On The Hill

NEWS AND INFORMATION FOR PRIMROSE HILL PEOPLE

DECEMBER & JANUARY 2019 | ONTHEHILL.INFO



MUDLARKING AND POTTERY

Fliff Carr on the art of making pottery

CHRISTMAS GIFTS

We source local gifts for under the tree

CAVE INTERIORS

Georgina Cave discusses interior design

Produced by Primrose Hill Community Association



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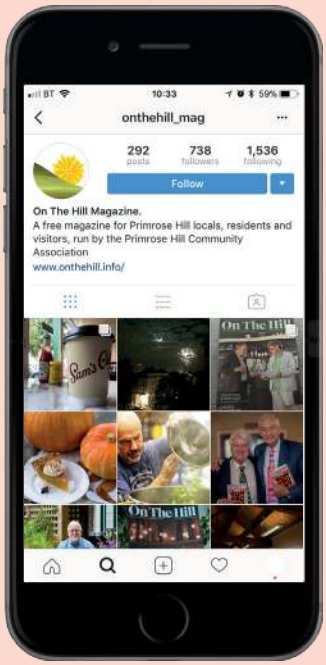
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Cambridgeshire, CB2 3JU

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Primrose Hill, London, NW1 8UY

On The Hill On The Go

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



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On The Hill
onthehill.info

December & January 2019

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Sales

020 7043 4433

£1,150,000 Leasehold



Harley Road, Primrose Hill, NW3

An outstanding 3 bedroom apartment set on the entire second floor of an impressive double fronted, detached period residence. This superb apartment offers flexible living space (963 sq ft/89.5 sqm) featuring a stunning, South West facing reception room, a separate modern kitchen, a generous principal bedroom with en-suite shower room, 2 further double bedrooms, one that is currently being used as a dining room and a large family bathroom. Other benefits include a wealth of period features, solid wood flooring and ample storage throughout.

Energy Efficiency Rating - E52

3 2

£1,195,000 Share of Freehold



King Henrys Road, Primrose Hill, NW3

A sensational 2 bedroom apartment with an impressive circa 96 ft private South facing garden located on one of Primrose Hill's most desirable roads. This outstanding property is situated on the ground floor of this detached property which currently offers approximately 925 sq ft of flexible living space with scope for a considerable extension (subject to the usual consents). The property comprises a bright and spacious reception room with direct access to the private garden, a separate kitchen, a principal bedroom, a further double bedroom and a family bathroom.

Energy Efficiency Rating - E54

2 1

Lettings

020 7043 3333

£425* p/w Unfurished (£1,842 p/m)



Ainger Road, Primrose Hill, NW3

A brand newly refurbished bright and airy 1 double bedroom apartment set on the second floor of a period conversion situated moments from Primrose Hill High Street and Primrose Hill Park, and providing easy access to both Chalk Farm & Swiss Cottage Underground stations (Northern Line & Jubilee Line). The apartment is modern throughout and comprises an open plan kitchen/reception rooms, a double bedroom and an en-suite shower room. Chalk Farm Station (Northern Line) is 0.3 miles away and Swiss Cottage Station (Jubilee Line) is 0.8 miles away.

Energy Efficiency Rating - E42

1 1

£875* p/w Unfurnished (£3,792 p/m)



Gloucester Avenue, Primrose Hill, NW1

A stylish apartment situated on the first floor of this converted railway warehouse in the heart of Primrose Hill. The property has been finished to a high standard throughout and comprises a very spacious reception/dining room with wooden flooring, a modern fully fitted kitchen with integrated appliances, a master bedroom with en-suite shower room, 2 further double bedrooms and a family bathroom. Further benefits include an allocated gated parking space and excellent storage throughout.

Energy Efficiency Rating - C76

3 2

Set fees apply for all tenancies: £180.00 administration fee per tenancy + £48.00 referencing charge per Tenant/Guarantor. For variable charges and deposits explained please visit www.g-h.co.uk

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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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Cover
PHOTOGRAPH BY Sarah Louise Ramsay

ISSN 20-6175



Welcome to December

When Barack Obama made his victory speech in 2008, he used as his campaign slogan the words of Cesar Chavez, 'Si, se puede', or 'Yes, we can'. Cesar Chavez was a civil rights activist who cared very deeply about community: 'We cannot seek achievement for ourselves and forget about progress and prosperity for our community ... Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own.'

Another civil rights activist, born the same year as Chavez, was Coretta Scott King, an American author, activist and the wife of Martin Luther King Jr. She too understood the importance of community: 'The greatness of a community is most accurately measured by the compassionate actions of its members.'

Community is at the heart of everything we strive to achieve. And Primrose Hill Community Association is at the heart of Primrose Hill. The Association is hoping to buy the lease from Camden Council but still needs to raise £250,000 by the end of this month in order to keep serving our community.

It would be the best Christmas present to our community to know that the Community Association were able to give at least another twenty-five years of service to its residents. Can we manage it? As Cesar Chavez and Barack Obama would say: 'Yes, we can.'

And let's not forget friends and family. We've made Christmas shopping easy for you with a selection of the best gifts in our area on page 18. By shopping locally you can save money on postage and packaging, or shoe leather from trudging the streets. Which can then be donated to the Community Centre. Sorted.

A wonderful festive season to you all!

Maggie Chambers

Primrose Hill
Community Association



Presents An Evening With

Harry Enfield & Stephen Mangan

In Conversation

Cecil Sharp House
2 Regent's Park Road, NW1 7AY

15 January 2019
7.30pm (doors open 7.00pm)

Tickets available from:
Primrose Hill Books
134 Regent's Park Road, NW1 8XL
0207 586 2022

Or online at:
www.primrosehillbooks.com

Admission £15.00
(includes a glass of wine or soft drink)

AT THE HEART
OF THE
COMMUNITY

Fundraising event for the Primrose Hill Community Centre Lease Appeal
www.phca.cc

On The Street

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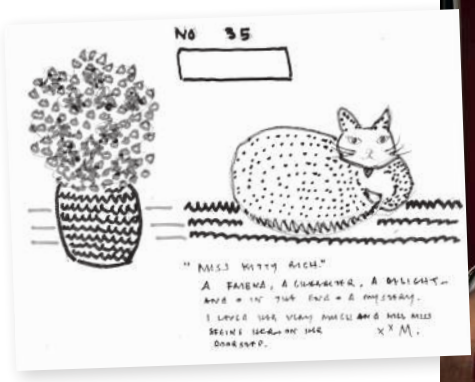


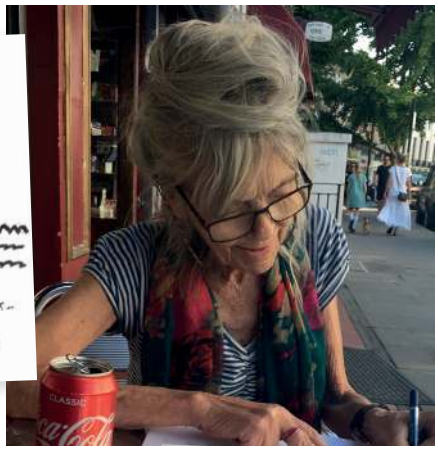
Margaret Leibbrandt
1942—2018

Continued on p 8 ▶

Margaret Leibbrandt
1942—2018

Margaret Leibbrandt, long-time resident and familiar face in Primrose Hill, died in September. She lived in Jacqueline House in the Oldfield estate for over fifteen years. Friend and local resident Judy Rich remembers her.





Margaret and I shared a love of writing. I first noticed Margaret in 2007. At that time, I did not know her name. I called her Walking Woman and wrote about her in my writing class:

Walking woman is my name for you
I pass you often in your marathon around Primrose Hill
Do you see me?
You walk calmly and slowly, hands by your side
Gnarled, veiny and brown. l like your weathered face.
Wise Walking Woman – I want to know your story.

Little did I know then that Margaret's stories would unfold for me, but not for many years. Margaret recovered, miraculously some say, from her wandering years when she suffered from depression. Years later she would write to me about it.

"Depression – the blight of many lives has been the blight of my life intermittently. Blight is a clear word, it rhymes with flight, fright, bright and light . . . and fight, and that's what I do – not with happiness pills or endless words but with chutzpah and colour. My paintbox is poetry, reading, people and hope."

And in another letter:

"So what colour are feelings? Depression is a dark blue bird, disappointment is grey, hope is silver like the moon, anger looks like a popped black balloon, golden are the sunshine times – love is the rainbow when all colours shine."

In 2014, almost seven years after my first sightings of her in the neighbourhood, Margaret wrote a letter to our cat, Miss Kitty. We did not have a cat flap and Miss Kitty would wait patiently on the step for a door opener. Margaret would stop and talk to her on her early morning walks to the post office for milk and cigarettes. One day she slipped a letter through our mailbox with a love letter and a cat nip mouse addressed to 'the cat on the doorstep'.

"You are adorable. I love your pink nose, white boots and emerald eyes that look down on me from your top step. I miss you when you are not there."

Margaret was thoughtful enough to put her return address on the envelope and I replied as 'Miss Kitty's mother'. A tsunami of cards, words, letters, poems and memories poured forth from Margaret over the years. Even though we lived three blocks away from each other, we shared the love of letter-writing. Margaret's letters were never dull, although it would take ages to read them, my husband Richard carefully decoding her artful handwriting.

Her letters were funny, thoughtful, curious, courageous, spiteful and sometimes angry: rants about Trump and Boris Johnson, funny stories of friends and family, her neighbours, memories from her childhood in South Africa, reviews of the latest books she'd read, her childhood romance with Roy Rogers and her love of learning. Margaret's letters would be woven with lines from her favourite poems and dotted with child-like drawings.

Margaret wrote letters to her favourite poets and well-known authors – including Wendy Cope, Andrew Marr, Clive James, Alan Bennett – and often received handwritten letters in return, which was unheard of in these days of computers and email.

Margaret loved Primrose Hill. Here is what she wrote in late summer when she knew her time in Primrose Hill was limited.

"Muffins and coffee at 10 pm. A quiet evening at home after a happy day sitting at my table outside Shepherds. It's important to me that I don't become an invalid. My world is small and safe. I like going out with my chariot, popping into the bookshop for chats with Alice and Jessica, buying cards, Rageeta's welcoming smile at the Post Office, seeing Dr Jonathan at the surgery. He will look after me well and see that Marie Curie has a place for me ... later on ... before the end.

"And walking home this evening, alongside my hill, I watch people passing by on their way to Lemonia, dinner or home. This is my home place, I love Primrose Hill. Amazing that it took one small cat to introduce us after all these years. Our lives now connected and full of love and goodness."

Sadly that one small cat – Miss Kitty – passed away several years ago; but Margaret continued to refer to her as the root of our friendship.

Margaret did not talk much about her faith, but used poetry, writing and hymns to reflect. I know she had a strong belief and took her religion seriously, often attending St Mark's church. One day near the end we joked about Miss Kitty guiding her through the pearly gates, and when I asked if I could quote her, she was shocked: "Oh no," she said in her wonderful raspy voice, "that would be too sacrilegious."

In her last days Margaret enthusiastically planned her funeral with Ros Miskin at St Mark's, selecting her favourite poems and hymns and designating friends to read them. She wanted the service *her* way and that was just like her: feisty, independent and bossy to the end!

Her friend Ruth Rabinowitz said: "From her humble pad in Primrose Hill she created a grand life, spanning old and new, presidents, paupers, aggressors and aggrieved. Her love of words lifted all our spirits."

A JustGiving site has been set up to raise money for a commemorative bench in Primrose Hill. To contribute, go to: **www.justgiving.com/crowdfunding/margaretleibbrandt**

Harrison Braves the Hill



Aruna Khanzada had been living on Bridge Approach for a year and making daily trips to the top of Primrose Hill with her children when she started writing and illustrating *Harrison Braves the Hill*. It is a book for young children which encompasses the family's happy memories. It features Dolly, the dog who belongs to Chloe Lee at Chloe's Espresso – many of you will have seen Dolly crossing the bridge, always keen to make new friends.

Harrison the Chick lives at the foot of Primrose Hill but has never ventured to the top of the hill as he is not very brave. His friend Laila the Caterpillar leaves Harrison to make her cocoon in one of the trees up the hill. Dolly the Dog befriends Harrison and encourages him to face his fears and climb to the top of the hill just in time to see Laila emerge as a butterfly. In a nod to the now-removed graffiti 'And the view is so nice ...', Laila shows Harrison the view from the top of Primrose Hill.

The story is about friendship, overcoming fears and taking responsibility, and is also a story of metamorphosis and change.

The illustration on the last page features the buildings on the plaque at the top of the hill, and would make a lovely guide for parents and children. There is an illustrated reference to the Ambika memorial at the zoo, as well as a picture of Guy the Gorilla.

Harrison Braves the Hill is available from Chloe's Espresso on Bridge Approach at £9 for the paperback and £16 for the hardback. A percentage from each sale will go towards the Primrose Hill Community Association fundraising appeal.
www.arunakhanzada.co.uk





Zoe & Morgan

NOTTING HILL SHOP

We are excited to announce we are moving
to Notting Hill on 29th November 2018

After 6 wonderful years in our Primrose Hill store we are
packing our bags and heading over to All Saints Rd.

We look forward to seeing you all in our beautiful new space.

Zoe and Morgan
8A ALL SAINTS ROAD
NOTTING HILL
W11 1HH
0207 586 7419
www.zoeandmorgan.com

POSTCARDS FROM PRIMROSE HILL



A lovely coloured postcard of Princess Road. In the centre of the image stands proudly number 11: the Prince Albert pub. In 1911 the 'licensed victualler' or pub landlord was Walter Everett; his wife Edith was 'assisting in the business'. The children were too small to help: Kitty and Ivy were only four and two respectively. Sadly the pub is no longer in use today, a great loss to the local community. If anyone has any news about it, please let us know!

These were the shops you would have found on the same side of Princess Road over a century ago: to the left of the pub, on the other corner, at number 9 was a grocer/post office; on the far side at number 13 was a coffee shop; at 15 a draper; at 17 the undertaker; at 19 a stationer; 21 was a butcher's: number 23 was a hairdresser's; at number 25 a dairy; number 27 housed a grocer; at 29 was a fruiterer; and lastly at number 31 a bakery. So there was all you could possibly need, on your doorstep!

@old_primrosehill_postcards

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News & Information

from Primrose Hill Community Association

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

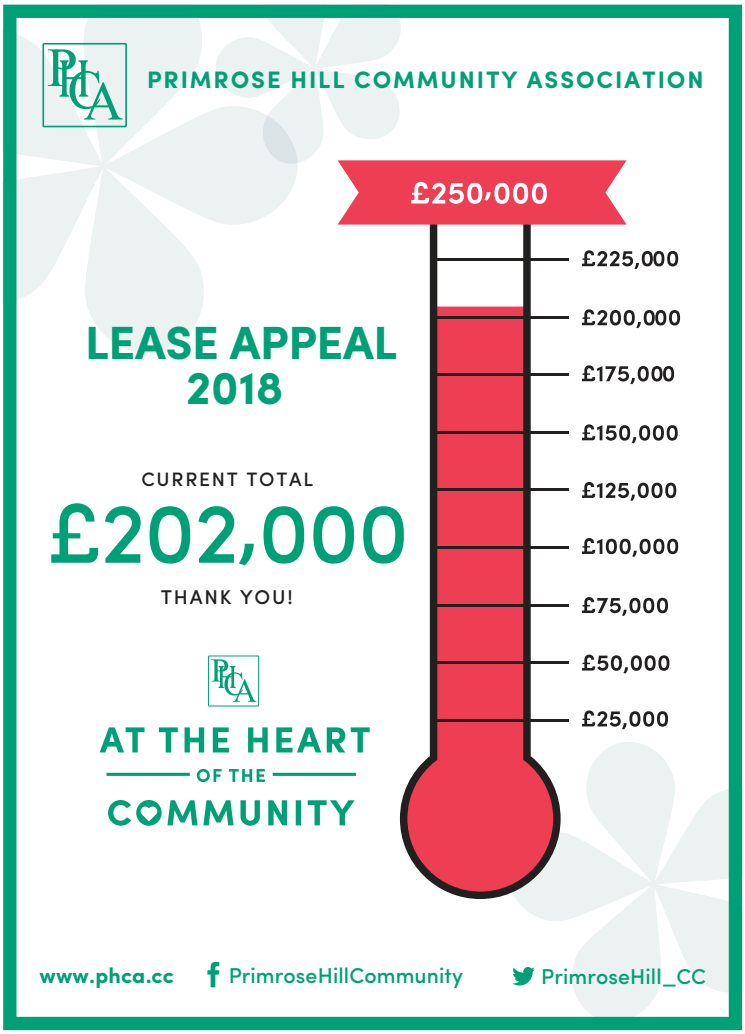
Appeal progress report: URGENT RESPONSE NECESSARY

This issue goes to press exactly twelve weeks after the launch of the Primrose Hill Community Association's appeal for £250,000 for the acquisition of a 25-year lease of the Community Centre. The donations received since then now total £202,000, which means that 81% of the target has been reached.

That is good going, but because of long-drawn-out negotiations there has always been time pressure, and we still have another £48,000 to find by the end of the year. Just how much still has to be raised can be seen on the banners that will be updated every day outside the Community Centre, on the railings going up Primrose Hill Road, and towards the bridge end of Regent's Park Road.

The commercial value of the lease was assessed quite recently as £60,000 per annum, and could continue to rise. This emphasises the importance of getting a long lease at the bargain price of £10,000 a year for 25 years. The purchase of this long lease will secure the future of the Centre: keeping open its facilities for public use, offering services such as Open House, as well as providing a focal point for dealing with Primrose Hill issues, like saving the Library.

All contributions are most gratefully received. They should be delivered to PHCA, 29 Hopkinson's Place (off Fitzroy Road). Please help us to achieve this target, as your contribution to preserving an essential element of Primrose Hill life.



St.mark's
Regent's Park NW1

CHRISTMAS AT ST MARK'S

Monday 24 December
5.00 pm Christmas Eve Children's Crib Service

Monday 24 December
11.30 pm Midnight Mass
Setting: Christe Redemptor omnium - MONTEVERDI
Motet: Deck the Hall - WILLCOCKS
(*with Strings*)

Tuesday 25 December – Christmas Day
10.30 am Eucharist of Christmas Morning
Mass setting: Communion in F Darke



Primrose Hill Designer Sale

Make a date in your diary for the 19th Primrose Hill Designer Sale – 8 December 2018 – open 10am until 6pm. Proceeds from admission go to the Friends of St Mary's to support community outreach projects. Primrose Tearooms will be selling soups, sandwiches, Neil's Yard cheeses and cakes! St Mary's Brewery will be selling wonderful craft beers.

- **Saturday 8 December 2018**
- **Suggested entrance donation: £2**
- **10am–6pm**
- **St Mary's church, Elsworthy Road Primrose Hill, NW3 3DJ**

ADVERTORIAL

How to *Vanquish* Fat Once and for ALL?

With all the Christmas parties and family get togethers December is the time for that little black dress (or tailored black suit).

It is reassuring to know that along with diets, that require a great amount of willpower and training sessions, that require dedication, there are other options to lose inches in time for holiday season (or shed them afterwards). YES, you read it right, dieting and exercise are not the only options to lose excess belly fat, love handles or inner thigh fat.

One such option is the best-selling treatment at Aesthetics Lab called BodySculpt with Vanquish ME . It may sound like it requires a lot of work on your behalf but in reality all you need to do is lie down and relax while the most powerful fat conquering machine does all the work.

Vanquish ME has got this name not without a reason. It uses non-contact multipolar radio frequency to heat and kill up to 60% of the fat cells. How does it do it - we hear you ask. The radio frequency energy travels easily through hydrated tissue such as skin, but when it reaches a non or poorly conducted layer (such as fat), the energy gets 'stuck' and causes the tissue to heat up. The frequencies used by Vanquish ME are best matched to the impedance of fat cells and specifically targets this tissue and triggers heat induced apoptosis (fat cell death). As only the fat cells are targeted, there is no damage to surrounding tissue, blood vessels or nerve endings, therefore there is no downtime, no swelling, no pain or bruising.



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VANQUISHONTHEHILL

*T&C may apply.

128 Regents Park Road London NW1 8XL www.aestheticslab.co.uk

NEWS & VIEWS



Fiddle Quilts for the Camden Memory Service

The Camden Memory Service provides assessment, treatment and ongoing support to people with dementia and their families and friends. People living with dementia or Alzheimer's disease often have restless hands, so Camden Memory Service decided to try out some 'fiddle quilts' with their patients.

A fiddle quilt is designed to stimulate and soothe those living with dementia. Also known as a fidget quilt or adult activity mat, a lap-sized fiddle quilt provides an excellent way to give fretful hands something to do. They also provide visual and tactile stimulation and establish an interest in something tangible. A fiddle quilt can give carers some respite from constant supervision, as well as presenting people with something to talk about when they visit.

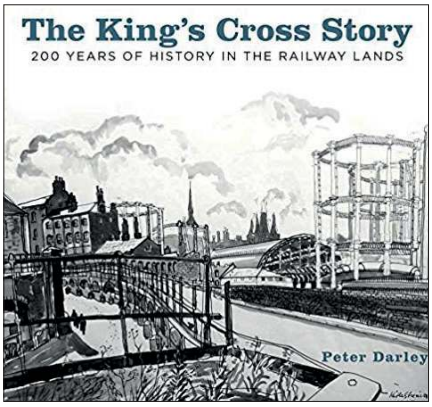
In October, the Fiddle Fingers Quilts charity donated seven quilts, which will be distributed to local people.

www.candi.nhs.uk/services/camden-memory-service
www.fiddlefingersquilts.co.uk
www.facebook.com/Fiddlefingersquilts

Bridge and English Classes at the Library

Starting the third week of January there will be Bridge for Beginners and Bridge for Intermediates. The library would like to know if there would be any interest for Bridge among 9–19 year olds. Please contact us if you are interested. They plan to start the English for Speakers of Other Languages again in the same week.
Contact for both is: jojarrold@gmail.com

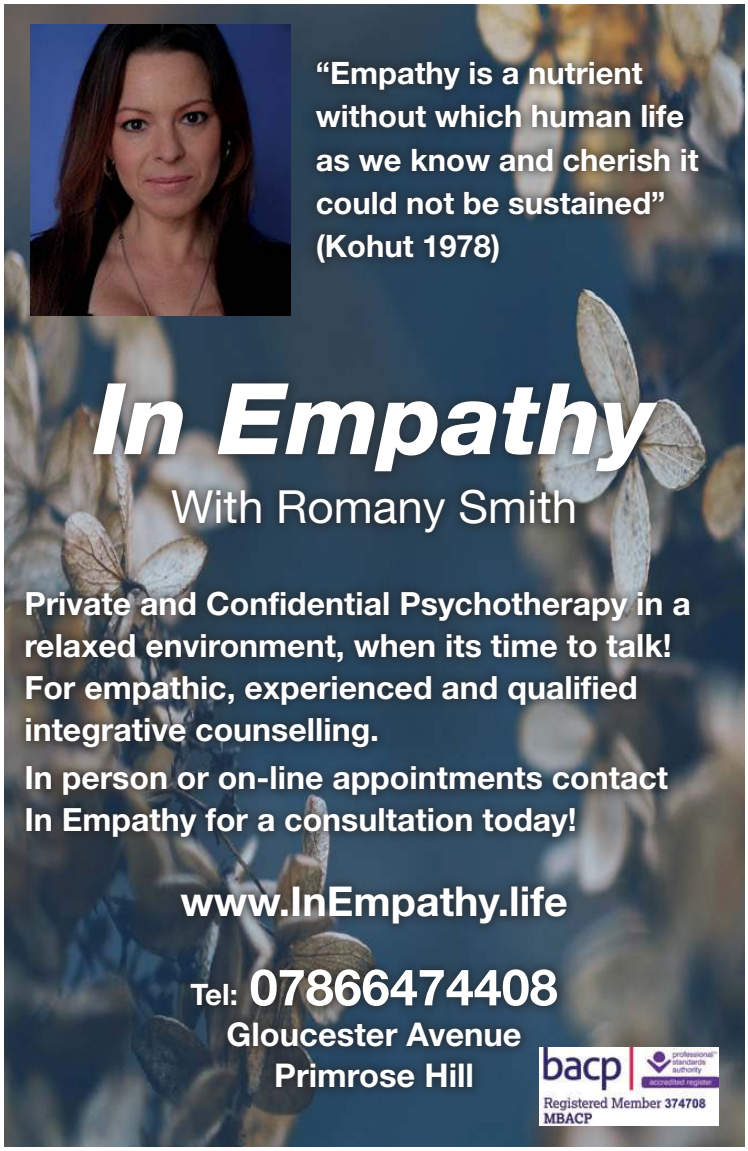
The King's Cross Story

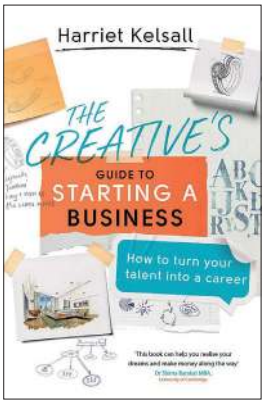


Primrose Hill's history has long been entwined with that of the railways, so enthusiasts will be interested to read Peter Darley's *The King's Cross Story*, which tells of 200 years of change in the King's Cross railway lands and explores the impact of the railway on the neighbourhood and wider socio-economy.

Peter Darley is the founder of Camden Railway Heritage Trust and has provided *On The Hill* with plentiful information on the history of the railways in this area – one of the most significant for railway heritage in the country.

Available from Primrose Hill Books.





Harriet Kelsall's *Guide to Starting a Business*

Award-winning local jeweller Harriet Kelsall, whose shop is on Regent's Park Road, has written a book which aims to inspire people starting out on a creative career.

The Creative's Guide to Starting a Business: How to turn your talent into a career guides budding entrepreneurs through creating pieces which sell, writing a business plan, pricing products and promoting their business. The book is full of tips from people who've already been on the journey, and it provides a step-by-step guide to establishing a successful business.

Harriet recently presented the book at a Library talk. It is available from Primrose Hill Books.



Help Keep the Names Alive on St Mary's War Memorial

A new war memorial was unveiled outside St Mary's Church on Remembrance Sunday. Acidic rain had washed away the names from the old plaque so a new one was installed on the south-facing wall of the church.

St Mary's are fundraising to pay for the memorial. Please consider making a donation at **www.justgiving.com/campaign/warmemorial**



Veganuary!

Could you take the challenge to eat delicious vegetables, beans and grains without meat, cheese and eggs for a whole month?

Even if you just try some more dishes and expand your repertoire of meat-free recipes, you can join in. Transition Primrose Hill is building on their campaign of 'Meat Free Mondays in March' by persuading local eateries to offer vegan menu items in January. Watch out for other events promoting vegan food in the new year!

Camden Community Connectors

- **Age UK Camden's free informal and friendly service for all Camden residents aged 60+.**
- **Our service can support you to find activities in the borough and improve your wellbeing**
- **We'll meet up to discuss your interests & help identify activities, we can also come along with you initially to try it out.**
- **Are you keen to help others find and engage with activities in the borough? Why not join our team of Volunteer Connectors?**

To find out more call:
0800 161 5716
Text: 07506 025 375
Or email: communityconnectors@ageukcamden.org.uk
www.ageukcamden.org.uk

Ageing Better in Camden
NATIONAL LOTTERY FUNDED
Camden age UK



UCL Academy Celebrates its first Critchley Scholars

UCL Academy in Swiss Cottage has announced its first ever Critchley Scholars, Ema Hoxha and Iman Noah. The two Year 12 students were chosen from a group of high-achieving and successful female students to receive support and mentoring from Elizabeth Critchley, a successful businesswoman and a partner of Ripplewood Advisors Ltd. Elizabeth said that she was delighted to be able to help the UCL Academy: "I believe the Scholarship Programme will help to show, not only those that are selected for it, but also more broadly, that there is no ceiling, and that the only ceiling is your own ambition."

Meeters and Greeters Needed

Primrose Hill Library is in need of more meeters and greeters. Please contact the Library for further details: 020 7419 6599.

Letter to the Editor

Dear Editor,

Further to the article on Gloucester Crescent (*OTH* September), which was once described as the most bohemian street in the land, its predecessor the Bloomsbury Set was said to live in squares, paint in circles and make love in triangles.

Thus to sketch, in local 'shapes', albeit more discreetly, maybe...

Some folk in the Crescent, rather pert,

Others near road Oval, more overt,

They softly entwine,

Then gently recline,

Back row at house Round, in concert.

Yours faithfully,

Howard Richards

PS After your absence on the shop floor, welcome back to your perch on the tor.

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What's On December & January

NEW THIS DEC & JAN

SATURDAY 1 DECEMBER
Christmas concert
Primrose Hill Choirs and London Classical Choir. St Mary's, NW3 3DJ. 6–8pm. £10, under 13s free. Contact Matthew 07817 234 925

SATURDAY 1 DECEMBER
Live concert
Catrin Finch and Seckou Keita offer an evening of extraordinary live performances, showcasing their entrancing talents through this remarkable collaboration. CSH. 7.30–9pm (doors 7pm).Tickets £23, or £10 for under 26s (limited availability).

SUNDAY 2 DECEMBER
An Introduction to Folk Song in England
Steve Roud and Laura Smyth present an afternoon indulging in the history of English folk song. This course is open to beginners. CSH. 10.30am–4.30pm. Tickets £45, or £36 concessions.

TUESDAY 4 DECEMBER
Film Show at the Library
Ninotchka, in which Garbo laughs! Directed by Ernst Lubitsch. PHCL. 7.15pm. £8, in cash, in advance at PHCL or on the door (includes a glass of wine).

WEDNESDAY 5 DECEMBER
In conversation
Fay Hield and Nicola Kearey with Maz O'Connor. An evening of performances and conversation with these three highly accomplished folk artists, chaired by BBC Radio 3's Verity Sharp. CSH. 7.30–9.30pm (doors 7pm). Tickets £14, or £10 for under 26s.

WEDNESDAY 5 DECEMBER
Local authors at the Library
Join Mary Portas and other local authors to hear about their recent books and enjoy Christmas wine and mince pies. PHCL. 7pm. £3 at the door towards Library funds.

THURSDAY 6 DECEMBER
Exercise class
Feel invigorated, energised and ready to start your day. All levels welcome. PHCC. 6.30–7.15am. £12 per session or £10 for 3. Contact Camilla 07966 158 117

SUNDAY 9 DECEMBER
Family Barn Dance
Enjoy an afternoon with the entire family and learn dances from the British Isles under the direction of expert callers. CSH. Tickets £7 adult, £5 child, £2 under 2s. Advanced booking recommended.

WEDNESDAY 12 DECEMBER
A Celtic Christmas
With Calan, an international award-winning Welsh band, and enjoy twists on seasonal classics. CSH. 7.30–9.30pm (doors 7pm). Tickets £14.50, or £10 for under 26s.

THURSDAY 13 DECEMBER
Exercise class
Feel invigorated, energised and ready to start your day. All levels welcome. PHCC. 6.30–7.15am. £12 per session or £10 for 3. Contact Camilla 07966 158 117

THURSDAY 13 DECEMBER
Awake Arise
Five of English folk music's most captivating artists collaborate for a Christmas tour. CSH. 7.30–9.30pm (doors 7pm). Tickets £15, or £10 under 26.

SATURDAY 15 DECEMBER
The Nordic Fiddlers Bloc
Three fiddlers – Kevin Henderson, Anders Hall and Olav Luksengård Mjelva – perform tunes from Norway, Sweden and Shetland in this seasonal concert. CSH. 7.30–9.40pm (doors 7pm). Tickets £16, or £10 under 26s.

SUNDAY 16 DECEMBER
A carol concert with a folk twist!
Join the Cecil Sharp House choir, folk singer Rosie Hood and storyteller Hugh Lupton for a seasonal celebration. CSH. 7–9pm (doors 6.30pm). Tickets £15, or £10 under 26s.

MONDAY 17 AND TUESDAY 18 DECEMBER
Circus Glory Workshop
All levels welcome. PHCC. 10am–3pm. £50 per day or £90 for both days. Contact Genevieve 07973 451 603, gmonastesse@googlemail.com

WEDNESDAY 19 DECEMBER
Open House
Traditional pantomime *Beauty and the Beast* at the Shaw Theatre, followed by a Christmas tea at PHCC. Panto tickets £15 for the 1.30pm matinée, limited seats available. Christmas tea is free and open to everyone from 4pm.

THURSDAY 20 DECEMBER
Exercise class
Feel invigorated, energised and ready to start your day. All levels welcome. PHCC. 6.30–7.15am. £12 per session or £10 for 3. Contact Camilla 07966 158 117

MONDAY 31 DECEMBER
New Year's Eve Ceilidh
Celebrate the last night of the year with a night of dancing and music from the Will Pound Band. CSH. 8pm–1am. Tickets £35, or £25 under 26.

WEDNESDAY 9 JANUARY
Open House
Talk: 'The Assassination of Prime Minister Spencer Perceval in 1812' by Lester Hillman. PHCC. 2pm. Free.

TUESDAY 15 JANUARY
Harry Enfield and Stephen Mangan in conversation
Fundraiser for PHCA lease. CSH. 7pm for 7.30pm. £15 in advance from Primrose Hill Books, 020 7586 2022, www.primrosehillbooks.com

THURSDAY 17 JANUARY
Martin Carthy and John Kirkpatrick
Two legendary English folk artists collaborating on a UK tour. CSH. 7.30–9.30pm (doors 7pm). Tickets £18, or £10 under 26s.

SUNDAY 20 JANUARY
Family Barn Dance
Enjoy a fun afternoon of live music and dancing with the family, led by expert callers with simple instructions. CSH. 3–5pm. Tickets £7 adult, £5 child, £2 under 2.

WEDNESDAY 23 JANUARY
Afterglow
An evening of music and conversation with legendary musician Jon Boden to explore the vision behind his latest album, *Afterglow*. CSH. 7.30–9.30pm (doors 7pm). Tickets £18, or £10 under 26s.

WEDNESDAY 30 JANUARY
Trad night
Iconic traditional folk singer Jill Pidd joins Doc Rowe, respected archivist, for an evening of traditional music. CSH. 7.30–9.30pm (doors 7pm). Tickets £10.

PLAN AHEAD COMING SOON

THURSDAY 28 FEBRUARY
Jewellery valuations at Harriet Kelsall
Bespoke Jewellery by Julian Cousins FGA DGA, Fellow of the Institute of Registered Valuers. 69 Regent's Park Road. Appointment only, so some forward planning required. Priced on individual basis. Contact 020 3886 0757

FOR KIDS

MONDAY
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

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

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

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

TUESDAY
Hartbeeps Baby Sensory
Multi-sensory class of mini music productions for the very young. PHCC. 1.30–5.15pm. Classes from £9.50. Contact clarelouise@hartbeeps.com

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

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

WEDNESDAY
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, learn to sing well. Ages 4–11. St Mary's church, NW3 3DJ. 4.10–5.10pm. First time free, then £8. 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

THURSDAY
Mini Mozart
Musical storytime. 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, 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
Mothers' Mornings
Meet other mothers while your children play. PHCL. 10.30–11.30am. Free. Contact 020 7419 6599

Circus Glory
Trapeze for ages 3–12. 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. 1st and 3rd 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
Bridge Club (ACOL)
PHCC. 1.45–3.45pm. £3. Contact Maureen Betts 07919 444 187

Lunch Club
At Jacqueline House, Oldfield Estate, Fitzroy Road. Freshly cooked lunch served at 12.30 sharp. £5 for 2 courses. More info from PHCA, 020 7586 8327

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. 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

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

What's On December & January

Neighbourhood Information Centre
Drop-in advice centre. PHCL. 2–4pm. Free. Contact 020 3397 3058

Debtors Anonymous
Anonymity preserved. PHCL. 7–8pm. Donations welcome to cover the rent of the space. Contact 07932 878 605

Mary's Living and Giving for Save the Children
Take advantage of 50% off books, movies, records and CDs, and 20% off women's jeans, every Monday, 10am–6pm.

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

TUESDAY

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 536 643, jennyfrankel.laban@gmail.com

Aerial Yoga
Exercise your posture, flexibility, and strength with Elena as you are suspended above ground in a yoga hammock! Discover this fast-growing fitness trend in a friendly and supportive environment. PHCC. 1.30–2.30pm. Contact aerialwithelena@gmail.com

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

Keep Fit for over 60s
New teacher! PHCC. 3–4pm. Free. Contact 0207 586 832

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. Contact www.cecilsharphouse.org/morrisdance

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

General Yoga
PHCC. 6.30–8pm. Contact Catriona 07958 959 816, cat.b1@blueyonder.co.uk

Essential Oils Workshop
Introduction to essential oils. PHCC. 4th Tuesday in the month. 7.30–9pm. £10. Contact cecily.bowditch@gmail.com

WEDNESDAY

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

Feldenkrais
Movement class. PHCL. 10.30–11.30am. Contact info@somaticcircles.com for info and price

Lunch Club
Jacqueline House, Oldfield Estate, Fitzroy Road. Freshly cooked lunch at 12.30 sharp. £5 for 2 courses. More info from PHCA, 020 7586 8327

Mary's Living and Giving for Save the Children
Blue Jeans Day: 20% off all blue jeans for women, every Wednesday, 10am–6pm.

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

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

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

THURSDAY

Franklin Method Pelvic Power
Learn mind–body techniques to improve movement and change the way you feel in your body, for ever. PHCL. 10am. Contact pilateswithpaulette@gmail.com, facebook.com/pilateswithpaulette/events

Narcotics Anonymous
PHCC. 1.30–3.45pm. Free.

Mother and Baby Pilates
Want to tone your limbs, flatten your tummy and strengthen your pelvic floor? PHCL. 10–11am and 11am–12pm. Contact pilateswithpaulette@gmail.com, facebook.com/pilateswithpaulette

CONTACT DETAILS

PHCC
Primrose Hill Community Centre
29 Hopkinsons Place (off Fitzroy Road)
NW1 8TN
Contact: info@phca.cc
www.phca.cc
020 7419 6599

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 4 January onthehillwhatson@phca.cc

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

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

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

Kriya Yoga
Yoga class. PHCL. 6.45–8.15pm. For price contact kriyayogauk@btconnect.com

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

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

FRIDAY

Pilates
Stretching and strengthening 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

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

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

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

Dynamic Pilates
PHCC. 8–9am. Contact Natalie, natalienicollfitness@gmail.com

SATURDAY

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

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

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

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



Christmas Wreath Masterclass

THURSDAY 6 DECEMBER 8–10PM

£85 per person including all materials.

Wow friends and family with your own specially designed wreath made by your own fair hands, while enjoying Bob's mulled wine and nibbles.

Please pay in advance and let me know to guarantee a place as numbers are limited.

Commissions and orders taken.

Happy wreath-making!

Lucie
l-allison@live.co.uk

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INTERVIEW

Mr Hadley: Headteacher

Children from Haverstock School's young journalists interview their new headteacher, Mr Hadley.



Q: What were your favourite subjects at school?
Mr H: Economics and History. I've always been fascinated by why people do the things they do and why they make the decisions they make. History taught me about the past and how things change; and Economics taught me about how people act in groups and how different countries have different approaches to things.

Q: But isn't Economics about business?
Mr H: It's about the allocation of resources. If there aren't enough resources to go around, an understanding of economics helps you to know what to do with them. But really underneath the theory it's all about how humans behave in the ways they do.

Q: What subjects didn't you like?
Mr H: Well, that's really interesting, because in Year 7 I didn't like History, but then I went on to study it at university!

Maybe there's a real lesson there: if you don't like something, just keep going until you like it!

Q: This year the new GCSEs are much tougher and yet the school's results have improved! Why's that?
Mr H: I think the main thing we did was to increase the expectations of everybody, really helping students to have higher expectations of their conduct and of their study and also believing that our students can go on and achieve great things. We made sure that those values were communicated to everybody in the school community, parents, students and the staff.

Q: Did you know what you were getting yourself into when you got offered the job as Head?
Mr H: *(Laughing a little)* I did a little bit – I had been what they call 'Acting Headteacher' at my last school. The school was quite different though, so I had to learn a lot about this school and the students.

We think that's why Mr Hadley can often be seen in the playground or the corridors: he is finding out what is going on. Running a school like Haverstock must have huge challenges.

Q: What do you have for breakfast?
Mr H: One Weetabix with Muesli on top.

Only ONE Weetabix! We think he needs three Weetabix... so it must be the muesli on top that helps him, because Haverstock School is the best school ever! We would like to thank Mr Hadley for giving this interview.

PART-TIME VACANCY
Research, admin and running forums

socialvisiononline is a vision for the future, for a more equitable society.

Requirements: Good degree in a social science related subject, strong in statistical methodology; writing comments on current economic and social issues; organising a print publication covering health, social policies and welfare. Experience in database management and social media promotion an advantage.

Provide a brief note to **socialvision06@gmail.com** on your social motivation for applying. Good time management and punctuality essential. Join an informal, multi-ethnic work environment.

LSE alumni network coordination centre in NW3 3RT (Primrose Hill)
Time 6 to 8 hours weekly. Payment nine pounds hourly. Voluntary time if needed …optional.
Check us out **www.socialvisiononline.com**

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FESTIVE GATHERING
A CHRISTMAS CONCERT WITH A FOLK TWIST
Sunday 16 December, 7pm



NEW YEAR'S EVE CEILIDH
Monday 31 December, 8pm

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'If Not Now'

An exhibition defining one full year in international news

Local artist Julia Hall is exhibiting her paintings at the central London gallery 10 Hanover in December. The 52 paintings in the collection capture the defining moments of a single year in international news, the artist having completed one artwork per week in response to leading news stories, without the foresight of knowing what the next week's news may bring.

Julia says, "It is a fact of modern life that we have access to unfolding news stories at all times, whether we seek them or not. An endless stream of sensationalist stories passes before our eyes like objects on a game show conveyor belt, and what can stir visceral emotions in us one week is barely remembered the next. Yet when we glimpse these stories again from some point in the future, they can provoke powerful reactions in us. My aim in making this collection was simply to document: obviously, my choice of weekly story was entirely subjective, but I make no apology for that. Several people have asked me if I found it depressing to paint this series, and it is true that as the year progressed I felt less inclined to paint an array of middle-aged politicians in suits. There is, however, an intimacy in painting someone's portrait – the study of their body posture, their hands, the way their hair grows finely at the forehead – which leads me to a real, if misguided, sense of familiarity. As a consequence, even someone as far removed from my own world as Kim Jong-un becomes superficially real to me, and I feel that I have a vested interest in his future.

"It is a fact of modern life that we have access to unfolding news stories at all times, whether we seek them or not."

"The documenting of current affairs in paint is inspired by a curiosity to see how the personalities and events of this time will shape our future. The raw, unpainted areas of canvas and incomplete images will be filled in by time. As events unfold, the equal weight and treatment given to each canvas may surprise us all.

"As for the reactions of others to these paintings, I have gauged through my social media feeds that stories involving non-political figures are popular, as are events in the world of sport; but that said, it does seem that the public love nothing better than a painting of a Royal Wedding."

See 'If Not Now' from 5 to 8 December at 10 Hanover, Hanover Street, London W1S 1YQ.

For further information, visit **www.juliahallart.co.uk**

Christmas Gifts

Save yourself a trek and do all your Christmas shopping locally. Here are a few ideas to get your festive season off to a sparkling start. And don't forget to treat yourself while you're out there!





Harriet Kelsall

Crafted from 9 carat yellow gold and set with brilliant cut diamonds, these beautiful earrings and matching pendant would make timeless additions to the jewellery collection of a loved one.

Earrings £375 / Necklace £595
www.hkjewellery.co.uk



Kate Guy Design

Beautiful linocut designs and prints for your kitchen or as gifts. Products include tea-towels, Aga covers, aprons, cards and prints, all featuring illustrated recipes and food-related designs.

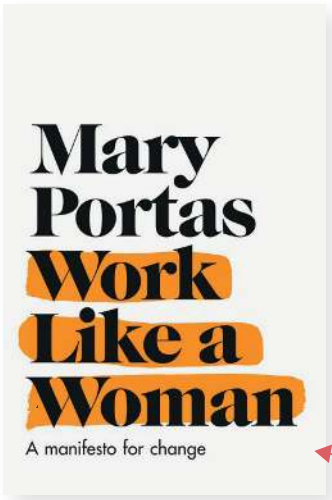
www.kateguy.co.uk



Aesthetics Lab

A gift of healthy glowing skin – what can be better this Christmas? Detox Facial at Aesthetics Lab is formulated specially to free the skin from toxins and impurities, so that it brightens and glows. Popular with men and women alike, this is the perfect gift this Christmas season!

www.aestheticslab.co.uk



Primrose Hill Books

Everyone needs a new book to read over the Christmas period and Primrose Hill Books have a great selection. Go and browse or get some personal recommendations. They can order books for you and provide greeting cards and book tokens.

www.primrosehillbooks.com

Sylvester Fine Art

Bring some vibrant colour and texture to your Christmas this year with this beautiful print by one of the greatest abstract artists of his time.

John Hoyland
Endless Poem
Carborundum etching & photogravure
£1,250

Call or email: 07810 483460
andrea@sylvesterfineart.co.uk
www.sylvesterfineart.co.uk





Primrose Hill Candles

Light up your Christmas with a Primrose Hill candle made from 100% natural wax and hand-poured in the UK. Choose from Fig Leaf & Tomato, Pomegranate & Chilli, Orange Blossom & Rose or Grapefruit & Basil. The packaging was designed by local artist Francis Katz and shows the London skyline as seen from the top of the hill. The candles retail for £28, but there is a special promotion price for readers with 20% off all orders until 31 December. Use the code HOLIDAY20. Free local delivery.

www.primrosehillcandles.com

St Mary's Brewery



If you're having a drink or two this Christmas, support your local brewery. St Mary's Brewery has an ever-growing selection to choose from, and you'll know that the money will go to a good cause, supporting the youth work and cold weather shelter projects in the church.

Beer advent calendar: 24 beers for £60

www.stmarysprimrosehill.com



Keturah Brown

Keturah Brown is looking forward to returning after its refit. They will be at the Cristina room (main glass doors) in St Mary's church on Sundays (12–1pm) from now until Christmas for fittings and special orders. 07788 558035 or buy online:

www.keturahbrownlingerie.com



Sweet Pea

Sweet Pea is a treasure trove of jewellery that stocks their own hand-made 18 carat gold collections alongside other designers. It's a must-go destination for that special gift this Christmas.

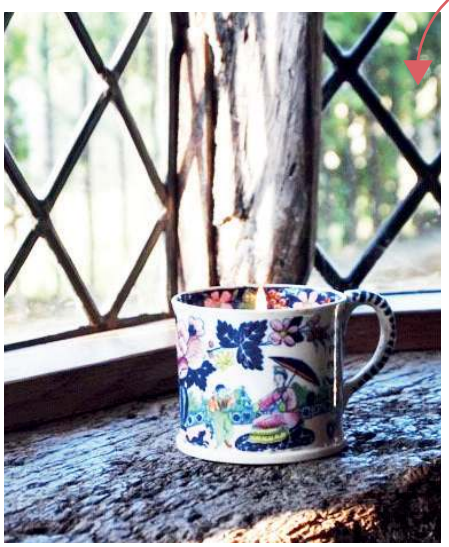
www.sweetpeajewellery.com



The Primrose Hill Collection

Primrose Hill-based jeweller specialising in beautiful, understated jewellery that is both practical and affordable. Browse the online boutique at:

www.theprimrosehillcollection.co.uk



The Primrose Hill Emporium of Delights

The Primrose Hill Emporium of Delights will bring you an exquisite selection of hand-crafted, up-cycled and fairtrade gifts and fashion items for all your Christmas present needs and maybe a few treats for yourself too!

Check out the repurposed kimonos and funky jumpsuits from Woo Woo Boutique; exquisite jewellery by goldsmith Sharla Donavon of Sharlala Jewellery; uniquely hand-crafted toys, gifts and homeware by Barefoot Ceylon, brought exclusively to the UK by Lazy Lizards; beautiful hand-made jewellery from Argentina presented by Ssolo London; warm, elegant, fine-quality shawls from Kashmir, each individually sourced by Wrap Up In Style; 200 years of British tea porcelain transformed into pure-burning organically scented candles from Eco-Antique Teacup Candles; high-quality burr wood gifts, each piece handcrafted from the exquisite root of the thuya tree before being expertly French-polished by Atlas of London.

Sunday 2 December 11am–5pm, Primrose Hill Library, 07939 507999



CAVE INTERIORS *or* THE OLD CURIOSITY SHOP

by Nicola Manasseh

When Georgina Cave was at school in the 1980s, she was not allowed to study Art A level as it was considered non-academic. After leaving school, she worked as a photographer's assistant in the fashion world. Soon after she married, she found her calling. With little money, she did up the first home that she shared with her husband. She stripped floors, painted cupboards, sourced reclaimed worktops and vintage furniture, and even painted a mural in the room for her firstborn. Before long, friends were asking her for interior advice and help with redecorating their homes.

After her second child was born – a daughter who now works with her – Georgina studied for a year at the Interior Design School in Queen's Park. She felt as if she had found her way back to the art that she had wanted to study at school; and with a mother selling antiques in Camden Passage, Islington, it was no surprise that her teachers at the school thought she had the passion and flair for a career in design.

From the start, Georgina was intent on reflecting her clients' personalities and tastes in the functional and creative homes that she designed for them. She works organically with her clients, giving them the confidence to mix different materials, colours and textures. Georgina speaks enthusiastically about combining twentieth-century modern furniture, antiques and vintage pieces that she sources from fairs with other items obtained from trade shows or which she designs herself. She may well hang a beautiful chandelier over a concrete kitchen worktop or pair a modern lampshade with a lamp base from the 1800s, or use pattern on pattern in fabrics.

Georgina opened her shop, Cave Interiors, at 29 Princess Road in 2010. Since then she has been designing her own bespoke pieces – lights, tables, desks, beds, sofas and more. She carefully selects her materials to be always humanely sourced, and often reusing existing pieces so as to recycle wherever possible. If you visit her 'curiosity shop', you will find an array of mirrors, lights, vases and cushions. She is also assisted by her niece Sophia Marks of Ruby Watts, and her daughter Anouska is about to launch quality old-fashioned eiderdowns with vintage-inspired fabrics. Although Cave Interiors is all about style and individuality, it is clear that Georgina's

instinct is for comfort and to please the senses. She says, "I like to think that I create beautiful but real homes where our clients can kick off their shoes and live in a relaxed and comfortable way."

In 2006 Georgina appeared on BBC1's Britain's Empty Homes. She found a 1990s bachelor pad property in Belsize Park, which she gutted, stripped and fully reconfigured, transforming it into a home for a family of four and their huge, bouncy dog. Thereafter came one of her most memorable jobs – what she calls the Queen's Park Project. Working with architects, she reshaped a house that had been owned by the same family since the 1930s and had never had any electricity installed. Still she remembers the zinc worktops, calacatta marble subway tiles, reused doors, mismatched handles, antique French tiled floors and the restored Victorian ones. With muted colours, she mixed eras and delighted her clients who later told her, "We shall miss sharing everyday life with you."

Possibly the pinnacle of Georgina's career has been renovating historic and landmark listed buildings. She spent three years putting her heart into a development project on a Grade II* listed Georgian house in Hampton. During the 1970s the house had been carved into offices, and the aim was to work with a surveyor to make it into a single family home. Georgina reinstated panelling, cornices, fireplaces and gave particular attention to restoring the music room, which had been inspired by the Alhambra Palace in Granada.

Georgina's design focus of mixing modern with old is reflected in the kind of person that she is. She likes to visit art galleries and historic houses as much as walking her dog. Paris is



"I LIKE TO THINK THAT I CREATE BEAUTIFUL BUT REAL HOMES"

one of her favourite cities, and yet she also loves the vibrancy of a modern city like Tel Aviv. Although she is driven by her work, and believes it is important to live your dream, Georgina is also a family person and regards the best moments of her life as the birth of her two children.

More recently, Cave Interiors have undertaken a three-year project on an art deco villa in France. Working with French architects, Georgina and her team have completely gutted the seven-bedroom house and are building a basement across the full width of the building. Georgina points out, with a smile, that unlike her UK projects, they are digging not into clay but into rock. On such a big job, indeed on any design project, stress, deadlines and expectations all have to be handled. Georgina guides herself through the process by trusting her instincts and with the knowledge that things always work out beautifully in the end. Which is why she was recently named by House & Garden magazine as one of the top one hundred interior designers!

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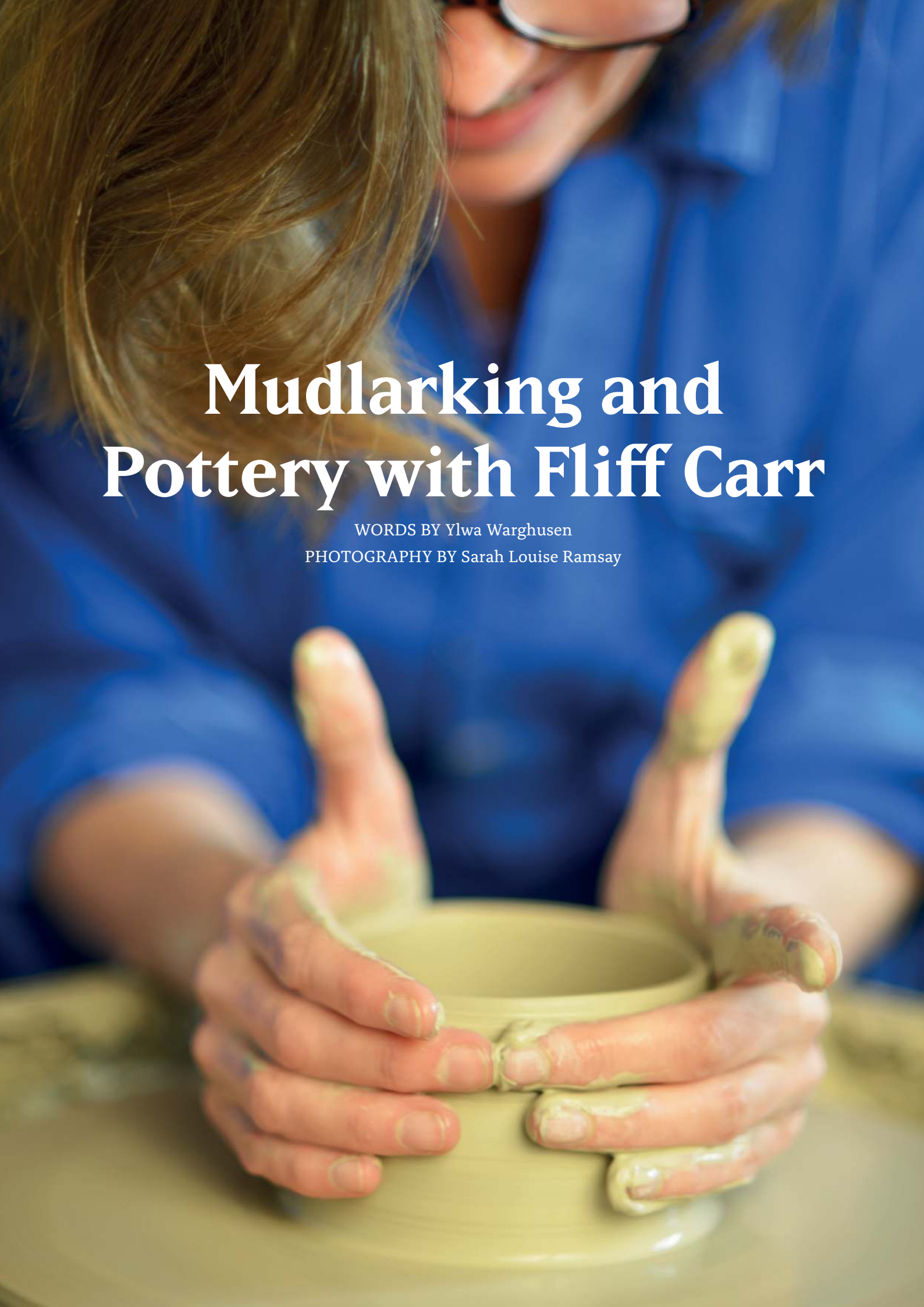
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Mudlarking and Pottery with Fliff Carr

WORDS BY Ylwa Warghusen

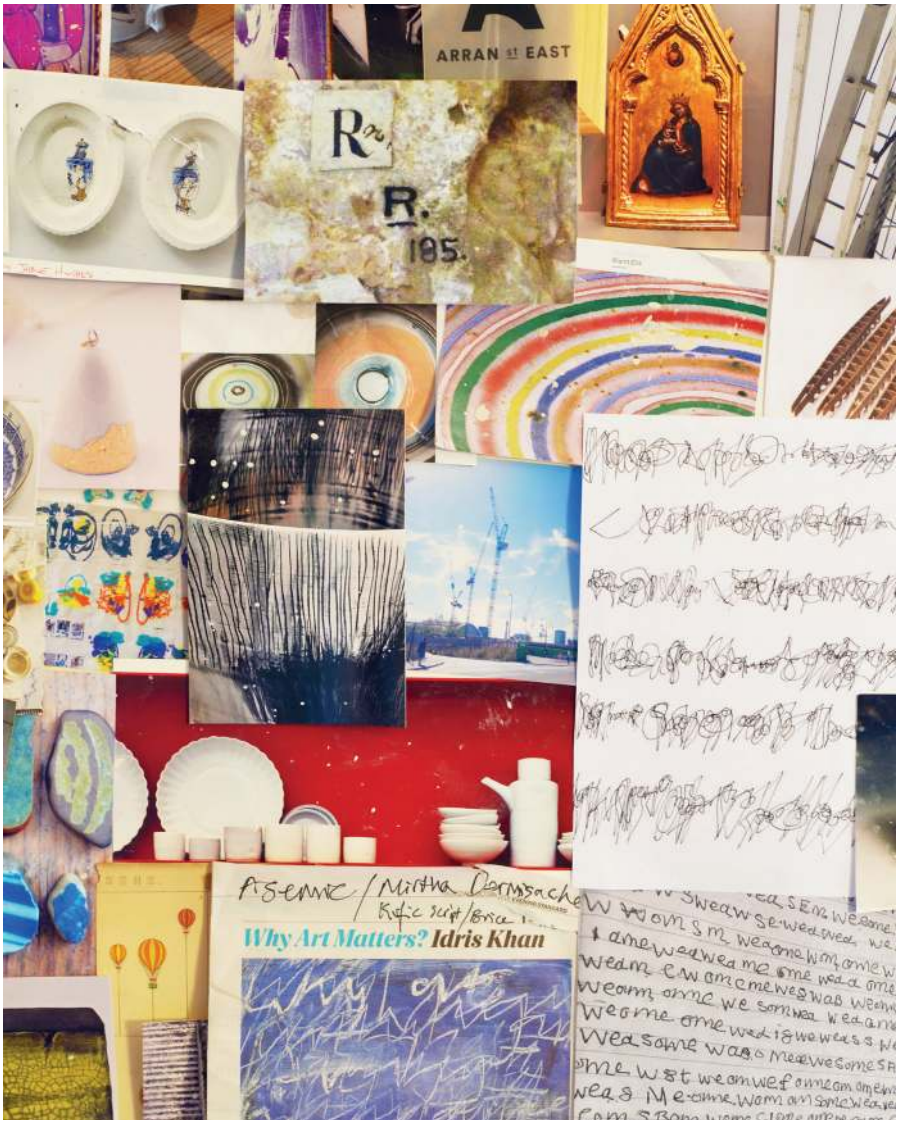
PHOTOGRAPHY BY Sarah Louise Ramsay

It is a sunny autumn day when local potter Fliff Carr, clad in bright blue overalls, greets me in her Primrose Hill studio. Fliff (a family nickname from when she was about six months old) is charming, refreshingly modest and brimming with enthusiasm for her art form.

Working with white earthenware, she throws or hand-builds clay into delicate pieces that explore scale, shape and detail. One series of cups has widely extended, gold-lustred handles; a collection of plates carries a subtle lace imprint. There are also finely rolled plates with undulating edges, and a distinctive series made especially for the shop Circus in Brixton, complete with circus-themed motifs. There's always room for spontaneity – small variations in pattern or hue, or perhaps the addition of a found object. Each piece is unique, but put them all together and they make perfect sense.

Fliff moved to London after completing an art foundation course in Bournemouth, and worked as a make-up artist in film and TV. While her children were young she studied ceramics, soon sharing a studio space on Gloucester Avenue with other budding creatives. She has been a resident of Primrose Hill since 1988 and brought up all her three children here, valuing the area's tranquility and strong sense of community. Fliff fondly remembers going to local institutions such as Anthony's Deli and Mercury Stores when her children were babies, greeted by the same proprietors who still greet her today. "As a child, my father's work took him abroad a lot so we were constantly moving. Perhaps that's why I loved settling here. There's a real sense of belonging." The creative nature of the area is also a pull for Fliff, with so many artists living and working in Primrose Hill.





Mudlarking and artefacts

Fliff loves mudlarking on the foreshore of the Thames and has an impressive collection of finds, neatly arranged by colour, type and origin. They are often fragments of tiles and old pottery. "This one is Elizabethan Green; this is a Roman roof tile, and you can see the grey in between the terracotta where it has been under-fired; this is Tudor..." she explains animatedly, showing me next a small seventeenth-century lead trading token. The objects provide "glimpses of the past. It's about seeking and finding something special and it inspires and informs much of what I do."

Collecting objects and artefacts is something Fliff has been passionate about since an early age: classifying, arranging in size order and displaying the objects in groups. "Something about arranging objects in multiples really appeals to me," she says.

Functional pottery vessels are one of the oldest human inventions, dating back to at least 10,000 BC. Fliff discusses pottery's strong link to archaeology: owing to their durability, ceramic finds are often the most important artefacts

"Something about arranging objects in multiples really appeals to me"

to survive through millennia, giving us important insights into the culture of the people who made and used them. This bridge to the past is something that resonates strongly with Fliff – the sense of an object's unique story, creating a thread of continuity through time.

There is a certain Japanese aesthetic to Fliff's work in its asymmetry, muted shades and purity of expression. The Japanese practice of *Kintsugi* intrigues Fliff: it means 'golden joinery', because broken pottery is mended with a special lacquer dusted with gold, silver or platinum. It treats breakage and repair as part of the object's history, rendering the piece unique, with a story to tell. This heirloom quality is also evident throughout Fliff's work.



Creating pottery

The process of creating pottery is a laborious one. Structural pieces like cups, bowls and jugs are thrown at the wheel; plates are hand-rolled. "It's like working with pastry. I use a rolling pin to form the clay to the desired thickness, then cut around the edges, following a template."

The lace pattern recurring in some of Fliff's work has its own unique history. "I found lace that my great-grandmother had made... It's used in different ways – embossed into the clay or painted with 'slip' (coloured liquid clay), which leaves a subtle pattern." Other pieces are decorated when dry using bold colour or thinly drawn lines. Fliff also uses transferred images and finds inspiration in various sources: found objects, old books, playing cards and textile designs, combining images from various sources, including her own sketches, to create a collage. She sends the final artwork off to Stoke-on-Trent to be turned into ceramic transfers.

Firing transforms the clay – an irreversible process which renders it stronger, removing any water. After it has been fired, the piece is glazed to make it impermeable, then fired again if gold or platinum lustre is added. This means that an object may need up to four goes in the kiln before it's finished.

Outside the studio

Fliff's pieces are stocked by independent retailers and art galleries, both nationally and internationally. She also works on commission and can be found participating at sales and shows, such as the hugely popular Design Sale at St Mary's Church. "It's always great to be out of the studio, meeting my customers face to face."

Fliff also teaches pottery at the studio she shares with friend and fellow potter, Lucinda Gresswell. Lucinda has had a studio here for twenty-five years and Fliff has been working alongside her for the last three. They both mentor young artists, architects and art students, something she relishes. "It's an exchange of skills and ideas. We often end up working on collaborative projects and learning from one another."

This reflects the idea of pottery as a craft as well as an art form, spanning the duality of decoration and function – a tradition to be taught and passed down through the generations. A few years ago, Fliff worked on an art installation with local nursery school Ready Steady Go and brought in her wheel for the young students to try. "It was so exciting to watch the children become mesmerised by their own hands and the feel of the spinning clay."

Fliff's mood board is filled with inspiring photos, magazine cuttings and drawings. "I have a thing for lines of all kinds, and recently started looking at Asemic writing. It looks like writing, but it can't be read, so its meaning is open to interpretation. That's an interesting notion which I'm currently exploring in my own work."

There is a certain purity to Fliff and her work – she seems to have retained that magical ability to look at the world with wonder. As a child she made intricate fairy houses, complete with beds, plates and food for the fairies. And in a way her pottery is reminiscent of a very elegant, playful dolls' tea party, with its dainty detailed proportions. We are fortunate to have Fliff in the neighbourhood to interpret her version of the world for us!

www.fliff.co.uk

Instagram: **@fliffcarrceramics**

Meet Fliff at the ever-popular Primrose Hill Designer Sale on 8 December at St Mary's, Elsworthy Road.



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Primrose Hill Community Dogs join up with Chalk Farm Foodbank and St Mary's Church

Primrose Hill Community Dogs are again encouraging the community to support the local Chalk Farm Food Bank and St Mary's church festive appeal.

Tapping into the compassionate neighbourly spirit of Primrose Hill, their aim is to raise awareness and secure donations to provide a better experience during the festive season for over one hundred people in need.

All proceeds from the Primrose Hill Festival Dog Show at the end of November were donated to Chalk Farm Foodbank and the St Mary's festive lunch.

Hamper appeal

Our aim is to gift 100 hampers that include wish list items like non-perishable foods, clothing, nightwear, winter woollies, toiletries and perfume, toys and stocking-fillers.

Festive lunch: 21 December

Chalk Farm Foodbank is hosting a festive lunch for 100 people at St Mary's, Elsworthy Road. They will provide a three-course meal, entertainment, gifts and their befriending service.

Merv De Peyer, a top pianist, will perform during the event. Soft drinks and vegetables will be provided by the Princess of Wales pub.

About Chalk Farm Foodbank

The Foodbank has fed over 6,350 people since opening in 2012. It provides a service to people in crisis, and aims to connect families and individuals to support agencies in order to solve their longer-term problems.

About St Mary's

St Mary's runs various outreach projects, such as the Youth Club, which mentors vulnerable young people and provides a winter night shelter for the homeless.

We are asking the community to share some goodwill with those who really need it. Your donation – big or small – is most appreciated.



PHOTOGRAPH BY Rachel Loftus Green

Contact the Chalk Farm Foodbank or St Mary's for more details of how you can help:

Chalk Farm Foodbank: **info@chalkfarm.foodbank.org**

St Mary's: **office@smvph.org.uk** or **www.justgiving.com/stmarysprimrosehill**







Primrose Hill LAUGHS



"We knew it was going to be basic, but nobody said a word about the ox... I think one star is fair"

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www.chalkfarm.foodbank.org.uk

FROM Collis Bakes

Christmas Cake Pops

1. Preheat the oven to 180°C.

2. To make the chocolate cake cream together the butter and sugar. In a separate bowl mix the flour, baking powder and cocoa and divide into three portions. Add one third of the dry mix to the butter and sugar. Add an egg to this mix and to the last third of the dry mix. Mix together and add the vanilla extract and the milk.

3. To make the nutmeg cake follow the same principle but switch the cocoa powder for the ground nutmeg.

4. For the red velvet cake cream together the butter and sugar then add the eggs and mix. Add the flour, cocoa powder and bicarbonate of soda, then the cider vinegar, food gel, buttermilk and vanilla extract.

5. Grease three cake tins with butter, transfer the mixes to the tins and bake for 30 minutes.

6. Make the icing for each of them by mixing together the ingredients.

7. Take out the cakes from the oven, let them cool, then crumble them and place in the fridge.

8. Mix the crumbled nutmeg cake with a large dollop of vanilla icing, the red velvet cake with cream cheese icing, and the chocolate cake with chocolate icing and leave them in the fridge for 20 minutes.

9. Melt the white and milk chocolate in separate containers and leave to cool. Roll the cake into uniformly shaped balls. Dip the end of the cake pop sticks into the chocolate, stick them into the cake balls and leave them in the freezer for 10 minutes to solidify.

10. Dip the cake pops into the chocolate and decorate them with whatever Christmassy decorations you would like.

Oh, and have a Merry Christmas!

Ingredients

Chocolate cake:
- *100 g caster sugar*
- *100 g unsalted butter*
- *2 eggs*
- *100 g plain flour*
- *1 tbsp cocoa powder*
- *3 tsp baking powder*
- *1 tsp vanilla extract*
- *1 tbsp milk*

Nutmeg cake:
- *100 g caster sugar*
- *100 g unsalted butter*
- *2 eggs*
- *100 g plain flour*
- *2 tsp ground nutmeg*
- *3 tsp baking powder*
- *1 tsp vanilla extract*
- *1 tbsp milk*

Red velvet cake:
- *100 g unsalted butter*
- *300 g caster sugar*
- *2 eggs*
- *3 tbsp cocoa powder*
- *3 tsp red gel food colouring*
- *250 g plain flour*
- *150 ml buttermilk*
- *2 tsp vanilla extract*
- *1 tsp bicarbonate of soda*
- *3 tsp cider vinegar*

Chocolate icing:
- *100 g unsalted butter*
- *200 g icing sugar*
- *1 tbsp milk*
- *2 tbsp cocoa powder*

Vanilla icing:
- *100 g unsalted butter*
- *200 g icing sugar*
- *2 tsp vanilla extract*
- *1 tbsp milk*

Cream cheese icing:
- *150 g unsalted butter*
- *150 g cream cheese*
- *300 g icing sugar*

Decoration:
- *350 g white chocolate*
- *350 g milk chocolate*
- *Other decorations of your choice*
- *Cake pop sticks*



PHOTOGRAPH BY Sarah Louise Ramsay

RECIPE BY Caia Collis

News from Primrose Hill Surgery

CQC Inspection

Primrose Hill Surgery had a Care Quality Commission inspection at the end of October and had positive feedback with no causes for concern (the full report will be published on the surgery website). This was part of the update given by Dr Abanti Paul at the open meeting organised by Primrose Hill Patient Participation Group at the Library on 13 November. Dr Paul also reported that the leases for the two buildings housing the surgery were nearly ready for signature, with the rent levels having been agreed by NHS England and both landlords being supportive.

Monday appointments

Early and late appointments are now available on a Monday. A new permanent salaried GP, Dr Hannah Redhouse, has started working three days a week, and a new healthcare assistant will be offering blood tests in the surgery for those who find it hard to get to one of the hospitals. There is now a comments book in the waiting room for patients to give their feedback, positive or negative, and responses will be written in for all to see. This was an idea from another Patient Participation Group in Hampstead.

Martin Emery from the Camden Clinical Commissioning Group (CCG) told the meeting about ways for patients to get more involved in the CCG, which buys all kinds of healthcare services for residents of Camden. Considerable concern was expressed at the meeting about the transfer of services from the Royal Free Hospital to Chase Farm Hospital in Enfield, a long and difficult journey away. Martin said that this was in fact a service of Barnet CCG, but Camden CCG was to discuss patient complaints about these changes on the following day.

Blood pressure

Dr Arjun Ghosh, consultant cardiologist at Barts and University College Hospital, gave a talk and answered questions about blood pressure. High blood pressure (defined as more than 140–59 over 90–99 for those under 80 years old) can lead to strokes, heart attacks, kidney failure and vision loss. You are unlikely to feel the effects of high blood pressure, so it is sometimes known as 'the silent killer'. There are lots of different kinds of drugs which can help, so an individual approach can avoid side-effects. Self-care, such as losing weight, taking more exercise, stopping smoking and reducing stress can help to lower pressure.

Anyone can test their blood pressure in the surgery waiting room. A one-off high reading is not necessarily a problem, and Primrose Hill Surgery has three 'ambulatory monitors' which patients can wear to test pressures over 24 hours, giving a better picture.

Patient Participation Group

The Patient Participation Group is open to any patient of the surgery. You can join via the surgery website, or by asking for a form at reception. We are looking for more committee; email **primrosehillppg@gmail.com** to find out more.



Hello, Primrose Hill!

Creepy children (and adults) roamed the streets of Primrose Hill on Halloween and were met by a carnival atmosphere and sweets galore.

The creativity and generosity were outstanding – thank you to all who contributed.

















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