# On The Hill

NEWS AND INFORMATION FOR PRIMROSE HILL PEOPLE

DECEMBER & JANUARY 2020 | ONTHEHILL.INFO



## MERRY CHRISTMAS FROM *ON THE HILL*!

## FESTIVE GLAMOUR

Local singer Lanah P's new seasonal offering

## CHALK FARM FOODBANK

Supporting those in need in Primrose Hill

## CHRISTMAS GIFTS

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Produced by Primrose Hill Community Association




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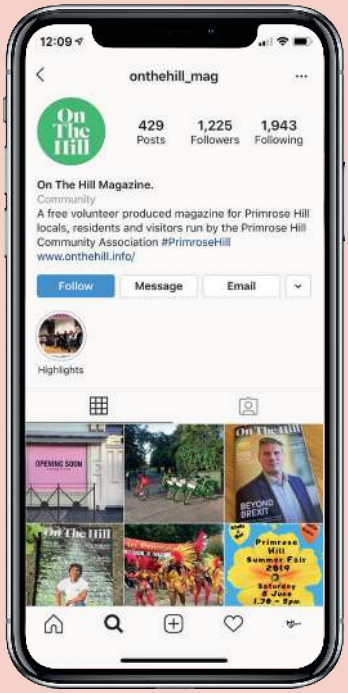
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**On The Hill**
onthehill.info

# December & January 2020

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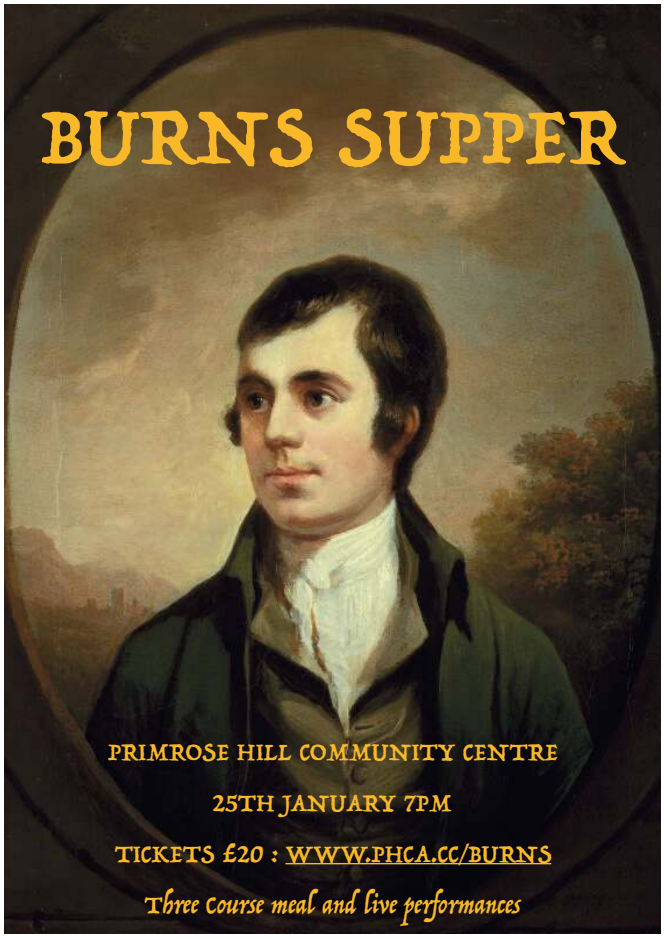
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## Music Classes with Helen:
## New for January 2020 at Primrose Hill Community Centre

Music-making, fun and games with links to the EYFS, on Tuesday afternoons (term time)

Class 1: (18 months to 3 years) at 4pm
Class 2: (3 to 5 years) at 4.30pm

For more information contact: helenlaurarichards@googlemail.com
**www.facebook.com/musicclasseswithhelen**

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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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Lanah is wearing a Leigh Bowery original

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# Welcome to December & January

So another year sputters out. And we still have to endure a general election before we can tuck into our vegan pigs in blankets. At least the casualties in our society – those in poverty, hungry and homeless – are being well cared for in Primrose Hill. The foodbank on Berkley Road opens its doors for donations every Thursday between 10.30am and noon. If you can provide any non-perishable food items, household cleaning products or shampoo, do drop them round. They also need volunteers to help with the pick-ups and restocking of shelves. Check out p 26 for details. If you're short on time, donations can be made at **www.justgiving.com/ChalkFarmFoodbank**

Elsewhere in Primrose Hill, St Mary's church is setting up its cold weather shelter for the homeless, and the money raised from the Dog Show at the Primrose Hill Christmas Festival will be going towards providing homeless people with a Christmas dinner.

So there are people doing their best to help those less fortunate. To understand why the foodbank is necessary in this day and age, watch *I, Daniel Blake*. Unless you have a heart of stone, I promise you will cry. Feel free to follow on with *It's a Wonderful Life*.

Once your conscience is in a good place, then enjoy the festive season! We've highlighted some Primrose Hill goodies so you can shop locally, benefit our businesses and not have lorryloads of goods delivered to your home. Which would, of course, be bad environmentally. And, as has been said before: if you want to keep your high street, then you have to use it. Shopping online ain't going to help.

Our cover star, local singer Lanah P, has a new Christmas song out, 'Winter of Love'. Follow Lanah's example and go full glitz this Christmas!

Have a fabulous time and I'll see you on the other side when the sherry's worn off (which incidentally won't be until February).

Merry Christmas and a Happy New Year!

*Maggie Chambers*



## Ho Ho Hum

By Sue Greenhill

If you see your next-door neighbour
buying rolls of wrapping paper
dressed in a red reindeer jumper
sprig of holly behind each ear
twigs of mistletoe in their hair,
and get that funny festive feeling
it means either you are dreaming
or Christmas this year is nearly here.

**www.soundcloud.com/susan-greenhill-poetry**

# Primrose Hill Community Association



## Community Centre

Over 40 classes and activities each week

Lunch club for older people

Summer fair and other community events

Responds to community needs

Hall hire

## Community Library

Open to the public 4 days a week

Free computer and internet access

Community activities and events

Monthly film club

Hall hire

## On The Hill

Local interest articles

Local events listings

Supports local businesses

Run by volunteers

Advertising opportunities

**Your community... Your association... Get involved**

www.phca.cc

# On The Street

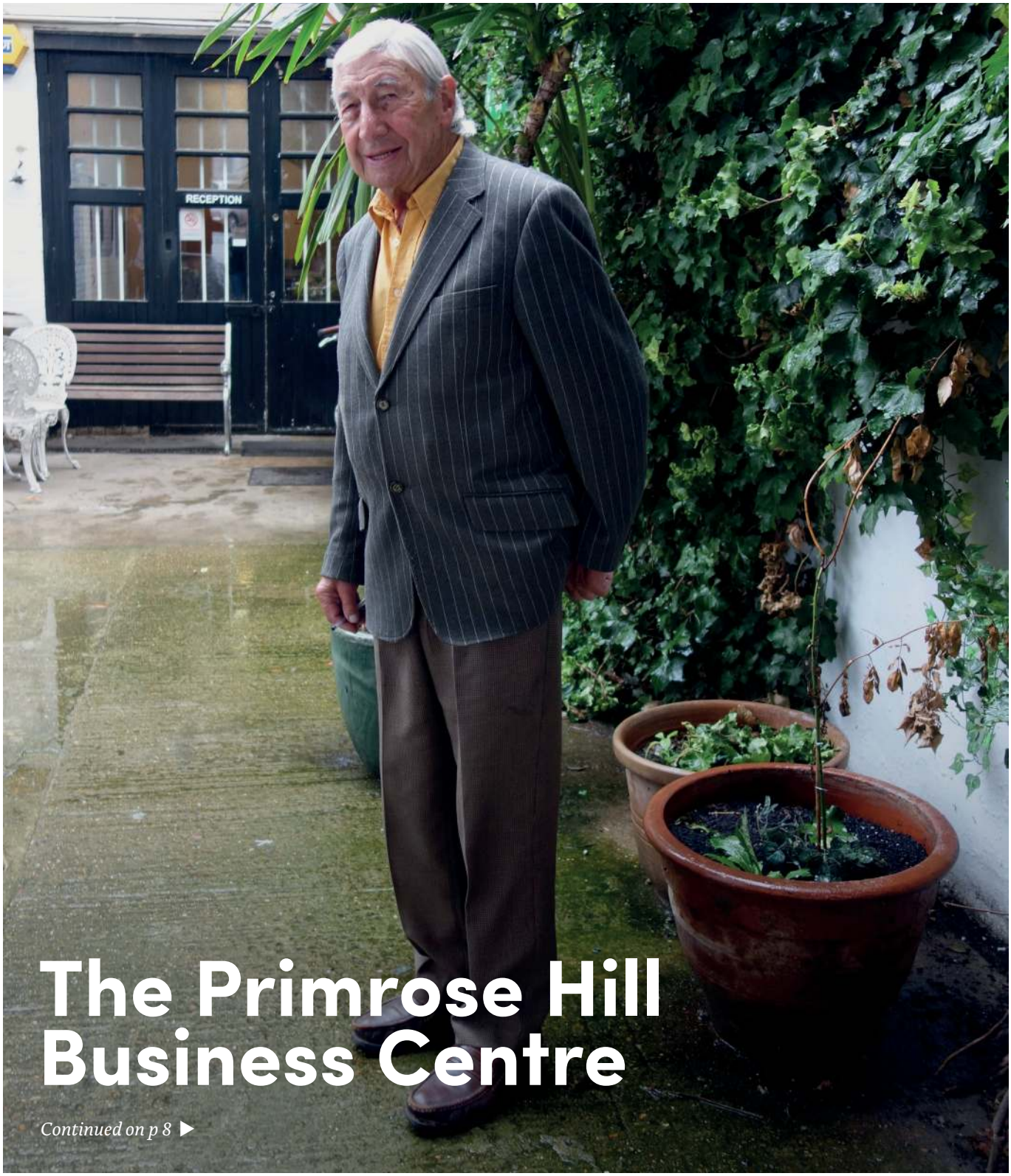
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AND MORE




## The Primrose Hill Business Centre

*Continued on p 8* ▶

# The Primrose Hill Business Centre

By Nadia Crandall

The Primrose Hill Business Centre, located in two lovely late-Victorian buildings, sits at the curve of Gloucester Avenue, a short walk from Chalk Farm station and from the shops of Regent's Park Road.

Frank Carson, an octogenarian, has owned and run the enterprise for almost forty years. When he first came across the buildings, they were empty and semi-derelict, backing onto dilapidated railway sidings. But Frank sensed an opportunity. Together with his partners, he took on a lease and began renting the space for self-storage units. It was very much a family affair. His children remember working alongside the builders as they painted and carried out basic renovations.

It rapidly became apparent, though, that there was increasing demand for flexible workplaces and by 1983 Frank had obtained planning consent to convert the storage facility into offices. So began one of the first co-working spaces in London.

Over the next few years, Frank bought out his partners and purchased the buildings outright. Primrose Hill Business Centre now has approximately 10,000 square feet of accommodation over several floors, with 33 rentable units, which range from around 90 square feet through to 600 square feet.

With occasional dips, most recently associated with Brexit uncertainty, the Business Centre's occupancy rates have been high, demand far outstripping supply. And once tenants arrive, they seem reluctant to leave. Frank's first client, The Gorilla Organization, arrived thirty-five years ago and now occupies the largest self-contained unit at the front of the complex. And many other tenancies go back for a decade or two. What is the magic formula, I wondered?

With no mortgage on the buildings and no external investors, Frank and his family have the freedom to run the business exactly as they choose. From the start, they embraced a 'shabby chic' aesthetic. This is no sleek, modern interior, but rather a labyrinth of stairs, corridors and offices, punctuated by the occasional pot plant, antique framed mirror, or exquisitely painted door that one or another tenant has decorated. The effect is warm and welcoming with a homely atmosphere that everyone clearly treasures.

With high occupancy rates, long-term tenancies, excellent word of mouth and plenty of repeat business, there is little need for a marketing budget. Costs are low and carefully managed, allowing for a relaxed and straightforward approach to tenancy agreements. Tenants commit to six months, beyond which there is a two-month notice period. Space is available at competitive rents, usually around £5 per square foot. This includes most costs, with only telephone, fax and photocopying charged on top. The Business Centre can also provide accommodation addresses and is happy to receive mail and phone calls for former tenants.

As I walked around the building, it was quickly apparent that relations between tenants and landlord are warm and easy. Frank and his son are in the building most days to attend to any concerns, and they make a point of getting to know their clients. While a commercial focus is important, the Carsons are also aware that they have a responsibility to the immediate and extended community of Primrose Hill.

**As I walked around the building, it was quickly apparent that relations between tenants and landlord are warm and easy. Frank and his son are in the building most days to attend to any concerns, and they make a point of getting to know their clients.**

For those who choose to socialise, the Business Centre hosts a summer party in their charming courtyard and a Christmas lunch each year at the Princess of Wales pub. They are also planning a monthly beer and pizza evening, where tenants can meet and exchange ideas. The Carsons believe that businesses flourish through cross-fertilisation, so that they can all hire staff, source fresh ideas or commission web designers and accounting services within the same complex. The family is proud of the young businesses that they have helped to launch.

Staffing adds to the ambiance as well. The receptionists are amiable and often multi-talented. The Carsons joke that they only hire people who, as singers or



instrumentalists, can also contribute to the musical entertainment at their summer parties.

And finally, the tenants themselves bring with them fascinating histories. The Business Centre is home to a remarkable mix of people: from a Labour peer to a famous rock musician, from physiotherapists to psychotherapists, from media celebrities to magazine publishers, from literary agents to visual artists.

Jennifer Silverton has been in residence since 2002 with her company Ready Steady Go, which works with pre-school children. Over these eighteen years she has moved from a tiny space to a larger three-person office; she loves the community, the summer party and the friendly, accommodating landlords.

John Berlyne runs a science fiction literary agency, Zeno, and has been a tenant for nine years. He loves the location, the feel of the place and the opportunity to work in solitude – enjoying the parties when he has time.

Cara Minton owns several businesses, including property, packaging and Minton Water (which has just been sold); she tells me that she loves the view from her cosy office.

A successful enterprise is one that remains responsive to changing market conditions. For the Carsons, this means ensuring that their offer is competitive, while maintaining a refurbishment schedule to keep the interiors fresh and fit for purpose.

And for the next generation, Frank's children, the vision is robust: to maintain the mix of interesting and creative tenants, to support a vibrant atmosphere and to make a contribution to the community.

"I love it here" is a phrase that I heard repeatedly from tenants. What better accolade is there?

**www.phbcoffices.co.uk**

# Benches in Honour of Arthur Rackham



Born 19 September 1867, English illustrator Arthur Rackham was recognised as one of the leading literary figures during the Golden Age of British book illustration. Famous for drawing images of fantastical woodland creatures and enchanted trees, Rackham's influence continues to this day, with director Guilllermo Del Toro and Brian Froud, illustrator for the recent *Dark Crystal* series on Netflix, citing him as a big inspiration on their own work.

From 1906 Rackham and his family lived in Primrose Hill Studios near Fitzroy Road, and Chalcot Gardens, near Haverstock Hill, spending a total of 15 years in the area. With the recent celebration of the 150th anniversary of his birth, Myra Newman, a member of the friends of Belsize Library and a fan of Rackham's work, decided to commemorate it with some local community-led activities.

"I went to the British Library and they weren't doing anything; so, inspired by his wonderful illustrations, we decided to host tea parties at the Gallery in Chalcot Road and Belsize Community Library with members of Kilburn Older Voices Exchange and a group of young people from Elfrida Rathbone. The Mayor of Camden, Richard Cotton, even attended as the master of ceremonies, dressed as the Mad Hatter."

Following the success of the events and sensing a general lack of recognition for the influential artist's anniversary, Primrose Hill Neighbours' Help and the Friends of Belsize Library decided to apply to Camden Council for funding for benches to be placed outside the libraries close to where he lived.

Myra is now working with Martin Grierson and Georgy Metichian of the Art Workers' Guild, of which Rackham himself was a Master, as well as Graham Wade, a local illustrator and designer working for local charity Queens Crescent Community Association, to raise funds for the erection of the benches.

Wade explained the group's enthusiasm for the project: "As someone with a keen interest in illustration, I think it would be fantastic to recognise Rackham's beautiful and influential work, while also providing Belsize Library and Primrose Hill Library with a wonderful, practical piece of art that people of all ages can enjoy."

The group is currently looking at finding more sources of potential funding and sponsors for the project. If you are interested in hearing about the project or would like to suggest potential sources of funding, please email details to: arackhambench@gmail.com

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# POSTCARDS FROM PRIMROSE HILL




@old_primrosehill_postcards

This end of Elsworthy Road took some time to be completed, some of the houses only being finished in 1915. It was known as Elsworthy Village for its wide pavements, trees and hedges. The local contractor was the well-known William Willett, who was hailed as a pioneer of garden suburb development, while the architect was Amos Faulkner.

The postcard has a clear Kilburn postmark stamp with the date 16 July 1906, 7 pm. It was addressed to a Miss Roberts in Leeds and was from her mother wishing her "Many happy returns on your birthday. Hope you will like the umbrella." The 1901 census tells us that daughter Ellen was born in 1894, so that made her aged twelve in 1906!

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

## FORTHCOMING CHORAL AND COMMUNITY EVENTS AT ST MARK'S

ADVENT SUNDAY 1 DECEMBER
**4 PM ADVENT CHORAL PROCESSION**

TUESDAY 3 DECEMBER
**7 PM COMMUNITY CAROLS BY CANDLELIGHT**
*Music provided by the*
Primrose Hill School Choir
and the Choir of St Mark's

SUNDAY 22 DECEMBER
**4 pm Festival of Lessons and Carols**
*Sung by* the Choir of St Mark's
*to include:* Ecce Virgo – Byrd; Here is the little door – Howells

MONDAY 24 DECEMBER
**5.00 pm Christmas Eve Children's Crib Service**

MONDAY 24 DECEMBER
**11.30 pm Midnight Mass** *(with Strings)*
Setting: Missa Brevis in B Flat - Mozart
Motet: The Holly and the Ivy – Walford Davis

TUESDAY 25 DECEMBER
CHRISTMAS DAY
**10.30 am Eucharist of Christmas Morning**
Mass setting: Communion in F Darke

# News & Information

from Primrose Hill Community Association

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

## Happy Holidays

We wish you all a very happy holiday, and would like to thank everyone who has helped at the Centre throughout the year. So many of you helped to raise the mammoth amount of £250,000 for the buy-out of the lease, or volunteered at the Summer Fair and other events, sat on numerous committees and sub-groups, put up posters, ran the bar, helped at lunch club, made *On The Hill* happen or ran classes. Thanks also to the trustees who give their time freely to help steer us all in the right direction.

## Burns Night

You are again invited to a Burns Night on Saturday 25 January at 7 pm, for a three-course meal, poetry and live performances. You can get tickets at £20 per head from **www.phca.cc/burns**

## Short Mat Bowls – February Start

Do come to Short Mat Bowls at the centre on Tuesday 4 February from 1.30 pm to 3.30 pm, and on subsequent Tuesdays at the same time. All adults are welcome, and there will be tea and cake afterwards. No need to book and the sessions are free – just come along!

## Tuesday Evening Talk – 'Gloucester Avenue'

On Tuesday 4 February 2020 at 7 pm (for 7.30 pm), come and hear Martin Sheppard telling us about Gloucester Avenue. He will give a full account of the history of the street: what was there before it was built; who built it; who has lived there; its pubs and shops; its notable inhabitants; its decline in the first half of the twentieth century and its renaissance in more recent times. Tickets are £4, including a glass of wine.

## Open House

**Wednesday 4 December** – 'The Medicinal Garden of the Royal College of Physicians: Medicines, poisons, placebos, and famous doctors' by Henry Oakeley.

**Wednesday 11 December** – How 'The Bedford' of Camden Town eventually became the popular music hall, The Bedford Palace of Varieties.

**Wednesday 18 December** – Panto visit to the Hackney Empire to see Dick Whittington. Limited tickets, which will be offered to Open House regulars first.

**Wednesday 15 January** – 'What are you?' Dr Arnold Zuboff will give you an extremely surprising answer to this question.



**Wednesday 22 January** – 'The History of Kilburn', an illustrated talk by archivist Tudor Allen.

**Wednesday 29 January** – *Before Sunrise*, the first of the trilogy of romantic drama films starring Julie Delpy and Ethan Hawke.

All at PHCC at 2 pm. Free, including tea and cake afterwards.

## Project Manager

We are looking for a suitably qualified professional to help with our refurbishment work at the Centre in the New Year; we hope to find someone who could project manage the small workload on a *pro bono* basis. If you would like more information or an informal chat, please speak to Mick Hudspeth on 020 7586 8327.



# An Immigrant's View of Primrose Hill

By Isabelle Dupuy

One of the magical things about London is the number of lives one can have in this city without moving neighbourhoods. My first life here was on Gloucester Avenue, fresh from New York City, with an ex-pat package and a job in the City in a London on the verge of the millennium and of an extraordinary blossoming. I remember first walking down Parkway on my way to Camden Town tube station and thinking how dark and quiet it seemed compared to 9th Avenue and 49th where I used to live.

Within a few years, I'd return from business trips to New York with none of the yearnings I once carried back with me. Vietnamese pho soup or oxtail with rice and beans – London now had it all, and I would hang outside the Queen's on summer evenings, Oasis playing somewhere in the background, with my new friends: young, bright and educated immigrants like me. We came from all over, from Haiti to Hong Kong, but we all shared the same optimism about the future based on two beliefs: that all we needed to do was work hard for the world to be ours, and that London was the best city for us.

My second life in London began with the regular beeping sounds of the intensive neo-natal ward at University College Hospital, less than two miles away from Primrose Hill. Our son Felix spent his first four months in hospital; and while I sat by his incubator, I got to see a different side of the neighbourhood. I quit my job soon afterwards and started writing.

And then began my third life, 300 metres away from my first, as a new mother and an aspiring novelist. We moved into a local house. I felt the silence and invisibility that comes from staying at home with a baby and a computer. I'd take my son in his pushchair for long walks over Primrose Hill and Regent's Park, and then I realised I was unable to explain to him anything about the nature surrounding us. I had grown up in the Caribbean, and I knew nothing about the trees and plants here. Our attitude to life is shaped by the climate we grow up in. It took me a long time to accept that a rainy day could really be followed by another and another. That's it, I would announce to whoever was listening, we've had our rain for the week, the month, the year. I stared out of the window in silence.

In the meantime, my mother, my aunts, my sister, my cousins were tumbling together in the sunshine, chaos and cacophony of Haiti.

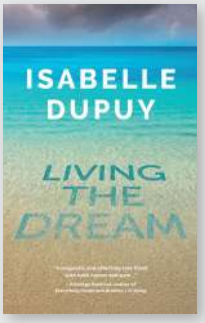
My marriage was unravelling.

Throughout this time I wrote my first novel, *Living the Dream*. It draws on my experiences as an immigrant and a woman of colour in this privileged part of town. It is told through the lives of two immigrant women: Solange Wolf, a Haitian businesswoman, and Naomi Barnes, a Colombian writer.

Jacaranda publisher Valerie Brandes says: "*Living the Dream* captures the essence of a particular London world,



one of beautiful homes, expensive schools, intelligent yet deeply insecure women, and driven, powerful men. Ordinary aspects of life, falling in love, raising a family, building a home life, become high stake bargaining chips in an ever-increasing battle between the sexes for control."




*Living the Dream* is available at Primrose Hill Books.



# NEWS & VIEWS

## Harriet Kelsall Bespoke Jewellery wins National Inspiring Independents Award



Harriet Kelsall Bespoke Jewellery's London studio was celebrated recently for its use of 'visual merchandising and store design' by *Retail Jeweller* magazine at their annual Inspiring Independents award. This new category looked at fresh and original store design and use of visuals to convey the brand's ethos.

Since Harriet Kelsall's Primrose Hill studio and shop opened in early February of last year, the studio has complemented the almost exclusively independent shops and eateries of the area. It combines the accessibility of a retail jewellery store with the look and feel of a creative design studio.

Judges commended this design, saying: "...there is an idea, like a continually evolving story leading you through the store. This has a powerful effect on the consumer, whether they are browsing or intending to purchase."

Founder Harriet Kelsall commented: "Our Primrose Hill studio and shop have been doing so well and this award really feels like a celebration of our team's achievements."

The company also featured in the Top 100 Inspiring Independents 2019 list at the event. Harriet responded by saying: "We are thrilled to be recognised on this list. We work hard to communicate our bespoke expertise at every touch point to stay relevant to our customers."

Harriet Kelsall Bespoke Jewellery specialises in individual design, made possible by a team of qualified designers on hand in every studio. The importance placed on each customer's story is evidenced in the tagline 'Your Story, Our Design' carved into the studio's feature wall.

**www.hkjewellery.co.uk**

## Farewell Frank Dobson, Local MP for 35 Years



The unmistakable white-bearded figure of Frank Dobson, who died this month, bestrode Camden politics for four decades.

Genial, warm and engaging, Frank was a wit and raconteur whose blunt, eloquent and passionate advocacy, especially on housing and the NHS, served the voters of Camden for 35 years from 1979 till he retired in 2015.

As he told David Lennon, who interviewed him for this magazine in 2015, "I really enjoyed being an MP and I've got a real sense of pride that people elected me at eight elections in succession ... but to pun on the name of your publication, I recognised that at 75 I was going Over the Hill."

Frank Dobson clearly was a people person. From the moment you met him you felt comfortable in his company. "I believe in people and that they are intrinsically good. I enjoyed representing people and being able to say certain things."



## Festive Music with Lanah P

Lanah P is a local punk iconoclast who has sold over two million records, appeared on *Top of the Pops* three times and starred in the *Comic Strip Presents* movie, *Eat the Rich*.

Lanah's seasonal offering is 'Winter of Love' which was written with rocker David Ryder Prangley and Norwegian artist Brudini. The B-side is the traditional Christmas carol 'Away in a Manger'.

'Winter of Love' will be available on Spotify and iTunes from 5 December. Enjoy the accompanying videos on YouTube.

### Letter to the Editor

Dear Editor,

On the Hillimerick . . .
Juxtapositioned, this familiar pair,
Unique, streets ahead with mutual care,
True love, not to flirt,
Edis and Egbert,
For locals, their public, thorough affair.

Yours faithfully,
Howard Richards

# PillarCare Celebrates a Double Achievement

PillarCare is a local homecare provider that has been in Primrose Hill for a magnificent 20 years, helping people live as independently as possible in their own homes. They provide professional care services to people living with a broad range of health conditions, complex care needs and learning disabilities throughout London and the UK.

It is double celebration time for PillarCare as they have been named in the top 20 providers for homecare within London in the prestigious Homecare awards. Homecare.co.uk is one of the UK's leading providers of independent customer reviews for all types of elderly care, with around 9,189 providers, 2 million-plus visits per year and 17,485 homecare reviews.

The Top 20 Home Care Providers award is one of the only awards within the care industry voted entirely by reviews from their customers and their families. The reviews have been amazing, with an average rating of 9.9: "It's a weight off my mind to know that my parents are being cared for by the carers from PillarCare agency. They are sympathetic and professional in their approach. The support from the office has also been outstanding." – Sandie M

Based at Primrose Hill since 1999, the team really feel part of this close-knit community and how it retains its 'villagey' feel whilst being so close to the centre of London. With over half of the team being local North Londoners themselves, they really feel at home in the area alongside the friendly residents they now see as friends.



The Pillarcare team at the Great British Care Awards

Robert Garnett, the Registered Manager, said: "We couldn't be prouder of our achievements over the years. We have been fortunate enough to work with some amazing clients and to build a team of caring, reliable hard-working individuals who always work with us to put the customers' needs first, ensuring first-class care – something we believe is reflected in both our longevity of business and this award."

Through this century they have continued to thrive, with the company invested in continuously adapting to their customers' needs by offering additional services, moving to modern online patient care systems and more. They have been shortlisted for a number of other industry awards – so watch this space!

**www.pillarcare.co.uk**

# Contemporary Circus at the Roundhouse



Following sell-out performances across Europe and the UK, *Lexicon* comes to the Roundhouse in January, promising audiences a thrilling start to the new year.

Produced by NoFit State, *Lexicon* showcases contemporary circus skills, presented in a theatrical and quirky style, all set to atmospheric music from a live band. Audiences can expect everything from flying desks and daredevil bicycles to heart-stopping aerial work.

Thirty years since it started, NoFit State is the UK's leading large-scale contemporary circus company. The company lives together, works together, eats together and travels in trucks, trailers and caravans.

*Lexicon* is directed by Firenza Guidi, whose credits include NoFit State's acclaimed production, *Bianco*, last seen at the Roundhouse in 2013.

The limited season will run from Friday 3 January until Saturday 18 January.

**www.roundhouse.org.uk**

# Welcome to Otherway

A creative agency has just moved into studio in St George's Mews. We wish them all the best with their new location.

**www.otherway.com**

Quality care in your home for **independent** living.

Locally based in Primrose Hill, PillarCare's friendly, experienced team have been helping people live as independently as possible in their own homes since 1999. Our fees are fully inclusive with care service provision 365 days a year. To find out more call 020 7482 2188.

Care Packages
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24 Hour Care



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

# Fireworks over the Festive Period

The Royal Parks and the Metropolitan Police remind people not to bring fireworks or paper lanterns to Primrose Hill over the festive period.

For the comfort and safety of visitors and residents, the park will close at 1 am on New Year's Eve and there will be no official viewing areas to watch displays. In previous years, visitors to the Hill on New Year's Eve have dropped a lot of litter, and the Royal Parks urges people to respect the park and their fellow visitors by taking litter home or placing it in the bins provided.

Nick Biddle, Park Manager for Regent's Park and Primrose Hill, says: "Primrose Hill isn't suitable for hosting a display and we ask that people don't bring their own fireworks – especially given the proximity to the nearby zoo. Paper lanterns can be dangerous when lit in the dense assembly of visitors, causing injury and damage to the park, including surrounding properties."

The Metropolitan Police will police the Royal Parks with dedicated patrols. Lighting personal fireworks and flying lanterns is against park regulations. Inspector Nick McLaughlin, of the Royal Parks Operational Command Unit, says: "We urge members of the public not to bring fireworks to Primrose Hill. Those who ignore this may have them seized and may face prosecution. We are committed to maintaining a safe environment in the Royal Parks."

# *The Coming Community*



The Freelands Foundation are holding an exhibition which envisages alternative ways of living together in our current age of climate change and political division.

*The Coming Community* features work by two artists and one collective. American Andrea Zittel employs everyday materials such as food, furniture, clothing and shelter as the basis for her work. Her ongoing artwork, *A–Z West,* stretches over a space of 70 acres in the Californian High Desert. British Kenyan artist Grace Ndiritu took the decision to live nomadically for several years, an experience which led to her research project, *The Ark: Center for Interdisciplinary Experimentation*. Karrabing Film Collective comprises over 30 intergenerational, indigenous filmmakers from Australia's Northern Territory. *The Mermaids, or Aiden in Wonderland* (2018) is a surreal imagination of a post-apocalyptic world where indigenous groups find themselves playing a crucial role in humanity's survival.

*The Coming Community* draws from Italian philosopher Giorgio Agamben's conception of community as a continuously shifting and reforming entity, free from national, political and religious boundaries. With the rise in ecological and political protest, this exhibition explores three distinct ways in which artists envision the possibility of co-existence in the future.

Until 12 January 2020.

**www.freelandsfoundation.co.uk**

# Primrose Hill Designer Sale




Primrose Hill Designer Sale makes its 21st appearance at St Mary's church on Saturday 7 December, from 10.30 am to 5.30 pm. This year it promises to be an even bigger and better sale, hosting 60 fantastic artists including such great names as Alex Monroe and Laura Lee Jewellery. Come along and treat yourself to a very special day of excitement, inspiration and indulgence!

Primrose Tearooms will also be there as always, to provide delicious sustenance to those in need of refreshments!

**@primrosehilldesignersale**



# What's On December & January

**FESTIVE CLOSURES**

**COMMUNITY CENTRE**
PHCC is closed from 24 December to 1 January inclusive, reopening 2 January 2020

**LIBRARY**
PHCL is closed from 23 December to 5 January inclusive, reopening 6 January 2020

## NEW THIS DECEMBER

### SUNDAY 1 DECEMBER

**Choral and Community Event**
Advent Sunday. Advent choral procession. St Mark's Church. 4pm.

### TUESDAY 3 DECEMBER

**Community Carols by Candlelight**
Music from the Primrose Hill School Choir and Church Choir. St Mark's Church. 7pm.

**Film Show at the Library**
*Funny Face*, one of the last great Hollywood musicals, starring Fred Astaire and Audrey Hepburn, directed by Stanley Donen. PHCL. 7.15pm. £8 in cash, including a glass of wine, in advance at PHCL or on the door.

### WEDNESDAY 4 DECEMBER

**Open House**
'The Medicinal Garden of the Royal College of Physicians: medicines, poisons, placebos and famous doctors' by Dr Henry Oakley. PHCC. 2pm. Free.

**Richard Shindell**
American songwriter Richard Shindell examines liminal spaces as both an immigrant and emigrant, crossing thresholds and illuminating the human experience through narrative song. CSH. 7.30–9.30pm. £16, or £10 under 26s.

### THURSDAY 5 DECEMBER

**A Bright New Year with Melrose Quartet**
An evening of festive songs and good cheer brought to you by Nancy Kerr, James Fagan, Jess and Richard Arrowsmith. CSH. 7.30–9.30pm. £16, or £10 under 26s.

**Family Dinner Club**
Eat Jew-ish, Middle Eastern food made by your host Emanuelle Lee. Melrose and Morgan. 8pm. £36. www.eventbrite.com/e/family-dinnertickets-81768617135, @manuskitchen

### SATURDAY 7 DECEMBER

**Annual Designer Fair**
Buy a range of homeware, jewellery and gifts ready for Christmas, or sandwiches, soups and drinks in the tearoom. St Mary's. 10am–6pm. £2.

**Sam Kelly and The Lost Boys**
Sam Kelly's meandering musical journey has ranged from reaching the final of ITV's *Britain's Got Talent* as a teenager, to becoming one of the most prominent folk singers of his generation. CSH. £15, or £10 under 26s.

### SUNDAY 8 DECEMBER

**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.

### TUESDAY 10 DECEMBER

**Healing for Family Disharmony and Gong Bath**
Experience divine relaxation and healing ahead of Christmas. St Paul's School, Elsworthy Road, NW3 3DS. 7–8.30pm. £20 or £15. Tel 0779 852 4836, www.haveyourmagic.com/events

### WEDNESDAY 11 DECEMBER

**Open House**
'The Bedford Theatre Remembered', talk by Danny Nissim. PHCC. 2pm. Free.

**A Causley Christmas**
Celebrate the Christmas season with lesser-known West Country carols, medieval and secular carols from around the British Isles, Christmas poems by the late Charles Causley of Cornwall, songs of over-indulgence and even a spot of panto! CSH. 7.30–9.30pm. £15, or £10 under 26s.

### SATURDAY 14 DECEMBER

**Christmas Concert**
Primrose Hill Choirs and London Classical Choir, St Mary's (enter via King Henry's Road). 6pm. £10 cash, under 13s free. Contact 07817 234 925

### SUNDAY 15 DECEMBER

**Festive Gathering**
Annual yuletide celebration crammed with song, dance, music and good cheer. CSH. 7.30–9.30pm. £15, or £10 under 26s.

### MONDAY 16, TUESDAY 17 AND WEDNESDAY 18 DECEMBER

**Circus Glory December workshop**
Children 3–11 years old, teenagers 11–18 years old. PHCC. 10am–3pm. £135 for 3 days, £50 per day, £28 for morning or afternoon, or £15 per hour. Contact circusglory@gmail.com

### TUESDAY 17 DECEMBER

**Open House**
Cinderella Pantomime, Shaw Theatre, NW1 2AJ. Tickets from PHCC office.

### SATURDAY 21 DECEMBER

**Albion Christmas Band**
A seasonal mixture of carols, spoken word, humorous readings and dance that will surely get you into the festive spirit. CSH. 7.30–9.30pm. £22, or £10 under 26s.

### SUNDAY 22 DECEMBER

**Festival of Lessons and Carols**
Sung by the Choir of St Mark's: *Ecce Virgo* by Byrd; *Here is the little door* by Howells. St Mark's Church. 4pm.

### TUESDAY 24 DECEMBER

**Christmas Eve Children's Crib Service**
St Mark's Church. 5pm.

**Midnight Mass (with Strings)**
*Missa Brevis* in B Flat by Mozart; The Holly and the Ivy by Walford Davis. St Mark's Church. 11.30pm.

### WEDNESDAY 25 DECEMBER (CHRISTMAS DAY)

**Eucharist of Christmas Morning.**
Communion in F Darke. St Mark's Church. 10.30am.

### TUESDAY 31 DECEMBER

**New Year's Eve Ceilidh**
Dance away the old year and welcome in 2020 to the irresistible sounds and lively dances of an English ceilidh! CSH. 8pm–12.30am. £35, or £25 under 26s.

## NEW THIS JANUARY

### TUESDAY 7 JANUARY

**Film Show at the Library**
What happens to the colliery band when the colliery closes? *Brassed Off*, starring Pete Postlethwaite, Tara Fitzgerald, Ewan McGregor, Philip Jackson, directed by Mark Herman. PHCL. 7.15pm. £8 in cash, including a glass of wine, in advance at PHCL or on the door.

### WEDNESDAY 15 JANUARY

**Open House**
What are you? Dr Arnold Zuboff will give you an extremely surprising answer to this question. PHCC. 2pm. Free.

### THURSDAY 16 JANUARY

**Martin Carthy and John Kirkpatrick**
Two leading figures in the traditional music scene join forces for a performance of warm, natural charisma and pure English folk pedigree. CSH. 7.30–9.30pm. £18, or £10 under 26s.

### SUNDAY 19 JANUARY

**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.

### TUESDAY 21 JANUARY

**Healing for Inner Peace and Gong Bath**
Experience divine nurture for sparkling 2021. St Paul's School, Elsworthy Road, NW3 3DS. 7–8.30pm. £20, or £15 concessions. Tel. 0779 852 4836, www.haveyourmagic.com/events

### WEDNESDAY 22 JANUARY

**Open House**
'A History of Kilburn' by archivist Tudor Allen. PHCC. 2pm. Free.

**There's Method in the Magic**
Tabitha Stanmore's lecture examines the history of spells, rituals and 'practical' magic in medieval and early modern England. CSH. 7.30–9pm. £8.

### THURSDAY 23 JANUARY

**Alasdair Roberts og Völvur**
Scots ballads, Norwegian folk songs and perhaps a cover version or two – the purling tones from this North Sea meeting will both enthuse and astound you. CSH. 7.30–9.30pm. £16, or £10 under 26s.

### SATURDAY 25 JANUARY 2020

**Burns Night Supper**
Join the local community to celebrate the genius of Robert Burns and evoke the spirit of Caledonia. With special guests (including Andrew Marr) and traditional fare (vegan available). Bring your own malt! PHCC. 7–10.30pm. £20. Contact PHCC office, www.phca.cc/burns

### WEDNESDAY 29 JANUARY

**Daytime Ceilidh**
A friendly and fun afternoon of barn dancing, cake and conversation with added support and guidance for people with mobility issues and Parkinson's. CSH. 1.30–4pm. £5.

**Jackie Oates: Lace Tellings**
A musical play about the lace-makers of Bedfordshire, Northamptonshire and Buckinghamshire. CSH, 7.30–9.30pm. £15, or £10 under 26s.

**Open House**
*Before Sunrise*, the first of the trilogy of romantic film dramas starring Julie Delpy and Ethan Hawke. PHCC. 2pm. Free.

## 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.

**Baby Ballet**
Classes for 2 years +. PHCL. 10–10.45am. From £11. Contact Katie Pick, Primrose Hill Ballet Schools, 07769 353 528, katie@primrosehillballet.co.uk, www.primrosehillballet.co.uk

**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

**Music Classes with Helen**
New class of music-making, fun and games with links to EYFS. PHCC. Tuesday afternoons (term-time), Class 1 (18 months to 3 years) 4pm, Class 2 (3 to 5 years) 4.30pm. Contact helenlaurarichards@googlemail.com, www.facebook.com/musicclasseswithhelen

**Primrose Hill Children's Choir**
Enjoy fun songs and games, and learn to sing well. Ages 4–11. St Mary's. 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

**Pre-school Storytelling**
Every Thursday morning. PHCC. 10.30–11am. Free, no booking required. Contact 020 7586 8327, info@phca.cc

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

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

# What's On December & January

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

## FRIDAY

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

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

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

## SATURDAY

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

**Ready Steady Go: Move It**
Monthly Saturday sessions for 0–1 year-olds with Carol Archer, child movement specialist. Encourage your baby's movement development. RSG, 12A King Henry's Road. 10.30am–12pm. Contact 020 7586 5862

## SUNDAY

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

# FOR ADULTS

## MONDAY

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

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

**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.

**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.

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

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

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

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

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

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

## THURSDAY

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

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

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

**Primrose Hill Yoga**
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

**Hatha Vinyasa Yoga**
Gentle flow yoga, beginners welcome. Strengthen the body whilst calming the mind. PHCC. Every Thursday (excluding 5 December, 26 December and 2 January), 7.30–8.30pm. Free. Contact payal_vasudeva@yahoo.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. 7–9.20pm. £10. Contact 020 7586 8327, phlifedrawing@gmail.com, www.meetup.com/Primrose-Hill-Life-Drawing-London, Instagram: @lifedrawingph

## FRIDAY

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

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

**Aerial Pilates with Pieta**
Get stronger and more flexible through moving with the support of an aerial sling. PHCC. 10–11am. Class sizes are limited, so book at 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

**Yoga for Seniors**
PHCC. 2.45–3.45pm. Free. Contact 020 7586 8327

**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.





**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**


## 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

**St Mark's Church**
St Mark's Square, NW1 7TN
www.stmarksregentspark.org.uk
020 4479 9622

**St Mary's**
Elsworthy Road, NW3 3DJ
www.stmarysprimrosehill.com
020 7722 3238

**Please submit entries for our February issue by Friday 3 January**
onthehillwhatson@phca.cc

# Christmas Gifts

**Shop locally this Christmas to keep it ethical and support Primrose Hill businesses. Here are a few ideas to get your festive season off to a sparkling start.**

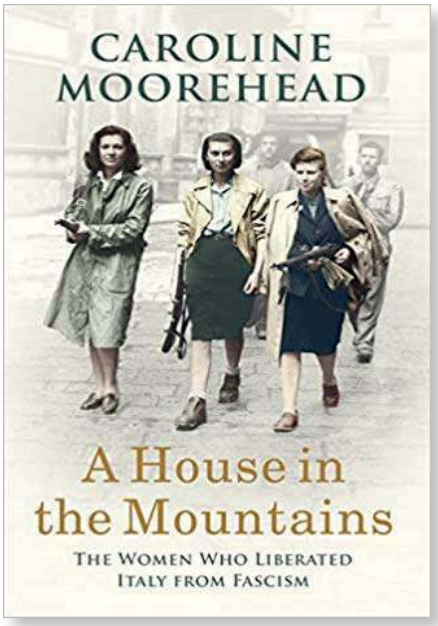


## Harriet Kelsall

This delicate pendant has been inspired by natural, unfurling forms often found in nature and made from solid, Fairtrade rose gold from a certified mine in Peru. A brilliant cut diamond has been set into the curl to add a sparkle. The 18-inch rose gold chain is also Fairtrade and features an adjuster at 16 inches, attached through a hidden bail. Pair with matching earrings for extra festive glamour.

Necklace £595 / Earrings £425

**www.hkjewellery.co.uk**




## Primrose Hill Books

Nothing beats a good book at this time of year, and Primrose Hill Books have the perfect choices for all the family. They also operate an order service and stock gift cards and book tokens. Browse through their Christmas catalogue for inspiration.

**www.primrosehillbooks.com**



## Cave Interiors

Cave Interiors' range of exclusive eiderdowns designed by Anouska Cave make a perfect, snuggly Christmas gift. They are handmade in England from one-off organic, printed cottons and filled with ethically sourced feather and down. Stock sizes range from single to king size, with bespoke orders welcome.

**www.caveinteriors.com**




## Ethereal

Treat a loved one to some bio-dynamic haircare this Christmas. Oway products are full of essential oils and are all packaged in medicinal glass and aluminium. Ethereal offers a refillable shampoo service for a £3 discount.

Ethereal, 107 Regent's Park Road




## St Mary's Brewery

Stock up on Christmas beer here, as all profits support St Mary's youthwork!

From the Winter Warmers gift pack featuring festive brews to the Beer Advent Calendar, this is where to find the perfect Christmas gift for beer drinkers. Try a taster at Primrose Hill Farmers' Market every Saturday, Primrose Hill Designer Sale on Saturday 7 December and Beer Tasting and Buying at St Mary's on Friday 13 December. You can also buy online with free local delivery.

**www.stmarysbrewery.co.uk**



# Primrose Hill Bakery

For a sweet Christmas try this Christmas chocolate cake, a less traditional (but more delicious!) version of a traditional fruit Christmas cake.

The cake is a 70% dark chocolate sponge and buttercream, iced in the middle and down the sides and decorated with Christmas decorations and/or a message. A perfect dessert for the all the family!

The Primrose Hill Bakery will have a wide range of Christmas cupcakes, cakes, biscuits, slices and gifts available over the whole Christmas period.

**www.primrose-bakery.co.uk**

# Natasha Kumar Indian art

Ganesha, the god of new beginnings and remover of obstacles, is a great gift to carry you into 2020. He brings fortune and success, and is the guide to dealing with the challenges that accompany good fortune.

**natashakumar.co.uk**





# Boujo Hake

Keep cosy this Christmas in recycled cashmere accessories, organic cotton nightwear and underwear. Perfectly simple and quality pieces that elevate your wardrobe. Made in the UK. Buy less, buy better and only what you love.

**www.boujo-hake.com**

@boujo_hake



# Gallery 196

This emporium of colour and craft has made a number of beautiful objects by repurposing vintage Japanese kimono silks into beautiful one-of-a-kind gifts. This stunning eye pillow set is made with fragrant lavender and flax seed; use gently warmed for maximum comfort.

**www.gallery196.com**



# Melanie Press

As featured in *The Times* by Anna Murphy, here is a luxurious update of the British lambswool cardigan worn with a gorgeous Lurex skirt. Made in the UK, limited edition.

Melanie Press Rik Rak lambswool cardigan £325, lurex Diba skirt £250.

**www.pressprimrosehill.com**

# PRIMROSE HILL ENTREPRENEURS

**Local entrepreneur Petar Savic talks to some of the start-ups and small businesses in Primrose Hill. This month he meets Helen Griffiths.**



## TELL US ABOUT YOURSELF.

I was born in Hong Kong and spent my formative years there before moving to London to go to Chelsea College of Art and Design. I returned to Hong Kong after graduating and ended up starting and running several businesses including a creative agency, a comic book series, a cafe, a publishing business and several lifestyle websites. My husband and I moved to London a few years ago, when I was six months pregnant. It's been an eventful couple of years: becoming a mum, getting used to living in a new place and working on setting up my practice as a kinesiologist here.

## WHAT IS KINESIOLOGY?

Kinesiology is a holistic therapy that integrates Western knowledge of anatomy and physiology with Eastern medical systems, and identifies unresolved stresses in the nervous system and the conscious and subconscious mind. I use muscle response testing to find information on past stressful experiences and help release their emotional intensity. This means that the effects of these past experiences and stresses no longer need be reflected in present-day life, where they may have manifested as anything from anxiety, depression, digestive, immune or reproductive system issues, to physical pain. The idea is to let the body self-heal and return to optimal health and well-being.

## WHAT LED YOU TO QUIT YOUR JOB AND START YOUR OWN VENTURE?

I worked in a couple of different jobs in London and Hong Kong, but I felt that being an employee was too restrictive and slow. I was really frustrated by the lack of autonomy and the idea of having to 'work my way up the ladder' by doing work that felt unchallenging and meaningless. After working freelance for a while, I set up a creative agency with my boyfriend (now husband). We sold this business a few years ago to a very large consulting services firm. Almost nine years ago I decided to study kinesiology, as it had had such a profoundly positive impact on

**"I tell my clients that it's vital to build activities and habits into your day that are stress-releasing or calming, and schedule them in just as you would a meeting"**


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my stress levels, belief systems and mental health. This is such a different business and approach to work, that I'm truly passionate about it and love what I do.

## ANY ADVICE FOR ANYONE THINKING ABOUT BECOMING AN ENTREPRENEUR?

Make sure that the business you are going into is something you are truly passionate about, has a purpose that is important to you, and choose your partners and investors carefully. It's easy to get on when you're starting something new and exciting, but a few years down the road or when things aren't going so well can be when issues often come to the surface and you might realise that you have very different ideas about business. If you're in a relationship, it's also vital to get your partner on board with what you're doing, as it definitely will not be like a 9–5 job, where you can leave your work at the office.

## HOW IMPORTANT IS IT TO FIND A WORK-LIFE BALANCE WHILE WORKING IN STRESSFUL ENVIRONMENTS?

It's hugely important; I see so many people who have let work completely take over their lives and ended up in burn-out or with very serious health issues. Often I find that people are more stressed than they realise, and don't recognise the signs of stress until their body makes it clear to them; by this point, it's a lot of work to get back to a state of optimum health and well-being.

## DO YOU HAVE ANY ADVICE ON DEALING BETTER WITH STRESS?

I tell my clients that it's vital to build activities and habits into your day that are stress-releasing or calming, and schedule them in just as you would a meeting. By taking time out, you'll actually end up being more productive, creative and able to handle stress much more effectively, plus you'll be sick less often.

## WHAT DOES IT TAKE MENTALLY AND EMOTIONALLY TO RUN YOUR OWN BUSINESS? AND HOW DO YOU FIND THE BALANCE BETWEEN A BUSY JOB AND CHILDCARE?

For me, it's a constant struggle and I only work part-time, so I'm in awe of those mamas who are juggling a full-time job with kids. The most important thing is having boundaries, something I've not been great at, if I'm honest. So now I only work the times I've decided upon. It's important to carve out time for yourself, as well as time with your partner. These are things you have to put into your schedule and commit to.

## WHAT HAS HELPED YOU THE MOST GET TO WHERE YOU ARE NOW?

I've found that having a supportive partner who has the same ethics, beliefs and a complementary skill set has helped me hugely.

## WHAT DO YOU MOST ENJOY ABOUT LIVING IN THE AREA?

Coming from Hong Kong and having only lived in central London before, I love the proximity, the sense of community. Most places are really accommodating if you have a pram, a child and dogs. I love the fact that you can easily get to central London on foot via some beautiful parks, and being super-close to London Zoo. I'm also a big fan of the farmers' market on a Saturday!

**www.wellbein.gs**




# Cycling on Primrose Hill

By Stephen Robinson



The other day I was walking our cocker spaniel on Primrose Hill when an ugly altercation played out right in front of me.

A young man on a bike was cycling up to the top of the Hill, by necessity rather slowly, while another man on foot thrust a mobile phone in his face, filming him in an ostentatiously provocative way. The pair of antagonists squeezed past me on one of the tarmac paths to the crest.

"I'll be sending this to the Royal Parks, you're not allowed to f***ing cycle here," yelled the walker.

"Oooh, friends of yours are they, matey?" replied the cyclist. For a moment it seemed they would come to blows, though fortunately sanity prevailed and the mutual abuse remained verbal rather than physical.

The outraged walker was, I thought, needlessly provocative, but he did have a point.

Cycling is banned on Primrose Hill, but increasingly the ban is flouted with what I fear could be consequences of serious injury to dog, jogger or walker.

This new threat to the tranquility of the Hill is fuelled in part by the proliferation of rental bicycles which are in danger of turning the park into just another one of London's cycling thoroughfares.

You see the evidence of this unwelcome trend in the lime green and red bicycles abandoned casually on the grass verges. The original 'Boris Bikes' have to be returned to their docking stations, but the new app-based model of hiring allows users to leave the bike wherever they choose.

But there is a wider problem here. Those bikes should not be on the Hill at all, for the very simple reason that cycling is banned right across the park. At least, that is what the whitewashed writing on the tarmac indicates at every entrance. But the signs are so half-hearted that visitors might be forgiven for wondering if they are really meant to be taken seriously.

Compare these easily overlooked instructions with the dire warnings against the lighting of fireworks, which are posted around the Hill every November. In fact, the letting off of fireworks is rather less dangerous than some of the cycling one witnesses in the park.

Should that aggressive walker I witnessed follow through on his threat of forwarding his mobile phone footage of the errant cyclist to the Royal Parks, he will be wasting his time. Though the Parks make the rules about where cycling is allowed or not, they do not even pretend to enforce them.

There are no wardens, and even if there were, they would have no authority, for as a Royal Parks spokesman tells *On The Hill*: in dealing with cyclists, park staff can "only ask that they comply, they do not have authority under the regulations to enforce".

In theory, the Met police can issue £60 fixed penalties for cycling in prohibited areas, though the Royal Parks could not say how frequently this occurs.

In many ways, the Royal Parks are right to eschew a draconian culture of official fiat on something so lovely and restful as Primrose Hill, which after all is about enjoying the outdoors, fellow walkers and the views.

But there is a sound legal principle that laws that are not enforced should be repealed, so that people at least know where they stand. Many dog walkers are also cyclists, so have divided loyalties themselves and see no reason for knee-jerk competitiveness with the other groups that enjoy the Hill.

The problem on the Hill is more potentially serious than cycling across, say, Regent's Park, which is flat. Though most cyclists who breach the ban are considerate and cautious, there is a minority who speed down from the top, creating an actual danger to life and limb.

And if a dog is killed, or a jogger maimed, who then is legally liable? "This would depend on the circumstances," says the Royal Parks spokesman, displaying an insouciance some would find puzzling.

Surely the Royal Parks should get a grip of this problem, and take the steps needed to enforce the ban on cycling, starting with proper signage. Failing that, it could accept the principle of a cycle route linking Regent's Park Road to St John's Wood, with signs for dog owners to take care, and strictly enforced speed limits.

But it cannot go on pretending that a growing problem does not actually exist.

This may require asking the already stretched police to take a lead, but as regular Hill walkers know, you rarely see them in the park, and nor really would you want to find them patrolling there. It is somehow against the spirit of Primrose Hill.

Oddly, I did happen to spot a policeman on the Hill the other day. He was heading, very slowly and very carefully, towards the St Edmund's Terrace gate, astride his officially issued Met bicycle.

# Little Pleasures

By John Emanuel

How does a chimney in Parkway, Camden Town, link up with an event in Fitzroy Road, Primrose Hill? You might not normally regard the walk from Camden Town tube up Parkway as a route for artistic inspiration. But then, you might just be wrong.

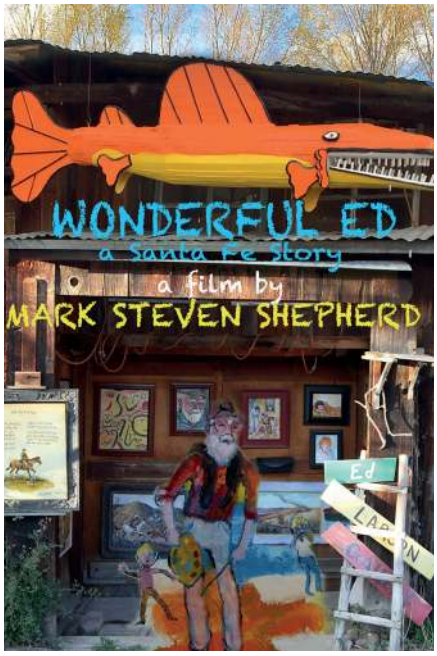
After a long day, on my weary way home, I saw a man, one foot in the road, the other on the pavement, camera on a monopod, looking thoughtfully at some grubby chimneys. Rubbernecking indiscreetly, I could see that he was framing a chimney against a crescent moon against the clear sky of early evening. It was an extraordinary combination that gave both chimney and moon new and enchanting characters. If you have the eyes, apparently, there is beauty to be discovered, even in Parkway.

I reached Whole Foods, tired and hungry. Home was at least five long minutes' walk away so I gave in to temptation, bought a tasty snack, and sat at a little table to eat. Turning round, I found the man with the camera eating his snack at the next table. I thanked him for alerting me to the charms of chimneys and crescent moons and we started to talk. An American over in London for many months while his wife designs costumes for Captain Marvel and other mega-movies, Mark Shepherd is himself a film-maker living in and loving Primrose Hill. I liked his approach to life and he promised to send me links to a couple of his films.

In contrast to mega-movies, Mark's work is the art of a man with the focus and patience to produce films so immersive that, as they end, you feel at last you can draw breath again. I particularly relished a wildlife documentary, without commentary, but curated with perfectly chosen music: it was filmed partly in Africa, following the domestic life of lions, elephants and hippopotamuses; and partly in the cold Pacific North-West, where he captured the moment when vast flocks of birds took off from the freezing marshlands in a white cloud of urgently flapping wings, wing tip to wing tip without air traffic control.

Primrose Hill is a sociable sort of place with its pubs and cafés, its summer festival and farmers' market and its high street with low traffic pressure that encourages chats on the street. Not all its residents are aware of two of its most wonderful facilities: the Primrose Hill Community Centre and the Library. The Community Centre runs many activities, including high-level lectures, disco nights and a choir, as well as programmes for the very young and the rather old. Both Community Centre and Library have the collateral benefit of facilitating contacts and friendships. No wonder so many people would love to live here!

Among the Community Centre's regular Wednesday afternoon events is 'Open House' with a talk or a film,




followed by a sociable tea and cake. I suggested that Mark Shepherd might introduce a couple of his films, and a few weeks later he did just that. The audience was riveted and lively discussions followed. Why did that lion not bite off your arm? How can you lie so long in a freezing marsh waiting for the flock of Canada geese to take to the air? How can you make such films on such tiny budgets? (Mark would be happy to find financial backers in Primrose Hill.) We had a party. Exhilarated by the films and fortified by Community Centre tea, cake and good company, we finally left, upbeat and happy.

Is it the Hill that catalyses sociability, or is it our good luck that, between the railway and the park, our urban island welcomes strangers and brings so many of us together?

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# Chalk Farm Foodbank

## Supporting those in need in Primrose Hill

Words by Jim Mulligan

Photograph by Sarah Louise Ramsay



# There are 14 million people in the UK living in poverty – including 4.5 million children

Adrienne McPherson is Manager of Chalk Farm Foodbank. She was born in Camden in 1986, and has lived there all her life except for university in Buckinghamshire and five years in Texas.

"I went to Texas to work, helping young people who were affected by gangs, poverty and expulsion from school. When I started there were five people in our group. When I left there were twenty. It's still running and quite a lot of the young people have gone on to do similar work to what I did with them: working with charities, working overseas, working with other organisations. Those children were dealing with a lot: homelessness, family breakdown, stress and trauma. They were dropping out of school and committing crime. Our job was to help them get back into mainstream living and not end up back in jail or dead."

On Adrienne's return, she volunteered at the local foodbank which had opened in 2012, operating from Chalk Farm Baptist Church. The group made contact with the Trussell Trust, which today supports over 1,200 foodbank centres across the UK, providing emergency food and support to people locked in poverty, while also campaigning for change to end the need for foodbanks.

Carol and Paddy Henderson founded the Trussell Trust in 1997 based on a legacy left by Carol's mother, Betty Trussell. Initially they focused on improving conditions for over sixty children sleeping at Central Railway Station in Bulgaria. But in 2000 Paddy received a call from a mother in Salisbury saying, "My children are going to bed hungry tonight – what are *you* going to do about it?" What Paddy did was start the Salisbury Foodbank in his garden shed and garage, providing three days of emergency food to local people in crisis.

That's how it started; but how does Chalk Farm Foodbank operate today? Through grants and funding, Adrienne now has a paid position. Every Thursday morning there is a team of eight or nine volunteers preparing individual boxes for clients, and in the afternoon three or four other volunteers help to restock the shelves. The foodbank is hard graft. It is not for the faint-hearted. Adrienne says, "It really is blood, sweat and tears, packing, restocking, lifting."

Trussell foodbanks are run according to a strict protocol. They are not drop-in centres for anyone who is needy. All clients must be referred by care professionals such as health visitors, school teachers and social workers, who identify people in crisis and issue them with a foodbank voucher. This means that people can receive a parcel of three days' worth of nutritionally balanced, non-perishable food from the foodbank. When clients arrive at the foodbank they are greeted with courtesy and respect by a trained volunteer, who helps the client to determine what they need.

**"I came into this job and role thinking, what more can we do? Can we be more than just a foodbank? And over the years we have become a little community."**

How many people use Chalk Farm Foodbank? Adrienne says, "I use the word 'client' because that word conveys something to people. They are local people with needs. When I talk to people, I call them my neighbours. They live in the community, and when I walk about the community I see them. On some days there might be five clients, on other days fifteen. Those are just five or fifteen people attending the foodbank. But on their referral voucher, it could say four people on this one voucher. The voucher tells us how many people we have to feed. So on an average Thursday, we will have fed between twenty and forty people.

"Our volunteers come from the community. What's really great is that when our volunteers come here, they already have in mind that they want to be here. They are committed and dedicated about this. We see it throughout the whole session. The foodbank could not, would not, cannot run without our volunteers, who are passionate about what they are doing."

The foodbank does not have any government subsidy. The Trussell Trust believes that organisations who take money from the council or the government can be compromised. It can backfire. For example, if people are coming to the foodbank regularly, the authorities might cut back on their benefits. Instead, whoever comes through the doors is treated with respect and in confidence.

Of course, Adrienne realises that Chalk Farm Foodbank is only scratching the surface. "I know this is the reality". I came into this job and role thinking, what more can we do? Can we be more than just a foodbank? And over the years we have become a little community. People can come by just to have a cup of tea. Quite a lot of people are lonely. We have people who have participated in our cookery course, learning how to cook on a budget. We see people who move on to get work. Of course, there are still people going hungry who we can't reach. Some of that is to do with anxiety, some of it is mental health, some of it to do with physical mobility.

"I think it's really sad that there are foodbanks. A lot of people are outraged by foodbanks, the idea of them, the fact that we have them, that we need them. To be honest, I don't want to have a job running a foodbank. It's not right in this day and age. But there never has been or ever will be a time when we don't need some kind of organisation that supports people and feeds them and helps them out of poverty. I don't think these outraged people think the poor should starve. They think that our country is one of the most powerful in the world and yet people are trapped

in poverty. I think that is where the outrage comes from."

Since 2014 Tesco have had an agreement with the Trussell Trust. They realised that their customers had a desire to help, so while people shop they are encouraged to pop a few extra items of much-needed food into their trolley. Tesco Finchley Central has been the foodbank's main supporter, and from this year they have been joined by Swiss Cottage Tesco Express. The foodbank has to organise the collecting of donations every other week. They don't have a van, but a church group has one, and they pick up items. The rest is collected by volunteers using their cars.

**"I believe in humanity. If someone is trapped like an animal, they'll snap, they'll bite, they'll claw. If someone gets the space to think and breathe and is given opportunity, I think you will see a different kind of person."**

Adrienne says, "I don't think foodbanks will ever be eradicated. When we meet people who are in crisis or trapped in poverty, we need to give them choice and opportunity. I'm hopeful. That's to do with my faith. I believe in humanity. If someone is trapped like an animal, they'll snap, they'll bite, they'll claw. If someone gets the space to think and breathe and is given opportunity, I think you will see a different kind of person."

The foodbank celebrates with the volunteers a couple of times during the year: lunch, coffee or a drink. The volunteers say how they think things are going and what they think could be done better. And in that way they are helping to shape what the foodbank does. As a result of these discussions, two years ago the group decided to host a Christmas dinner.

Adrienne says, "We heard people saying they were stressed out. They were sad and worried, crying because they knew they couldn't give presents to their children. They knew they wouldn't be able to have a Christmas meal. We have people who are so desperate they think about going back into some really tricky situations in order to provide for their children. It breaks your heart. Somebody might have just come out of



**Beverly Hills Bakery have been donating cakes to Chalk Farm Foodbank every week for four years.**

The owners, the Da Souza family, left Mozambique as refugees in 1973 shortly after the War of Independence. They lived in Denmark for ten years where Rosa became a very highly qualified patisserie chef. The family relocated to London in 1989, spotting a gap in the market for high-quality baked goods.

Today the bakery provides upmarket products which are available online or by telephone (see below). Their cakes have been to Buckingham Palace and enjoyed by a host of celebrities, as well as nearly all the prime ministers since the turn of the century, except Boris Johnson... yet.

The bakery has a variety of gorgeous gift baskets, cakes and pies for any occasion: Valentine's Day, Christmas, birthdays, housewarmings, births or simply as a thank-you gift.

All this happens in the bakery in Primrose Hill Workshops. The family are very active in managing the staff and the business. They have ten employees and operate a streamlined and efficient business. In the run-up to Christmas, they go up to over thirty staff.

The company now supplies all the London postcodes in their vans, whilst the rest of the UK, Europe and North America are served, normally next day, by Fedex.

"We have been in these premises for almost twenty years. Primrose Hill is an ideal location for us as it is just outside the congestion zone but central enough to serve our core business areas around the City, the West End and Knightsbridge, as well as the northern suburbs."

Rosa says, "I think the foodbank is a wonderful cause for local people. It is outrageous that people have to resort to visiting a foodbank in the first place, but it is a vital service. Besides providing food and basic provisions, the foodbank offers a safe and accepting environment for people to come together. The volunteers who run it are absolute angels and we are delighted to contribute."

**www.beverlyhillsbakery.com**
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jail and they are thinking maybe I need to steal, or go back into a particular kind of work. In 2017 we hosted our first Christmas meal at the Salvation Army. We fed 85 people. We had food from the Princess of Wales and Flatiron, hampers, clothes, shoes. Our guests were able to choose clothes and things for their families for Christmas. It helped them celebrate Christmas, enjoy the holiday season and not go back into debt or crime because they thought that was their only option. The Christmas meal didn't just give them practical things, but it gave them hope. A better choice for their future."

Do you know anyone in need over Christmas? Chalk Farm foodbank will host its third annual Christmas meal on 19 December from 4 pm to 6 pm at Salvation Army Chalk Farm, 10–16 Haverstock Hill, Chalk Farm, London NW3 2BL. Please sign up by 6 December at the email address below.

Also, the foodbank is always in need of volunteers to do pick-ups, help with collections, ask people to donate specific items, restock the shelves in the afternoon and organise presents at Christmas. Please contact them (see box) if you can help in any way.

## Chalk Farm Foodbank

**Chalk Farm Baptist Church,**
**Berkley Rd NW1 8YS**
**020 7483 3763**
**https://chalkfarm.foodbank.org.uk**
**info@chalkfarm.foodbank.org.uk**

Donations of money are welcome at:
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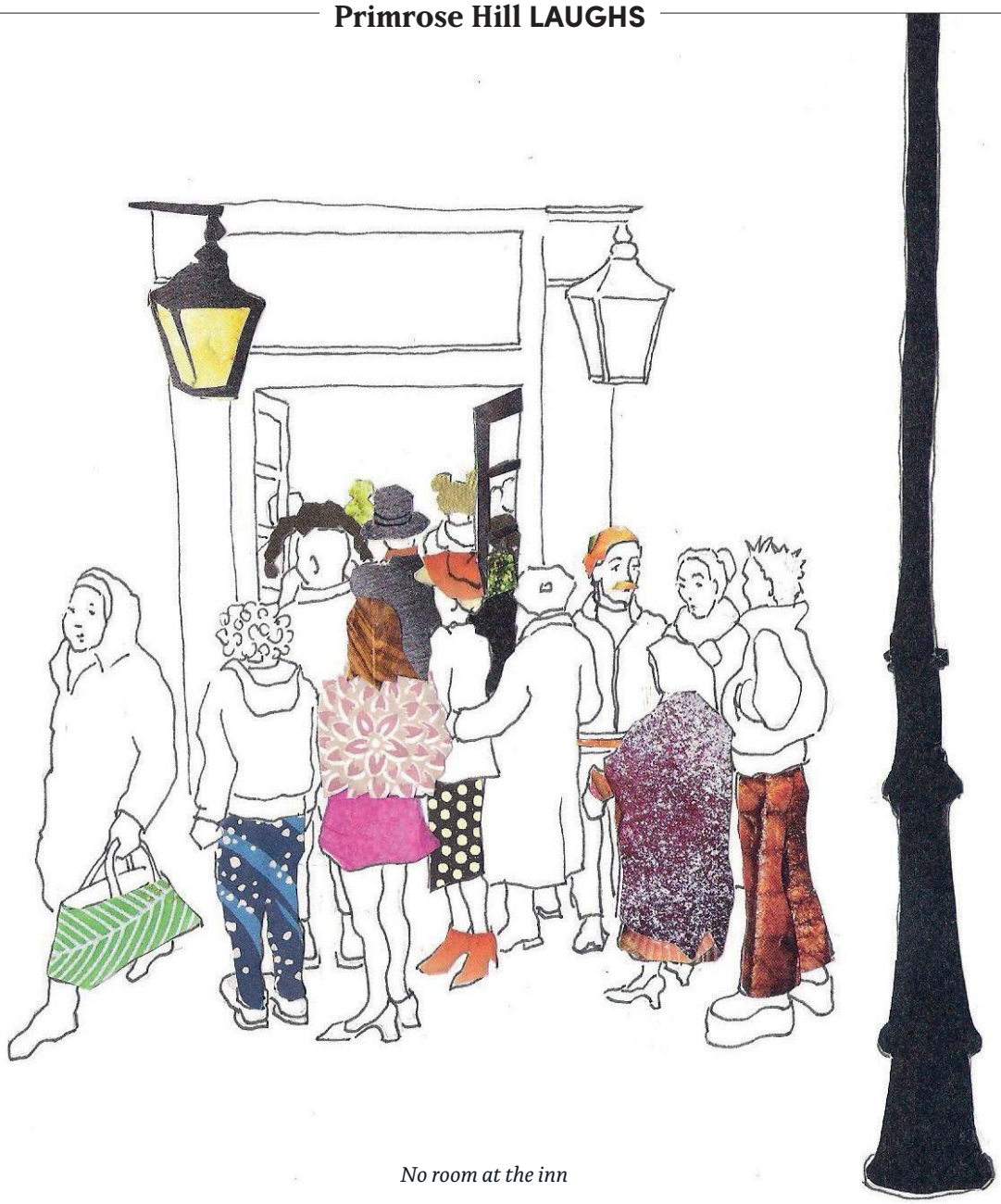
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# Snowman Profiteroles

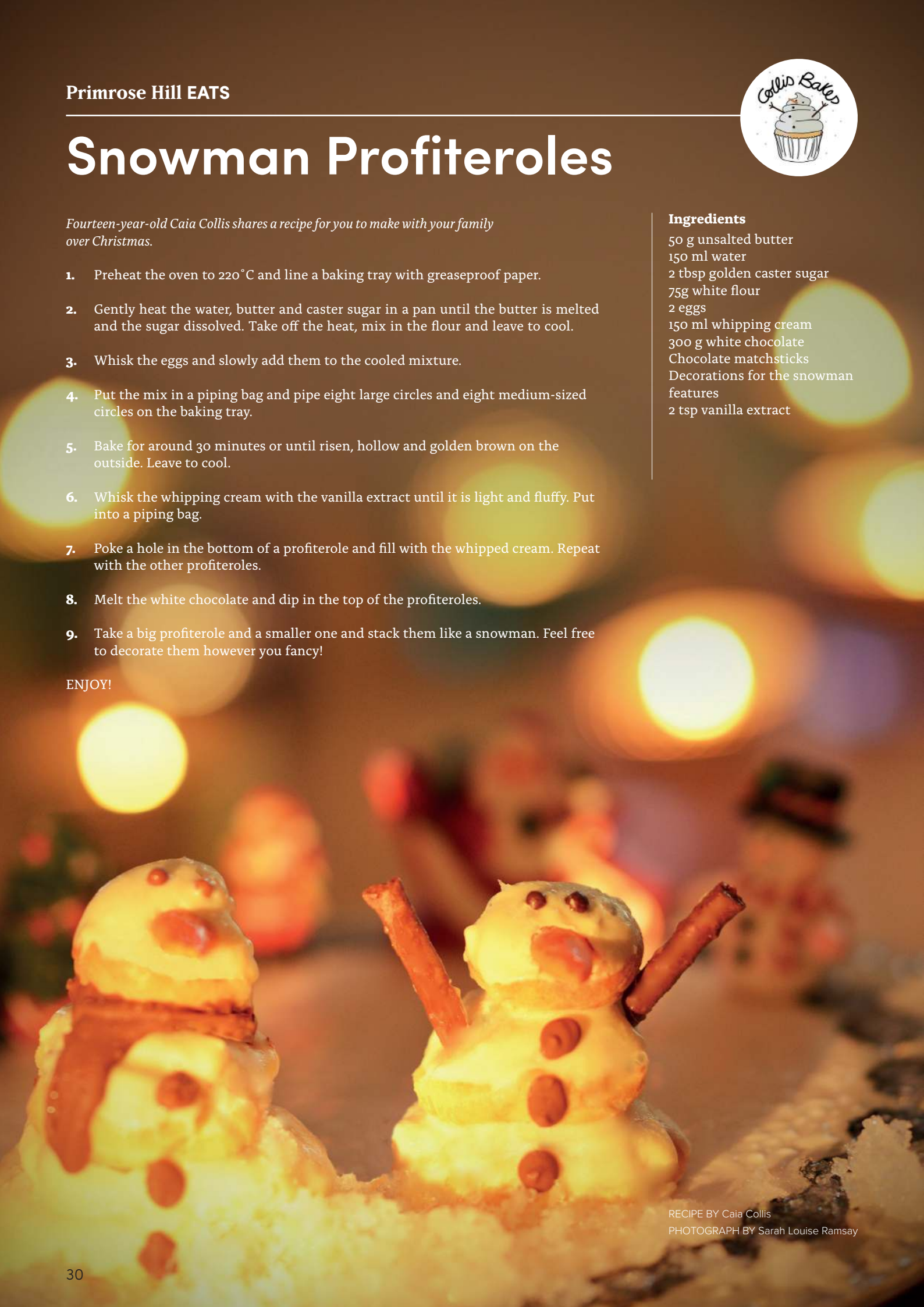
*Fourteen-year-old Caia Collis shares a recipe for you to make with your family over Christmas.*

**Ingredients**

50 g unsalted butter
150 ml water
2 tbsp golden caster sugar
75g white flour
2 eggs
150 ml whipping cream
300 g white chocolate
Chocolate matchsticks
Decorations for the snowman features
2 tsp vanilla extract

1. Preheat the oven to 220˚C and line a baking tray with greaseproof paper.
2. Gently heat the water, butter and caster sugar in a pan until the butter is melted and the sugar dissolved. Take off the heat, mix in the flour and leave to cool.
3. Whisk the eggs and slowly add them to the cooled mixture.
4. Put the mix in a piping bag and pipe eight large circles and eight medium-sized circles on the baking tray.
5. Bake for around 30 minutes or until risen, hollow and golden brown on the outside. Leave to cool.
6. Whisk the whipping cream with the vanilla extract until it is light and fluffy. Put into a piping bag.
7. Poke a hole in the bottom of a profiterole and fill with the whipped cream. Repeat with the other profiteroles.
8. Melt the white chocolate and dip in the top of the profiteroles.
9. Take a big profiterole and a smaller one and stack them like a snowman. Feel free to decorate them however you fancy!

ENJOY!



RECIPE BY Caia Collis
PHOTOGRAPH BY Sarah Louise Ramsay

# Hello, Primrose Hill!

'This town, is coming like a ghost town . . .'
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