A comforting read in a trying time

See p18 for ways to stay connected during self-isolation

On The Hill

NEWS AND INFORMATION FOR PRIMROSE HILL PEOPLE

APRIL 2020 | ONTHEHILL.INFO

EN SHALLA FOOD BAG CHARITY

Sadie Frost and Frances Dove join forces on a collaborative charity project



PLUS

ANNABEL CHOWN

Discusses her memoir, *Hidden*

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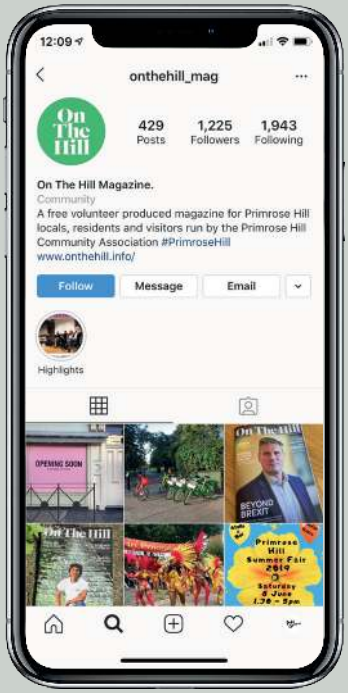
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On The Hill On The Go

Keep up with the latest news and happenings on our social media channels.



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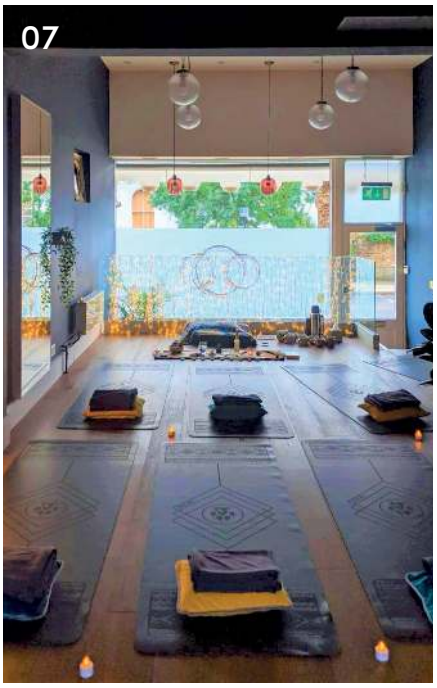
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April 2020

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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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Sarah Louise Ramsay

ISSN 20-6175



Welcome to April

'April is the cruellest month' said T.S. Eliot and it's gearing up to look that way. This month I can't recommend things to do or places to go as the lurgy has taken over, and no-one's going anywhere, except the supermarkets. And if you did buy a year's supply of toilet roll, please give some to the Chalk Farm Food Bank as they're being hit really hard. They're open on Berkley Road in Primrose Hill every Thursday between 10.30am and noon. Toiletries and non-perishable foods are also useful things to drop round to them.

The Primrose Hill Community Centre and the Library have closed until further notice. Please check their website for future developments (**www.phca.cc** and **www.phcl.org**).

For the foreseeable future, until we get the 'all clear', *On The Hill* will be operating as an information exchange for the community. There are lots of vulnerable people around who may need help with shopping, or advice and support. We will share any useful groups, websites, ideas and local organisations which have been generated as a result of the virus. If you have anything you'd like to contribute which could help others in our community, please contact me on editor@onthehill.com

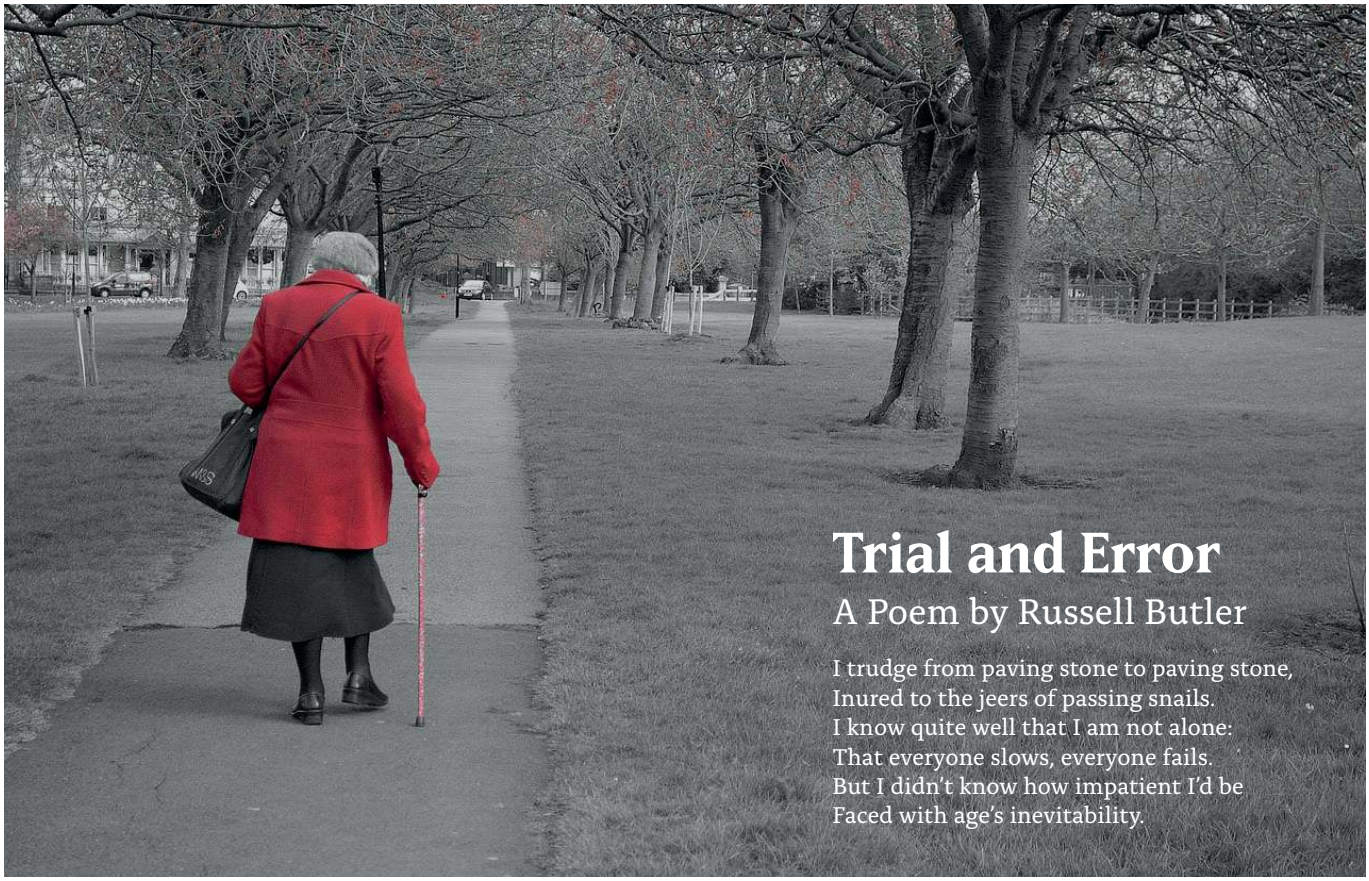
Harriet Kelsall has agreed to sponsor *On The Hill*. They have been hugely supportive to our community and the magazine, and we're immensely grateful. When wedding gatherings are allowed once again, I strongly recommend that you nip out and buy your rings there!

Until you hear from me again (and I hope you will!) keep safe out there, don't cough in anyone's face and I hope we can all convene again soon in better shape.

Maggie Chambers



Happy Easter - the good times will return!



Trial and Error

A Poem by Russell Butler

I trudge from paving stone to paving stone,
Inured to the jeers of passing snails.
I know quite well that I am not alone:
That everyone slows, everyone fails.
But I didn't know how impatient I'd be
Faced with age's inevitability.

On The Street

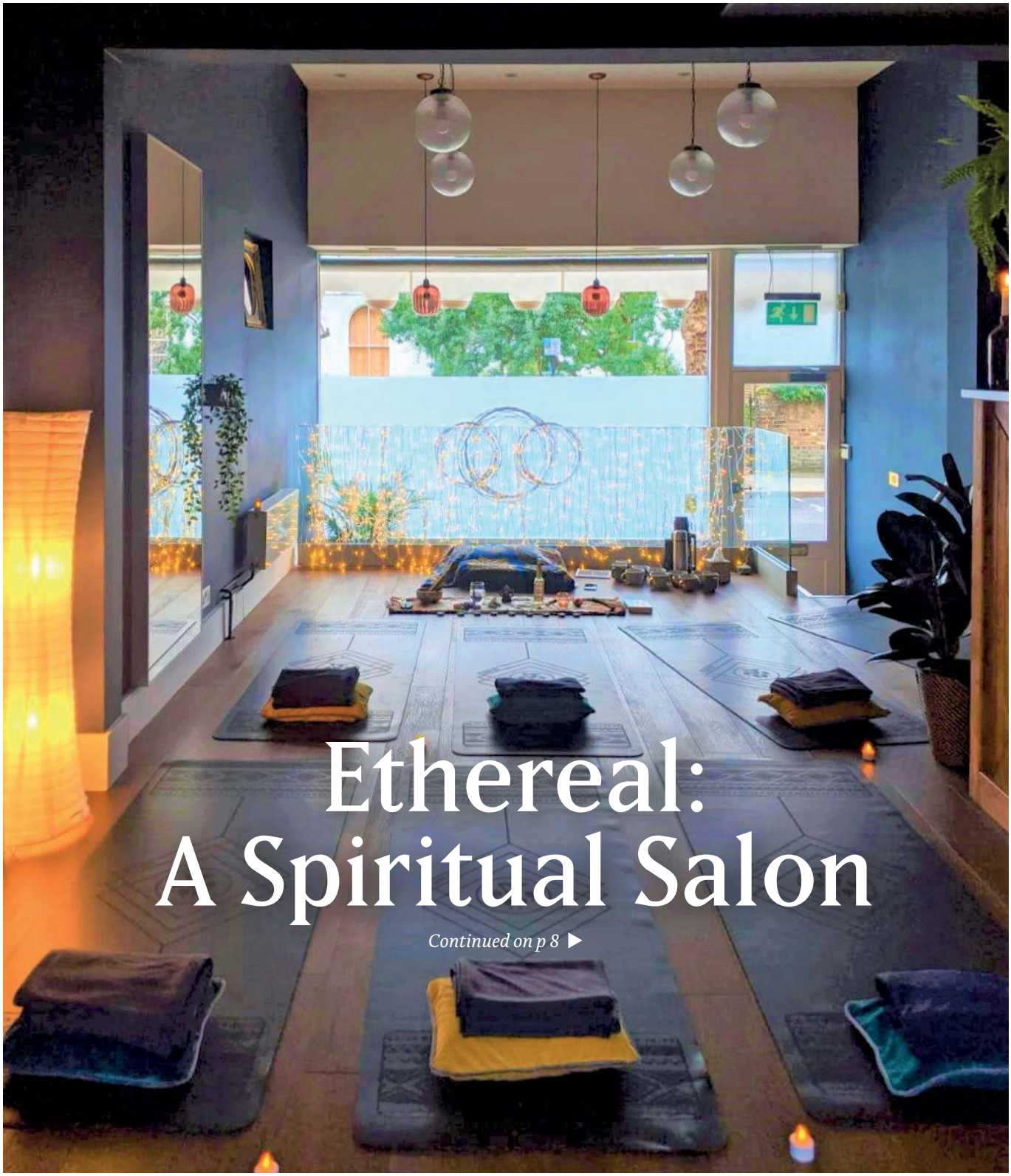
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AND MORE



Ethereal: A Spiritual Salon

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Ethereal: A Spiritual Salon

By Nicola Manasseh



In February, as the new moon moved into Pisces, I gathered with nine other people to participate in my first cacao ceremony at Ethereal in Primrose Hill. Every Sunday Dean McCarthy and James Thompson, the owners of this stylish, feel-good hair salon, offer different events aimed to give those who sign up a healing and inspirational experience and a chance to relax, refresh and renew. The duo bring practitioners to provide different yoga classes, meditation sessions, alchemy sound bowl healing, women circles and tea and plant ceremonies, which are usually planned around lunar cycles. Coming soon to Ethereal is breath specialist Melike Hussein from the Transformational Breath Foundation UK.

On arriving late afternoon at Ethereal, the medicine woman Kasia explained that with the aid of the plant medicine cacao we would be able to go within easily and connect to the wisdom of the heart. She promised there would be no vomiting but there might be tears, and she was right. As I lay on my yoga mat, after drinking a cup of the cacao which tasted like unsweetened mocha coffee, and listened to Kasia's beautiful guided meditation, I started to have little revelations and silently, painlessly, I cried. The focus of the three-hour ceremony was to connect to a personal intention, and those who wanted less anxiety and more calm in their lives were immediately able to remember what that could feel like.

When you're doing deep self-enquiry it's important to trust your guide and to feel safe in the venue where your journey is happening. We were upstairs at Ethereal, cocooned by dark blue walls and soft lighting. Because of the frosted glass window, I felt distanced from the street and could only see trees and sky. Dean and James, who are also the hair stylists at this revolutionary salon, are passionate about creating a safe space where people can be themselves; a place which will make their clients feel at home, pampered and essentially look forward to going to the hairdresser.

Since they opened in September 2019, James and Dean have consciously created their 'hair spa' by paying attention to every detail. Downstairs, where they colour and wash people's hair, is a tranquil haven with vibrant plants, an indoor waterfall, upcycled marble and oak shelves, and a cosy zone painted deep sea green with a plush velvet couch where you can quietly meditate as your hair is being coloured. Instead of well-thumbed glossy magazines, there are books about consciousness and self-care. As you sit in premium chairs reminiscent of the declining armchairs in fancier cinemas and have your hair washed by eco-sustainable shampoo with natural, biodynamic ingredients, the tap water is running through black tourmaline crystals.

Of course the way you will be treated at Ethereal reflects the attitude of its creators. Both Dean and James have been hairdressers all their working lives and have proved their expertise in the fashion world and as master colourists. Moreover they are genuinely interested in holistic wellness (Dean is also a practising reiki master, yoga and meditation teacher). James and Dean have always believed that your hair should empower you and make you feel confident. Rather than offering customers a list of options and prices, they have an initial conversation to hear what you want to do with your hair and what kind of lifestyle you have. And that conversation does not have to happen in front of a mirror!

"Sometimes what a person wants is not what they need. As we have years of experience and aim to personalise the process of hairstyling and tailor each service, we are always honest," Dean says with a charming Irish accent. Perhaps the duo's honesty is contagious, for they find that their clients, at least those who feel like talking, want to engage in more meaningful conversations as their hair is being styled. I suspect that this emotional connection happens not just because of the luxuriously comfortable environment and furniture, but because, unlike in most hairdressers, from start to finish, from hair wash to being helped back into your coat, you will be tended to by just James or Dean.

As my interview with Dean and James came to an end, I really didn't want to leave. Besides, I kept discovering delightful things like that back in the 1880s the first shop to stand where Ethereal is was actually the first hairdresser on Regent's Park Road. I also got to see some photos of their hair-styling artistry and to drink their delicious home-made green, lime, watermelon tea, accompanied by a small square of organic chocolate. When I did eventually hug goodbye and left the serene salon, I got to thinking how James and Dean had made me feel ethereal. Not for a moment with them had I remembered my wind-blown, messy hair (and in their vintage mirrors it actually looked as if I was having a good hair day!) or my muddy boots, a result of going off-path in Primrose Hill earlier that day. The truth is that I felt more relaxed and good about myself after being with these two generous and wise gentlemen.

Ethereal is at 107 Regent's Park Road
www.ethereal.uk.com
Contact Ethereal for hair appointments or to find out more about the events they host.

For more information about Kasia's Cacao Ceremonies and spiritual work, visit
www.staywildtherapies.com •

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POSTCARDS FROM PRIMROSE HILL



A lovely coloured image of England's Lane. (As a collector of old postcards of Primrose Hill, this street is the northern boundary for me. After that, it's Belsize Park a wholly different area!)

To the left, outside the picture, is Primrose Gardens; and the end of the road takes you to Haverstock Hill.

I love how busy the pavement is with shoppers, ladies with prams and their children, gentlemen in bowler hats, a horse and cart, and the display of wares. Also note how many independent shops, and no cars.

The first shop on the left, at number 22, is Raworth, a poulterer. The shopkeeper was Louis Raworth, who was listed on the 1901 census as living at the property with his wife Louise and 19-year-old daughter Nellie.

The postcard was posted on 8 September 1909. •

@old_primrosehill_postcards

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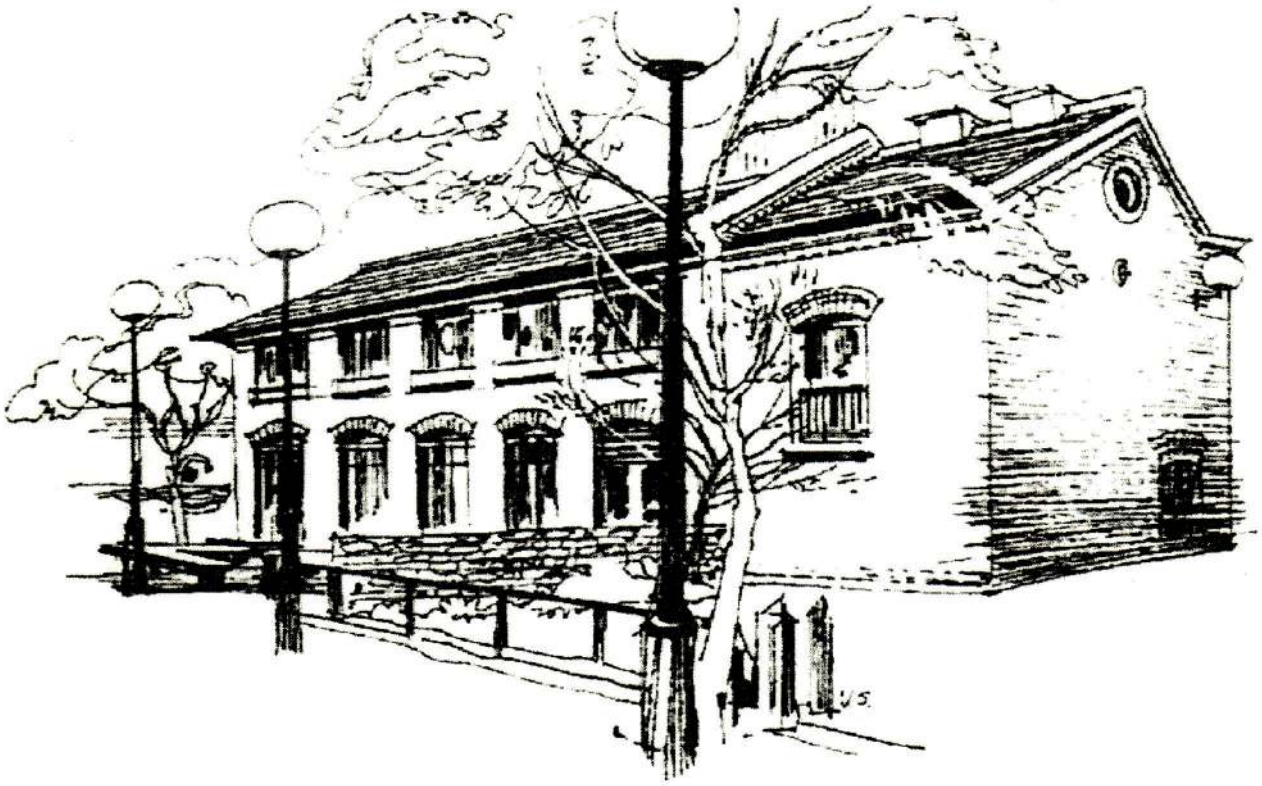


PillarCare enquiries@pillarcare.co.uk pillarcare.co.uk

News & Information

from Primrose Hill Community Association

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



Coronavirus

Both the Primrose Hill Community Centre and the Library, like many other organisations, are closing for the duration of the virus. We will be checking official information daily and will act on any advice given as to when to re-open. Our websites will be updated with any developments: **www.phca.cc** and **www.phcl.org**

Burns Night

The Burns Night was another roaring success, and we must thank all the volunteers who helped make it such, in particular Catherine Kelly who organised it so proficiently. It was lovely seeing another full house. •

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Harriet Kelsall Bespoke Jewellery







Designer Harriet Kelsall of the eponymous Primrose Hill jewellery studio talks you through just how easy it is to get the ball rolling in creating a wonderfully sentimental piece personal to you.



Choosing bespoke jewellery gives you the freedom to create something truly special and tailored just for you or your significant other. It can symbolise your life, your relationship, your personality, and it's this wonderful sentimentality that draws people to create something bespoke.

Working closely with our skilled and experienced jewellery designers, we will take the time to connect with you, learn your likes and dislikes, styles and tastes, while answering any questions you have.

We may be involved in a very traditional craft, but we combine it with the latest technologies. Our designers are equally as comfortable designing with you over the internet as they are over the phone or in person. Our 'all in one' website, project management and resources IT system is one of the most sophisticated in the jewellery world, allowing for seamless transitions from the moment you first click on our site to the minute you receive your bespoke engagement ring.

However, as cutting edge as our technology may be, the one thing we do know from experience is that it's good to talk. So if you can find the time to call in to arrange a phone or online consultation, it gives us an immediate connection with you, making it easier to match you with a designer and gain clues as to how we might be able to help. •

Find Harriet Kelsall at
69 Regent's Park Road, NW1 8UY
020 3886 0757
M–Sa 10.00–18.00
www.hkjewellery.co.uk

Top tips for creating the right ring for you:

FIND YOUR STYLE
Choose a design that fits with your usual style – now is not the time to try something completely different!

SEE THE MATERIALS
Ask the designer to show you different gemstones and metals to know exactly what you are choosing.

MAKE IT PERSONAL
Think about important elements of your life that you'd like to incorporate into the design.

INTERVIEW

Marine Ices

Children from Haverstock School's Young Journalists talk to Ed Myatt from Marine Ices in Chalk Farm Road (and test the ice cream).







Q: There has been ice cream making in your family for three generations. How did the business start?
Ed: My family were dairy farmers in Suffolk looking for a way to increase the value of the milk they were producing; and ice cream was what they settled on thirty-six years ago.

Q: What was the first ice cream maker like?
Ed: I don't remember, I was only one!

Q: How do you make the ice cream?
Ed: First the basic ice cream mix – milk, cream and sugar– is left to age for twelve hours in a chilled vat. Then for a raspberry ripple, for instance, we add a raspberry puree, often from British raspberries. A special machine adds it to the ice cream as it is pumped out.

Q: Do you have ice cream tasters?
Ed: Yes.

Us: We'd like to volunteer!
Ed: *There are nine ice cream tasters and they are all from the Myatt family but my Grandmother Muriel is the chief taster and everybody waits for her to arrive.*

Q: We know that your family recently took over Marine Ices. Is there anything special you do to make them uniquely Marine Ices?
Ed: We still use all the original recipes that the founder of Marine Ices used in 1931, and we also use Italian fruits wherever possible and Italian flavour.

Q: Do you have your own personal Marine Ices favourite sorbet or ice cream?
Ed: Yes, I do; my favourite flavour is vanilla.

Q: Why?
Ed: If you can do a vanilla well, you can do a lot of other flavours well; and I think our vanilla is really rather good.

"Grandmother Muriel is the chief taster and everybody waits for her to arrive."

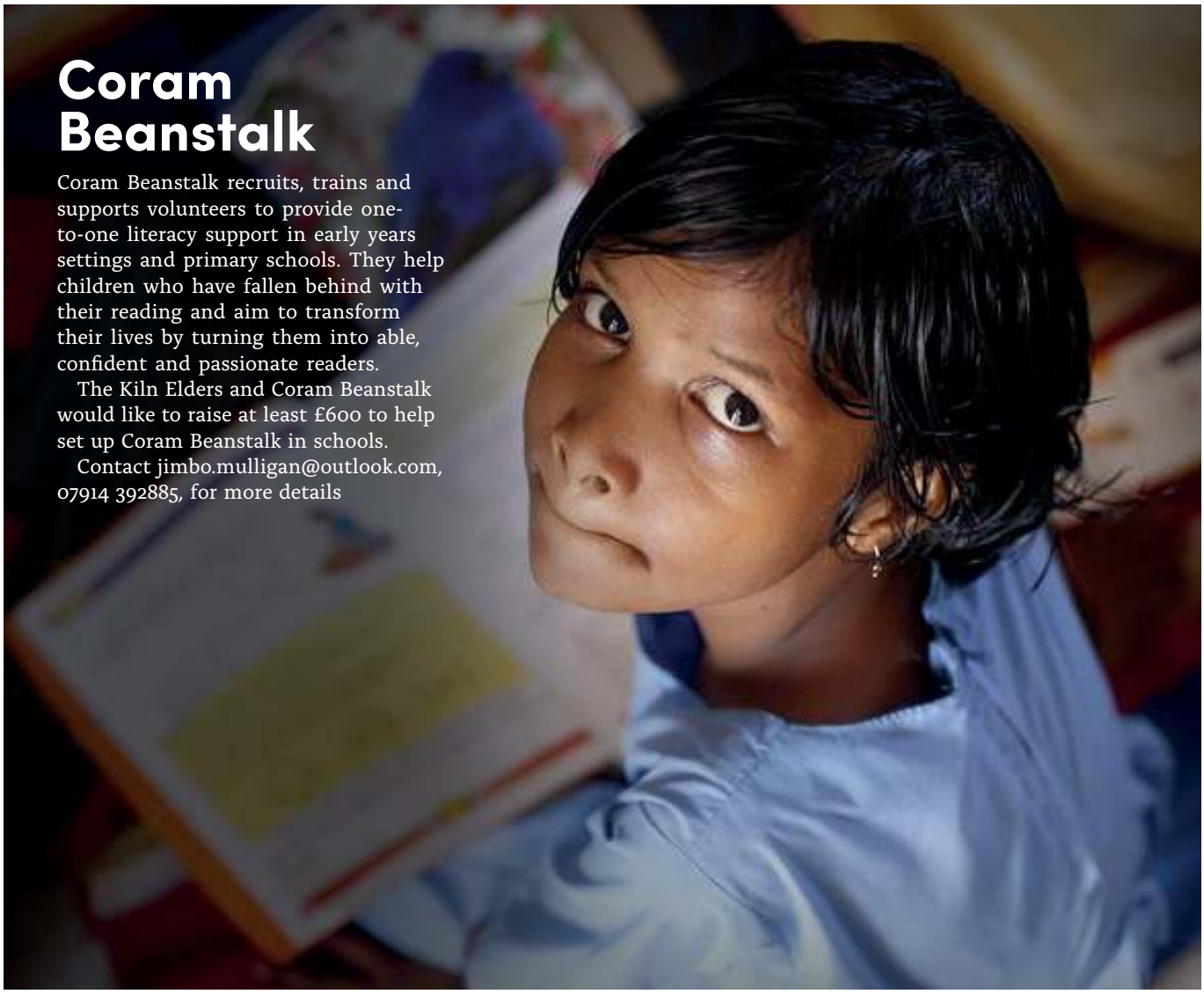
Q: As a child, was that your favourite flavour?
Ed: My favourite Marine Ice was the mango sorbet. I loved it because it has a really smooth, creamy texture; but there is no milk in there, so it is not rich.

We then tasted lots of ice creams and were treated by Ed to ice cream sundaes. The Marine Ices mango was wonderful and just as Ed described!

Thank you, Ed. The sundaes were totally scrummy and lived up to Marine Ices' incredible reputation.

Tyler and Madison Year 7 and Sirin Year 8 •

NEWS & VIEWS



Coram Beanstalk

Coram Beanstalk recruits, trains and supports volunteers to provide one-to-one literacy support in early years settings and primary schools. They help children who have fallen behind with their reading and aim to transform their lives by turning them into able, confident and passionate readers.

The Kiln Elders and Coram Beanstalk would like to raise at least £600 to help set up Coram Beanstalk in schools.

Contact jimbo.mulligan@outlook.com, 07914 392885, for more details



Morrison's Development

Work has now begun on Camden Goods Yard, the site of the Morrison's development. The scheme will provide 573 new homes, a new Morrison's store, community spaces and affordable workspaces.

The petrol filling station is currently being demolished in order to provide a temporary Morrison's store at this location as work commences on a new permanent store.

The demolition work is due to be completed in May. To keep in touch with progress visit **www.camdengoodsyardconsultation.com** where you can sign up for regular updates.

If you have any concerns, contact feedback@camdengoodsyard.com or call 0800 298 7040



Business Breakfast Club

Melanie Press will be hosting a monthly Business Breakfast Club for local business owners & self-employed to talk business. Each meeting will be structured, with a rotating guest speaker.

The meetings will be on the first Friday of the month, with the first one taking place on 3 April. They will be held at Greenberry Café on Regent's Park Road.

Please come for a prompt start at 9.15am. The meetings will last for 30 minutes.



No More Walls

Local James Nelson was in and out of psychiatric hospitals and prisons from 1952 to 1972, with periods living on the streets as a homeless alcoholic. His life story *No More Walls* was first published in 1978 and the fourth edition is now out. The price is £10 and all proceeds go towards a homeless shelter in St Albans called the Open Door Project: **www.opendoorstalbans.org** To order a copy, visit **www.jamesnelsonbooks.com** or email James at jamesnelsonbooks@gmail.com

Thank you from Aggie Murch

Thank you to whoever found and returned my little Blue Journal.

Thank you for the care and time you took to find us and pop her through the letter box.

A new one just begun with the adventures of 2020.

We are grateful for the village spirit and heart.

Aggie Murch

Letter to the Editor

On the Hillimericks

Royal castles may disassociate,
From H&M's decision to migrate,
But on canal banks, we'd cheer,
If, with Archie, they'd steer,
In Canadian canoe to our pirate.

Yours faithfully,
Howard Richards



What's On April

Please note that the Primrose Hill Community Centre and the Library are currently closed until further notice.

NEW THIS APRIL

WEDNESDAY 1 APRIL

Trad Night: Brian Peters

Big ballads, choruses, squeezeboxes and strings in an intimate setting. CSH. 7.30–9.30pm. £10.

SATURDAY 4 APRIL

De-stressing Hatha Yoga and Relaxing Gong Bath

HaveYourMagic-Wellbeing founder Nicole and Joanna Benn bring you back to harmony. Mandelson Room, 'The Winch', 21 Winchester Road, NW3 3NR. 6.30–8pm. No booking fee £20/£15 low wage/ £10 concs. Contact 07798 524 836, https://www.haveyourmagic.com/events/

MONDAY 6 – THURSDAY 9 APRIL

Pitta Patta Dance Drama and Yoga Easter Camp

Workshops for 5–15yrs old. PHCC. 10am–3.30pm. £180 for 4 days, or £50 a day £160 early bird offer. Contact 07971 916 174, juliet@pittapattadance.co.uk

WEDNESDAY 8 APRIL

National Youth Folk Ensemble

Bringing together young musicians from across England. Sparks invariably fly when they create their own contemporary takes on traditional music from England and beyond. CSH. 7.30–9.30pm. £10, or £6 under 26s.

THURSDAY 9 APRIL

Aidan O'Rourke, Kit Downes and James Robertson

Two leading folk and jazz musicians join forces with one of Scotland's most celebrated authors for '365': an evocative and original collaboration combining words and music with stripped-back storytelling. CSH. 7.30–9.30pm. £16, or £10 under 26s.

TUESDAY 14–FRIDAY 17 APRIL

Circus Glory

Easter workshop. PHCC. 10am–3pm. £15 per hour, £28 am or pm, £50 per day, £180 per week. Contact 07973 451 603, circusglory@gmail.com

SATURDAY 18 APRIL

Spiro and Synergy Vocals

Spiro's raw, punk-infused minimalism steps up a level in this exciting new collaboration with Steve Reich's vocalists of choice, Synergy Vocals. CSH. 7.30–9.30pm. £20, or £10 under 26s.

SUNDAY 26 APRIL

Family Barn Dance

Bring all the family and take part in lively dances from Britain and beyond in a supportive and fun environment! CSH. 3–5pm. £8 adult, £6 child, £2 under 2s

Nick Hart

A folk singer deeply rooted in the English tradition, with a repertoire of songs drawn largely from his native East Anglia. CSH. 7.30–9.30pm. £14, or £10 under 26s.

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. PHCC. 9.45am–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

WEDNESDAY

Les Petits Bellots

A new type of childcare, offering a perfect solution for parents who don't want to commit to long-term nursery care. PHCL. 9–11.30am. Contact 07401 862326, www.lespetitsbellots.com

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

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. 4–7pm. Contact Juliet 07971 916 174,Juliet@pittapattadance.co.uk, www.pittapattadance.co.uk

SATURDAY

Rhyme Time

For all ages, with an adult. Every other Saturday (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.

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

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.

What's On April

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

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

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

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 a student ID card, every Wednesday, 10am–6pm.

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

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 every first Wednesday of the month. Beginners/intermediate. PHCL. 7.30–9pm. Contact jojarrold@gmail.com, 07887 568 822

THURSDAY

Mother and Baby Pilates
Tone your limbs, flatten your tummy and strengthen your pelvic floor. PHCL. 11–11.55am. Contact pilateswithpaulette@gmail.com, facebook.com/pilateswithpaulette paulette@restorativemovement.info, www.restorativemovement.info

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.

Lu Jong
An ancient Tibetan self-healing practice that improves body awareness, posture and flexibility, while cultivating balance on the physical, mental and energetic levels of body and mind. PHCL. 2–3pm. £10 cash drop-in class. Contact lujonginlondoninstillness@gmail.com, 07957 476 944

Primrose Hill Yoga
Slow flow yoga: create space and strength in the body, and quieten and focus the mind. PHCC. 5.30–6.30pm. £11 drop-in, or £50 for 5 classes. Contact Carolineshawyoga@gmail.com, www.carolineshawyoga.com

Kriya Yoga
Yoga class. PHCL. 7–8pm. This session is not available for drop-in. For cost and further information, contact Hagen, kriyayogauk@btconnect.com

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. 7–9.15pm. £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
Improve strength and flexibility through movement with the support of an aerial sling. PHCC. 10–11am. Class sizes are limited, so book on 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

Councillors' Surgery
Third Friday of the month. PHCC. 6.30–7.30pm.

SATURDAY

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

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

SUNDAY

Hopkinson's Bar
Meet for a drink with your neighbours. All welcome. PHCC. 12–3pm.

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 May issue by Friday 10 April
onthehillwhatson@phca.cc

Advertise your club, group or event with *On The Hill*



Submit your details to **onthehillwhatson@phca.cc** to be featured and reach 35,000 Primrose Hill residents and visitors each month

On The Hill
onthehill.info

The Community Online

By Jason Pittock

As well as the physical community spaces of the Primrose Hill Community Centre, Library, cafes, pubs and restaurants there are also ways you can stay connected with the community during days of self-isolation.

Community Association Websites

The Community Centre will be regularly updating its website with local updates and changes to their events programme: **phca.cc**

Likewise check the Community Library's website for updates on events and opening times: **phcl.org**

And this magazine has a website too from which you can access old issues of the print magazine: **onthehill.info**

All three of these sites have related Facebook pages and Twitter profiles which you will see when you visit the site (or visit **onthehill.info/online** to see them all).

You may also like the I Love Primrose Hill website and it's related Twitter account has plenty of local updates **www.bit.ly/3ddkgJw**

Nextdoor

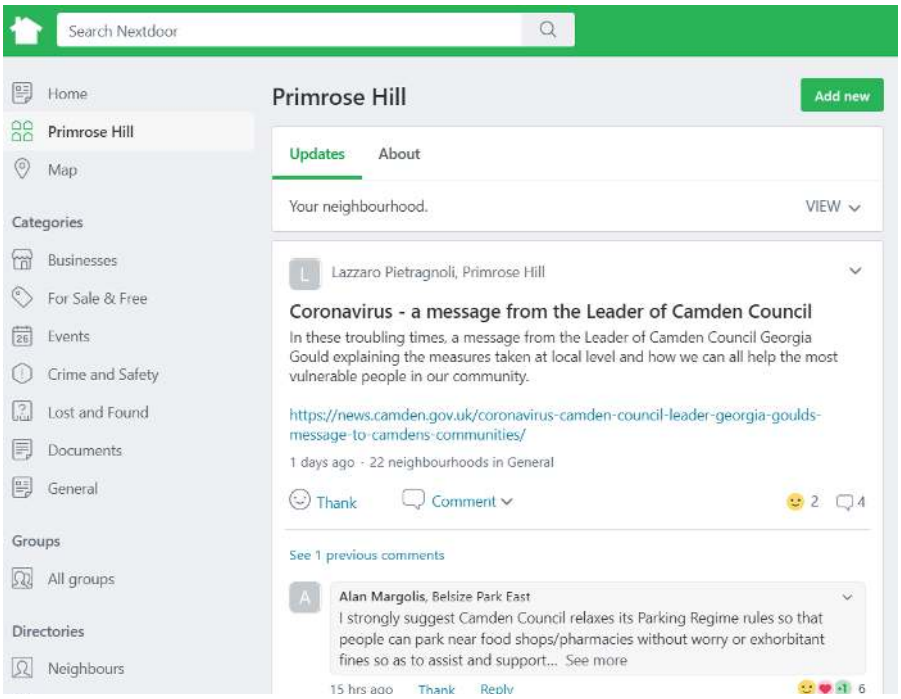
Nextdoor is a useful resource, it's a localised social media service which groups people into the neighbourhoods they live in. The Primrose Hill one is fairly lively and gets updates from the Community Centre, the Library as well as our local councillors. There are already people there offering to help their neighbours with shopping, deliveries (and of course toilet paper). **Nextdoor.co.uk**

Facebook Community Support Group

A relatively new Facebook group called **Primrose Hill United We Live, United We Are One Community**, aims to help the community, sharing ideas and help. Local businesses like Greenberry have also joined up. Find it here: **www.bit.ly/2TXntoS**

WhatsApp Group

A WhatsApp group has been set up to serve two main functions: 1) offer advice and support to people self-isolating or who may need help 2) coordinating volunteers. You can join it here: **www.bit.ly/2UfO7Z5**



Nextdoor is a useful, local social media network

Twitter

There are dozens of local community Twitter profiles to follow, but the Primrose Hill Community Association @PrimroseHill_CC will be sharing and retweeting key information, so start by following that one **www.bit.ly/38Vr1vT**

Chatting to others online

Google Hangouts is a free service which allows video chats with your contacts. It works in your browser or as an app on your phone. We've heard of cocktail parties being "hosted" across Google Hangouts. **www.hangouts.google.com** You might also want to try Skype which does much the same thing **skype.com**

Isolation doesn't mean you can't watch *Friends* and other Netflix shows "together", apps like Scener (**scener.com**) and Netflix Party (**netflixparty.com**) allow you to watch and chat at same time, but note everyone will need their own Netflix account too.

Keeping mentally active

Here's a few links to other things (besides TV) you can do to keep mentally busy when stuck inside:

Free audio books – 1000 free audio books to listen to here: **www.bit.ly/3a1O3mn**
Giant list of ideas for being home with kids: **www.bit.ly/2QqyIE9**
Free online learning from the OU **www.bit.ly/33pRYH8**
More listed online

Maintaining a connection is important, especially for those living alone. We hope some of these have been useful and might inspire you to help neighbours if you can.

All the links listed and more can be found at **onthehill.info/online**



The Primrose League

By Peter Darley

The pilotless aircraft (V1) that fell between Oppidans Road and King Henry's Road in 1944 caused heavy damage to the houses in both roads. Only four houses of the northern Oppidans Road terrace now survive, numbers 18 to 21.

This was perhaps the final chapter in a story about German air power that centred on No 19. In the three years before the war the house had been the base for the Primrose League, the chosen name of a group of German émigrés who were trying to alert the British to the dangers to peace of German rearmament.

There were four main players in the Primrose League:

Otto Lehmann-Russbueldt was a lifelong pacifist and campaigner against the arms trade. Arrested after the Reichstag fire in 1933, he narrowly escaped to Britain where he was promptly made stateless by the Nazi regime. Through his high-level British contacts he tried to alert Britain to the threats to peace posed by German militarism and aerial and gas warfare. He also carried out research for his book, published as *Germany's Air Force*, an exposé of secret aerial rearmament in contravention of the Treaty of Versailles. Neither activity endeared him to the British Government which, concerned with political relations with Germany, alerted MI5 and leaned on the publishers to suppress the book.

Bernard Reichenbach was a journalist about whom less is known, as his security files have not been released.

Hans Wolffsohn was an aviation expert and former war pilot, and co-author with Lehmann-Russbueldt. He had maintained contacts with former colleagues and aviation experts in Germany.

Karl Otten was considered by MI5 the leader of the group. From a left-wing intellectual tradition, he was a fervent anti-Nazi and keen to alert Britain to the threats of Luftwaffe build-up. A pacifist and writer, he had achieved transitory fame as an Expressionist poet: his 1918 volume of anti-war poetry had been impounded by the Prussian Secret Police. In the dying days of the Weimar Republic, he once more became famous as the author and scriptwriter of GW Pabst's film *Kameradschaft*, one of the first great cinema successes. His need for a translator for his plays, books and reports led to a close association with a somewhat enigmatic British writer, Claud Sykes.

Claud Sykes got to know Karl Otten in 1937. He was a man of many parts that fitted together rather like a *matryoshka* or Russian doll. He initially pursued an acting career, one that served his later roles. His credibility was bolstered by his friendship and literary collaboration with James Joyce in Zurich, typing the first chapters of *Ulysses* and together forming The English Players, a troupe with Sykes as producer/director and Joyce as business manager. Sykes' next persona was as an author and translator from German, with a fascination and enthusiasm for both aviation and spying. Flying was, at the time, romanticised as the last form of individual combat in which the traditions of martial chivalry had survived amongst the mechanised carnage of modern warfare. Sykes tapped into this market with translations of books about WW1 German air aces under the pseudonym Vigilant, including *Richthofen: the Red Knight of the Air* in 1932. He also wrote three volumes of 'Lynx' novels, about a fictional British air ace, and *Secrets of Modern Spying* (1930).

This set of skills and experience served Sykes well, and he became Otten's translator and trusted friend, and was later introduced to the Primrose League by him.

Lehmann-Russbueldt and Reichenbach shared accommodation at No 19, where they were later joined for a while by Otten and his wife. Sykes, code-named M/S, was a regular visitor, having been engaged by MI5 to keep an eye on the group to discover its sources and finance.

The Primrose League had strong links with experts in Germany and political contacts in UK. Through the latter they communicated with Winston and Randolph Churchill, their contact becoming increasingly direct. External funding came from a variety of sources including Czechoslovakia, through whose embassy they reported.

The group split up shortly before the start of WW2. Karl Otten was later himself engaged by MI5. Sykes was never rumbled.

Note: The content of this piece is from Charmian Brinson and Richard Dove's *A Matter of Intelligence: MI5 and the surveillance of anti-Nazi refugees 1933–50* (2014). •

PRIMROSE HILL **LECTURE SERIES**

OPEN DOORS AND OPEN MINDS

The Primrose Hill Lecture Series was launched 15 years ago as a means of exploring some of the most important issues we face as a modern society. We are now recognised as one of London's leading spaces for bold, lively and informative talks.

Our home, St Mary's church at the foot of Primrose Hill, has hosted a huge range of truly world-class thinkers and writers: Jonathan Miller, Andrew Marr, Paddy Ashdown, Mary Portas, Tony Benn, Claudia Roden, Alan Bennett and Mary Beard are just a few of the keynote speakers we have welcomed.

In the spirit of open hearts and minds, we welcome all sorts of voices and consider no topic off limits.

We are a non-profit organisation run by volunteers: the money we raise goes towards St Mary's valuable community work – including vital local services for vulnerable young people, the homeless and the elderly – and the upkeep of the building that hosts them.

'St Mary's is stepping forward because, with cutbacks in local authority support and intense pressure on schools, the state is failing...
St Mary's centre, of which I'm proud to be Patron, reaches out to individual young people at risk…It gives them the support, hands on help and advice they badly need. By doing this it also helps combat gang violence when so many other agencies are frankly failing. St Mary's is a good act in a naughty world. Please, help us.'
Andrew Marr, Patron of St Mary's Youth Project



PREVIOUS SPEAKERS INCLUDE...

Paddy Ashdown
ON WHY THE WORLD WILL NEVER BE THE SAME AGAIN



Mary Beard
ON CLASSICS



Tracey Chevalier
ON VOICING THE PAST





Lionel Shriver
ON FAMILY



Melvyn Bragg
ON CONFRONTING THE BIG ISSUES



Alain de Botton
ON THE NEWS

THE LOCAL NEED

Camden has the second highest number of homeless people in London, with that number rising year on year. The need for beds and services is far greater than the local council are able to provide.

30% of children and youth in our community live in poverty. 20% of these are at risk of violence, crime, kidnap or even death.

St Mary's Youth Project has a 12 year proven record of violence reduction. But limited resources mean there are still an estimated 920 young people we are unable to reach.

Older people are the fastest growing age group in Camden. Over 40% live alone, and face an excessive burden of poverty, isolation and caring responsibilities.

'This building is at the heart of the community for a huge number of people. Without the generous funding from the Primrose Lecture Series we simply wouldn't be able to do the kind of radical social outreach work that is in our DNA. It enables us to pay for everything from hot meals to water!'
Marjorie Brown, Vicar



A LOCAL SOLUTION

St Mary's Cold Weather Shelter opens its doors to the homeless from November through to January each year. We provide comfortable beds, cooked dinners and breakfasts, showers, clothes, toiletries and companionship for those who find themselves without a home of their own.

St Mary's Youth Project works with vulnerable local young people 24/7, 365 days a year. We run drop-in sessions in our Centre, offer 1:1 mentoring, visit those at risk in local housing estates, schools, pupil referral units and prisons. We also take the young people we support on residential trips and activity camps.

St Mary's hosts free weekly drop-in sessions and tea rooms for carers and older people – providing opportunities to meet others and enjoy local companionship.

LOCAL IMPACT

1400
homeless guests hosted since the shelter opened in 2010

45
youth residential and activity trips offered since our project began

An estimated
2880
hot meals served to our homeless guests

950
carers and children participated in our parent and toddler drop ins (2018-19)

540
vulnerable and elderly people enjoyed tea, cake and conversation with us in our weekly Primrose Hill tea rooms (2018-19)



Niall Ferguson
ON MONEY

Tariq Ali
ON ISLAM



Speakers confirmed for the 2020 series include, novelist **Ali Smith**, the Olympian **Dame Katherine Grainger** and **Amelia Gentleman**, the Guardian journalist who won awards for her investigations into the Windrush scandal.

Follow us on Instagram or Facebook (**@PrimroseHillLectureSeries**) for more speaker news and save the dates 3rd June - 15th July, Wednesday evenings at 7pm.

Hidden

Cleo Chalk talks to Annabel Chown about her memoir, *Hidden*



It's always a treat to listen to a local author share their work and never more so than when they are sharing inspiring stories from their own life. Annabel Chown was due to come to Primrose Hill Library in April, but the event has unfortunately been cancelled as the library is currently closed. Annabel would have been speaking about her experience fighting breast cancer and how this unexpected challenge changed her life in ways that she never had imagined.



The book is called *Hidden*, and it follows the life of a busy young professional coming to terms with the diagnosis of cancer. Annabel's experience with cancer has changed her life in ways that she never could have imagined, and through the book she explores the positive outcomes as well as the fear and anxieties. We start by discussing how the situation unfolded:

"I was a 31-year-old Londoner working in the very full-on world of architecture. It was late nights and a lot of pressure, but enjoyable, and I saw it as being my long-term career. At that time my biggest problem was that I was single, and wished I had a boyfriend.

"One night I was out at a party, spending time with friends and wondering if it might be the night that I'd meet 'the one'. Well, I didn't meet anyone that night, but after I got home I saw that some sequins had come off my top. So I went to brush them off my chest, and as I did I felt a lump. I immediately started freaking out."

Unsurprisingly, Annabel's next step was to go to the doctor and get checked out, and although they thought that it was unlikely to be cancer, the decision was made to take the lump out as a precaution. Thankfully, this meant that they got to the tissue in time, so that when it was discovered that the lump was cancerous, they had already removed it.

"I woke up from this operation and the surgeon marched down the room and told me: 'I'm so sorry. It's cancer.' Then they had to do tests, so I had this weekend of waiting for confirmation. From there I had to have another operation, and eventually was told that I also needed chemotherapy and radiotherapy.

"You just feel completely destroyed in that moment. So I quickly went from being this very hard-working, career-focused young woman just looking for a boyfriend to not working and being thrown into this really weird world. It was very unpleasant, but also very interesting: a completely other world."

Annabel's diagnosis changed everything about her life: she stopped going to work, lost much of her hair and, even after recovery, struggled to come to terms with what happened. However, she wasn't ready to share it with the world, and much of what she shares about her experience picks apart common perceptions about what it means to be a person with cancer. She challenges stereotypes about what a cancer patient looks like, delves into the issue of post-recovery depression, and shows that surface appearances can be deceptive:

"The book is called *Hidden* because that's what I did: initially, I kept the diagnosis hidden from almost everyone that I knew. I didn't want people associating me with breast cancer, those awkward conversations with people coming up to you and just saying 'How are you today?' Of course I told really close friends, but I didn't feel comfortable telling the whole world.

"That was really interesting for me, and it's a topic that I explore a lot in the book. I was out there in this wig having lost a lot of hair through chemo; I was at my thinnest and I had this short bob wig and people would just come up to me saying 'Wow, you look amazing'. I remember thinking, how sick would I have to be before anyone started to notice?

"It made me realise just how much we can deceive people. You can't really judge people, because you don't know what might be going on in their life that they're not sharing with you – even people who are quite close to you."

In the years since getting the all-clear, a lot has changed in Annabel's life: she's transitioned from architecture to teaching yoga with Tri-yoga, one of London's top studios; she's nurtured her love for writing, publishing this memoir; and she's no longer single, having found Mr Right and had a child.

It hasn't all been sun and roses: Annabel found out more information about the gene after two of her cousins were sadly also diagnosed with breast cancer; this led to more anxious treatment, years of MRI scans, and eventually a double mastectomy. Ultimately, though, Annabel's story is one of hope, and that's the message that she wants to put out into the world.

"I had been considering doing more writing, and suddenly I had subject matter to write about. Because yes, it is a dark topic, but also it's really interesting, it's unusual and actually a lot more challenging than just getting up and going to an architect's practice every day.

"It also came out of the desire to make something good out of something bad. I wanted to share an uplifting story. Especially as I got clearer, I started to think that I wanted to share my story so that it could give people some hope. I particularly wanted to share with other women who might be in the same situation, feeling terrified."

Annabel will be doing a virtual launch of *Hidden* in April. Follow her on Instagram @annabelchown or sign up for her newsletter at annabelchown.com for details.

Hidden is available from Primrose Hill Books. •

En Shalla Food Bag Charity

By Maggie Chambers
PHOTOGRAPH BY Sarah Louise Ramsay



Sadie Frost and Frances Dove have joined forces on a collaborative project with En Shalla Food Bag charity, which aims to provide support for women's groups in and around Marrakech.

The two women have been friends since their days at Hampstead Comprehensive, when it was an unusual, diverse and expressive school where originality was encouraged. They were young and creative girls (just look at them as young punks!) and they're heartened to see that same creativity flourishing in today's kids.

Sadie is well known for her links with Primrose Hill: Gloucester Avenue was her first home as a baby, and her family were known for their bohemian roots. Frances had the same creative background: her parents were designers, with a print room and jukebox in the house thanks to her record collector father. There was a huge warehouse adjoining their house in Dollis Hill where local artists met and created printed T-shirts, posters for the Labour Party and pottery. Hot Gossip and Ian Dury were among those who went to get their T-shirts printed with underground DIY labels.

Frances absorbed much of her early influences and has followed her father's footsteps in silk screening. She has launched her own company, Supernaturals, which is a fashion consultancy for sustainable projects.

Sadie has not only had her successful career in acting and producing, but also co-founded the fashion label Frost French and has created a sustainable yoga range, Frost London, which includes yoga mats inscribed with I AM LOVE and I AM PEACE. She also has a strong track record in charitable work.

Frances's husband, Denis Murphy, works in collaboration with En Shalla bags, a project founded by Maryam and Daren Bonar. For the past four years, En Shalla have worked on a project embroidering food bags in the Marrakech area of Morocco. The food bags are recycled plastic bags that would originally have carried industrial quantities of rice, couscous, flour and other commodity foods. They are hand-embroidered by women's groups in and around Marrakech, who weave different materials through the plastic.

Denis wanted to do something to help the women and empower them to have their own money. Some of these women, particularly in rural areas, are forbidden to go out without their husband's consent, so this project means that the work can be taken to them. This enables the women to do something they enjoy and earn an income from it.

Sadie was keen to be involved in another project like Frost French, which she started organically with a friend. So when Frances and Denis sounded her out to see if she would be interested in getting involved with their charity project, she didn't hesitate and jumped on board. She saw the project as having huge positive potential.

They decided the way forward was to design the En Shalla bags with the statements of love and positivity from Sadie's yoga mats: I AM LOVE, I AM PEACE. Many of the women hadn't embroidered letters before, so they made grid-like charts for them to work from. The bag is turned inside out so that the original design can still be found on the inside.

The initial design for each bag is created in the En Shalla studio, where a group of artisans work for the company. Then the prototypes are taken to the villages outside the city and the design is reproduced by the Marrakech women. From a very early age, women in the area have always sewn and used their hands creatively. This is something they get satisfaction from, and the bags are a wonderful showcase for their skills.

The aim of the bags is to help educate people in and around the villages outside Marrakech. Part of the profits from the food bag project will be used to send a teacher to the villages, who will be able to give help with reading and writing. They see this as a fundamental aspect of life that everyone should have. Pens and paper will be provided, as they are often in short supply. The teachers will travel to the villages on specially designed Food Bag scooters.



Childhood friends Sadie and Frances at Hampstead Comprehensive

"With this project we are just highlighting the women's creativity and skill with their hands; they have an amazing skill at doing crafts, but they don't have the opportunity to take it further themselves"

Other improvements include direct financial compensation. When the women were ready to be paid for embroidering the bags, it used to be the husband or son who would turn up to collect the wages. But the charity told the men that they would only pay the person who had done the work, in this case the women.

Frances and Sadie have given their support and designs for free and they won't be taking any money from the project. They aim to sell the bags for a reasonable sum to ensure that the women get paid well for their work. A percentage of profit from each bag will go towards ensuring the continuation of the project. The women will also benefit from the websites and social media accounts of Sadie and Frances, who are in a position to raise their profiles.

They hope this will be a stepping stone to further collaborations which will spread Sadie's well-being message in other ways. Both women feel strongly about sustainability. "Don't waste, create and educate" is their motto. Sadie says, "You have to talk the talk and live it. It's part of my DNA. Sustainability has now also become a commodity, but that isn't what this is about." She is a firm believer in supporting the community and believes that we have to shop locally wherever we are. Referring to the many shops that have closed down locally, Sadie says, "It's sad to take things out of communities. We're all just living on coffee!"

Frances agrees: "Being online and in a digital world isn't enough." She has a Masters from the Royal College of Art where she studied sustainability, and she hopes that the drive towards sustainability and DIY will create change and be of benefit to the wider industry. She believes in "small is beautiful" and quality. For future projects, she will be able to advise on printing techniques and utilise her print studio in Cromer, Norfolk. "We need sustainable alternatives in clothing. We have to chip away; every move towards it is important. With this project we are just highlighting the women's creativity and skill with their hands; they have an amazing skill at doing crafts, but they don't have the opportunity to take it further themselves." They want these women to shine in their own right.

The En Shalla Charity Bags will be launched at Melanie Press Boutique and are available from 12 April. •

Online stockists:

www.frostlondon.co.uk/collections/all
www.supernaturals-sn.co.uk
www.enshallah.co.uk/food-bag-foundation



Andrew Dennis with Echo and Marc's mum, Debbie Restaino

Primrose Hill Dog Rescued, Again!

A portrait of a local dog has been recovered in Peterborough after an appeal went out on Facebook.

Marc Sunderland spotted the portrait of Echo, a pointerwhippet cross, on a bench in Queensgate bus station; he then contacted the Camden-based owner, Andrew Dennis, via a community link.

"This is the second time that Echo's been rescued," Andrew explained. "I'd been travelling north from London, and somewhere along the line the picture vanished. It's a specially commissioned portrait by the London-based artist Heather Wills-Sandford, so I'm thrilled to get it back. I can't thank Marc enough."

Andrew, who lives in Albert Street, is a writer, organic farmer and former BBC Radio 4 Farmer of the Year. He first met Echo three years ago on a long-distance walk from his farm in Lincolnshire to Istanbul.

"She'd been abandoned in a hotel car park near Thessaloniki and was the thinnest dog I've ever seen. We shared a yoghurt and the rest is history. She's been with me ever since."

Andrew adds, "I kept telling her she was beautiful, and less than a year later she was Best in Show at the Primrose Hill Dog Show! We won a meal for two and four cocktails at the Princess of Wales in Chalcot Road!"

He's writing an account of his long walk across Europe, which will include references to what he calls the "transformative Echo effect". •



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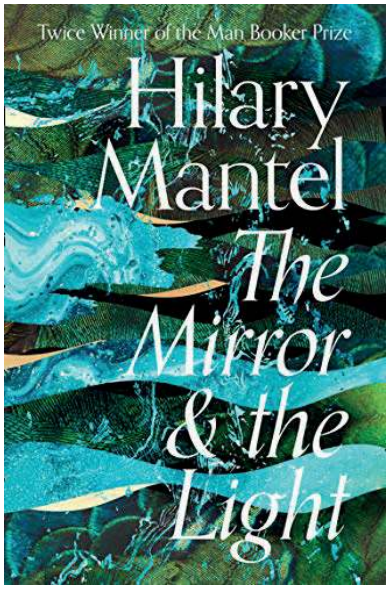
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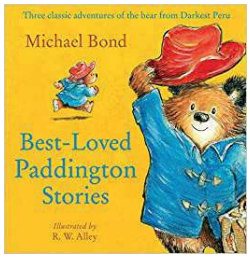


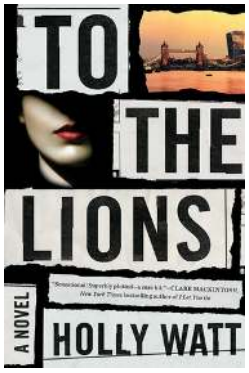
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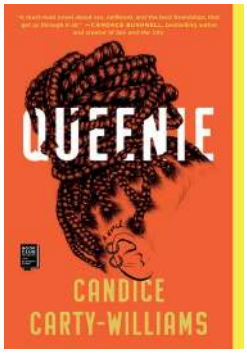
Primrose Hill Community Library

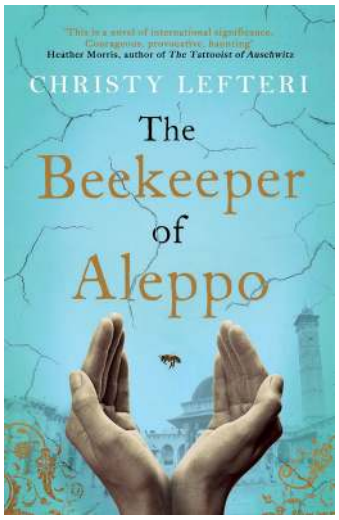
The library has closed until further notice to protect their volunteers. Please drop your books in the book drop. There will be a trolley outside the library with books that are free for people to take.





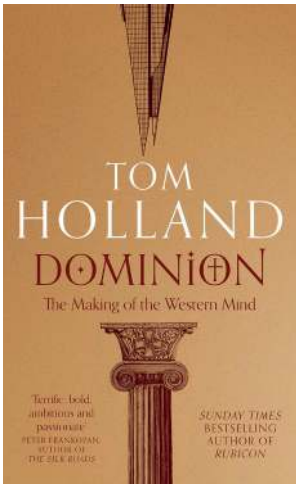


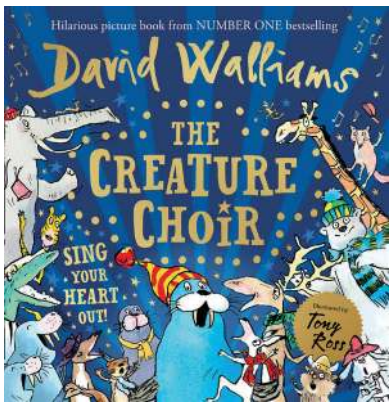












Primrose Hill Community Library has a fantastic stock of new and classic books for all ages. It's free to join, and there are also lively events throughout the week (in normal times)!

Hardback
Hilary Mantel The Mirror and the Light

Paperbacks
Mitch Albom Tuesdays with Morrie
Linwood Barclay Elevator Pitch
Candice Carty-Williams Queenie
Letitia Colunbani The Braid
Laura Cumming On Chapel Sands
Philippa Gregory Tidelands
Tessa Hadley Late in the Day
Tom Holland Dominion
Dan Jones Crusaders
Christy Lefteri The Beekeeper of Aleppo
Val McDermid How the Dead Speak
Holly Watt To the Lions
Tim Weaver No One Home
Don Winslow The Border (Cartel 3)

Children's Books
Michael Bond Original Story (60 years) (large children's version)
Michael Bond Best Loved Paddington Stories
Kate Davies & Isabelle Follath The Incredible Hotel
A.M. Howell The House of One Hundred Clocks
Dodie Smith A Hundred and One Dalmatians (large children's version)
David Walliams The Creature Choir

Primrose Hill Community Library opening times:
Monday: 10:00–18:00
Wednesday: 12:00–19:00
Friday: 10:00–18:00
Saturday: 10:00–15:00 •

News from Primrose Hill Surgery



Social Prescribing

By Dr Victoria Lee from the Primrose Hill Surgery

There are many factors that contribute to our overall health and wellbeing which are not influenced by doctors or medicine. Feeling socially isolated, for example, can be significantly detrimental to our physical and mental health.

'Social prescribing' is an NHS term that aims to enhance the health and well-being of people over the age of 18 by reconnecting them with a range of community-based, non-clinical services and activities. Social prescribing has linked people with gardening and art projects, as well as fitness and mindfulness groups; it has helped people develop their IT skills and provided a route back into employment; it has assisted with benefits applications and supported people with housing and legal issues. Meeting like-minded people through social prescribing and forming new relationships also has a wonderfully positive impact on our health and well-being.

Additionally, more of us are living with long-term and complex health issues, and navigating the health and social care system can be challenging. The 'care navigation' service is part of social prescribing; it improves the coordination of your care and helps you to remain as independent as possible.

From volunteering opportunities to telephone and group support and providing practical help, social prescribing allows people to take control of their health and well-being and address what matters to them most. It provides the right support in the right place at the right time.

The social prescribing service in Camden is currently supported by *Voluntary Action Camden, Age UK Camden* and *WISH Plus*, along with NHS Camden. You do not need a referral from your GP, but you may find a friendly community link volunteer available for a chat on certain days in your local surgery waiting room! Please use the details below to self-refer if you think you would benefit from social prescribing:

Freephone (Mon–Fri): 0800 193 6067
Secure email: camccg.socialprescribingreferral@nhs.net
Online referral form: tinyurl.com/yblyfxvc
General enquires: communitylinks@vac.org.uk •

Marketplace



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primrose.dent@gmail.com
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Tu, Th 09.00–20.00
Sa 09.00–13.00

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PRIMROSE HILL SURGERY
99 Regent's Park Rd, NW1 8UR
020 7722 0038
M–W 09.00–18.00
Th 09.00–12.30
F 09.00–18.00

PRIMROSE HILL COMMUNITY LIBRARY
Sharples Hall St, NW1 8YN
020 7419 6599
M 10.00–18.00
W 13.00–19.00
F 10.00–18.00
Sa 10.00–16.00

POST OFFICE
91 Regent's Park Rd, NW1 8UT
M–Su 06:00–22:00

CHALK FARM FOODBANK
Revelation Church
c/o Chalk Farm Baptist Church, Berkley Road, NW1 8YS
0207 483 3763
Th 10.30–12.00
www.chalkfarm.foodbank.org.uk

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On The Hill
onthehill.info

Easter Cookies

Fourteen-year old Caia Collis makes Easter cookies for you to try at home with your family.

1. Preheat your oven to 190˚
2. Melt the butter by placing a bowl into a small pan with a little simmering water.
3. Mix the two sugars together and add to the butter.
4. Break the egg into the mixture and add the vanilla. Mix together.
5. In a separate bowl, mix the flour, baking powder and salt, then add them to the mixture and stir well.
6. Add 100 g of your chosen extra, or just leave them plain if you prefer.

Happy Easter! •

Ingredients

- 125 g butter
- 75 g granulated sugar
- 50 g muscovado sugar
- 150 g plain flour
- 1 egg
- 2 tsp vanilla extract
- ½ tsp baking powder
- A pinch of salt
- 100 g of extras: chocolate chips, nuts, fruit, anything you like!



RECIPE BY Caia Collis
PHOTOGRAPH BY Sarah Louise Ramsay



Serve Our Community

By Jemma Harrison

We are in a crisis. While some of us are panicking and stocking up, others are still going about their everyday lives or else failing to get out to get the stocks they need.

As a chef, I would like to make this world a better place by making simple nutritious meals, especially for the isolated, vulnerable and alone.

'Serve Our Community' is just that: my intention is to make delicious meals at no cost and ask local community centres, volunteers and any other organisations to help to distribute these meals to those who need them.

Are there any other chefs who would like to help make meals in their areas? And are there any volunteers for distribution?

Please contact Jemma Harrison on 07774 509434 or email jemma.harrison@hotmail.com.

Please also give us a follow on instagram **@serveourcommunity_**

Thank you for all your support.



365: Stories and Music at Cecil Sharp House

In 2013, James Robertson, one of Scotland's leading authors, set himself the challenge of writing a short story every day for a year. Each story was to be 365 words, no more, no less. It became an enchanting, roaming collection of fairy tales, memories and provocations published in 2014 by Penguin.

In response, Scottish fiddler and composer Aidan O'Rourke wrote an intricate folk tune every day. The result is a major new body of Scottish folk music: 365 totally unique and spellbinding compositions.

Aidan is touring venues around the UK with Mercury-nominated Kit Downes on harmonium and piano and they will be joined by James Robertson for a small number of special dates combining live storytelling and music, including Cecil Sharp House on 9 April.

Sign up to receive a daily story and tune to your email inbox, free of charge: 365 Stories and Music: **www.three-six-five.net/Subscribe**



In a hashtag and meme-filled world, there are still those who read broadsheets

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