On The Hill

NEWS AND INFORMATION FOR PRIMROSE HILL PEOPLE

APRIL 2019 | ONTHEHILL.INFO

WHERE HAVE ALL THE PRIMROSES GONE?

Martin Sheppard on the history of our primroses

TRAIN LIKE A BOXER

MOVIN london: the new place to get fit



SHE SUFFERS FROM HER IMAGINATION

The Mole on the Hill talks to Christina Jansen

Produced by Primrose Hill Community Association



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April 2019

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THE PRIMROSE HILL PARISHES HOLY WEEK AND EASTER SERVICES

2019 Holy Week and Easter at St Mary's, Primrose Hill

14th April (Palm Sunday)

10am The Primrose Hill parishes of St Mark's and St Mary's meet on top of the hill to bless the palms and process to St Mary's for a joint Sung Eucharist with singing of the Passion Gospel.



18th April (Maundy Thursday)

8pm Eucharist of the Lord's Supper
with Footwashing, stripping of the altar and watch until midnight

19th April (Good Friday)

12 noon Three Hour Service
with Mattins, Litany, Passion reading, Veneration of the Cross and Holy Communion

20th April (Holy Saturday/Easter Eve)

10am Church working party
with cleaning of church and preparation of Easter Garden

21st April (Easter Sunday)

5am The Easter Vigil and Dawn Eucharist
with the lighting of Paschal Candle and renewal of baptismal vows, followed by breakfast

10.30am Procession and High Mass
Preacher: The Reverend Nick Walters

For information about Sunday and weekday services
please visit our website
www.stmarysprimrosehill.com

Please feel especially invited to our two joint services,
Palm Sunday at 10 am on Primrose Hill
for the Blessing of Palms and Procession to St Mary's,
and on ***Good Friday at St Mark's at 10 am****, the Children's Service for the day.*

St.mark's

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

HOLY WEEK & EASTER at ST MARK'S

14 APRIL PALM SUNDAY
JOINT WITH ST MARY THE VIRGIN PRIMROSE HILL
10 AM BLESSING OF PALMS ON PRIMROSE HILL AND PROCESSION TO ST MARY'S

Holy Week Preacher: DR CLARE AMOS
Biblical Scholar and former Head of Interfaith Relations at the World Council of Churches

17 APRIL HOLY WEDNESDAY
12 NOON CHORAL EUCHARIST
Missa l'Hora Passa & Passion (St Luke) VIADANA
6 PM TENEBRÆ VITTORA
Miserere ALLEGRI

18 APRIL MAUNDY THURSDAY
7.30 PM EUCHARIST OF THE LAST SUPPER
WITH WATCH UNTIL MIDNIGHT
Communion Service in C Minor WOOD
Tantum Ergo DURUFLÉ

19 APRIL GOOD FRIDAY
8 am Matins
10 am Children's Service
12 noon Stations of the Cross
1.30 PM SOLEMN LITURGY OF THE DAY
Passion (St John) Reproaches VITTORIA
Crucifixus LOTTI
Miserere ALLEGRI
4 pm Evening Prayer

20 APRIL EASTER EVE
6.30 PM EASTER VIGIL & CONFIRMATION
Missa Octavi Toni LASSUS
Sicut cervus PALESTRINA

21 APRIL EASTER DAY
8 am Said Eucharist
10.30 AM SUNG EUCHARIST
Mass in F MOZART *with strings*
If ye be risen with Christ GIBBONS
Followed by children's Easter Egg Hunt

All are most welcome to all our services

The Team

Editor
Maggie Chambers
editor@onthehill.info

Editorial Group
Dick Bird, Doro Marden, Phil Cowan, Pam White, David Lennon, Mole on the Hill, Micael Johnstone, Andrew Black

What's On Editor
Julie Stapleton

Social Media and Website Editor
Jason Pittock

Subeditors
Brenda Stones, Vicki Hillyard

Photographer
Sarah Louise Ramsay
www.slrphotography.co.uk

Cartoonist
Bridget Grosvenor

Design
Luke Skinner
agency-black.com

Advertising Sales
Melissa Skinner
07779 252 272
melskin@hotmail.co.uk

Gabriela De La Concha
07500 557097
gabriela@phca.cc

Special thanks to all our contributors.

This publication is created by the community and for the benefit of Primrose Hill on behalf of your local charity, the Primrose Hill Community Association (PHCA). All proceeds from this publication go directly to fund the charity. We hope you enjoy.

www.phca.cc

Disclaimer: the views in the magazine are not necessarily the views of the PHCA.

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Cover
PHOTOGRAPH BY Christina Jansen

ISSN 20-6175



Welcome to April

Muhammad Ali once said, "I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'" Fortunately you can make like Ali and live your life as a champion thanks to a new gym in town. Co-founded by ex-boxer Craig Eleftheriou, MOVIN london takes you through your paces in the same way as boxers are trained. You get to go at your own speed, so don't think you have to be super-fit to start out. As Muhammad Ali also said, "If they can make penicillin out of mouldy bread, they can sure make something out of you."

In 1986 one of our local photographers, Christina Jansen, spent two weeks with Muhammad Ali. They struck up a rapport and she took some warm and intimate photographs of him. Read her story here, and learn how she intends to do her bit in keeping his spirit alive.

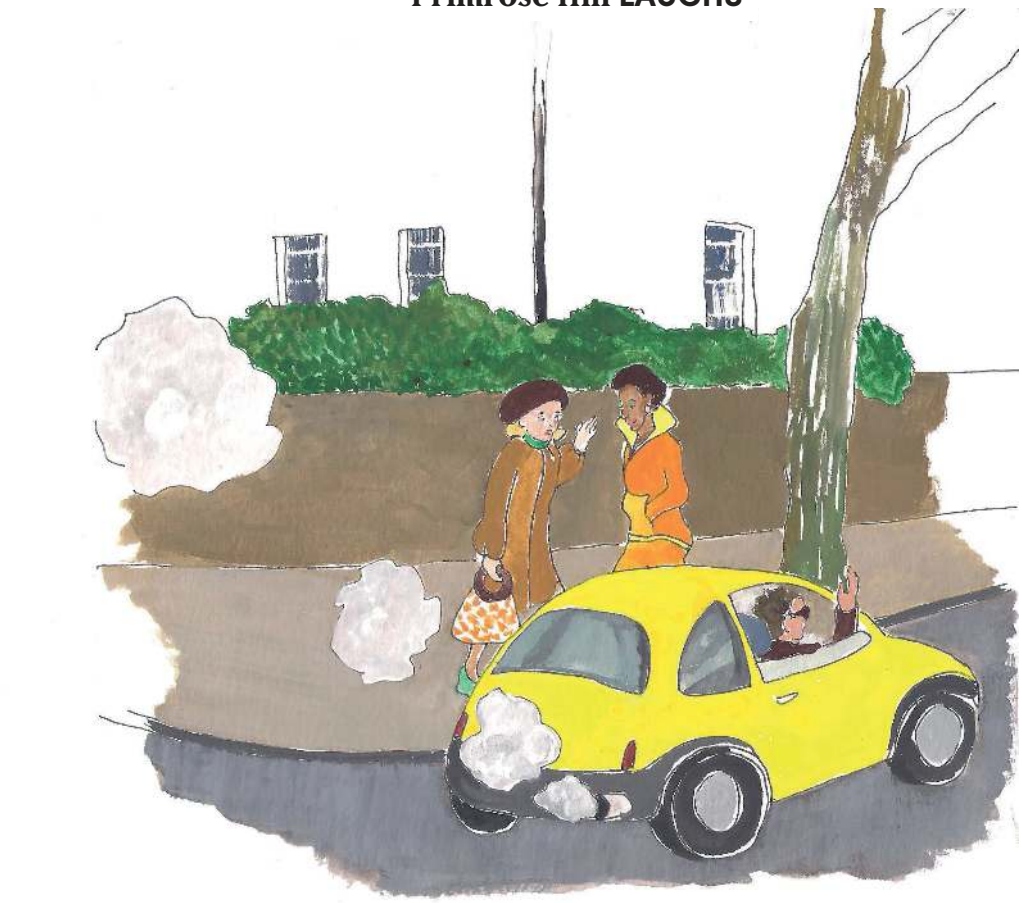
In other news, we learn that Camden services have been cut by 54% since 2010 and the budget reduced by £169 million. Councillor Georgia Gould has asked for help to enable the area to stay 'a vibrant mixed place' where people look out for one another. She would like people to 'volunteer, support their neighbours, recycle, get involved in community activities and local decision-making'. So let's all try to make a difference and look out for people in our neighbourhood who may be in need of help.

And if neither myself nor Councillor Gould can persuade you to do your bit, then let's hear it in the words of our friend Muhammad Ali: "Service to others is the rent you pay for your room here on earth."

Float like a butterfly and sting like a bee. Happy Easter!

Maggie Chambers

Primrose Hill LAUGHS



"He just drives around all day to save money on the resident's parking permit."



On The Street

Mind That Child! Ice-cream vans in PH *p 9*

Primrose Hill Postcards *p 10*

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Young journalists at the ballet *p 12*

AND MORE

Michael Nadra

We all know we are spoiled for choice when it comes to going out in Primrose Hill, but when you walk into Michael Nadra you can rest assured that you are in for something special. Whether you fancy a celebratory meal in the historical horse tunnel, a hand-crafted cocktail with friends at the bar (with stools!) or a simple cup of coffee on the heated terrace, Michael Nadra invites everyone to make it a place of their own.

Continued on p 8 ▶



PHOTOGRAPHY BY Sarah Louise Ramsay

Michael Nadra



PHOTOGRAPHY BY Sarah Louise Ramsay

Things could have been very different for Michael Nadra, who studied Naval Architecture & Ocean Engineering at Glasgow University, but soon after taking a summer job at Sir Michael Caine's Michelin starred restaurant, The Canteen, he was hooked. He continued at Nick Nairn's restaurant in Glasgow then went on to work at Gordon Ramsay's Petrus, Chez Bruce and La Trompette. Michael has been in the industry for twenty years and a restaurateur for the past fifteen. His first restaurant was Fish Hook, a seafood restaurant in Chiswick, refurbished in 2010 under his own name when he was only 30. Having always wanted a restaurant in Primrose Hill, he opened here in 2012 in what used to be known as Sardo Canale.

The food is French-based with classical and modern techniques including a slight hint of Middle Eastern cooking thanks to his Syrian heritage. Michael's mother and father were from Poland and Syria respectively. Michael was born in Wales, so Welsh lamb is a regular fixture on the menu. But the focus is on taste and a desire to create punchy flavours. The menus change seasonally and depend on what is fresh that day. Everything is high quality as a result of Michael's discerning taste – even down to the bread, which is homemade and served with French butter.

Michael is keen to provide something for everyone. Besides the A La Carte menu, an Express Menu is available every lunchtime, Sunday evenings and between 6–7pm on other days. He offers a 2-for-1 happy hour from 4 to 6pm every day and all day Thursday, and if that doesn't sound inviting enough, there's also a Saturday Lunch with bottomless Bloody Marys, Mimosas, or Primrose Martinis for an hour and a half. If you fancy an evening in front of the telly, Deliveroo will bring items from the Express Menu directly to your door – which is basically the best-quality steak and chips, home delivered, for £12.50.

The restaurant is happy to make adjustments for dietary requirements. Dishes are made to order and can be adapted to suit different needs.

Other menus include a six-course tasting menu and a selection of party menus including a canapes. Private rooms are available for parties or other functions. One of the rooms in the restaurant is a Grade II listed horse tunnel, heading into the Stables Market, and on the other side of the wall is the tunnel which leads to the old winding engine vaults from the early railways.

This is great value, contemporary food with the Express Menu providing high-quality food at a fraction of the cost.

Now is it Thursday yet?

www.restaurant-michaelnadra.co.uk/primrose



Mind That Child! Falling out of Love with Mr Whippy

By Phil Cowan

Spring was a welcome early visitor this year, making a surprise appearance in late February. While the unusually warm spell was short-lived, it ushered in an unexpected rush of budding trees, flowering plants, visitors to the area and even a few bees.

The roads around Regent's Park and Primrose Hill also attracted a large swarm of ice-cream vans eager to cash in on the sunshine-drenched queues of people in search of frozen delights.

The tradition of ice-cream vans purveying their wares to happy kids enjoying a day out in a lovely location is an essential part of the childhood narrative.

Brightly painted vehicles offering delicious treats to cool us down while playing intoxicatingly uplifting piped music as well as sending out messages of care towards children can seem pretty irresistible, until you look under the bonnet.

When all the pleasantries are stripped away, it is revealed that the operators of these businesses are virtually unregulated. Hygiene standards, road safety, tax compliance and pollution of our environment appear not to apply to them. It would seem that all attempts to bring them onto a level playing field with traditional 'bricks and mortar' outlets have been in vain.

Years of campaigning to bring this situation under control have unfortunately failed, in spite of the valiant efforts of many local campaigners, elected representatives and council officials.

There is no doubt in my mind that we will experience another summer of our beautiful area being endangered by recklessly parked vehicles pumping out constant diesel particulates into the lungs of the very people who are buying their products. Mind That Child! Oh, the irony!

The truth, whether we like it or not, is that our council simply doesn't have the resources to police this situation by issuing fines; these are in any case ineffective as they are built into the business model of the operator.

The cabinet member for improving Camden's environment, Adam Harrison, recently stated, "We know that enforcement only has limited impact and cannot operate all the time."

I agree that a different and more pragmatic approach to this issue should be adopted if there is any chance of a successful outcome. People like ice-creams in the summer: a fact that will never change. We should be exploring how we can buy them in a much safer environment that encourages businesses to operate within the law and reassures customers that they are doing so, thus boosting trade.



Firstly, I would propose that proper licences be awarded to legitimate operators based on their compliance with food hygiene and other standards. These licences should relate to designated locations that are not a risk to pedestrians, cyclists or vehicular traffic.

Secondly, the issue of pollution from the constantly running engines needs imagination to resolve. Ice-cream melts when it is not frozen and so requires refrigeration! We have an ambition in this borough to increase electric charging points for all types of vehicles to reduce emissions. Would it not be possible for licensed and approved ice-cream vans to plug into these charging points at designated locations, removing the threat to local air quality?

Or could we go one step further and take inspiration from Styles Ice Cream of Somerset, who introduced the first solar-powered vans in the UK in 2018. They have seen a huge increase in trade by displaying the right environmental credentials to their customers.

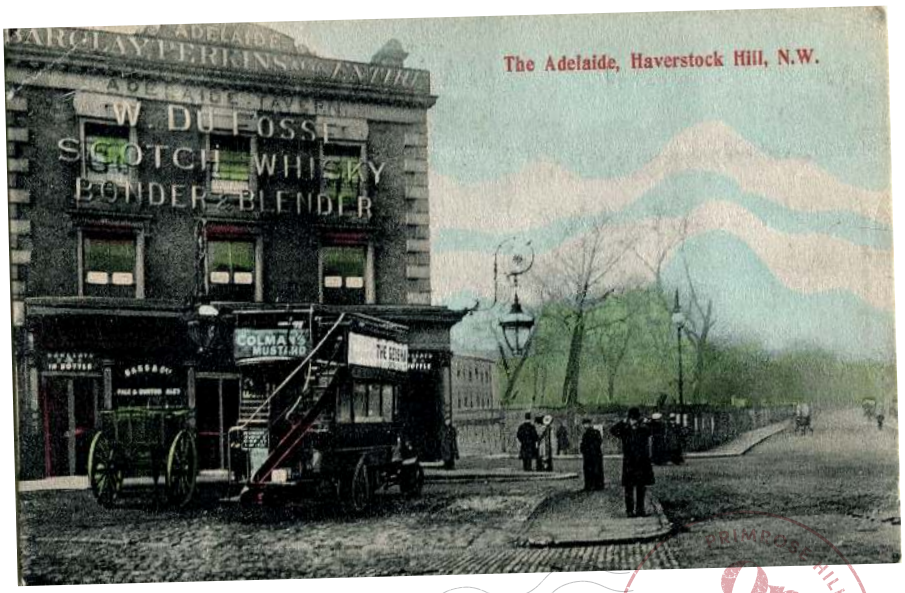
There are so many ways that this much-loved part of the British summertime experience could be improved for everyone in Primrose Hill. Working together with neighbours, visitors, the council and the traders themselves, I'm convinced we can turn ideas into actions and make buying our summer specialities safer, better and more environmentally responsible.

Until that happens, Mr Whippy, I'm afraid we can't be friends.

If you would like to make your thoughts known on this issue please email Adam.Harrison@camden.gov.uk

@Primrose_Phil

POSTCARDS FROM PRIMROSE HILL



This dates from quieter times on Haverstock Hill, and Chalk Farm station wasn't even built! Only trees stood where the tube station now is. To the left is the Adelaide Tavern, which I think was demolished in the early 1990s after it had stood derelict for most of the 1980s. The sign clearly visible on the front of the building tells us that the pub was run by William Du Fosse, 47 years old and originally from Hoxton. The census in 1901 also lists his wife Elizabeth, two barmen, Fred Turnock and Frederick Antrobus, and Alice Carter, a barmaid. The building on this site today houses a burger restaurant, and next door is Domino's pizza parlour. The postcard was sent on 24 August 1906 and the writer states that the weather has been lovely!

@old_primrosehill_postcards



News & Information

from Primrose Hill Community Association

Your regular update from PHCA, publisher of *On The Hill*

Donor Party

On 26 February, the Community Association held a celebratory event to thank all the donors who helped secure the Primrose Hill Community Centre for another 25 years. A donor board was unveiled with all the names of the supporters (see back page). We sincerely thank all those who contributed to this amazing achievement, and now hope that the Primrose Hill Community Association will continue to flourish for at least another 25 years.

Forthcoming events

April – Village Disco

Another popular Village Disco, with music from the '60s to '90s, will be held at the Community Centre on Friday 5 April, 7–10.30 pm. So get your dancing shoes on and join us! Food, cocktails and drinks will be served. Tickets £8; for info and tickets go to **www.phca.cc/disco**

May – Teenage Brain Weekend

As part of Mental Health Awareness Week, on Saturday 18 and Sunday 19 May a **Teenage Brain Weekend** will be held at the Community Centre.

Saturday 18 May, 10 am–6 pm. A day of presentations, conversations and workshops for teenagers, educators and parents

The Teenage Brain at School: Steve Carr (www.stevecarrconsulting.com) After 16 years as a teacher in inner London, Steve now trains teachers in understanding one simple lesson: that levels of anxiety are inversely proportionate to levels of learning. Without this understanding educators scrape the surface of students' potential, denying them the natural experience of learning that they all innately desire.

The Teenage Brain at Home: Lydia Johnson (londonclinicofhynotherapy.com) Why are teenagers always glued to their phone? Why are they so untidy? Why do they stay up so late and then can't get out of bed? The teenage brain isn't just a smaller version of the adult brain; it's still very much a work in progress which isn't finished until their early 20s. This developmental process is at the root of teenagers' behaviour, and impacts on their ability to plan ahead, make decisions and practise self-control. Join Lydia Johnson to explore the territory and develop solution-focused skills to help all parties.

Sunday 19 May 3.30–7.30 pm. Haverstock in the House. Students from Haverstock School will present their inside experience of the teenage brain, including a debate on 'This house believes that social media can be supportive of mental health': public speaking, dramatic and rap performances.

For further details, see **phca.cc/2019/03/the-teenage-brain-weekend**. All ages are welcome, from pre-teens to those in their second adolescence. Teenagers and parents of teenagers particularly welcome. Payment by donation to the Community Centre. If you would like to help with this event, contact Tim Kirkpatrick at events@phca.cc

The day will include refreshments and a Laughter Yoga and Emotional First Aid session. Timings TBC.

Date for the Diary:

Friday 17 May – Annual Top of the Hill Quiz, 7 pm

June – PHCA Summer Fair

Our annual Summer Fair in Chalcot Square is on Saturday 8 June, 1.30–5 pm. If you haven't already been approached about volunteering and would like to help, please contact info@phca.cc or ring 020 7586 8327. We are particularly looking for some muscle to help from 10–11 am and 6–7 pm on the day of the Fair. We are also on the look-out for bottles of drink, shampoo, perfume, etc for the tombola, plus donations of good quality sale items (not jumble), books, DVDs, etc. We plan to have the usual array of entertainment, stalls, sideshows and refreshments. Please put the date in your diary.



A Retelling of Hansel and Gretel in Dance

Students from Haverstock School's young journalists go to the ballet to review Vicki Igbokwe's Hansel and Gretel.



Vicki Igbokwe is the choreographer and founder of Uchenna Dance. Vicki's parents are barristers who specialise in aspects of the law. Vicki could have been a barrister too. When Vicki's mum found out that she wanted to be a director she went mad, but her daughter was very determined. We are glad that Vicki did become a director because Uchenna's Hansel and Gretel is amazing, mysterious and cheeky, and we loved it!

In Vicki's version of Hansel and Gretel, she takes the original fairytale and brings it into the twenty-first century with a combination of dance styles from contemporary to African. Her aim was to portray her main characters the way she thought of them when she was a little girl: brave, tenacious, courageous and resourceful. In addition, she transformed her characters by adding an extra layer to the production and giving them a chance to use their imaginations to get out of very tricky life situations!

When we went to interview the performers, they sat on the stage, stretching their legs and pointing their feet. They had a second performance that day and needed to warm up. It must get very tiring for dancers.

Our first question was about choreography. Choreographing is very difficult, and Vicki has a director's assistant to give her a fresh pair of eyes. We asked if the choreography always stays the same, to which Vicki replied that just the other day they made changes to a scene because it was so complex.

We then asked about touring, as Hansel and Gretel is about to go on tour. Marc Stevenson, who plays Hansel, told us that touring is very long and tiring. "You travel in a van and get to know things about everybody that you wouldn't normally know!"

The dancers told us they like touring because they really get to work as a company and not just as individual dancers. We could see that having friends by your side might help with homesickness.

As we watched the production, at the beginning we were a little confused because the first scene is in Africa and the show was slow-paced. But later on into the show, when Hansel and Gretel travelled back to their friends, we started to understand. The pace picked up and by the end we were really involved in the story.

We would like to thank everyone at the Uchenna and The Place. Hansel and Gretel is showing at the Albany Deptford on 28 April: **www.thealbany.org.uk/shows/hansel-gretel**

Interview: Serine and Emma. Structuring and words: Emma, Serine and Tiasha



Have Your Magic: Gong Baths at Primrose Hill Community Library

Have Your Magic Healing and Hypnotherapy founder Nicole Harvey offers monthly gong baths at the Library.



The power of sound healing
Sound healing is proving an effective way to cope with the stress that comes from our over-stimulation from devices that trigger our 'flight or flight' response. Sound healing techniques with the voice – singing, humming and chanting – all help the body; while immersive sound baths, meaning lying down relaxing to gongs, singing bowls or tuning forks, can be massively restorative.

> **"Sound is the medicine of the future." — Edgar Cayce**

Nicole explains that everything has a vibration, and when we are out of tune disease presents itself. Most ancient cultures recognised the healing power of sound. Indigenous cultures across the world understand sound as responsible for the beginning of creation. Historians even discovered that there were sound healing chambers inside the pyramids.

What happens in a gong bath?
We've all struggled to relax and meditate, haven't we? The gong bypasses our mental chatter; it promotes incredible relaxation as the sound rushes over us, and vibrations in the body promote ease and shift any energy stuck in the body. Studies have shown that the gong helps facilitate a deepening of brain wave states from alpha to theta and even delta. This transition activates the parasympathetic nervous system to balance the over-taxed sympathetic nervous system, relieving stress, balancing mood and healing physical injuries. Clients have reported trapped nerves being released and kidney stones being passed, while cancer patients and anxiety sufferers have found relaxation and insomniacs have slept. Like all energy work, it can be detoxifying; so it is important to keep hydrated pre- and post-gong bath.

Nicole creates a safe space for a beautiful journey. She invites everyone to lie down and set an intention – perhaps to release something, or gain more courage or self-love. The gong creates so many rich layers of sound, even intriguing whale-song sounds. She may use other instruments with enchanting gentle sounds – a crystal pyramid, chimes, kalimba or her voice. The session lasts for an hour.

Nicole offers bespoke sessions from therapy centres in St Georges Mews and Token House in the City, and well-being events for corporate or private clients. She enjoys helping adults and children to overcome trauma and learn tools to cope.

Broadcaster Jasmine Dotiwala was so amazed by the power of a gong session that Nicole and her gong featured on *The Scene* for BBC Radio London.

The gong baths will be at Primrose Hill Community Library on 4 April and 14 May, 6.50–8 pm.

For information and pre-booking, visit **www.haveyourmagic.com**

Tickets are also available on the door, priced £15.



St Mark's Hall Nursery School, St Mark's Square
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Tel: 020 7483 0340 | enquiries@stmarkshall.co.uk

St Mark's Hall Nursery School

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We strongly believe in cultivating a 'can do' mindset from an early age.

Further details are available on our website.

Christopher McMinn, Headmaster

www.stmarkshall.com

NEWS & VIEWS



Fault Lines Exhibition at Freelands Foundation

The Freelands Foundation is holding an exhibition called *Fault Lines*, curated by Edward Ball, which brings together four UK-based sculpture artists: Angela de la Cruz, Alice Channer, Jonathan Baldock and Holly Hendry. The artists all explore instability, both as an emotional state and in their work. They were born across four consecutive decades, highlighting an ongoing and cross-generational fascination with the theme of flux.

Fault Lines comprises mainly recent work, alongside a 2002 piece by Angela de la Cruz, which was featured in her 2010 Turner Prize exhibition.

Freelands Foundation, 113 Regent's Park Road, until 14 April.

www.freelandsfoundation.co.uk



Michael Palin introduces *Life of Brian* at the Library

To mark the fifth anniversary of the Primrose Hill Community Library Film Show, Michael Palin came to introduce Monty Python's *Life of Brian*. Seen here, before his characteristically witty speech, are Michael with Annabel Leventon, Pam White (film show organiser) and Colin Ludlow (film programme director).

Grafitti in the Park

The amount of graffiti in Primrose Hill has increased in recent months, but particularly in the park itself near Elsworthy Terrace. Illegal moped and bike riders, drug dealers and gangs are accessing the park from the Elsworthy Terrace gate, which is a hidden cul-de-sac. Drug use occurs there at night and violent crime is on the rise.

In the hot summer last year a row of 18-inch shrubs were planted as a deterrent, but were never watered so unfortunately didn't thrive. Fast-growing ivy was requested, but not planted. It took six years to get approval to plant ivy and prickly bushes further down the wall, and local residents are hoping that this stretch will be planted sooner rather than later to prevent further graffiti.



PHOTOGRAPHY BY www.dianathompsonfashionlovesphotos.com, www.brudini.com

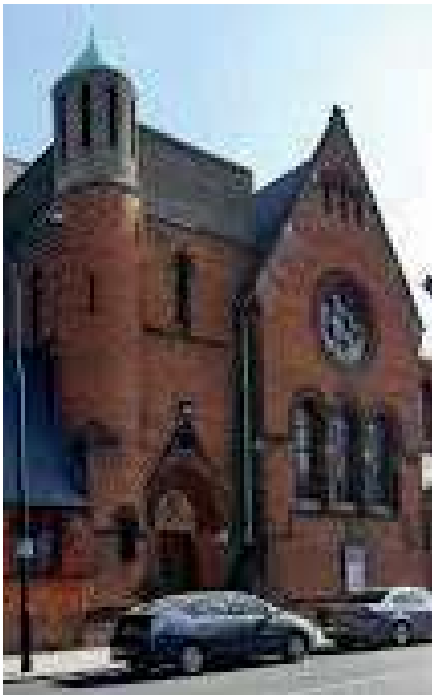
'Today I Am A Boy'

Lanah P always includes Anohni's 'Today I Am A Boy' in her set. Anohni is an English-born singer, composer and visual artist, formerly known as Antony, the lead singer of the band Antony and the Johnsons.

The song proved to be a favourite with audiences, whether in cabaret, concert hall or rockers' pubs. Because of its popularity in this climate of gender transition, Lanah has recorded it with Norwegian musician Brudin accompanying her on piano. The video was shot by David Ryder Prangly.

It will be available on YouTube on 14 April and is Lanah's tribute to new beginnings, peace and prosperity for all.

Shock Decision to Refuse Solar Panels on St Mary's Church



On Monday 26 February Camden Council planning department refused permission to instal an array of solar panels on the south-facing roof of St Mary's church.

The proposal was designed to provide sustainable energy for the church and create surplus renewable power to be sold back to the grid, creating extra revenues to help fund the vital community projects run by St Mary's.

The plans had been carefully considered by the applicant to have minimal effect on the visual environment surrounding the site, but planning officers ultimately decided that conservation concerns took precedence over the need to address climate change. This in spite of Camden's own ambitions to cut CO_2 emissions by 40% in the borough by 2020 as pledged within their Local Plan.

The vicar of St Mary's, Marjorie Brown, reacted to the decision: "I am dismayed that the proposal which is in line with the church's commitment to caring for the environment has been turned down on aesthetic grounds. I am also surprised because the local community have given the project wholehearted support. Their views do not seem to have been taken into account by the planning department."

A huge groundswell of support had been expressed by upwards of 400 local people, who signed a petition and commented directly on the application. These included our ward councillors and MP Keir Starmer. The MP said at the meeting where he signed the petition that such initiatives should be embraced and encouraged, as sustainable energy is one of our best chances of ensuring a stable climate for future generations. He also stated the importance of public buildings leading the way in this renewables revolution.

Councillor Richard Cotton commented: "If this application were to be refused, it would fly in the face of our environmental policies."

Despite the overwhelming expressions of support for this project, the planning department backed the views of only two objectors to the scheme.

Calls have been made for Camden Council to declare a borough-wide climate emergency, which would have significant implications for all aspects of how we live and take action to improve our environment. Had such a measure been in place while this application was being considered, the outcome might have been very different.

If you think that our council should take serious and convincing steps to improve the health and well-being of its citizens, organisations and the environment, then you can let them know by signing the petition here:

www.gopetition.com/petitions/declare-a-climate-emergency-in-camden.html

Letter to the Editor

Dear Editor,

If Little Venice should overspill
St Mark's Square, canal-floods might fill,
But we're safe as houses,
Some with their spouses,
In our tented Vill-on-the Hill.

Yours faithfully,
Howard Richards

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What's On April

NEW THIS APRIL

TUESDAY 2 APRIL
Film Show at the Library
Dance With a Stranger, the local crime that changed the nation, starring Miranda Richardson and Rupert Everett, directed by Mike Newell. PHCL. 7.15pm. £8, in cash, including a glass of wine, in advance at PHCL or on the door.

WEDNESDAY 3 APRIL
Open House
'Health and Happiness Their Right: Fr Basil Jellicoe and his Work in Somers Town's Slums' by Paul Shaw. PHCC. 2pm. Free.

WEDNESDAY 3 APRIL
Jimmy Aldridge and Sid Goldsmith
One of the finest duos to have emerged onto the British folk scene in recent years, Jimmy Aldridge and Sid Goldsmith's performance is a celebration of traditional music and the social themes within it. CSH. 7.30–9.30pm. £15 adults, £10 under 26s.

FRIDAY 5 APRIL
Primrose Hill Village Disco
Music from the 1960s through to 1999. Come party with the neighbourhood! With all your favourite ingredients: pizza, cocktails, bar, raffle, prizes and dancing, plus the music you love from DJs Savic & Pittock and friends. Dress to impress. Prizes for best-dressed man and woman. PHCC. 7–10.30pm. Tickets £8 via Eventbrite or £10 on the night.

MONDAY 8, TUESDAY 9, THURSDAY 10 APRIL
Circus Glory Workshop
PHCC. 10am–3pm. £15/hour, £28/morning/afternoon, £50/day, £135/3 days. Contact circusglory@gmail.com

WEDNESDAY 10 APRIL
Open House
TBA. PHCC. 2pm. Free.

WEDNESDAY 10 APRIL
Daoirí Farrell
This singer and bouzouki player has been described as one of the most important singers to come out of Ireland in recent years. CSH. 7.30–9.30pm. £15 adults, £10 under 26s.

THURSDAY 11 AND FRIDAY 12 APRIL
Pitta Patta Yoga, Dance and Drama Workshops for kids
Ages 6–14yrs. PHCC. 10am–3.30pm. £50 a day, £95 for two-day course. Contact Juliet@pittapattadance.co.uk; Instagram: pittapattadance

THURSDAY 11 APRIL
National Youth Folk Ensemble
Witness a special night of music, courtesy of these talented 14–18-year-old folk musicians. CSH. 7.30–9.30pm. £10 adults, £6 under 26s.

SUNDAY 14 APRIL
Family Barn Dance
Bring the entire family and take part in lively dances from Britain and beyond in a supportive and fun environment! CSH. 3–5pm. £7 adults, £5 children, £2 under 2s.

WEDNESDAY 17 APRIL
Open House
TBA. PHCC. 2pm. Free.

WEDNESDAY 17 APRIL
'I am Longing for Another Voyage of Discovery in the Summer'
Discover the history of the Gill Brothers' collecting of folk songs from the Isle of Man in this lecture by Stephen Miller. CSH. 7.30–9pm. £8 adults, £6 EFDSS members.

WEDNESDAY 24 APRIL
Open House
On The Basis of Sex: biographical film drama based on the life and early cases of Supreme Court Justice Ruth Bader Ginsburg. PHCC. 2pm. Free.

WEDNESDAY 24 APRIL
The Askew Sisters
Emily and Hazel Askew launch their long-awaited fourth studio album at this special album release show. CSH. 7.30–9.30pm. £14 adults, £10 under 26s.

SATURDAY 27 APRIL
The Swingles and Åkervinda
Five-time Grammy winners The Swingles are joined by Scandinavian folk group Åkervinda for what promises to be an eclectic evening of vocal magic. CSH. 7.30–9.30pm. £25 adults, £10 under 26s.

DATES FOR THE DIARY

TUESDAY 7 MAY
Film Show at the Library
A roaring torrent of passion! *Niagara*, starring Joseph Cotton, Marilyn Monroe, directed by Henry Hathaway. PHCL. 7.15pm. £8, in cash, including a glass of wine, in advance at PHCL or on the door.

FRIDAY 17 MAY
Annual Top of the Hill Quiz
PHCC. 7pm.

The Teenage Brain Weekend

SATURDAY 18 MAY 10AM–6PM
Speakers and workshops, including a laughter yoga and movement session.

SUNDAY 19 MAY 3.30–7.30PM
Teenage debate: This house believes that social media are the leading reason why people have negative feelings about their body image.

Part of Mental Health Awareness Week, which this year is focusing on body image. We have widened the brief to include a broader survey of the territory.

All ages welcome. Teenagers and parents of teenagers particularly welcome. Payment by donation to PHCC. If you would like to help with this event, contact Tim Kirkpatrick at events@phca.cc

FOR KIDS

MONDAY
Rhyme Time
Library Rhyme Time for under 5s. PHCL. 10.30–11.15am. Suggested £2 donation. Contact 020 7419 6599

Ready Steady Go ABC
Exploratory play, singing, dance and stories for babies and toddlers 6–18 months, with Aaron. PHCC. 9.45–11am and 11.15am–12.30pm. Contact 020 7586 5862

Circus Glory
Trapeze for ages 3–12. All levels welcome. PHCC. 3–6.30pm. Contact Genevieve 07973 451 603, gmonastresse@googlemail.com

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

TUESDAY
Monkey Music
Award-winning music classes for babies and toddlers: music, movement, percussion, bubbles and fun. PHCC. 9.30–11.30am. Contact 020 8438 0189 for a free trial class.

Hartbeeps Multi-Sensory Sound Classes
Multi-sensory classes for mums and their little ones. Music, movement and drama for under 5s. PHCC. Baby Bells 2pm; Baby Beeps 3pm; Happy House 4pm. Classes from £9.50. Contact clarelouise@hartbeeps.com

Music and Rhyme for under 4s
Drop-in sessions. PHCC. 4.30–5pm. £1. Contact 020 7586 8327

WEDNESDAY
Mindful Mandarin
Class combines learning Mandarin with mindful storytelling. PHCL. 10–11am. Contact 07894 033 324, ginny@ginnybradley.co.uk

Circus Glory
Trapeze for ages 3–12. All levels welcome. PHCC. 2.30–6.30pm. Contact Genevieve 07973 451 603, gmonastesse@googlemail.com

Primrose Hill Children's Choir
Enjoy fun songs and games, and learn to sing well. Ages 4–11. St Mary's, NW3 3DJ. 4.10–5.10pm. First time free, then £8 per week. Contact Matthew 07817 234 925, www.primrosehillchoirs.com

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

Chess Club
Learn chess at the Library with a trained instructor. PHCL. 6.30–8pm. Free. Contact 020 7419 6599

THURSDAY
Mini Mozart
Musical story time. PHCL. 9.30am for young children; 10.15am for babies. Contact hello@minimozart.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 and tea and coffee for mums. Contact 020 7586 8327

Music and Rhyme for under 4s
Drop-in sessions. PHCC. 4.30–5pm. £1. Contact 020 7586 8327

Catherine's Ballet
Ballet classes for under 5s. PHCC. 4–5pm. Contact info@chalkfarmschoolofdance.co.uk, www.chalkfarmschoolofdance.co.uk

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

FRIDAY
Mums' and Dads' Morning
Meet other parents while your children play. PHCL. 10.30–11.30am. Free. Contact 020 7419 6599

Circus Glory
Trapeze for ages 3–12. All levels welcome. PHCC. 2.30–6.30pm. Contact Genevieve 07973 451 603, gmonastesse@googlemail.com

Pitta Patta
Funky dance classes, ages 4–16. PHCC. 4–7.15pm. Contact Juliet 07971 916 174, Juliet@pittapattadance.co.uk, www.pittapattadance.co.uk

SATURDAY
Rhyme Time
For all ages, with an adult. 2nd and 4th Saturdays of the month. PHCL. 10.30–11.15am. Suggested donation £2.

SUNDAY
Perform
A unique mix of drama, dance and singing classes to bring out every child's true potential. Ages 4–7. PHCC. 10–11.30am and 11.30am–1pm. Try a free class. Contact 020 7255 9120, enquiries@perform.org.uk, www.perform.org.uk

FOR ADULTS

MONDAY
Mary's Living and Giving for Save the Children
Take advantage of 50% off books, movies, pictures, records and CDs, every Monday, 10am–6pm.

Lunch Club
At Jacqueline House, Oldfield Estate, Fitzroy Road. Freshly cooked lunch served at 12.30pm sharp. £5 for 2 courses. More info from PHCA.

Bridge Club (ACOL)
PHCC. 1.45–3.45pm. £3. Contact Maureen Betts 07919 444 187

Circus Glory
Trapeze for adults. All levels welcome. PHCC. 1.30–2.45pm. Contact Genevieve 07973 451 603, gmonastresse@googlemail.com

Neighbourhood Information Centre
Drop-in advice centre. PHCL. 2–4pm. Free. Contact 020 7419 659

Trauma Release Exercises (TRE)
Drop-in class to release chronic tension patterns and return the nervous system to balance. PHCC. 4–5.30pm. £15 per class, or 5 for £50. Contact Tim Kirkpatrick, www.back2base.co.uk

Bridge Class
Join us in the Library for a game of bridge. Beginners/intermediate. PHCL. 6.30pm. Contact jojarrold@gmail.com

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

Primrose Hill Choir
Love to sing? All styles of music, all welcome. PHCC. 7.30–9.30pm. £7. Contact Matthew 07817 234 925, www.primrosehillchoirs.com

TUESDAY
Mary's Living and Giving for Save the Children
Take advantage of 20% off men's items every Tuesday, 10am–6pm.

Pilates
PHCL. Dynamic sessions, 9am and 10.15am; gentler session 11.30am–12.30pm. £12 per class, £100 for 10 classes. Contact lizacawthorn@gmail.com

ESOL Class
Learn English at the Library. PHCL. 12–1pm. Free. Contact jojarrold@gmail.com

Lunchtime Laban
Workshop for actors, dancers, singers and the rest of us. Explore the where and how of movement with Rudolf Laban's Scales and Efforts. PHCC. 12–1pm. £10. Contact Jenny 07970 536643, jennyfrankel.laban@gmail.com

Aerial Yoga with Elena
Reduce stress, get fit and increase your flexibility with aerial yoga. PHCC. 1.30–2.30pm (term-time only). Contact aerialwithelena@gmail.com

General Yoga
PHCC. 6.30–8pm. Contact Catriona 07958 959816, cat.b1@blueyonder.co.uk

Morris Dancing Class
Have fun, increase your fitness and improve your dance skills whilst learning Cotswold Morris dances. CSH. 7–9pm. £8, or buy 5 and the 6th is free.

WEDNESDAY

Mary's Living and Giving for Save the Children
Student Day: 20% off all items with the student ID card, every Wednesday, 10am–6pm.

Yoga Gently
Release tension, calm the mind, gain a sense of ease in your body. A deeply restorative class for all levels; beginners welcome. PHCL. 10–11am. Suggested donation £5. Contact Emma 07808 526 265, ebaudey123@btinternet.com

Lunch Club
Jacqueline House, Oldfield Estate, Fitzroy Road. Freshly cooked lunch at 12.30pm sharp. £5 for 2 courses. More info from PHCC.

Circus Glory
Trapeze for adults. All levels welcome. PHCC. 1.15–2.15pm. Contact Genevieve 07973 451 603, gmonastesse@googlemail.com

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

Chess Club
Learn chess at the Library with a trained instructor. PHCL. 6.30–8.30pm. Free. Contact 020 7419 6599

Bridge Class
Join us in the Library for a game of bridge. Beginners/intermediate. PHCL. 7pm. Contact jojarrold@gmail.com

English Folk Dance Club
Fun for dancers of all abilities and none. No partner needed. PHCC. 7.30–10pm. Drop-in charge £6. Contact camdenfolkdance@yahoo.com

THURSDAY

Mother and Baby Pilates
Want to tone your limbs, flatten your tummy and strengthen your pelvic floor? PHCL. 11am–12pm. Contact pilateswithpaulette@gmail.com, facebook.com/pilateswithpaulette

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, £50 series of 5, student and unemployed discount available. Contact carolineshawyoga@gmail.com

Kriya Yoga
Yoga class. PHCL. 7–8pm. For joining class and price, contact kriyayogauk@btconnect.com

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

English Country Dancing
Explore England's social folk dance heritage (country, ceilidh and barn dancing) in this friendly and inclusive class. CSH. 7.30–9.30pm. £8, or buy 5 and the 6th is free.

Life-drawing
Beginners to professionals, just drop in! PHCC. 7–9.20pm. £10. Contact 020 7586 8327, phlifedrawing@gmail.com, www.meetup.com/Primrose-Hill-Life-Drawing-London, Instagram: @lifedrawingph

FRIDAY

Early Morning Pilates
Stretch and strengthen the whole body to improve balance, muscle strength, flexibility and posture. PHCC. 8–9am. £15 drop-in, £120 for ten sessions. Contact Natalie 07709 543 581, natalienicollfitness@gmail.com

Mums' and Dads' Morning
Meet other parents while your children play. PHCL. 10.30–11.30am. Free. Contact 020 7419 6599

Aerial Pilates with Pieta
Get stronger and more flexible through moving with the support of an aerial sling. PHCC. 10–11am. Class sizes are limited so please book: 07726 721 791, www.circusbodies.com

Circus Glory
Trapeze for adults. All levels welcome. PHCC. 1.30–2.45pm. Contact Genevieve 07973 451 603, gmonastesse@googlemail.com

Aerial Yoga with Elena
Reduce stress, get fit and increase your flexibility with aerial yoga. PHCC. 7–8.30. 4th Friday of the month. Contact aerialwithelena@gmail.com

SATURDAY

Councillors' Surgery
First Saturday of the month. PHCL. 11am–12pm.

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. 12–3pm. Contact 020 7586 8327

CONTACT DETAILS

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

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

CSH
Cecil Sharp House
2 Regent's Park Road
NW1 7AY
Contact: info@efdss.org
www.cecilsharphouse.org
020 7485 2206

Please submit entries for our February issue by Friday 5 April onthehillwhatson@phca.cc

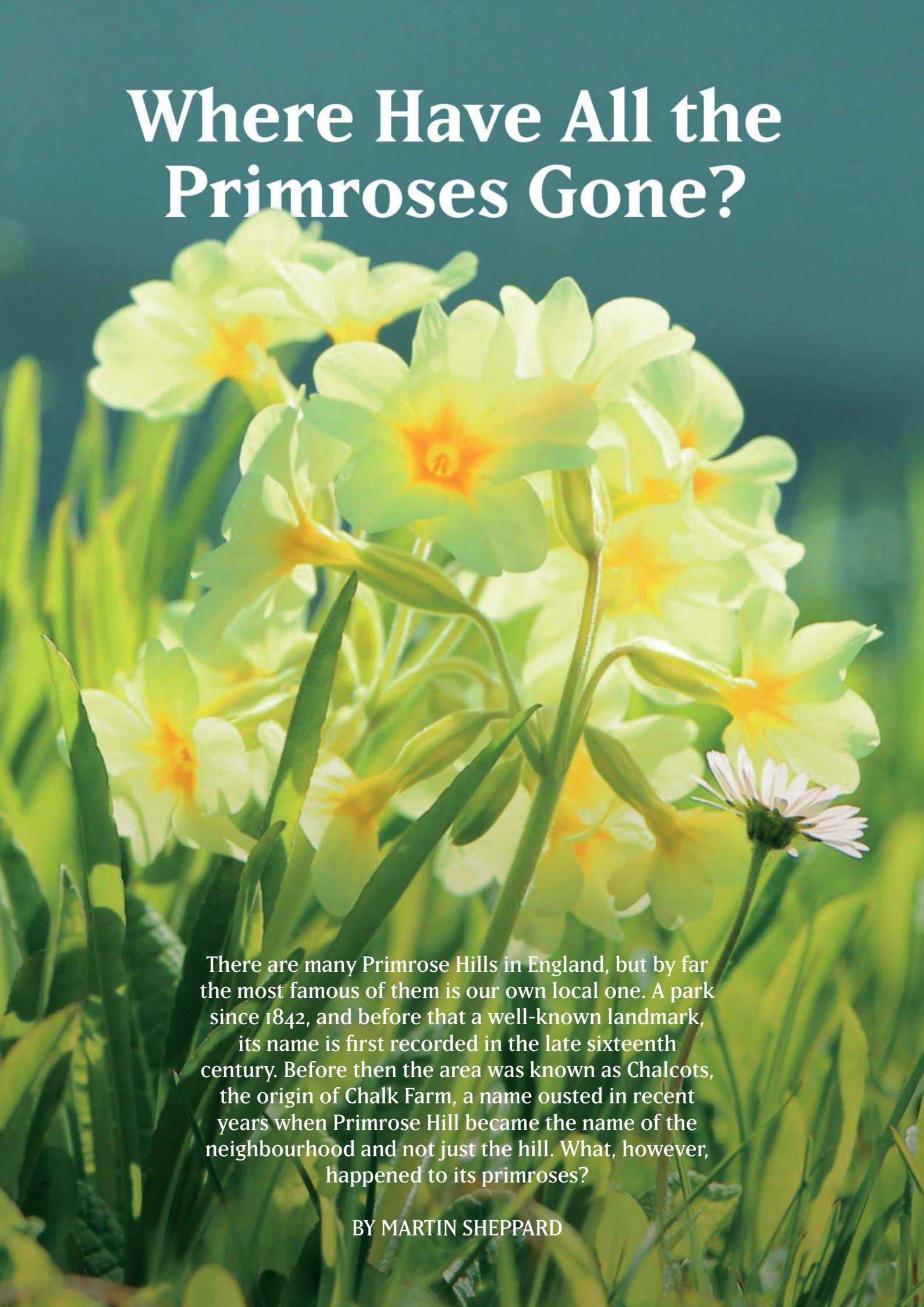
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On The Hill
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Where Have All the Primroses Gone?



There are many Primrose Hills in England, but by far the most famous of them is our own local one. A park since 1842, and before that a well-known landmark, its name is first recorded in the late sixteenth century. Before then the area was known as Chalcots, the origin of Chalk Farm, a name ousted in recent years when Primrose Hill became the name of the neighbourhood and not just the hill. What, however, happened to its primroses?

BY MARTIN SHEPPARD

The primrose is a remarkable plant which thrives in damp and shady habitats. The *Primula vulgaris*, the common or English primrose (though found across Europe), flowers early in the spring and heralds the end of winter. Its English name derives from the Latin *prima rosa* or the French *primerose*, meaning 'first rose'. It was widely held to be magical and to have healing powers. It is also unusual in having two variant types of flowers, one called 'pin-eyed' and the other 'thrum-eyed'.

The hill certainly once had primroses on it. As AD Webster, the Superintendent of Regent's Park and Primrose Hill, wrote in 1911:

"The name Primrose Hill obviously arose from the growth of primroses there, and in an old list of wild plants in the Hampstead district the *Primula vulgaris*, or primrose, is included. But other evidence is not wanting that the primrose was at one time abundant on the hill, as in 1907 I had a letter from a lady, eighty years old, who remembers filling a basket with primroses, gathered between Primrose Hill and the adjoining Zoo boundary, prior to 1838. From this it may be inferred that up to about sixty years ago primroses were abundant on the hill, and the connection between these and the name of the place will be obvious."

Several things led to the disappearance of primroses on the hill. After the Crown acquired Primrose Hill from Eton College, the Department of Woods and Forests removed the hedgerows which had once divided the hill into fields, cutting down the hedges and removing the ditches where primroses had once flourished. The hill became a single piece of grassland, without even trees. Large numbers of additional visitors were attracted to the new park. Thousands of hobnailed boots, combined with the Victorian passion for picking and pressing flowers, sealed the fate of any surviving primroses. The park authorities did nothing to prevent the loss. Unlike Royal Parks such as Regent's Park and Kensington Gardens, Primrose Hill, which was always treated as something of a Cinderella, never had flowerbeds or wildflower areas.

There have, however, been several attempts over the years to repopulate the hill with primroses. A correspondent wrote to the *Ham and High* in 1972:

"May I suggest something innocent and humble, non-controversial, above all, quite cheap, but which would bring glory to us all? It is simply this: to plant primroses now and lavishly on Primrose Hill. I suggest that all gardeners should plant primroses on the hill forthwith. They will then flower next spring. (They must be planted under the trees since they require some shade.) Too many things today have false names. Would we like it if some of our thousands of visitors were to bring an action under the Trade Descriptions Act? Let us make an honest hill of Primrose Hill."

In May 1981 the London Wildlife Trust asked permission for Lord Melchett, the Opposition spokesman in the House of Lords, and Richard Mabey, the conservationist and author, to plant a primrose on the hill to mark the trust's own inauguration. Strangely, the Department of the Environment refused permission, on the grounds that it classified a primrose as a tree. Even when informed that a primrose was only three or four inches tall, the department refused to change its mind, viewing the proposed event as a publicity stunt. This led to an article, entitled 'The Hill



with No Primrose', on the front page of the *Observer*. The London Wildlife Trust, forced to look at another way of promoting its work, toyed 'with the idea of introducing a nightingale into Berkeley Square'.

More recently renewed efforts have been made to plant primroses on Primrose Hill – and indeed a few primroses may now be found by those who look carefully in the recently established borders near the St Edmund's Terrace entrance. The deputy manager of Regent's Park used to plant two hundred primroses a year in the early 1990s.

In 2016 I tried to persuade Thames Water, which has a Biodiversity Action Plan and claims to be committed to the preservation and promotion of Heritage, to plant primroses on the banks of its Barrow Hill Reservoir – but to no avail. In February last year Miranda Glossop and I planted 350 primrose plantlets and seeds on the hill, as reported in the *Camden New Journal* under the headline 'Guerrilla Gardeners Make it a Proper Primrose Hill'. Few seem to have flourished, but we live in hope. Surely, one way or another, it must be possible to restore primroses to Primrose Hill. This would certainly be much easier and less controversial than reintroducing wolves to Wolverhampton.





HOME WORK

Your cheat-sheet for the years most coveted home design trends

Cat Dal shares her interior trends for 2019

As an interior design studio, for Cat Dal Interiors current trends play a big part in the design process. However, as each project is client-driven – starting with a story or narrative – we take an approach which derives inspiration and influence from lots of different times and eras. This balance helps to keep interiors timeless.

For 2019, there has definitely been a shift away from neutral interiors and a move towards colour and maximalism, but underpinned with clean lines and Scandinavian design. Here are some of the biggest trends we are seeing in home design at the moment.

Cat Dal Interiors is a design studio that has recently relocated to Primrose Hill at 45 Gloucester Avenue, NW1 7BA. For enquiries, please contact 020 7485 4646, or www.catdalinteriors.com



1

TEXTURED LIGHTING

When it comes to choosing lighting, texture is key. Natural woven textures such as linen, bamboo and seagrass add interest and offer the room a relaxed, bohemian feel, and we're seeing this type of lighting more and more in the home.



2

CLADDING IN BATHROOMS

Textured walls are an increasing trend, as they can add dimension to a room, and cladding or panelling in bathrooms is a great way to add character. In smaller spaces, horizontal wall panels will draw the eye upwards and help the room to appear higher than it is.

3

TWO-TONE KITCHENS

Kitchens are the central hub of the home, where we eat, drink, socialise and spend time with family. Therefore the design of the kitchen is high on the priority list for most of our clients. Two-tone kitchens are popular at the moment, and whatever the combination, the dual tonality will keep the space modern and add depth.

4

ECLECTICISM

As people are moving away from minimalism, we will see more eclectic touches in the home, a fusion of traditional with modern, layered tones and textures, vintage pieces alongside contemporary furniture. If a client has a great personal collection of art or furniture pieces, I like to take inspiration from these and use them to influence the design, mixing them with complementary pieces.



5

HIDDEN/SECRET COCKTAIL STORAGES

For home-owners who do a lot of entertaining, at-home bars are fast becoming a requested design feature, and there are lots of innovative ways to incorporate these into the home without compromising on space. For one client, we incorporated a sunken bar into the bespoke joinery of the living area; and for another, we created a bar in the dining area that was concealed behind the wooden panelled wall.



TRAIN LIKE A BOXER: MOVIN LONDON

Boxing creates extra-fit athletes, as they have to be coordinated, strong and fast. Craig Eleftheriou, co-founder of MOVIN london, always wanted to be a boxer as a child. Craig grew up in South End Green, a pupil at Gospel Oak Primary School. He was only ten when he started training at St Pancras Boxing Club; his older brother Brett had already taken up the sport and thought that Craig, who was getting into stuff at school, might benefit.

Craig developed a love of fitness which lasted him all through school. He moved on to William Ellis school, and while his friends experimented with weed, Craig hung out at the gym, gaining the nickname 'The Chest' from his friends. After a day at school he would head down to the boxing club.

"It's a good release of aggression. When you're sparring, you're learning from each other; there's a discipline."

After leaving school he worked in a garage repairing Jaguar cars, but he still boxed when he could. Then a couple of his friends from South End Green became personal trainers, and Craig realised that there was good money to be made pursuing what he enjoyed most, so he decided to try his hand at working in the fitness industry. His nan gave him the money for training, and Craig got his qualifications.

He started out at Laboratory in Mill Hill, followed by Esporta at the O2 Centre. At Esporta, he worked hard to establish himself, sometimes doing 12-hour days. At night he'd party, having the time of his life. But he began to feel something going wrong: he suffered from tiredness and fatigue and had to cancel clients. After six months of this, Craig was diagnosed with multiple sclerosis (MS). He became blind in his left eye and the left side of his body shut down. It was a big kick in the teeth for him. And yet he managed to gain





full recovery at that point, though he will always remember having to piece himself together.

"I had to learn about myself again. One of the best pieces of advice at that time was the doctor saying he had given me a brand new body. I had to learn what it can do and what it can't do. 'Go and discover it', the doctor said."

As well as finding out what this new body was capable of, Craig had to learn which foods now worked for him and which didn't. He had to rest more, cut his hours down and provide himself with some 'me time'.

Before the MS struck, Craig was aware that something was guiding him away from boxing. His brother Brett was now Southern Area Champion, Craig still training at his side. Yet somehow there was always something preventing a fight. He would dislocate a shoulder, or fights would be cancelled. Craig attributes this to an unseen force that was guiding him away from boxing and getting knocked about.

Craig then moved to Spring Health in Belsize Park, and it was here that he found his feet and worked out where he was with his MS. He has always been open with clients. Nowadays Craig has people all over the world following him and asking how he's dealing with his condition.

At Spring Health he started to run a 'Secret Workout' where clients booked into a class not knowing what was going to happen that session. It was there he met Shelly Ran, an Israeli client of his. Over a conversation on the treadmill, Craig told Shelly of his plans for his own gym. At first he just wanted a room with dumb bells, but as they talked, they decided to do it properly and Shelly agreed to become his business partner.

As Craig says, "Every trainer dreams of having their own studio and everyone has their own ideas."

Their idea was to get people to train the way boxers are trained: on rowers, bikes and punch bags. The difficulty was to find somewhere where they could include everything in the one room. The idea took three years to plan. Finally they found their ideal space: at the top of Parkway (86 Delancey Street) in a location which had originally been a tyre repair garage.

"YOU'RE FIGHTING YOUR OWN FIGHT; YOU'VE GOT TO ENJOY IT"

MOVIN london was launched in November. It's a pretty cool spot for a work-out, being lit by multi-coloured strip lights which can be altered according to mood. Shelly's very enthusiastic about it being a community. She loves the stories clients bring and how people help out in various ways.

"It's a studio, not a gym. It's not a flat place but it has a heart and spirit. There have been lots of challenges on the way and we have learnt so much. It's so intense. Business managers are not always necessarily into fitness, but here the owners are here with you, working. There's a lot of thinking behind everything which goes on in here."



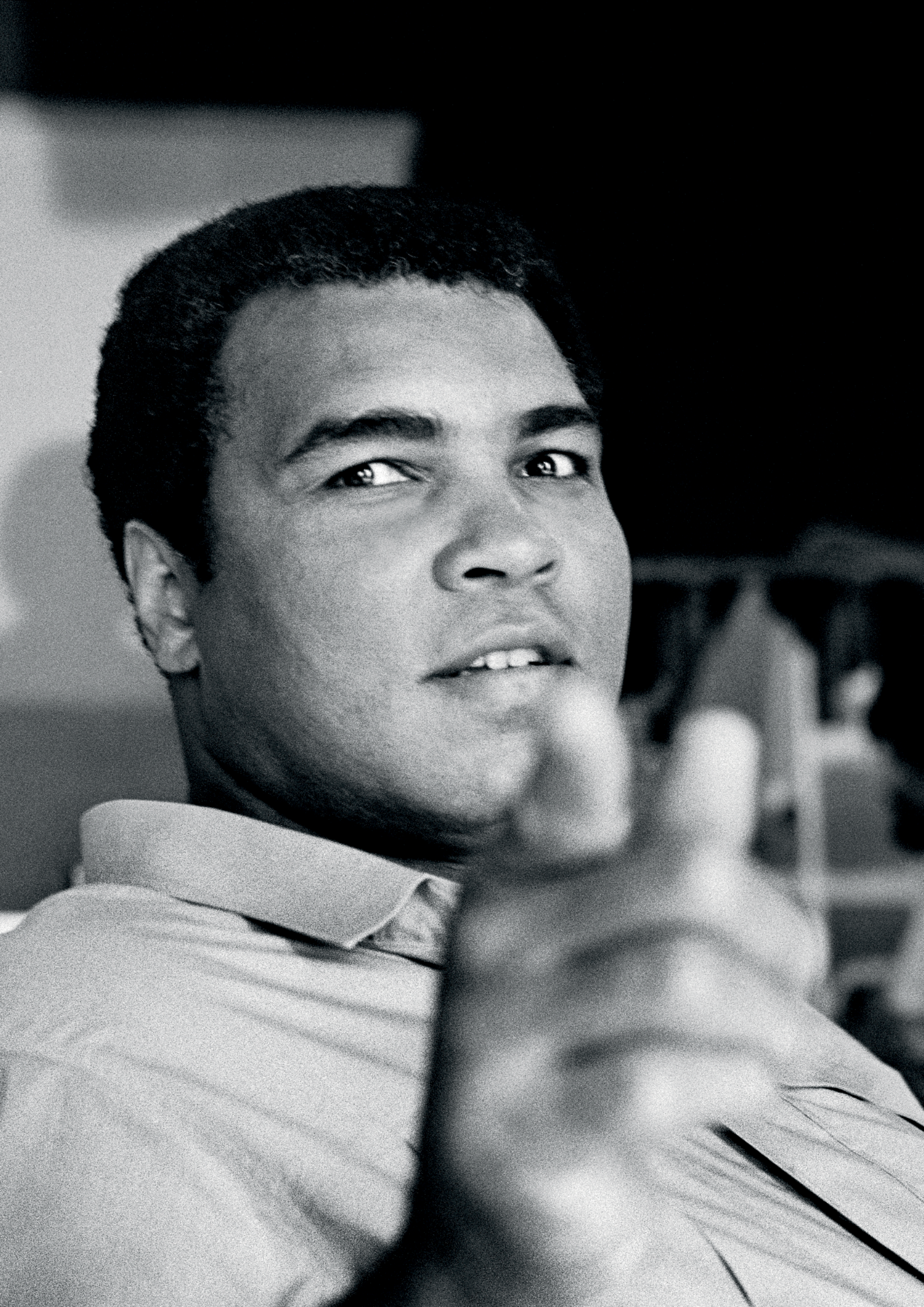
MOVIN Co-Founders Craig Eleftheriou and Shelly Ran

There are four disciplines involved in the MOVIN london training: rowing, boxing, circuits and riding. Clients work at their own speed and ability, powering the machines themselves. There are spin bikes, rowers, circuit benches and water-filled punch bags or aqua bags, which have low impact on joints because the water absorbs the punches. There are 24 clients in a class, with six at each station. The idea is to keep moving until the end of each round, whatever it takes. Simply slow down if needed, or take a standing 8-count, then back to work. This allows everyone from all ages and fitness levels to join in the fight.

"You're fighting your own fight; you've got to enjoy it. I'm here to get you fit and keep you fit."

Try your first class for FREE
www.movinlondon.co.uk
Instagram: @movinldn





SHE SUFFERS FROM HER IMAGINATION

By The Mole On The Hill

There was this woman a bit back and she took a photograph of a little girl with a backpack walking up the hill on a grassy track. Black and white. Could have been anywhere. But it was here, on the hill. Became famous, that picture.

That woman is Christina Jansen and you can see 'Girl on the Hill' hanging in Gary Ingham, a local hairdresser's. Christina has lived in Primrose Hill since she was 24, starting off in Regent's Park Road in a studio flat with the Sofer family, and then at various addresses until she settled in Ainger Road. Before that? Well now, there's a story that starts in Amsterdam.

"My mother was from Liverpool 8, Toxteth. She was a very smart lady. She went over to Amsterdam and met my dad in a bar. He was one of Holland's top photo-journalists, a brilliant photographer. She learnt fluent Dutch and became a successful writer/translator, writing Donald Duck stories for Disney.

"We lived for eight years in Amsterdam, next to Ajax football stadium. We were friends with Johan Cruyff, and lots of footballers came to our house. Then we moved to north Holland to a big traditional saddle-roof house next door to a farm where I was able to wander around. I milked the cows and even drove a tractor. I used to skate to school in winter along the canals. In summer we would cycle."

All that ended when Christina was ten years old and she and her mother and brother came to live in England. Not to Liverpool but to south Devon, where her mother's sister now lived in a big council estate.

"My Mum had had a job in a mental hospital, but she was also writing part-time for the *Illustrated Press* in Holland. She was quite eccentric, didn't fit in to that environment, didn't like doffing her hat to the gentry. She stood out. So we moved. One minute we were living in the flat polder-lands, then we found ourselves in the middle of Dartmoor three miles from the nearest village. I had to learn English fast. My mother joined a drama group and as a kid I was in lots of musicals with her. I used to get picked up in the mornings by taxi to go to King Edward VI School in Totnes."



"Through photography I've been to the most extraordinary places and met the most amazing people. It has opened doors I thought I would never enter. My camera and I have been all over the place."

The school was perfect for Christina. She was excellent at sport, became a judo black belt, had ballet lessons in Dartmouth. But there was never any question about the direction she would take: it was always going to be art, so she did an Art Foundation course, followed by a BA Hons in Art and Photography, where she began making photo silkscreen prints and taking photos. Her father gave her a Canon TLB and Olympus Pen and she was on her way.

"My first job was for Hanley Museum in Stoke-on-Trent, photographing all the pre-1920s buildings for their archives. I remember walking along the canals and thinking, 'I can't believe this. I'm doing what I love doing and I'm being paid for it.' Through photography I've been to the most extraordinary places and met the most amazing people. It has opened doors I thought I would never enter. My camera and I have been all over the place."

It wasn't all photography. Christina represented a famous jingle writer when she first arrived in London and this led to Zomba Music asking her to run their jingle company for TV and radio commercials.

"I didn't know much about music, but I was good with people; I knew



people in the music world, had a degree and didn't look so bad. So I'd call clients and take them for lunch. For three years I ran the company by myself, but I never dropped photography entirely. I'd do album covers and publicity shots. Over the years I have shot everything from food to *The Joy of Sex* book covers, but portraiture, corporate and music photography are now my main focus."

Christina is most proud of her work with Muhammad Ali: "One day I got a phone call: can you shoot this commercial? When I arrived at Fulham Studios I found Muhammad Ali making a commercial for a powdered milk drink he was marketing. I got on really well with him: he treated everyone with respect and was curious about them. It enabled me to get some warm, intimate photographs. I had a huge admiration for him and felt very protective

"I love people coming to my Primrose Hill studio. They always have a good time. They trust me and feel relaxed."

because he was already suffering from Parkinson's back in 1986. I hid my photographs of him – bar one – for 20 years until a girl in a Muslim gym in St John's Wood asked if I had more pictures of the man and encouraged me to show them. The paparazzi turned up at that exhibition and I realised I could possibly raise money for charities Ali was interested in, using my photos."

Ali's seventieth birthday coincided with the 2012 Olympics, and Christina thought it would be wonderful to celebrate by showing 70 images of the champ taken by a range of photographers from around the world, including her own. She approached Lance Foreman, whose salmon smokehouse is on Fish Island overlooking the Olympic Stadium, with an art gallery upstairs. He was immediately hooked by a poem Ali had written for Christina:

'To Tina from Muhammad Ali... Love is the net where hearts are caught like fish.'

Christina was told that Ali was not well enough to open the exhibition himself, but his brother Rahaman came with his wife. The exhibition, 'In the Rings with Ali', ran the whole way through the Olympics, raising money for Amnesty International and Parkinson's UK. Christina is still showing the photos today, her modest way of trying to keep his spirit alive.

One of Christina's most beautiful commissions came when she was pregnant with her daughter. She photographed many Primrose Hill locals for *The Complete Guide to Pregnancy and Childcare,* including several who were attending pregnancy yoga classes in Primrose Hill Community Centre. For Christina, the book is like a family album.

Christina describes herself as an artist photographer. She is an artist-in-residence at Gallery Different in Fitzrovia and regularly exhibits her work there. Besides her work in corporate photography, book illustration, album covers and shooting live bands, portraiture is her great love.

"I love people coming to my Primrose Hill studio. They always have a good time. They trust me and feel relaxed. You can see some of my portraits of local people on the walls of Greenberry Café... I've shot a live volcano from a helicopter, gold-smelting in Switzerland and all the tourist spots of northern Europe. But when it comes down to it, photography is about getting on with people, as well as lighting, composition and using your imagination."

When she was very young, her mother overheard her Nan talking to a neighbour in Liverpool about her: "We've got a bit of trouble, y'know. Our Marion reads books. She suffers from her imagination." No doubt this quality has been passed on.

Why have all those people got their heads bowed and their hands stuck out in front of them? Texting, Lass. They've swapped their brains for that thing in their hands. You watch. In a minute they'll point it at something. They think they're photographers. No chance. They're taking pictures. Any mug can do that. It takes an artist to make a photograph.

PRIMROSE HILL ENTREPRENEURS

Local entrepreneur Petar Savic talks to some of the start-ups and small businesses running from Primrose Hill. This month he meets Rebecca Davis from AnotherDay Events.



WHY DID YOU DECIDE TO LAUNCH A START-UP?

When I met my business partner Amy, we just clicked. We both had the same vision and passion for what we wanted to do in events and how we wanted to do it. Having this shared drive, work ethos and trust in each other made it very easy for us to launch AnotherDay Events. We knew we were both 100% dedicated and wouldn't stop until we succeeded.

WHAT TYPE OF WORK DO YOU DO?

We love to throw a great party and create an experience for people that will exceed their expectations. We all know that it can be quite a nightmare just to get friends together for a quick catch-up, so for the bigger celebrations such as your birthday, baby showers or your wedding, that's where we come in. Our whole ethos is that we want you to enjoy your celebration without any of the hassle or stress – whatever the occasion! On the corporate side, we partner with companies on their internal celebrations but also on their client-facing events; it could be to showcase their brand or launch a new product. They look to us for innovative ideas and guidance in creating an event that reflects what they're all about.

WHAT ARE YOU CURRENTLY WORKING ON?

We recently started working with a large tech company on their internal events, which is very exciting for us. We get to work on celebrating their staff with new and exciting concepts. A highlight for us is working on private events, and we are so lucky to have some fabulous clients. Right now we have a really chic and luxurious fortieth birthday party we're working on for an amazing couple not too far from Primrose Hill! They've been a blast to work with!

WHAT HAVE THE CHALLENGES BEEN?

I would say on the corporate side it's breaking the mould. We'd love them to jump out of their comfort zone and allow us the chance to pitch new ideas and rival their current events agency to see if we can offer something better.

WHY DO YOU LIKE BEING AN ENTREPRENEUR?

It's about having creative business freedom and my own time-management. Essentially, we make the rules! We are working harder than we ever have before and taking risks where we may not have in the past. When all of this pays off, it makes all the little wins that much sweeter!

DO YOU NOTICE A LACK OF WOMEN IN START-UPS?

Absolutely not; we're so lucky to be surrounded by so many amazing women doing incredible things in business. For example, I recently read that 54% of WeWork London's female members are founders, sole proprietors or in management positions. This was wonderful to read, and certainly from my experience it's been inspiring to meet other women in similar positions to myself.

ANY ADVICE FOR OTHER PEOPLE LOOKING TO SET UP THEIR OWN COMPANY?

Be prepared to work hard. You'll get knocked down, but if you keep picking yourself back up you will be rewarded.

WHAT'S THE WEIRDEST/ FUNNIEST THING THAT HAS HAPPENED TO YOU IN EVENTS?

We were throwing a black tie fiftieth birthday party for a client and they asked to have real penguins wearing bow-ties greeting guests on arrival! In the end we compromised with real-life waiters wearing 'penguin suits'!

WHAT DO YOU LOVE ABOUT PRIMROSE HILL?

I love the community spirit. I'm on the Primrose Hill events committee and currently working on a fashion show that's in the pipeline for later in the year. And of course I love the 3 Ps: the people, the park and the pubs!

Find out more about AnotherDay Events at www.anotherdayevents.com or **@anotherdayevents**. Rebecca can be contacted at bec@anotherdayevents

Extending Provision for Children with Autism in Primrose Hill

Improvements being made at Primrose Hill Primary School



The Council's responsibilities

Camden Council has a duty to offer high-quality education for children and young people of all ages, abilities and backgrounds. This includes pupils with a wide range of special educational needs and disabilities (SEND).

In line with a national increase in the diagnosis of autistic spectrum disorder (ASD), more local children of nursery and primary age are being identified with this disability.

What is autism?

Autism is a life-long developmental disability. It is part of the autism spectrum and is sometimes referred to as an autism spectrum disorder, or ASD. The word 'spectrum' is used because all children and adults with autism will share some areas of difficulty, but their condition will affect them in very different ways. Some are able to live relatively 'everyday' lives; others will require a lifetime of specialist support.

For more information about autism visit the National Autistic Society website at **www.nas.org.uk** or phone 020 7833 2299.

The Council already has specialist facilities for children with ASD in several schools, and now needs to provide more facilities in local primary schools. Many of these children would otherwise have to travel to other boroughs for a suitable school place.

Primrose Hill Primary School

Primrose Hill Primary School is developing an additionally resourced provision (ARP) for children with autism. They will be accepting 14 additional pupils across the school. The provision will start in September 2019 with two pupils in Reception, followed by another two pupils in Reception in September 2020 and so on, building up to 14 pupils by September 2025.

Additional specialist staff will be recruited from summer 2019 to support the pupils at Primrose Hill School. The aim will be to integrate pupils with autism into mainstream classes as much as possible, with the support of specialist staff.

The additionally resourced provision (ARP) will play an important role in preparing and supporting pupils with autism for inclusion in mainstream teaching and learning. The aim is for most of these pupils to spend part of their day in the ARP's hub, with the rest of the day in a mainstream class with specialist support, as appropriate for the needs of each pupil.

The new development at the school has been agreed through consultation with parents, governors and staff from the school and with local residents and Ward Councillors.

What changes are being made?

A number of improvements will be made to Primrose Hill Primary School as part of the proposal, and they will actually benefit all pupils. These include:

- acoustic treatments throughout the school (completed on a phased approach) to help absorb noise and create calmer spaces
- an ASD hub on the second floor, including a gym, therapy room, soft play area and a calm room
- group rooms on each floor
- improvements to the dining area
- improved toilet facilities, including accessible toilets.

When will the developments happen?

The improvements are likely to start around July 2019 and continue until Christmas. However, this timeline is subject to planning permission and approvals regarding the listed building status of the school. In order to give time for careful consideration of any changes on the special character of the school building, this schedule could change.

Most of the building works are internal and should not significantly impact on local residents.

How will we minimise disruption to local residents?

The project team propose to:

- carry out spot checks to ensure that the contractors (and any sub-contractors) adhere to the Considerate Contractors guidance
- provide a telephone number for residents to contact the contractors
- have proactive communications with residents regarding any planned works which are out of the ordinary.

If you would like to be kept informed of the building works, please email your name and email address* to: emma.ferrey@camden.gov.uk

* Your details will only be kept for the duration of the improvements and will then be deleted.

Marketplace



Thank you to all our contributors!



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Community

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0207 483 3763
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www.chalkfarm.foodbank.org.uk

Easter Cupcakes

1. Pre-heat the oven to 160°C and line a cupcake tin with 12 cases.
2. Cream together the butter and sugar and add the eggs at 30-second intervals. In a separate bowl mix together the baking powder and both flours, and in another bowl combine the vanilla extract and milk.
3. Add a third of the dry mix to the batter and mix for 30 seconds, then add half the wet ingredients and mix for 30 seconds. Repeat until all the ingredients are combined.
4. Fill each case two-thirds full of mixture and press a chocolate egg or raspberry on top. Bake for 25 minutes. When ready, transfer the cupcakes to a cooling rack for 40 minutes
5. For the icing, cream together the butter, vanilla extract, milk and some of the icing sugar. Mix for 3 minutes and then add the rest of the icing sugar. Melt the chocolate and mix into the icing.
6. To decorate, fill a piping bag with the icing and pipe in a circle from the centre working out towards the edges, getting higher on the rim to make it look like a nest. Place chicks and eggs in the middle. And enjoy!

Ingredients

Cupcakes:
130 g butter
230 g caster sugar
2 tsp vanilla extract
125 g self-raising flour
125 g plain flour
2 large eggs
1 tsp baking powder
120ml semi-skimmed milk
Chocolate eggs
Raspberries

Icing:
500 g icing sugar
60 ml milk
150 g butter
1 tsp vanilla
300 g milk chocolate

Decorations:
Chocolate eggs
Easter chicks



PHOTOGRAPH BY Sarah Louise Ramsay
RECIPE BY Caia Collis

Primrose Hill Lecture Series 2019 – Save the Date!



5 June
Gill Bennett on Spies, Lies and Disinformation
People might be forgiven, in the current avalanche of stories about fake news, robot social media accounts and subversion, for thinking that we live in an age where the old conventions of governance, information and public discourse no long apply. Surely, therefore, the world of secret intelligence has also been so transformed by technology as to be unrecognisable to readers of Ian Fleming, Deighton and Le Carré? This lecture will show that techniques in use today, including disinformation, are as old as human history; and that despite the march of technology, the principles, practices and requirements of the intelligence world have evolved rather than changed. In some ways the role of the human agent – the spy – is more important than ever.

Gill Bennett was Chief Historian of the Foreign and Commonwealth Office, 1995–2005.



12 June
Andrew Marr on Democracy: Is British Politics Broken?
The question of the moment: Is British politics broken? And if so, what should we do to mend it?

The Brexit referendum vote has divided the country and created turmoil within the fragile tradition of parliamentary democracy. Where are we headed? Andrew Marr steers us around an increasingly turbulent political scene.

19 June
To be confirmed



26 June
Daniel Rosenthal on Dramatic Exchanges: The Lives and Letters of the NT
Join Daniel Rosenthal, author of *The National Theatre Story*, and special theatrical guests as they explore the most compelling correspondence and performances from fifty-five years of National Theatre history.



3 July
Nicci Gerrard on *What Dementia Teaches Us About Love*
After her father's death from dementia, the writer and campaigner Nicci Gerrard set out to explore the illness that now touches millions of us, yet which we still struggle to speak about. What does dementia mean, for those who live with it, and those who care for them? What does it tell us about memory, language, identity, ageing and the notion of what it truly means to care? How do we begin to value those who become old, invisible, forgotten? What do we owe them and each other as humans? What, in the end, really matters? What, as the title of her book asks, does dementia teach us about love?

Nicci Gerrard is author of the book *What Dementia Teaches Us About Love*; and in partnership with her husband she is the celebrated novelist Nicci French.

All lectures at St Mary's start at 7 pm. Tickets will be on sale later this month at £12 per lecture (£10 concessions), or £50 for the series (£40 concessions). Proceeds go to St Mary's outreach work to provide for our disadvantaged youth, the elderly and a cold weather shelter for the homeless. **www.stmarysprimrosehill.com**

THE TEENAGE BRAIN

A PHCC EVENT AS PART OF MENTAL HEALTH AWARENESS WEEK

SATURDAY 18TH MAY 10 - 6 : THE TEENAGE BRAIN - A USERS GUIDE
THE TEENAGE BRAIN AT HOME, AT SCHOOL AND AT PLAY
Workshops and conversations. Incl Laughter Yoga.

SUNDAY 19TH MAY 4 - 7.30 : HAVERSTOCK IN THE HOUSE
Haverstock School students sharing their experience of the
Teenage Brain through drama, debate, rap and rapport

For details of workshops and timings visit www.phca.cc/events/teenage-brain-weekend
All ages welcome from preteens to Elders. Teenagers and their parents especially welcome.
By donation.

Hello, Primrose Hill!

Primrose Hill Community Association held a celebration evening to thank local donors who helped to raise over £250,000 to secure the lease on the Community Centre. A plaque was unveiled to reveal the names of those who had donated. It will be found a permanent home in the Community Centre.

Thank you to all who donated, the fundraising team, and those who helped on the evening.

PHOTOGRAPHS BY Sarah Louise Ramsay















