the PHCA Trustees could accept."

This just leaves the small matter of a large sum to find before the end of 2017. PHCA is now looking with imagination and ingenuity at ways to source the funding. Any residents with advice, experience or of course a spare quarter of a million are asked to contact Colin St Johnston on 020 7722 5932 or Dick Bird on 020 7722 1649.

The prize – of ensuring the continuation of the Centre, which has been the anchor of Primrose Hill's neighbourly atmosphere for 40 years – is substantial, virtually determining the nature of what 'community' means in Primrose Hill in future years.

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Primrose Hill Lectures 2017



7 June
Andrew Marr on Reflections on Democracy



14 June
Louise Chester on Mindfulness in Daily Life



21 June
Tim Marshall on the Power and Politics of Flags



28 June
John Mullan on What Matters in Jane Austen?



5 July
Deborah Moggach on Adventures in the Screen Trade

Lectures run from 7 to 8pm including Q&A. Bookselling follows. The bar opens at 6.30pm.

Tickets and further information: **www.stmarysprimrosehill.com**
Tickets £12 per event and £50 for the series. Proceeds go to St Mary's outreach work to provide for our disadvantaged youth, the elderly and a cold weather shelter for the homeless.

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Primrose Hill Passions
Judy Rich on Legacy Writing

By Doro Marden



Photo by Sarah Louise Ramsay

I talked to long time Primrose Hill resident Judy Rich sitting in her bay window looking over Chalcot Square. Judy arrived in London in 1974 and founded, then ran, the fashion chain Long Tall Sally for three decades. Since selling up ten years ago she has worked as a life coach.

"I've loved being a life coach and helping people to access their dreams. It is so rewarding to see them finding a life purpose and fulfilment at every stage of life.

"But my other passion is writing. I discovered it when a friend took me to a reading in Highgate, ten people presenting their own writing. I can still remember the thrill: everybody has a story, and everybody can tell their own story, I was hooked! I love writing in groups, being inspired by other people and being in a safe, confidential space where everyone comes with the same intention.

"I believe we casual writers enjoy the sheer pleasure of creatively putting words on paper and telling our stories. Writing is also healing and writing our tragedies is as important as writing our pleasures. People seem to think that memoirs need to be a whole autobiography, but it doesn't have to be that way, episodic writing works fine.

"Discovering the joy of writing Ied me to do a degree course, Creative Writing for Therapeutic Purposes. I did my dissertation on legacy writing. Obviously, you can keep your writing to yourself, but I have reached the age when I think about what I want to leave behind; what do I want my descendants and friends to know about me? My pieces from the past ten years were scattered in notebooks and my computer. I didn't want them to be lost.

"So I am sifting through my writing and bringing it together in a big yellow ring-binder I call my 'legacy' file, titled 'Rich Pickings'. Stories of my life are arranged chronologically rather than by the dates when I wrote them. There are stories of my childhood, my teenage years, my parents, and reflective pieces which I call 'turning points' – for example, discovering my feminist self, meeting my husband, and having a cancer diagnosis.

"The dissertation required a more academic style, but now I have returned to writing creatively and am enjoying being in two life writing groups. I always say, 'if I can do it, anyone can!'"

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Primrose Hill Eats

Asparagus soup with wild mushrooms, poached egg and lardo



Photo by Sarah Louise Ramsay

Celebrate Easter the Odette's way, making the most of the freshest, well-sourced ingredients and adapting to the seasons. This colourful starter maximises the delicacy of new-season asparagus and embraces the spirit of Easter with its poached egg adornment.

Burford Brown eggs are readily available and have particularly striking yolks. Ask your butcher or local deli to slice the lardo; if you can't find lardo, thinly sliced pancetta is a good alternative.

Ingredients (serves 4)

- 6 bunches asparagus (reserve 2 spears for garnish)
- 4 Burford Brown eggs
- 1 white onion, finely chopped
- 50 ml cider vinegar
- 200 g butter
- 1 litre cold water, plus a bowl of iced water
- 250 g button mushrooms
- 250 g wild mushrooms (girolles or chanterelles if possible)
- 100 ml cream
- 50 g panko breadcrumbs
- 4 large, very thinly sliced pieces of lardo
- Juice of 1 lemon
- Vegetable oil
- Salt and pepper to taste

Method

Chop the asparagus into evenly sized pieces. Cook in boiling salted water for 6 minutes, and then immediately transfer into iced water.

Melt half the butter in a frying pan and sweat the onion until soft and transparent (it should not colour). Pour in the cider vinegar and boil for 1 minute.

Add the cold water and cooked asparagus and blend in a food processor for roughly 5 minutes until it makes a nice, smooth soup. Season with salt and pepper to taste. Set aside in the fridge quickly, to preserve the colour.

Cut the button mushrooms into quarters and the wild mushrooms into even sizes. Heat the vegetable oil in a hot pan, then add the button mushrooms and cook until golden brown.

Add the wild mushrooms and cook for 2 mins. Add the cream, bring to the boil, season with salt and pepper to taste and set to one side (it needs to keep warm).

Heat a frying pan to a high heat and add the rest of the butter. When it starts to foam and turn brown add the panko breadcrumbs and stir constantly until the breadcrumbs are golden brown. Strain out the butter and set aside the breadcrumbs.

Fill a large pan with water and bring to a simmer. Add the vinegar and crack in the eggs. Simmer for 1½ minutes until poached.

Thinly slice the remaining 2 spears of asparagus and dress in the lemon juice.

Reheat the soup. To plate up, spoon a portion of the warm mushroom mix into each bowl, then place a poached egg on top. Drape sliced lardo over the egg so that it melts, and pour some of the hot asparagus soup to the side. Finish with the crispy breadcrumbs and sliced raw asparagus.

And to drink…

Nicolas recommend the following white wines. Both are notable for their freshness and acidity, which complement the powerful green of the asparagus. Expect grassy, mineral and lemony notes with a long finish and a hint of green peas.

Sancerre Les Champs Clos (2015), 12.5%, £20

Quincy Pierre Duret (2015), 13%, £16.60

www.odettesprimrosehill.com
www.nicolas.co.uk
(See Marketplace for more details.)





Talk Show

The first Talk Show was launched at Jacqueline House on the Oldfield Estate in February. Organised by Central & Cecil in collaboration with North London Cares and Primrose Hill Neighbours Help, the Talk Show included residents John Swords and Mike O'Hara.

Chris Robinson from Central Head Office was a charming front man and his wife Sandrine was the perfect hostess. Rachael Dinnage from Central & Cecil went out of her way to attract such a diverse and appreciative audience. Helpers served cocktails and canapés – a sophisticated change from 'nibbles and a glass of wine'.

It set the tone for what proved to be an intelligent and stimulating evening. The large audience was engaged from the start and asked lively questions. A chat show set of bright orange sofas for the four contributors and a chair for the host, Andy Duke, created a TV studio atmosphere. A professional sound system and four excellent speakers made the evening a night to remember – in all, a great success. Other Talk Shows are being planned.

Margaret Liebbrandt

Race For Life

The annual Race for Life event takes place in Regent's Park on 27 May. The 10 km run (or stroll) raises money for Cancer Research UK. Women are invited to sign up for the event by visiting raceforlife.org



Bulb Planting

Bulbs have been planted in Chalcot Square. Spring is here!



Open House

Martin Sheppard's talk on 'Twenty Extraordinary Building Projects for Primrose Hill' detailed proposals never constructed, as well as one demolished by a V2 bomb.

In 1848 the first gymnasium purpose-built for public use in Britain was to be located on the Hill. A national memorial to the victory of Waterloo and a 94-storeyed pyramid, complete with observatory, were among other Victorian plans.

Both *The War of the Worlds* and *The Invisible Man* made use of the Hill. HG Wells had Martians land in Surrey and Primrose Hill, in *The War of the Worlds*, published in 1898. The Martians later retreat to the Hill and build a giant flying machine in order to conquer Earth. Jack Griffin, hero of *The Invisible Man*, spent a day on the Hill before he turned invisible.

A V2 landed on a tearoom causing minor casualties on Wednesday 21 March 1945. Eleven years later Claire Winston, a sculptor and neighbour of George Bernard Shaw, suggested a work in tribute to the people who protected the Hill when aflame. "I was there when the bombs dropped and we saw the flames of London from the Hill," she wrote.

Accounts of the heritage and history of the area always draw a large crowd, and 'Twenty Extraordinary Building Projects for Primrose Hill' filled the hall.

Tracey Mitchell

Police Raids

Police have carried out a series of raids in Primrose Hill in an attempt to target dealers who trade in heroin and crack cocaine. Battering rams were used by the police to gain entry to three houses on 24 February. A sniffer dog called Indie helped with the search, which uncovered over £5,000 of drugs. Complaints had been received about dealers operating in the area around Fitzroy Road. Six people were arrested.

Help Needed

Do you work in Marketing or PR? St Mary's Youthwork needs your expertise: ideally this would be 2-4 hours to work on our Marketing Plan for this upcoming year.

For further information, visit our website at www.stmaryscct.com or watch our video: www.youtube.com/watch?v=Fy_0fs7Gfko

For further information, please email maryjanerf@icloud.com

Glyndebourne in Primrose Hill

By Martin Sheppard



Do you like hearing high-class professional young singers performing well-known arias, duets and quartets to a high standard? Do you enjoy opera but sometimes find it rather too serious? Would you enjoy a sociable, light-hearted but very reasonably priced operatic evening out in Primrose Hill itself? If the answer is yes, the Primrose Hill Opera Cabaret is for YOU!

For the last two years, the Primrose Hill Opera Cabaret has performed to great applause at Cecil Sharp House. It starts and finishes early on a Sunday evening, with an interval allowing everyone to have a drink and to enjoy a picnic. Unlike at Glyndebourne, the picnic is inside. There is no dress code and, even better, you do not have to make the very considerable effort of getting to Glyndebourne and back. This year the Primrose Hill Opera Cabaret is on Sunday 18 June, at Cecil Sharp House, starting at 6 pm and finishing by 8 pm.

Each year the programme includes a different selection of operatic numbers, accompanied on the piano. There are also changes in the singing line-up, with the aim of encouraging the best young singers. The evening is hosted by the multi-talented and highly amusing Adey Grummet, who introduces the singers and the music. At the end of the evening, after a short communal rehearsal, everyone gets the opportunity to sing *Va Pensiero*, the 'Slaves' Chorus' from Verdi's *Nabucco*.

The Opera Cabaret, which is a cross between opera and music hall, was invented in Stoke Newington and has been run there successfully for twenty years by Farquhar McKay. It works so well there that I managed to persuade him to clone it in Primrose Hill, acting as local agent. Non-profit-making and self-financing, tickets are £22, or £20 each for a table of ten. The last two years we have run a raffle on the night on behalf of the Primrose Hill Community Library and have both times raised £1,000, with prizes generously supplied by local shops and businesses. We are also extremely grateful to Hamish Gilfeather, at our local branch of John D Wood, for sponsoring the cost of the hire of Cecil Sharp House.

The only problem we have is that tickets sell out very quickly. This makes the Opera Cabaret seem exclusive, which is the exact opposite of our intention. Seating is either on tables (long tables for twenty and round tables for ten) or round the edge of the hall. We hope you will want to come, but please book early to avoid disappointment. Individual tickets can be bought at www.operacabaret.org.



Yoga for Children

By Harriet Broadway



Have you ever wondered how to have a calm and engaged child?

St Paul's School achieved that dream, for one day at least, when every year group took part in a 45-minute yoga session. The event was organised and partly run by Molly Hallam, a mum at the school. Molly practised yoga for fifteen years then did a teacher training course in Jivamukti yoga. She engaged Dan Gelblum, a yoga teacher with a Feldenkrais background, to co-run the classes. This method is thought to improve the movement of the body and create a sense of well-being.

The aim of the day was to get the children to have a greater awareness of their bodies. They began by lying on the floor and imagining what kind of picture they would make. They were encouraged to use their imaginations and make shapes with various combinations of hands and feet on the floor.

Next up was a tip to keep you being young. Let me share it with you. Stand up, raise your arms, bring your right hand down to your left foot and keep on turning until you can sit down. No more groaning when you flop down on the sofa. This is a twist to give you super powers.

The end of the session followed the usual relaxation phase of a yoga class. The children were shown a large jar of green glitter which was shaken up and allowed to slowly settle. They were encouraged to see the glitter as an analogy of their own mind calming.

So did it work? Reports from staff say the children were uncannily calm and focused for the rest of the day!

Sudoku Answers

I	E	L	S	O	H	M	R	P
O	H	P	R	M	E	S	I	L
M	R	S	I	L	P	O	H	E
R	S	I	H	E	L	P	M	O
L	P	O	M	I	R	E	S	H
H	M	E	P	S	O	R	L	I
S	L	H	E	P	M	I	O	R
P	I	R	O	H	S	L	E	M
E	O	M	L	R	R	H	P	S

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Erskine Road,
NW3 3AJ
020 7586 6366
info@primuk.com
Mon–Sat 09.30–18.00
www.primuk.com
dkdkkfkddf

2 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
www.lisahauck.com

3 WHITES HAIRDRESSERS
42 Chalcot Road,
NW1 8LS
020 7586 5850
cait.whitesofprimrosehill@gmail.com
Mon–Sat 11.00–19.00
Thurs 11.00–20.00
www.whitesofwhitecross.co.uk

4 GARRY TRAINER CLINIC
65 Princess Road,
NW1 8JS
020 7722 6203
garry@garrytrainer.com
Mon–Fri 07.00–20.00
Sat 09.00–17.00, Sun 09.00–13.00
www.garrytrainer.com

5 AESTHETICS LAB
128 Regent's Park Road,
NW1 8XL
020 7722 5872
info@aestheticslab.co.uk
Mon 09.00–18.00
Tues–Thurs 09.00–19.00,
Fri 09.00–18.00, Sat 10.00–18.00
Sun 10.00–16.00
www.aestheticslab.co.uk

6 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

7 GARY INGHAM HAIRDRESSING
150 Regent's Park Road,
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020 7483 1000
info@garyingham.com
Mon–Tues 10.00-19.30
Wed 09.00 –19.30
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Sat 09.00–18.30
Sun 11.00–18.00
www.garyingham.com

8 SHAMPOO HAIRDRESSERS
63 Regent's Park Road,
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020 7722 9594
alinashala@hotmail.co.uk
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020 7586 6887
info@privato.co.uk
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www.privato.uk

10 L'ABSINTHE (ALL DAY) BRASSERIE
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NW1 8LS
020 7483 4848
absinthe07@hotmail.co.uk
Mon 08.00–16.00
Tues–Fri 08.00–22.00
Sat 09.00–22.00, Sun 12.00–21.00
www.labsinthe.co.uk

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07572 480 102
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www.ripekitchen.co.uk

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130 Regent's Park Road,
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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
www.odettesprimrosehill.com

14 GREENBERRY CAFÉ
101 Regent's Park Road,
NW1 8UR
020 7483 3765
info@greenberrycafe.co.uk
Tues–Sat 09.00–22.00
Sun and Mon 09.00–16.00
www.greenberrycafe.co.uk

15 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.thelansdownepub.co.uk

16 LA COLLINA
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

17 NEGOZIO CLASSICA
154 Regent's Park Road,
NW1 8XN
020 7483 4492
info@negozioclassica.co.uk
Mon–Sun 11.00–24.00
Kitchen closes at 22.30
www.negozioclassica.co.uk

18 MANNA
4 Erskine Road,
NW3 3AJ
020 7722 8028
enquires@mannav.com
Tues–Sun 12.00–22.30
www.mannav.com

19 THE PRINCESS OF WALES
22 Chalcot Road,
NW1 8LL
020 7722 0354
info@lovetheprincess.com
Mon–Fri 11.00–24.00
Sat 09.30–24.00
Sun 09.30–23.00
www.lovetheprincess.com

20 MICHAEL NADRA RESTAURANT, MARTINI BAR AND GARDEN
42 Gloucester Avenue,
NW1 8JD
020 7722 2800
primrose@restaurant-michaelnadra.co.uk
Tues–Thurs 12.00–23.00
Fri & Sat 12.00–24.30
Sun 12.00–14.30, 18.00–22.00
www.restaurant-michaelnadra.co.uk

21 THE ENGINEER
65 Gloucester Avenue,
NW1 8JH
020 7483 1890
Mon–Fri 12.00–23.00
Sat 10.00–23.00
Sun 12.00 -22.30
www.theengineerprimrosehill.co.uk

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45 Chalcot Road,
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020 7586 4571
primrosehillframingco@gmail.com
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rosie@cliftoninteriors.com
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saturday by appointment
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29 Princess Road,
NW1 8JR
020 7722 9222
georgina@caveinteriors.com
Mon–Fri 09.30–17.30
www.caveinteriors.com

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

26 JINO DESIGN
Studio 44, Chalcot Road,
NW1 8LS
020 7419 1774
jino@jino-design.com
Mon–Fri 10.00–17.00
www.jino-design.com

27 BESIDE THE WAVE
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

28 NICOLAS WINE SHOP
67 Regent's Park Road,
NW1 8XA
020 7722 8576
primrose@spiritedwines.com
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Fri–Sat 10.00–22.00
Sun 11.00–21.00
www.nicolas.co.uk

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75a Gloucester Avenue,
NW1 8LD
020 7483 4435
lapetitepoissonneire@gmail.com
Tues–Sat 09.30–19.30
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www.lapetite-poissonnerie.co.uk

30 MELROSE & MORGAN
42 Gloucester Avenue,
NW1 8JD
020 7722 0011
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31 BOTTLE APOSTLE
172 Regent's Park Road,
NW1 8XN
020 3805 5577
info@bottleapostle.com
Mon–Fri 11.00–20.00
Sat 10.00–20.00
Sun 10.00–18.00
www.bottleapostle.com

32 WRAPSODY
110 Gloucester Avenue,
NW1 8HX
07503 001 825
07760 297 501
info@wrapsody.co.uk
Mon–Fri 08.00–18.00
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www.wrapsody.co.uk

33 ADAM SIMMONDS
87 Regent's Park Road,
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020 7813 1234
info@adamsimmonds.co.uk
Mon–Sat 10.00–18.00,
thurs 10.00–19.00
www.adamsimmonds.co.uk

34 PRIMROSE HILL PETS
132 Regent's Park Road,
NW1 8XL
020 7483 2023
gail@primrosehillpets.co.uk
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Tues–Sat 09.00 - 18.00
Sun 11.00–17.00
www.primrosehillpets.co.uk

35 RUTH KAYE DESIGN
67 Gloucester Avenue,
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020 7722 7227
team@ruthkayedesign.com
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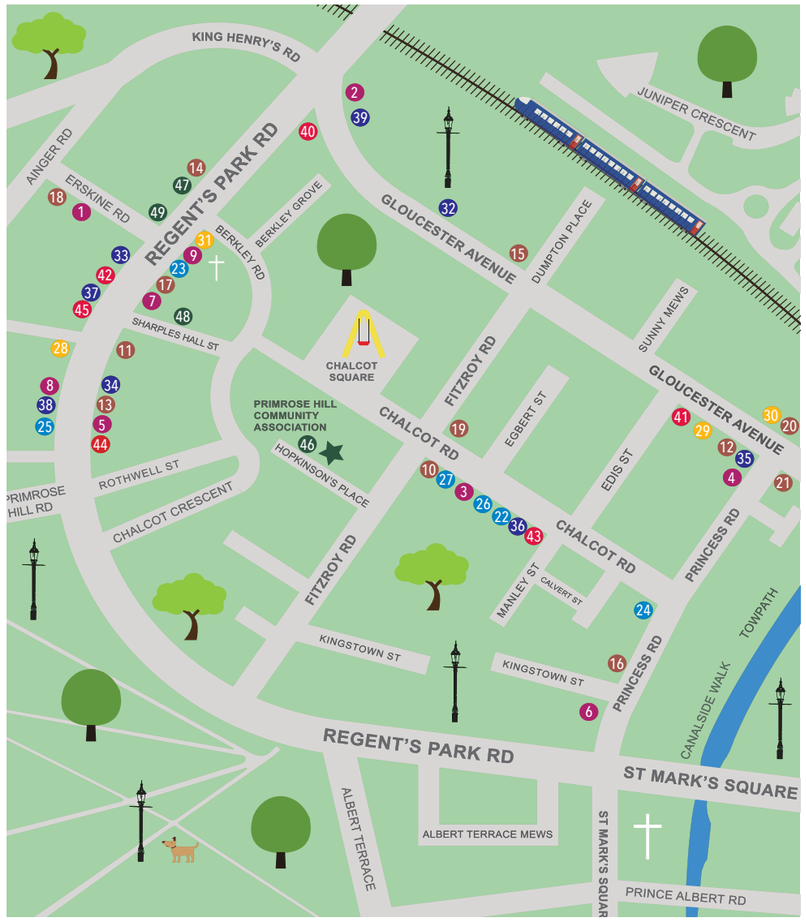
36 SEW MUCH FUN
46 Chalcot Road,
NW1 8LS
020 7722 9889
sewmuchfun@btinternet.com
Mon–Fri 11.00–18.00
Sat 10.00–17.00
www.sewmuchfun.co.uk

37 FITZROY'S FLOWERS
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Sun 10.00–17.00
www.fitzroys-of-primrosehill.com

38 PRIMROSE HILL DENTAL
61a Regent's Park Road,
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020 7722 0860 / 07845 0088 240
primrose.dent@gmail.com
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Tues, Thurs 09.00–20.00
Sat 09.00–13.00

39 ROSE & NORTH FINANCIAL PLANNING & WEALTH MANAGEMENT
142 Gloucester Avenue,
NW1 8JA
0203 627 6297
hello@roseandnorth.com
Mon–Fri 10.0017.00
www.roseandnorth.com

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NW1 8XP
020 7722 0438
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www.gallery196.com



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020 7449 9292
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Sat 10.30–17.00
www.sweetpeajewellery.com

42 KETURAH BROWN
85 Regent's Park Road,
NW1 8UY
020 7586 0512
keturahbrownltd@gmail.com
Mon–Fri 10.30–18.00,
7 hurs 10.30–18.30,
Sat 10.00–18.00, Sun 13.00–18.00

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NW1 8LS
020 7586 7419
personalshopper@zoeandmorgan.com
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Sat 11.00–17.00
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44 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

45 PAMELA SHIFFER
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NW1 8UY
020 7483 4483
Mon–Sat 10.00–18.00
Thu 10.00–19.00
Sun 12.00–18.00
www.shop@pamelashiffer.com

46 PRIMROSE HILL COMMUNITY CENTRE
29 Hopkinson's Place
Fitzroy Road,
NW1 8TN
020 7586 8327

47 PRIMROSE HILL SURGERY
99 Regent's Park Road,
NW1 8UR
020 7722 0038
Mon-Wed 09.00–18.00
Thu 09.00– 12.30
Fri 09.00– 18.00

48 PRIMROSE HILL COMMUNITY LIBRARY
Sharples Hall Street,
NW1 8YN
020 7419 6599
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Wed 13.00–19.00
Fri 10.00–18.00
Sat 10.00–16.00

49 POST OFFICE
91 Regent's Park Road,
NW1 8UT
Mon–Sun 06:00–22:00

If you would like your business to appear on these pages please contact:
ads@onthehill.info

Primrose Hill Laughs



"Since they live in a street that gets twice as many collections, they surely won't mind if we pile our rubbish outside their house."

St Mary's Primrose Hill

The Parishes of The Hill invite you to keep Holy Week with them

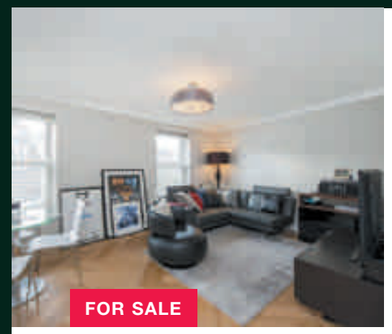
St.mark's

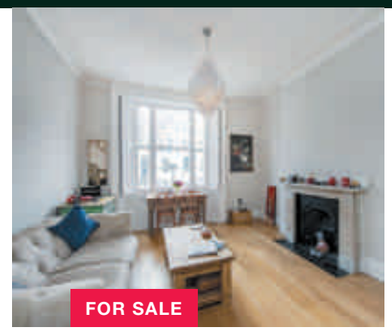
Regent's Park NW1
www.stmarksregentspark.org.uk



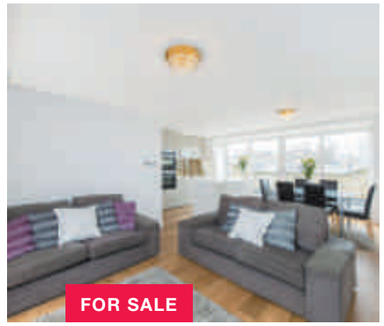
9 April Palm Sunday
10 am Primrose Hill
The parishes unite for the
Blessing of Palms and Procession to St Mary's for
THE PALM SUNDAY EUCHARIST

	St Mark's	St Mary's
13 April Maundy Thursday	7.30 pm EUCHARIST OF THE LAST SUPPER Communion in C Minor WOOD Tantum Ergo DURUFLÉ	8 pm EUCHARIST OF THE LAST SUPPER Missa L'hora passa VIADANA Ubi caritas GJEILO Tantum ergo DE SEVERAC Nolo mortem peccatoris MORLEY
14 April Good Friday	10 am CHILDREN'S SERVICE *For both parishes* 12 noon STATIONS OF THE CROSS 1.30 PM SOLEMN LITURGY Passion (St John) VITTORIA Reproaches VITTORIA Miserere ALLEGRI Ad te levavi PALESTRINA 4 pm Evening Prayer	12 NOON THREE HOUR SERVICE Passion (St John) VITTORIA Miserere mei BYRD What wondrous love – TRADITIONAL SHAKER Popule meus VICTORIA Agnus Dei – MORLEY
16 April Easter Day	8 am SAID EUCHARIST 10.30 AM SUNG EUCHARIST Mass in F MOZART If ye be risen with Christ GIBBONS *with strings*	5 am VIGIL AND FIRST MASS OF EASTER 10.30 AM PROCESSION AND HIGH MASS OF EASTER Communion in E DARKE Hallelujah (from *Messiah*) HANDEL


FOR SALE
King Henry's Road,
Primrose Hill NW3
Guide price: £650,000


FOR SALE
Gloucester Avenue,
Primrose Hill NW1
Guide price: £749,950


FOR SALE
Regent's Park Road,
Primrose Hill NW1
Guide price: £1,300,000


FOR SALE
Ainger Road,
Primrose Hill NW3
Guide price: £1,500,000

Knight Frank

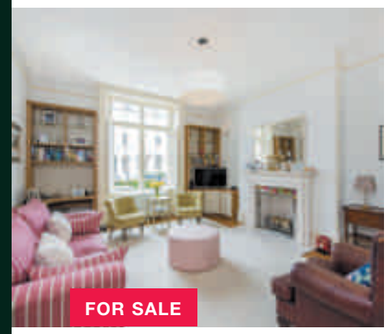
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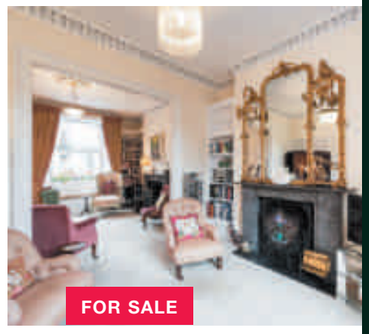
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belsizepark@knightfrank.com
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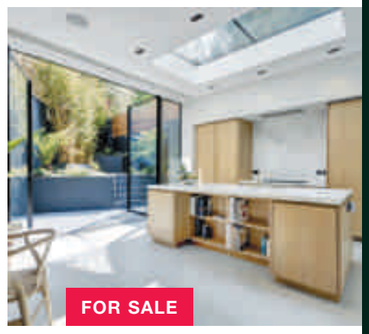

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Guide price: £2,000,000


FOR SALE
Gloucester Avenue,
Primrose Hill NW1
Guide price: £2,395,000


FOR SALE
Gloucester Crescent,
Primrose Hill NW1
Guide price: £3,500,000

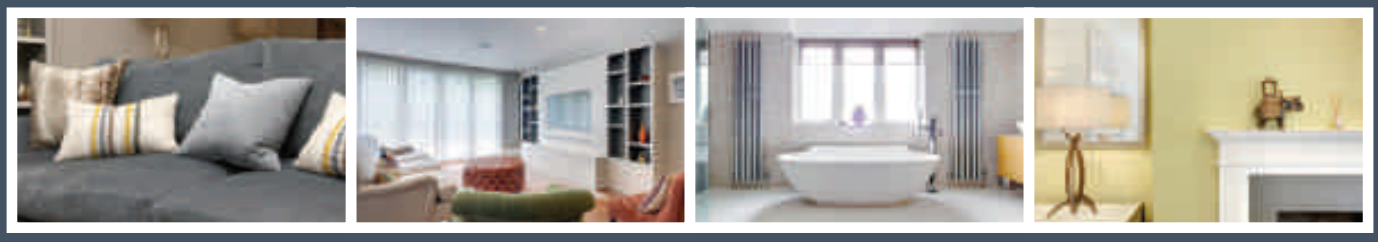

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Primrose Hill NW1
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FOR SALE
King Henry's Road,
Primrose Hill NW3
Guide price: £5,150,000


FOR SALE
St Mark's Crescent,
Primrose Hill NW1
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