ON THE HILL

News and information for Primrose Hill People

ISSUE 004 February 2015

In this issue: **Island in the city** – What's our best kept secret? **Primrose Hill Poems** – how will you woo your Valentine? **Primrose Hill Wellbeing** – get breathing with some yoga tips. **Primrose Hill News** – goodwill at Christmas time.

I ♥ PH



“Hello” Primrose Hill

Take a look at who came along to the On The Hill Christmas Party



Al Pillay



Sue Selby, Caroline Greenslade



Dave and Kaz

Trish Bertram, Jane Dickson



Al, Phil, Janet & David





Glenn Thomkins,Trevor Kirby & Keith Thompson



Stephen, Lionel, Steve, Richard & David



Michelle Hier & Poppy Gray

Open evening at MACS on Thursday 29th January from 7:00 - 9:30pm. Come and meet the team and enjoy a glass of bubbly.

MACS
LONDON

“We pride ourselves on treating all our clients as individuals; no two people are the same. Your skin and hair is as individual as your personality.”

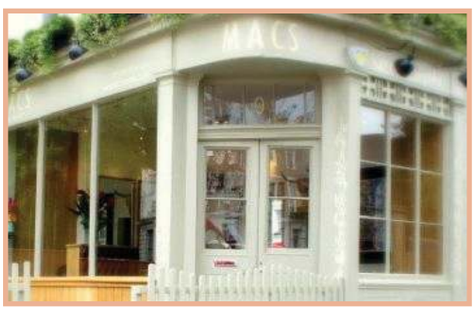
We are pleased to offer new services:

Receive 20% off your skincare treatment

Wrinkle reduction injections and fillers administered by doctors

Soprano ICE Laser Hair removal

Microdermabrasion & Chemical peels



Macs Salon Primrose Hill, 9 Princess Road,London, NW1 8JN. Tel: 020 3204 2020

Editor's Letter

Happy Valentine's Day

With Cupid on his way take a look at Primrose Hill Poems to get some inspiration from one of our locals and woo your loved one. Or discover how Sandra keeps her secret thoughts safe by following her passion.

Check out What's On and make plans to go along to the screening of that classic film with Lauren Bacall and Humphrey Bogart, To Have and Have Not. "You know how to whistle, don't you, Steve? You just put your lips together and blow." And maybe now is the time to begin a Creative Writing Course, or time to take your children along to the Library to celebrate National Storytelling Week for a Story Treasure Hunt featuring Siggistardust.

Discover our biggest secret and meet the king of Twitter.

And if there's just too much going on in 2015 already, just breathe! Our Primrose Hill Wellbeing feature gives you some yoga tips.

And, here's an idea. Now that you are well into 2015, how about joining the On The Hill team. It's great fun and we would love to encourage more people to volunteer and get involved so here are some suggestions.

- Deputy Editor
- Letters page co-ordinator
- Advertising co-ordinator
- Journalists

Email us at onthehillteam@phca.cc

This publication is created by the community and for the community of Primrose Hill. We hope you enjoy it.

Janet

Janet Reuben
Managing Editor



Preview

Inside front cover and back cover. "Hello Primrose Hill"
Take a look at who came along to our Christmas party, the evening with David Gentleman and see who was out on Christmas Day, making it special.

01 Welcome and Preview

02 & 03 & 04 An island in the City
We've got a secret!

05 My Primrose Hill
Jimmy Kyriacou, the Twitter king of Primrose Hill, has some ideas.

06 Primrose Hill Passion
Photographs and diaries. How does Sandra Jacobs keep her memories?

07 Primrose Hill Families
What's happening in Primrose Hill to support National Storytelling Week?

08, 09 What's on
Find out everything that is going on in Primrose Hill in February.

10 Primrose Hill's Local Groups
Growing a hop plant on your TV aerial or organising street planters. Find out more about our local Transition group.

11 Primrose Hill is Reading
Find out about our local author Andrew O'Hagan's new novel and what else to look out for in February.

12 Primrose Hill News
Delivering goodwill at Christmas and updates on important local stories.

13 Primrose Hill Poetry
Read how Sue wooed her Valentine.

14 & 15 Market Place
A selection of local retailers and where to find them - for wining, dining and shopping in Primrose Hill.

16 Primrose Hill Wellbeing
Some yoga tips to help with the start of your 2015.

16 Primrose Hill Letters
Catch up on what readers are writing to us about. Some of their suggestions and some of their questions.

Primrose Hill Massage

Expert in deep tissue massage and therapeutic bodywork.

Book your appointment now on 0207 160 6296.

£50 One hour treatment
(Save £25 with this Ad

Nico Thoemme is a Certified Rolfer with 8 years experience as a bodyworker. See brilliant reviews and more info at www.primrosehillmassage.co.uk

GUIDE ONLY



Primrose Hill Massage
Tel: 0207 160 6296
The White Crane Clinic
13 St Georges Mews, NW1 8XE

Primose Hill - An island in the City

Our best kept secret

Aren't we lucky? Those of us who live and work in Primrose Hill are part of a very special area of London. It is a sort of island. And we have a secret. There is a local charity that is engaged with and committed to the community. It runs the Centre, supports residents and groups and was the organisation that created the campaign to keep the Library. The Primrose Hill Community Association is answerable to our residents and is run by a board of 16 local people who are elected at the AGM. Every year some stand down, some stand for re-election, and new people come on board.

The PHCA is nearly 40 years old. Here is our story.



OUR HISTORY

The PHCA was set up in the 1980s and given a permanent home at 29 Hopkinson's Place, Fitzroy Road in 1978 by Camden Council. This was originally the boiler house for the Hopkinson's Piano Factory. This area was the heart of piano manufacturing in Victorian London when a piano was as essential in family homes as a broadband connection is now, but they became less fashionable and the factory closed. How fortunate then that Camden Council were persuaded to give the building to the community rather than converting the entire site into residential dwellings. This is all thanks to the late Diana Gurney and others who saw that demolition need not be inevitable.

Primrose Hill is rich in talented neighbours who like to get involved. One of these was David Gray who, sadly, died in 2014. A gifted architect, David had the vision for the potential use of our community building and he insisted on it being conserved with the exposed brickwork and industrial heritage on show.



WHAT WE DO

The Centre is run by a full-time manager and a bookkeeper who are appointed and supported by the enthusiastic volunteer Board.

The Centre is a resource for all sorts of events such as the voting place for local and general elections, films, meetings and community activities. These include the Ready-Steady-Go nursery school and Rhyme Time, the choir, yoga and talks by local experts.

On Sundays the lower hall is transformed into a bar, with a pool table, reasonably-priced drinks and excellent talk of a different nature. The building is the launch-pad for many other activities that reach out into the community and you can find it on the Market Place map.

The annual fireworks display on Primrose Hill was a wonderful local fixture until its popularity caused the Royal Parks authority to end the tradition. Over 40,000 people attended one year, and created a Glasto-like mudpool all over the hill.

As you may have noticed, the park is always open and has traditional street lamps to light your way through. These benefits are both due to community-based campaigns.

The PHCA arranged for the park to remain open through sit-ins and vigils in the 1980's, while the Primrose Hill Conservation Area Advisory Committee has worked to restore the street-lights (several of these people are involved with more than one of the committees!).

In 2010, the PHCA was the organising catalyst for the library campaign and its charitable status remains the legal framework for the ongoing success of the library. It is buzzing and has diversified widely from its traditional book-borrowing raison d'etre to being the go-to place for meetings, film shows, parties and even weddings.











"I'm a PHCA supporter because it's passionate about local issues and works on behalf of the community to protect our unique environment."

Olivia Scanlon







In recent years, community volunteers started a twice-weekly Lunch Club at the Oldfield Estate and set up a weekly 'Open House' on Wednesday afternoons with talks, films and slide shows, followed by tea and biscuits. There are many residents of the area who live alone or whose weekly budget is tight and we are determined to find ways to provide community-based services for them all.

Every summer sees the traditional Primrose Hill Community Fair, with Punch and Judy as well as a host of craft stalls and other attractions. And now there is On The Hill magazine, underwritten by PHCA with contributions by many of those same volunteers! The range of activities in the area is remarkable, and the What's On section provides a valuable information service to the community and to all those who are trying to get their talk, concert or exercise class noticed.

Volunteers

We couldn't do what we do without the commitment and support of volunteers. If you would like to get involved, here are some of the areas of activity that we would like help with. Please contact Mick Hudspeth at the Centre if you would like to know more about them, at info@phca.cc

- Social Media organiser
- Display curator
- Evening Talks organiser
- Lunch Club helper

Primrose Hill Community Centre
29 Hopkinsons Place, off Fitzroy Road
NW1 8TN
020 7586 8327
www.phca.cc



PHCA Trustees

Maureen Betts (Chair), Colin St Johnston (Treasurer), Valerie St Johnston (Vice Chair), Dick Bird, Patricia Callaghan, Phil Cowan, Claire Daglish, Alice Gray, Susan Hadley, Judy Hillman, Sophie Levi, Doro Marden, Lazzaro Pietragnoli, Janet Reuben, Matt Storey, Eleanor Sturdy, Marijke Good (co-opt), Olivia Scanlon (co-opt)

Q&A

My Primrose Hill

Featuring Jimmy Kyriacou, our local Twitter king.

Q. What is your earliest memory of Primrose Hill?

A. While on a bus trip to Camden with friends I accidently stumbled across Primrose Hill. I didn't actually know it was Primrose Hill! It felt like I had discovered a secret village, ridiculously close to the insane energy of Camden.

Q. What is the best thing about Primrose Hill?

A. Amazing architecture, green spaces, independent shops and a mix of interesting eclectic people are all thrown in a pot to create this fantastic energy that in my opinion is unique.

Q. What does Primrose Hill lack?

A. A hub that brings more like-minded people together, especially the younger generation. There are so many cool people in the area, if you bring them together, inevitably magic will happen!

Q. What is your favourite place in Primrose Hill?

A. Watching the sunrise and sunset across London on the peak of Primrose Hill. Magical.

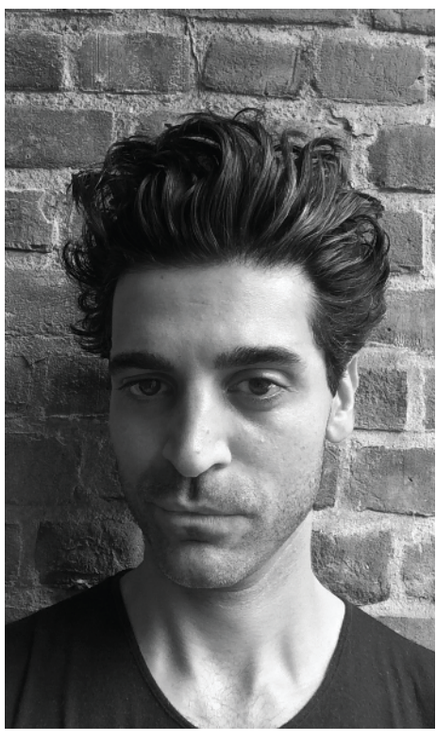
Q. If you had the power what would be the one change to Primrose Hill you would make?

A. While the efforts of those involved is remarkable and does not go unnoticed I believe the classic concept of 'libraries' and 'community centres' is dated. I'd love to transform the Library, Community Centre and empty shops into spaces that focus on arts, events, creative innovation, ideas and experimentation. I think this would be a fantastic way to connect the community.

Q. What change have you noticed most in Primrose Hill?

A. There are definitely a lot more baby buggies! TriYoga moving was also a big change. Its no secret, I'm not a fan of 'identikit' high streets and I'm happy to see many independent businesses still remain in the area.

"I'd like to see more experimentation with pop-up shops, stalls and even markets in empty spaces and premises. For example, the bridge, Bibendum car park and maybe even a traffic-free high street at weekends."



Q. Where woul you go if you couldn't work in Primrose Hill?

A. Ibiza or California.

Q. Who would you appoint as President of the Republic of Primrose Hill?

A. Less of a 'President' but I do believe a local 'Superconnector' could be interesting. This person would work with individuals who have different expertise and specialisms in such areas as the arts, music and business, to help to make meaningful connections for locals.

Q. What are your thoughts on our current High Street and its future?

A. Most of the businesses that exist are feeding demand, which is why so many of the shop premises are cafes and restaurants and I am a fan of many of them. I'd like to see more experimentation with pop-up shops, stalls and even markets in empty spaces and premises. For example, the bridge, Bibendum car park and maybe even a traffic-free high street at weekends.

Q. You launched @InPrimroseHill in 2010 and to date it has the highest volume of followers for a Primrose Hill focused Twitter account. What were your motivations and aims?

A. My original motivation for launching @InPrimroseHill was to share photographs I was taking in the area. What happened was truly amazing. People were connecting because of the Twitter channel. And I mean people who had lived in the area for years and had never spoken, formed real friendships because of @InPrimroseHill! Others were sharing local news and announcements.

.....

Jimmy can be found on Twitter @InPrimroseHill
and @JimmyKyriacou
Email: hello@unboxlondon.com

.....

Here is the On The Hill Twitter address, too @onthehillinfo

Primrose Hill Passions

Sandra Jacobs reveals her fascination with photography and how she preserved her memories.

I've always loved photos. I have 25 albums of the kids growing up, and collected old photos of the family, back to the nineteenth century. I think I don't trust my memory. I need to have it in the camera. I've had the same camera for 10 years and I keep it in my pocket so I can take photos when I'm on the move. I use the camera like a brush.

I started out as a primary school teacher and deputy head in Islington. I stopped when my second daughter was born and had 10 years at home, not resentfully at all. In those days, that's what women did. Then I got my qualification in social work and worked for 12 years in community development for a London borough. I loved every moment.

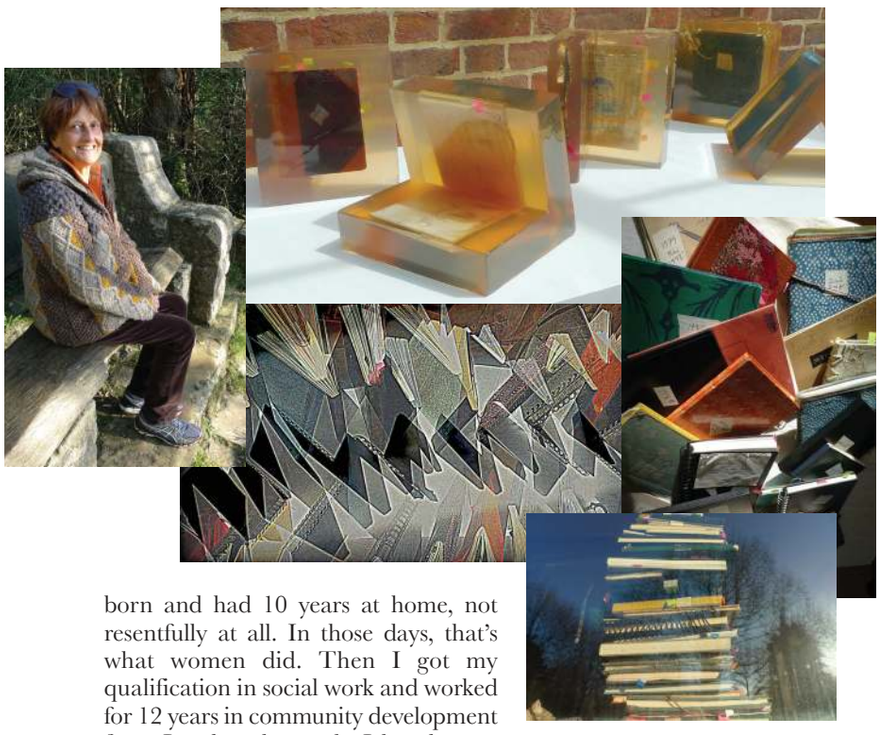
It was in Israel, while my husband was there on sabbatical, that I got in to photography. I did courses and a friend had a darkroom. Back in London I applied to the Sir John Cass School in Whitechapel. I had a wonderful time, and had a studio overlooking London Fields. I made 3-D work as well.

My latest exhibition, 'Within you, Without you', is my favourite so far. It was about my diaries. They were in a big box in my studio and when I turned 75 I walked in and thought 'What am I going to do with them?' I don't want to burn them, I can't throw them away, but I don't want others to read them. They were not teenage journals, they dated from the time after I emerged from parenthood, went back to college and was no longer just 'Mum' or a wife. I used them to work things out, like I use photography, and I had notices on them saying, 'Destroy at my demise'.

So I made a selection and created artwork from them. They were 'embalmed' in resin, just like Egyptians and South Americans used to do, to mummify things that were precious to them.

Everyone has those questions as they get older, what do you want to leave behind, to reveal or conceal?

"Embalmed" diaries in resin



Sandra Jacobs

The diaries

"...'embalmed' in resin, just like Egyptians and South Americans used to do, to mummify things that were precious to them."

I've used photography in another way too. Running a foundation which gave grants to English, Israeli and Palestinian photographers to mount joint exhibitions in the UK and in Israel. It was very exciting being a curator, and lots of co-operation went on, though sadly nothing seems to filter through to politics and the peace process.

I'm thinking of doing some more work on my diaries, maybe editing them and pulling out parts that would interest my family, maybe even recording them. It would have been so wonderful to hear my grandfather's voice as well as having a photo of him.

As told to Doro Marden

Primrose Hill Families

Did you know that National Storytelling Week is here, from 31 January to 7 February 2015

To celebrate the magic of storytelling the Library is holding a story treasure hunt on Monday 2nd February between 15:45-17:00.

It begins with a special story time session with Siggistardust followed by a story treasure hunt. Suitable for five to twelve year olds.



You can continue to catch the magical Siggi at her resident Friday slot in the Library from 10.30am to 11.00am.

In the Library, we welcome any chance to celebrate the art of storytelling, as it is our favourite way to bring books to life!

.....

'THE STARDUST OF STORIES'

We meet at The Roundhouse where Siggistardust made her theatrical debut four years ago with a dramatic monologue musical about a World War 1 scullery maid who falls in love with the master of the house. And if that sounds like a fairytale, then it probably is in the mainstream of Siggi's work: she is a storyteller.

Aged 28, Siggi (Sigalit Hart) is a very beautiful woman with a variety of origins. I can just imagine her capturing the hearts and imaginations of the children she tells stories to, but she started her professional life as an illustrator, at the age of eleven.

"I was still at school and madly obsessed by drawing comics till I fell in love with the Spice Girls and girpower," she explains. "I immediately made them my subjects and sent a very impressive package to their HQ. I heard nothing for weeks and then a call arrived. Within a month, there I was at the age of 14, resident illustrator for all the Spice Girl global magazines.

I left school at sixteen and was already an accomplished illustrator working for various children's magazines."

Siggi's experiences gave birth to new adventures which she still enjoys and her project for 2015 is to write and illustrate a series of children's books.

Having had more accidental 'market research' through her public storytelling in schools and libraries than most authors, one could argue she will be on to a big career and a personality to watch out for in 2015.

"I've read hundreds of kids books and it's not as easy as you would think to come across well written ones," says Siggi. "Obviously not all parents can do the dramatic voices, but I passionately believe that we should all be excitedly reading more to children.

There is a literacy issue in this country with kids thanks to TV, gaming and the electronic media, so more conscious effort has to be made now. A lot of simple magic has been lost and, withmore libraries closing, more has to be done outside school time to develop children's minds imaginatively."

.....

"There is a literacy issue in this country with kids thanks to TV, gaming and the electronic media"



NB. National Storytelling Week aims to highlight the importance and significance of storytelling. It is one of the world's oldest art forms and can be both entertaining and educating. For more information contact The Society for Storytelling on www.sfs.org.uk/national-storytelling-week

© Jim Mulligan January 2015

What's on

Regular Events – for the Growing!

MONDAY

Rhyme Time for Under 5's
Drop-in session where adults and children sing together. PHCL. 10.30am – 11.15am. Suggested £2 donation.

Circus Glory
Trapeze for 3 – 12 year olds. PHCC 1.30pm-5.45pm. gmonastesse@googlemail.com

TUESDAY

Monkey Music
Music and play for Under 5s. PHCC. 9.30am – 12 noon. Trial class free, subsequent classes £11.

The Strings' Club
Ukelele lessons for 4-12 year olds. PHCC. 4pm – 5.30pm. £14 per class, first lesson free.

Ole Kids Spanish
Spanish classes for children aged 6 months to 4 years. PHCL. 4pm – 5pm. Details from lola.ferdez@gmail.com

Music & Rhyme Time for the Under 4's.
PHCC. 4.30pm – 5pm. £1.

WEDNESDAY

Circus Glory
Trapeze for 3-12 year olds. PHCC. 1.30pm – 5.45pm. Details from gmonastesse@googlemail.com

Primrose Hill Children's Choir
St Mary's Church, NW3. 4-5pm in term time. First session free, then £7 per week. 4 to 11 year olds. Details from maestromattheww@yahoo.co.uk

THURSDAY

Drop-in for Under 4's
PHCC.11.15am – 1pm. £2.50

First Class Learning
PHCL. 3.30pm – 6.30pm. £2.50. Contact primrosehill@firstclasslearning.co.uk.

Chalk Farm School of Dance for Under 5's
PHCC. 4pm – 5pm. Details from: www.chalkfarmschoolofdance.co.uk

Music & Rhyme Time for the Under 4's.
PHCC. 4.30pm – 5pm. £1

FRIDAY

Monkey Music
Music and play for Under 5's. PHCC. 9.30am – 12 noon. Trial class free, subsequent classes £11.

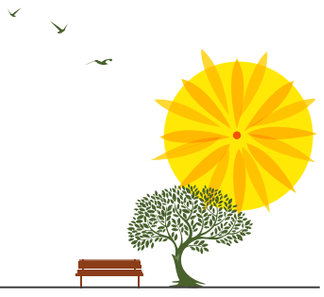
Story Time for 0 – 7 year olds.
PHCL. 10.30am – 11am. Stories for children read by professional storyteller Siggistardust. Suggested donation of £2.

Circus Glory
Trapeze for 3 – 12 year olds. PHCC. 1.30pm – 5.45pm. Details from gmonastesse@googlemail.com

Pitta Patta Dance
For creative 5 – 16 year olds. PHCC. 4pm – 5.30pm. Details from Juliet@pittapattadance.co.uk.

SUNDAY

Drama, dance and singing for 4 – 7 years
PHCC. 9.30am – 1pm.



What's on

Regular Events – for the Grown

MONDAY

ACOL Bridge Club
PHCC. 1.45pm-3.45pm. £3.

Neighbours Help Information Session
PHCL. Drop-in service for help with form-filling and accessing services. 2-4 pm. Free

Creative Writing Course
7pm – 9pm. Every Monday for eight weeks. £180. Private venue near PHCL. Contact Karenwhiteson@gmail.com

Community Choir
PHCC. No auditions – we just enjoy singing. 7.45pm – 9.45pm. £5. Contact maestromattheww@yahoo.co.uk

TUESDAY

Pilates at the Library
10.15am – 11.15am (new, more advanced class). 11.30am – 12.30pm (Drop-in) Each session £12. Details lizacawthorn@gmail.com

Spanish for Beginners.
PHCC. 1.30 – 3.30pm. Free Details: e-mail info@phca.cc

Keep Fit for the Over 60s
PHCC. 3pm – 4pm. Free.

Morris Dancing
Weekly classes for beginners (6.30pm – 8pm), and others (7pm – 9pm). Cecil Sharp House. £5/£4 concessions on door. Details: education@efdss.org

General Yoga
PHCC. 6.30pm – 8pm. Details: cat.b1@blueyonder.co.uk

Spirit of Dance
PHCC. 8.30pm 10pm. Starts Feb 17th. £5-10. Details from donnaking@btopenworld.com

WEDNESDAY

Knitting & Natter Mornings
PHCL. 11.30pm – 12.30pm. Free drop-in to knit, sew, and get help with stitching related issues. With refreshments.

Lunch Club for the Over 50s
Jacqueline House, Oldfield Estate. 12.30pm. Freshly cooked every Wednesday and Friday. Ring 020 7586 8327 to book. £4.

Open House
PHCC. 2pm

Drama for Adults.
PHCC. 6.30pm – 8.30pm. Email info@phca.cc for details. Free.

Ballroom and Latin Dance Class
PHCC. 7.45pm – 9.15pm.

THURSDAY

Gentle but Effective Pilates
PHCL. 12.30pm – 1.30pm. Drop in pilates class. Details from annie@mactheray.org

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

Yoga For Everyone
PHCC. Strengthen, stretch, relax, and re-energise. Beginners welcome. 5.30pm – 6.30pm. 4 weeks £34 or £10 for one-off class. carolineshawyoga@gmail.com

The Awakening Body – meditation yoga.
PHCL. 6.30pm – 8pm. Drop-in. £12 per session. Details from ellenemmet@hotmail.com

Art Class - Life Drawing
PHCC. 7pm – 9.30pm. £7.

Tai Chi Quan
PHCC. 7pm-9pm. Martial art combining self-defence with relaxation. Details from miltosvk@yahoo.co.uk

FRIDAY

Lunch Club for the Over 50's
Jacqueline House, Oldfield Estate. 12.30pm. Freshly cooked every Wednesday and Friday. Ring 020 7586 8327 to book. £4.

Thunderclap Dance & Social Club
PHCC. 7pm – 8pm. A different dance style every month, for young and old. Free

SUNDAY

Deepen Your Connection with Nature.
Ecotherapy walks on Primrose Hill with Mindfulness excercises. Meet at Oppidans Road entrance. Dress warmly, wellies and waterproofs. £8 weekly (£6 if you pay for a block of 4). 11.00 – 12.00. Beginning Sunday 1st February. julia@smelltheraindrops.com

Hopkinson's Bar
Meet for a drink with your neighbours. All welcome. PHCC. 12 noon. Admission free.

What's on

Dates for your February diary

MONDAY 2nd

Story Treasure Hunt
As part of National Storytelling Week join us for a special storytime with Siggistardust, featuring a story treasure hunt. 3.45pm – 5.00pm. Suitable for children ages 5 – 12. PHCL

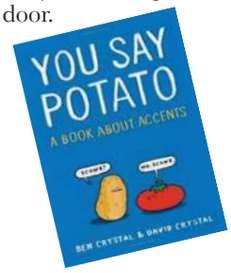
Creative Writing
Start of eight week course. 7pm – 9pm. £180. Private venue near PHCL. Contact Karenwhiteson@gmail.com

TUESDAY 3rd

Film Show at the Library. A Lauren Bacall tribute. To Have and Have Not with Humphrey Bogart and Lauren Bacall.
"You know how to whistle, don't you, Steve? You just put your lips together and blow." 7.30pm. £8 inc glass of wine.

WEDNESDAY 11th

David Crystal and Ben Crystal at the Library PHCL
An informed and entertaining talk about language and accents, from their new book, You Say Potato. 7pm. £2 at the door.



SATURDAY 14th
EDITOR'S CHOICE
Broken Hearted Ballads
Concert at Cecil Sharp House by James Fagan, Emily Portman and Paul Sartin of songs of love, loss and heartache. 7.30pm. £16. Need to book: www.efdss.org
★★★★★

SATURDAY 14th

Valentine's Tea Dance for over 60s
Haverstock School. 3pm to 5pm hosted by sixth formers. Admission £2 includes live band and refreshments. Phone Nikki on 07967583548 to book.

SATURDAY 21st

The Broadside Day
Annual gathering of those interested in street literature and other forms of printed material from past centuries. Cecil Sharp House. 10am. £12. Book: www.efdss.org

What's On – later on

Dates for your 2015 diary

MARCH 7th
Jumble Sale at the Community Centre

JUNE 27th
Summer Fair in Chalcot Square

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

PHCL = Primrose Hill Community Library
Sharples Hall Street, NW1 8YN
Contact events@phcl.org
020 7419 6599

Both the Library and the Community Centre have rooms available for hire. Just contact them direct to check availability.

Please submit entries for our March edition by Thursday 1st February 2015. Just go to:-
www.onthehill.info/add-event
or email: onthehillwhatson@phca.cc

Shepherd Foods

Shepherd Foods - the everyday grocer

Warm up in the morning with a hot drink from our deli!

Delicatessen counter - freshly made salads | sandwiches | pastries | coffee | olive bar - eat in or take away

American groceries

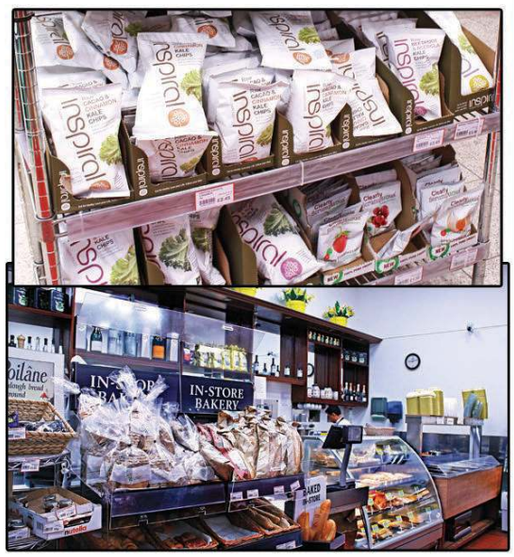
Organic foods | health foods | vegan foods | free-from range

Outdoor street foods
Weekends - all day
Weekdays - lunch hours

Pensioners'* discount

Just a stone's throw from the The Royal Parks!

59-61 Regents Park Road, NW1 8XD
(020) 7586 4592 | open 08:00 - 23:00 daily
*Subject to exclusions





Primrose Hill Local Groups

Transition Primrose Hill

Transition Primrose Hill (TPH) is nearly 5 years old, part of the national and international 'transition towns' movement - a positive reaction to the threats of fossil fuel depletion and to climate change. We aim to help people live local, reduce energy use and waste, learn skills for a low carbon future (including growing our own food), and to have fun doing it!



Hop plant growing up TV ariel

Food and gardening

Food uses lots of fossil fuel. Fertiliser, machinery, transport, packaging and refrigeration are all oil hungry: the lowest carbon diet you can eat is what you have grown yourself. TPH has run many food growing workshops and sales of seedlings to make city folk more aware of what they can grow. The fruit tree pots and herbs outside 11 shops in Regents Park Road (kindly sponsored by Sandfords) is one ongoing project, and we joined with other Camden groups to grow hops this summer: delicious 'green beer' brewed by The Bull in Highgate was the result! Transition volunteers have helped in the beautiful Cecil Sharp Garden and in St George's Terrace with the planting of fruit trees, bushes and wild garlic.

Promoting Living Local

We have worked with the Primrose Hill Community Association on three 'hunts' round local shops and businesses: a treasure hunt, an Easter Egg hunt showcasing works from local artists, and most recently a pub crawl.

This autumn we also initiated the 'Love your Local Leaves' Primrose Hill Tree Trail to help children and adults appreciate the wonderful trees in our neighbourhood.

Plans for 2015: Bee Friendly Primrose Hill

The film we showed about the plight of bees in the summer has inspired us to increase the number of bee friendly plants around the area. We give out seeds and seedlings and have advice on our website about easy to grow species, with many of them being good for us to eat as well.

Rubbish!

We would like to increase the rate of recycling and reduce the amount of rubbish in the streets. Did you know that the proportion of waste recycled in Camden has actually gone down in the last year?

Energy saving and renewables

This is another area in which transition groups are active. In the past we have run draught-proofing workshops, talks on solar energy and curtain lining teach-ins.

Anyone with enthusiasm to take things further is welcome to join in.

For more information, see our website
www.transitionprimrosehill.org
and join our 400 strong mailing list. We also have a transition shelf in the library with lots of books about green issues and copies of the inspiring quarterly 'Transition Free Press'.



Sarah Brook, Doro Marden, Liz Goodfellow & Phil Cowen

Primrose Hill is Reading

What to read on a cold wintry night

By February the piles of Christmas books are diminishing fast but days are still short and evenings are long. So which of the many new publications are worth a look?

Firstly, from local author **Andrew O'Hagan**, comes the much-anticipated novel **The Illuminations**, a sensitive and moving account of the relationship between Anne and her grandson, Luke, recently returned from serving as an officer in Afghanistan. Secondly, **A Spool of Blue Thread** by **Anne Tyler** also examines memory, family relationships, hopes and tensions. Both novels are surely contenders for major literary prizes.

For those interested in non-fiction, **Shop Girl**, a memoir by **Mary Portas** who also lives locally, promises to generate much interest and also to focus attention on the plight of the High Street.

Scheduled in paperback is **Alain de Botton's The News, A Users' Manual** in which the author examines the often exalted position the news occupies in our daily lives with his trademark wit and curiosity.

Two more paperbacks are highly recommended: **Sebastian Barry's** poignant novel **The Temporary Gentleman**, an exceptionally beautifully written elegy to a marriage jeopardised by wartime separation and **Road Ends** by **Mary Lawson**, a subtle skilfully structured story of a young woman's life hijacked by filial obligation.



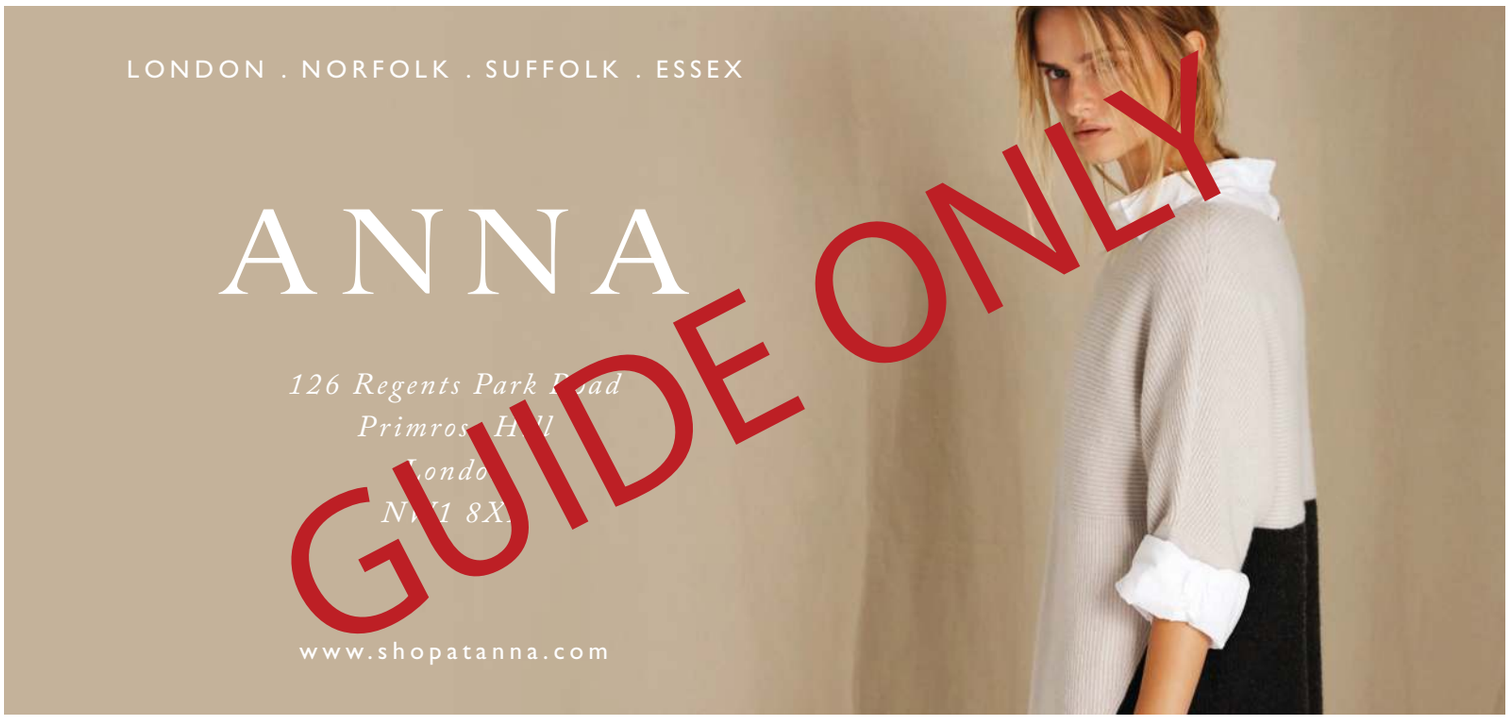
Andrew O'Hagan

To mark Valentine's Day there's the usual assortment of love letters and poems and for those keen on swashbuckling passion and romance, what better than **Poldark, Winston Graham's** magnificent saga set in eighteenth century Cornwall, reissued to accompany the forthcoming BBC series?

HAPPY READING!

Jessica Graham
Primrose Hill Books

Photographer © Tricia Malley Ross Gillespie
www.broaddaylightltd.co.uk



Goodwill moves to Primrose Hill

Local resident and businesswoman Julia Stebbing has organised cooking and delivery of hot Christmas Day lunches to elderly people in Camden care homes or living on their own for about 38 years. And this year it moved to Primrose Hill.

In the early days, the turkey and all the trimmings were cooked in volunteers' own homes, then at a Hampstead pub. Later the cooking moved to the Mansfield Bowling Club in Kentish Town, now destined for closure. Someone suggested that the kitchen at Jacqueline House might be available. And so, like a miracle, our very own Oldfield has made possible the continuation of this charitable operation. The Oldfield kitchen received a thorough steam clean beforehand so that was a bonus too.

This year 127 lunches were delivered, within Primrose Hill and throughout Camden, by 39 sets of volunteers. The volunteers include many stalwarts who turn out every year to give an hour to deliver two to four lunchboxes each.

This year there were some well known local faces to be seen, including Ed Miliband and Tom Conti with his wife Kara. Turn to the Hello pages to see who else turned up to help with the deliveries.

N.B. All the food was donated by local businesses, professional chefs gave their services free and the Hampstead Women's Club sponsored the lunches.

By Sarah Smith



Tom Conti with his wife Kara



Ed Miliband & Julia Stebbing

Lunch in the City

Age UK London and Merrill Lynch Bank of America provide a weekly information service (Primrose Hill Neighbours Help) to the residents of Oldfield. They invited a group to Christmas lunch at their city office. Here is what some of the guests had to say about it:

"I sat at a table with my friends Shirley May and John Sutton. We enjoyed the beautiful young children's choir. Food was fantastic and the staff at Merrill Lynch Bank of America made us very welcome. The organisation by Age UK London and Primrose Hill Neighbours Help was top notch."
Terry Ford

"The lunch was fantastic and incredibly generous. Two bank employees sat at each table. They were like a breath of fresh air. It was most enjoyable to hear the children's choir sing. They were so committed. I came home a happy girl."
Johanna Stolze

"It was the best Christmas time for me, lovely children's choir, food fantastic but what made the afternoon for me was the friendly, helpful staff who were superb and great."
John Sutton



STOP PRESS

News on the Bibendum building

A planning application (2014/7695/P) was submitted to Camden Council on 2 January 2015 to change the use of the Bibendum building on Regents Park Road from office use B1 to residential C3 and create 8 residential units on the site.

For those who wish to comment the consultation closes on 27 January 2015 and the application can be seen on www.camden.gov.uk

Utopia Village Update

We have been advised that a decision is likely to be made by the end of January 2015, after we have gone to press. On The Hill will carry an update in our next issue.

The Primrose Hill Community Library's 2015 Fundraising Calendar is on sale at the Library for just £10. It features the works from their recent Art Exhibition.

For Sale

The Primrose Hill Community Library's 2015 Fundraising Calendar is on sale at the Library for just £10. It features the works from their recent Art Exhibition.



Primrose Hill Poetry

My true love hath my heart and I have his.

Poetry can open up new, profound, exciting spaces in our lives. There are many ways to enjoy it, in solitary reading or communal sharing.

In Primrose Hill, among other literary events, we have several book groups which occasionally delve into poems. One of them chose poems to be read at their funerals recently!

You can enjoy Poem of the Month in the Community Library. Anyone can nominate a poem which is then pinned on the noticeboard in the adult section. And for those who would like to attend a Poetry Group there is one is held every Thursday morning at 11am.

Contact susan.sciama@gmail.com for details.

Here are two poems to mark St Valentine's Day. The first is by a member of the Poetry Group, written a few years ago, and revised recently.

By Susan Sciama

14 February

Although Valentine's Day may be
over-rated
Our time together should be celebrated.
Yet this year I haven't made a card for you
and
If I don't declare my love anew
You might misconstrue
Think me untrue.
But I'm 'poemed' out, my creativity
cupboard bare,
can't pull anything out of the air,
It seems unfair, that when I need to show
I care, I can't.
But I can
assure you that
I Love You.

Sue Greenhill

Just Exchange

My true love hath my heart and I have his,
By just exchange one for another geven:
I holde his deare, and mine he cannot misse,
There never was a better bargain driven.
My true love hath my heart and I have his.
My heart in me keeps him and me in one,
My heart in him his thoughts and
sences guides:
He loves my heart, for once it was his owne,
I cherish his because in me it bides.
My true love hath my heart, and I have his.

Sir Philip Sydney
from Astrophel and Stella

From the sixteenth century, with original spelling.



Illustration Sweet Baby: Vintage buttons in box lid behind glass
Artist - Sophia Langmead

KETURAH BROWN

Exclusive Designer Lingerie

85 Regent's Park Road London NW1 8UY

Own Range of Silk Lingerie*

Bras Briefs Camisoles Swimwear Nightwear Tights

An Expert on Your Doorstep

*Archived in The V&A

*British Fashion Industry Award Winner for Lingerie

Tel : 0207 586 0512

E-mail: keturahbrownltd@gmail.com



Market Place

Wining, Dining and Shop Listing

1 Prim Nail and Beauty
2 Erskine Road NW3 3AJ
020 7586 6366
joprim@hotmail.co.uk
9.30 – 18.00 Monday to Saturday
www.primuk.com

2 Press of Primrose Hill
3 Erskine Road NW3 3AJ
020 7449 0081
melanie@pressprimrosehill.co
9.30 – 18.00 Mon – Fri, 9.45 – 18.15 Sat, 11.30 – 18.00 Sun
www.pressprimrosehill.com

3 L'Absinthe Restaurant
40 Chalcot Road NW1 8LS
020 7483 4848
absinthe07@hotmail.co.uk
www.labsinthe.co.uk

4 Mercury Hardware Stores
43 Chalcot Road NW1 8LS
020 7722 51928.30 – 5.30 Mon – Fri *(closed for lunch 12.45 – 13.30)*, 9.30 – 17.00 Sat

5 Primrose Hill Framing Company
45 Chalcot Road, NW1 8LS
020 7586 4571
primrosehillframingco@gmail.com
9.30 – 13.00/14.00 – 17.30 Mon – Fri, 9.30 – 13.00 Sat

6 Zoe and Morgan *(jewellery)*
48 Chalcot Road, NW1 8LS
020 7586 7419
personalshopper@zoeandmorgan.com
11.00-18.00 Mon – Fri, 11.00 -17.00 Sat
www.ZOEANDMORGAN.com

7 Jack O'Shea
65 Regent's Park Road, NW1 8XD
020 7586 0570.
les@jackoshea.com
9.00 – 18.00 Tues – Sat,
10.00 – 17.00 Sun, closed Mon
www.jackoshea.com

8 Nicolas Wine Shop
67 Regent's Park Road, NW1 8XA
020 7722 8576
primrose@spiritedwines.com
10.00 – 21.00 Mon – Thurs,
10.00 – 22.00 Fri – Sat, 11.00 – 21.00 Sun
www.nicolas.co.uk

9 Pamela Shiffer
75 Regent's Park Road NW1 8UY
020 7483 4483
shop@pamelashiffer.com
10.00 – 18.00 Mon – Sat, 10.00 – 19.00 Thurs, 12.00 – 18.00 Sun
www.pamelashiffer.com

10 Keturah Brown
85 Regent's Park Road NW1 8UY
020 7586 0512
keturahbrownltd@gmail.com
10.30 – 18.00 Mon – Fri. 10.30 – 18.30 Thurs, 10.00 – 18.00 Sat, 13.00 – 18.00 Sun

11 Adam Simmonds
87 Regent's Park Road, NW1 8UY
020 7813 1234
info@adamsimmonds.co.uk
10.00 – 18.00 Mon – Sat,
10.00 – 19.00 Thursday
www.adamsimmonds.co.uk

12 Primrose Hill Pets
132 Regent's Park Road, NW1 8XL
020 7483 2023
gail@primrosehillpets.co.uk
9.30 – 18.30 Mon, 9.00 – 18.00 Tues -Sat, 11.00 – 17.00 Sun
www.primrosehillpets.co.uk

13 Primrose Hill Books
134 Regent's Park Road, NW1 8XL
020 7586 2022
shop@primrosehillbooks.com
9.30 – 18.00 Mon – Fri, 10.00 – 18.00 Sat, 11.00 – 18.00 Sun
www.primrosehillbooks.com

14 Ripe Kitchen
136 Regent's Park Road, NW1 8XL
07572 480 102
info@ripekitchen.co.uk
7.30 -18.00 Mon – Fri, 8.00 – 19.00 Sat, 8.30 – 19.00 Sun
www.ripekitchen.co.uk

15 Sweet Things
138 Regent's Park Road, NW1 8XL
020 7722 2107
enquiries@sweetthings.biz
8.00 – 17.30 Mon – Fri,
9.00 – 18.00 Sat & Sun
www.sweetthings.biz

16 Cachao Toy Café
140 & 142 Regent's Park Road, NW1 8XL. 020 7722 4998 *(Toys)*
020 7483 4422 *(Café)*
mail@cachaotoycafe.com
Café 8.30 – 18.00 Mon – Sun
Toys 10.00 – 18.00 Mon – Sun
www.cachaotoycafe.com

17 Clifton Interiors
168 Regent's Park Road, NW1 8XN
020 7586 5533
rosie@cliftoninteriors.com 9.00 – 18.00 Mon – Fri, Saturday by Appointment
www.cliftoninteriors.com

18 PH Factor
172 Regent's Park Road, NW1 8XN
020 7483 3639
info@phfactor.co.uk
10.00 – 18.00 Mon – Sat,
11.00 – 18.00 Sun

19 Gallery 196 *(orange door)*
196 Regent's Park Road, NW1 8XP
020 7722 0438
info@gallery196.com
10.00 – 18.00 Mon – Sat, Thurs late,
11.30 – 17.30 Sun
Open 7 days a week till Xmas -can open early or late by appt.
www.gallery196.com

20 Lisa Hauck Hair & Make-Up
148 Gloucester Avenue, NW1 8JA
020 7722 1043
info@lisahauck.com
10.00 – 19.00 Mon – Fri, 10.00 – 20.00 Thurs, 9.00 – 18.00 Sat, closed Sun
www.lisahauck.com

21 Sweet Pea
77 Gloucester Avenue, NW1 8LD
020 7449 9292
mail@sweetpeajewellery.com
10.00 – 18.00 Mon – Fri, 10.30 -17.00 Sat
www.sweetpeajewellery.com

22 La Petite Poissonnerie
75A Gloucester Avenue, NW1 8LD
020 7483 4435
lapetitepoissonneire@gmail.com
9.30 -19.30 Tues – Sat, 10.30 – 17.30 Sun
www.lapetite-poissonnerie.co.uk

23 Primrose Bakery
69 Gloucester Avenue, NW1 8LD
020 7483 4222
hello@primrose-bakery.co.uk
8.30 – 18.00 Mon – Sat, 9.30 – 18.00 Sun
www.primrose-bakery.co.uk

24 Ruth Kaye Design
67 Gloucester Avenue, NW1 8LD
020 7722 7227
team@ruthkayedesign.com
9.30 – 17.30 Mon – Sat
by Appointment only
www.ruthkayedesign.com

25 Cave Interiors
29 Princess Road, NW1 8JR
020 7722 9222
georgina@caveinteriors.com
9.30 – 17.30 Mon – Fri
www.caveinteriors.com

Market Place Map

Wining, Dining and Shopping Map



26 Melrose & Morgan
42 Gloucester Avenue, NW1 8JD
020 7722 0011
info@melroseandmorgan.com
8.00 – 19.00 Mon – Fri, 8.00 – 18.00
Sat, 9.00 – 17.00 Sun
www.melroseandmorgan.com

27 Odette's Restaurant
130 Regent's Park Road, NW1 8XL
020 7586 8569
info@odettesprimrosehill.com
12.00 – 14.30 Mon – Fri
18.00 – 22.00 Mon – Thurs
12.00 – 15.00 Sat
18.00 – 22.30 Fri & Sat,
12.00 – 22.00 Sun
www.odettesprimrosehill.com

28 Greenberry Café
101 Regent's Park Road, NW1 8UR
020 7483 3765
info@greenberrycafe.co.uk
9.00 – 22.00 Tues – Sat
9.00 – 16.00 Sun and Mon
www.greenberrycafe.co.uk

29 Anna
126 Regent's Park Road, NW1 8XL
020 7483 0411
anna@shopatanna.com
Mon - Sat 10.00 - 18.00
Sundays 12.00 – 18.00
www.shopatanna.com

30 The Lansdowne
90 Gloucester Avenue NW1 8HX
0207 483 0409
info@thelansdownepub.co.uk
www.the lansdownepub.co.uk
Mon -Sat 12.00 - 23.00
Sun 12.00 - 22.30

31 Whites
42 Chalcot Road, NW1 8LS
020 7586 5850
cait.whitesofprimrosehill@gmail.com
Mon – Sat 11.00 – 19.00,
Thurs 11 – 20.00
www.whitesofwhitecross.co.uk

32 Sew Much Fun
46 Chalcot Road, NW1 8LS
020 7722 9889
sewmuchfun@btinternet.com
Mon - Fri 11.00 – 18.00,
Sat 10.00 – 17.00
www.sewmuchfun.co.uk

33 Primrose Interiors
55 Regents Park Road, NW1 8XD
020 7586 6595
info@primrose-interiors.com
Sun – Fri 10.00 – 17.00
www.primrose-interiors.com

★ **Community Centre**
34 Dr Surgery
35 Library
36 Post Office

If you would like your business to appear on these pages please contact onthehillads@phca.cc

NATURAL HEALTH CAMDEN: offers a range of affordable Holistic Therapies in Camden Lock Market, above the Market Hall.
Please view our website: www.naturalhealthcamden.co.uk
Phone: 07946 228 110

Primrose Hill Wellbeing

February...Time to wake up and breathe!

February! Plants are showing signs of life and animals are waking up from hibernation. It is time for us too to get ready for spring.

Spending a little time breathing deeply helps keep all the body's systems at full capacity, reduces stress and improves self-awareness. An ideal complement to your Spring preparations!

The method: Find a quiet place and lie down with your knees bent and your feet flat, hip width apart and parallel ***(figure 1)***. There should be one long line from your tailbone to the crown of your head. Use a blanket to prevent your chin from sticking up (if you are pregnant or have difficulty lying on the floor you can do all of this while sitting in a chair).

Figure 1: In this position your spine can adopt its natural curves and fluid can be reabsorbed into the intervertebral discs, keeping your joints healthy.

Rest your hands on your lower belly and shut your eyes. Relax your jaw and release any tension in your shoulders.

Photography by
www.ianshawphotography.com

Breathe in through your nose. Feel the air flow into your chest and down your spine so that your belly rises into your hands. Exhale through your nose and be aware of your belly softening down towards the floor.

Keep going for 10 rounds, focusing on keeping your breath smooth and steady. You could try inhaling for three counts and exhaling for three counts.

When you have finished, carefully roll to one side and use your top hand to push you up. Stand or sit still for a few seconds before continuing with your day.

Doing this once or twice a day for a week should really increase your energy levels and enhance your overall wellbeing.



Fig. 1

You can play around with the position of your hands: for example, move them to the sides of your ribs or collarbone. When done in series this should deepen your breath even further.

We will be combining breathing practices like this with flowing standing, seated, balancing and twisting postures *(Figure 2)* in all Thursday **'Yoga for Everyone'** classes at the Community Centre this spring. Come along to prepare for a great summer 2015!

By Caroline Shaw
www.carolineshawyoga.com



Fig 2

Primrose Hill Letters

Please get in touch with your thoughts, news and views and send us a letter to onthehillletters@phca.cc

Dear Editor
On the Hill just goes from strength to strength. By the way there was a photo of me on the back page of the December issue. As usual I seem to be deep in prayer, with my eyes closed. The suggestion that I am praying is fast dismissed with the glass of wine in my hand.

Editor: *Thank you for your comments about On The Hill and we hope you enjoyed the party.*

William Gulliford

Dear On The Hill,
I read your recent article about Keith Thompson's flat with great interest. Am I correct in thinking this is the same flat which until recently displayed Kermit the frog in the window? Either way, I would love to know what happened to him as we miss seeing his cheerful face!

Editor: *Yes Pippa it was and you will be pleased to know that Kermit is alive and kicking. He's just retreated to a cosier place in Keith's flat. But keep an eye open!*

Pippa Clay

Dear On The Hill
There are many well known personalities who live in the area, so how about an obits column. Also hatches, matches and dispatches might be a possibility.

Editor: *Thank you for your suggestion Anne but we felt that these topics were well covered by other local papers and magazines. But never say never.*

Anne Van Schaik

Here are our email addresses:- If you would like to contact us, ask questions, make suggestions, give us feedback: onthehillinfo@phca.cc Or send us a letter for the letter page to: onthehillletters@phca.cc Alternatively, if you would like to book an advertisement or sponsor the publication here's how to get in touch: onthehillads@phca.cc To place an event into our What's On section email onthehillwhatson@phca.cc To get involved in the magazine email onthehillteam@phca.cc Twitter address: @onthehillinfo www.onthehill.info With thanks to all of our contributors and our editorial team: Dick Bird, Doro Marden, Phil Cowan, Sophie Smith, John Duggan, Jason Pittock, Mick Hudspeth, Belinda Duggan and Janet Reuben. Front cover photography: John Duggan. Hello photos: this issue - Nick Powell, Sarah Smith and thanks to Paul Watkins for the Hello photos in December's edition.

JOHN D WOOD & CO.



Alice Pratt, Harriet Stickland, Andrew Wright and Kate Martin

34">/40;%/=>/402-/%2$%0#/%

!"#$%&%""(%)%*"+%#,-%.//$%/-0,.12-#/(%2$%34254"-/%6211%7"4%"8/4%9:%;/,4-%,$(%,4/%.,-/(%2$%0#/%#/,40%"7%0#/%8211,</+%
'/%#,8/%,$%/=>/42/$?/(%0/,5%@"4A2$<%0"</0#/4%7"4%;"B%0"%>4"82(/%0#/%./-0%>"--2.1/%>4">/40;%,(82?/C%?"5.2$/(%
@20#%,%>4"7/--2"$,1C%>/4-"$,1%,$(%0#"4"B<#1;%4/12,.1/%-/482?/+%D#2-%2$?1B(/-%5,$;%2$E#"B-/%-/482?/-%(/-2<$/(%0"%0A/%
0#/%-04/--%,$(%-04,2$%"B0%"7%1/002$<%;"B4%#"5/C%@#2?#%2$?1B(/%,%*"4>"4,0/%F/482?/-%&/>,405/$0%@#"%12,2-/%(24/?0k%
with many blue-chip companies, full property management and renewals service, a dedicated Press Office and
complimentary Sales Service and Interior Consultants. If you thinking of letting a house or flat and would like a
A$"@1/(</,.1/%82/@%"7%0#/%5,4A/0C%"B4%1/002$<-%0/,5%,4/%#/4/%0"%#/1>+

PRIMROSE HILL

020 7586 9882

LOO%M/</$0N-%3,4A%M",(C
("$%K'L%PQK
>4254"-/#211RS"#$(@"'(+?"+BA
F,1/-%)%G/002$<-



11"B?/-0/4%J8/$B/C%K'L



M/</$0N-%3,4A%M",(C%K'L



11"B?/-0/4%J8/$B/C%K'L



*#,1?"0%*4/-?/$0C%K'L

“Hello” Primrose Hill

Take a look at who came along to ‘Local Lives’ with David Gentleman

David Gentleman







Roger Colman & Michael Wright





Cyril & Cynthia Cannon



Judy Hillman, Maureen Betts
David & Sue Gentleman



...and who was delivering goodwill.

Lila and Raffaela



Claire, Natalia, Evie, Daniel, Millie





Janisha, Anja, Mary



Anya, Sheila, Luca



Isaac



Jonathan, Ben and Pam