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ON THE HILL

News and information for Primrose Hill People

www.onthehill.info

ISSUE 24 | February 2017

In this issue: **Gift Guide to Christmas shopping in Primrose Hill. Primrose Hill Eats – Orange and Raisin Slice. Christmas Creativity: Wreaths and Zoe and Morgan jewellery.**





Photo by Sarah Louise Ramsay

Valentine's Day on Primrose Hill

In Medieval times Valentine's Day was thought of as the first glimmer of spring and the day birds start mating. Chaucer's poem 'Parliament of Fowls' contains the first reference to Valentine's Day as being a romantic occasion:

And in a launde, upon a hille of floures,
Was set this noble goddesse Nature;
Of braunches were hir halles and hir bourse,
Y-wrought after hir craft and hir mesure;
Ne ther nas foul that cometh of engendrure,
That they ne were prest in hir presence,
To take hir doom and yeve hir audience.
For this was on seynt Volantynys day
Whan every bryd comyth there to chese his make

If you happen to be out on the hill trying to spot mating birds, spare a thought for another Medieval Valentine saying, and do be careful what you find:

- ♥ If you see a bluebird you will marry a happy person
- ♥ If you see a goldfinch you will marry a rich person
- ♥ If you see a sparrow you will marry a poor person
- ♥ If you find a glove your future beloved will have the other one

Have a very happy bluebird-filled Valentine's Day.

NB: Spellings entirely the responsibility of Geoffrey Chaucer and not On The Hill – Ed.

Editors Letter



Photo by
Sarah Louise Ramsay

I once stumbled across St Valentine's bones by chance in a Dublin church when I wandered in for some peace and calm after a busy few days. It was a beautiful Carmelite church which did provide the necessary respite. Now we're all back and busy after the Christmas break it's good to know there are some hidden places to escape to, even if briefly, and Caroline Shaw has a few suggestions of where to find peace in Primrose Hill.

And now a little culture. How many of us knew that The Lady of Shalott was painted in Primrose Hill? The English painter John William Waterhouse lived in Primrose Hill when he painted it in 1888. The painting represents Alfred, Lord Tennyson's poem of the same name. Waterhouse lived in Primrose Hill for 16 years and Chris Payne recounts the life of our very own Pre-Raphaelite artist.

Also in this edition, lawyer Francis Katz talks about his art, family history, the fountain pens he buys and sells and his love of sailing. Plus Myra Newman, who was the children's librarian for many years, tells us what it's like to be a Camden Greeter.

We have lots of local News and Views for you, a guide to What's On, and handy tips and useful phone numbers in case you should lose or find a cat.

Primrose Hill Eats embraces Valentine's Day with a lobster risotto from My Primrose Hill Kitchen.

So you're all set for Valentine's Day. I recommend a long leisurely lunch of the above, followed by a romantic trip up the hill to watch the sunset.

See you all there.

Maggie Chambers

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This publication is created by the community and for the community of Primrose Hill on behalf of your local charity, the Primrose Hill Community Association (PHCA). We hope you enjoy it.

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

John William Waterhouse in Primrose Hill

by Chris Payne



Lady of Shalott by John William Waterhouse

How little life changes! I'm writing about a Primrose Hill resident who bravely tried for some European integration.

John William (JW) Waterhouse was born in Rome early in 1849 to parents who were artists. Rome was seen as the centre of culture so it was no surprise his father, William Waterhouse, originally from West Yorkshire, arrived there. Rome boasted light that artists loved, and teemed with sights that begged to be put on canvas, but also held the dangers of high temperatures, illness and robbery.

The boy John was given the nickname 'Nino', short for Giovannino (little John), and it was characteristic of him that he kept it throughout his life.

Although William made a living painting portraits, Nino's early childhood cannot have been easy. Only two years before Nino's birth, William's first wife and two young sons had died there. William married his second wife, Isabella, in 1848. Nino was born around the time of the siege of Rome by the French, and during his early months the family fled to the hills.

For his first two years, Nino's mother employed a local woman to care for him. It's likely he grew up speaking Italian.

The family – by now five – returned to London in 1854, but three years later, when Nino was eight, Isabella died of TB. A further three years passed and William married again, into an aristocratic family. This advancement led to Nino being sent back to West Yorkshire for school, and opened the doors to his progress as an artist on his return to London.

The canal had come to these parts in 1820, and then the railway. London Zoo opened in 1828. The web of streets that make Primrose Hill were built in the following years. Due to the soot from the nearby railway, Primrose Hill wasn't as grand as the plans made it look. There were not only the railway workers, but a number of workshops and artisans in the mews.

Only a couple of miles away, London's theatres dazzled and stars such as Ellen Terry and Sarah Bernhardt were embraced by the public in a similar way to reality TV stars nowadays. Although Charles Dickens had been dead some years, his tales were still influential, and Oscar Wilde began making his name during the 1880s. The dramas of the theatre and society's unconsciously-held assumptions about women, sex and spirituality show through in some of the stories Waterhouse tells in paint.

In 1878, Nino bought the lease of number 3, Primrose Hill Studios for his work. They were a group of artists' studios begun in 1877, still standing off Fitzroy Road. If it is possible to imagine Primrose Hill being even quieter than it is now, we can be sure that Nino often heard the exotic cries of the animals and birds in the zoo.

Around 1877, Nino travelled to Italy again. Having watched his father with clients, he had a way of engaging his own clients with an eclectic choice of subjects. He began presenting work for the Summer Exhibition at the Royal Academy, which saw itself as guardian of English art. At the same time, he put work forward to the growing number



John William Waterhouse

of private galleries which were open to other European ideas.

The late Victorian era was a time of great cultural change, as is ours. The demands of the Industrial Revolution and the power of the Empire scared people, as well as offering huge new opportunities. The Royal Academy maintained a strong preference for British style and teaching.

In the biography of J. W. Waterhouse (Phaidon, 2002), art historian Peter Trippi writes that 'the issue of national identity was of great moment in the 1880s art press, uneasily holding in check the competing forces of cosmopolitanism'. Trippi adds, 'For most Britons, "French" carried connotations of instability, military weakness, immorality and a pursuit of the ugly.'

He was influenced in style and subject matter by the Orientalist tradition, the English Pre-Raphaelites, as well as French painting, including Impressionism. 'Impressionism' was a term, like 'Brexit', usually inflammatory and with many definitions. His works



Plaque outside Primrose Hill Studios

sometimes included a pale woman as victim or villain (surely a reference to his mother wasting away). I think it's more important to recognise that they show how he always wanted to experiment and learn and use different ways of telling stories with paint.

The Lady of Shalott was the work that Waterhouse put forward for the RA Summer Exhibition in 1888. His subject is taken from Tennyson's poem, which repeated an English folk-story. However, Waterhouse's style of painting could be seen as thoroughly French, worked with several layers of paint in places. The Academy showed their approval by giving it pride of place on a staircase at Burlington House.

Waterhouse married artist Esther Kenworthy in 1884, and they rented at addresses in our area. From 1888 they had one storey of 22 Regent's Park Rd; in 1891 they moved to a smaller apartment at 44 Chalcot Crescent; and from 1894 to 1900 they were at 36 Chalcot Crescent. They used a larger studio, 6 Primrose Hill Studios, between 1887 and 1900. By then, Waterhouse was fifty and had made his name. They moved to 10 Hall Rd in St John's Wood.

Waterhouse died in 1917 at a time when the Great War had changed art fundamentally. Due to the war, his death was hardly noticed nationally and his work completely lost its prestige and value. Esther had to sell 10 Hall Rd and moved out of London. She died in 1944, and they are both buried at Kensal Green.

Sale prices chart Waterhouse's reputation: in 1942 his painting of Lamia went to auction unrecognised and sold for 32 guineas; by 2000, Waterhouse was fashionable again and St Cecilia sold for £6,600,000. They are both completely magical.

Goldschmit

Places to find peace in Primrose Hill

by Caroline Shaw



St. Mark's Church. Photo by Ian Shaw

The outdoors beckons

A light breeze on your face, the sound of birds proclaiming their territory, the smell of fresh rain in the air….

Even if the reality is that it is chilly and drizzling, we all know that time spent outside makes us feel better.

In fact, there is now scientific proof that being outside in 'nature' shifts the brain towards a calmer and more restorative state.

Being quiet is good for you!

On top of this, many of us find quiet focused activity, such as drawing, gardening, meditating, or simply admiring the view, to be equally restorative.

Indeed, there is an increasing body of research showing that mindful activity and meditation actually change the structure of the brain to reduce anxiety, improve concentration and encourage positive thinking.

So there are considerable benefits to spending time in the open air with no other agenda other than to stay present and enjoy your surroundings.

Places to find peace

As we all know, London life tends to be full and a little frantic and time away from work or other chores is precious. Thankfully, Primrose Hill and its surrounds offers plenty of places for a peaceful stroll, a few moments for reflection, or just to sit, breathe and be.

Here are a few relatively secluded, but safe, suggestions for where to wander when feeling the need for some calm and space. I am sure many readers have their own.

St Mark's Church garden

With its paradise of flowers in spring and summer and a patchwork of perennials all year round, the garden surrounding St Mark's is a wonderful place to spend a few moments alone. An enticing little path weaves its way from the lawn to the canalside with wooden benches from which to enjoy the rainbow-coloured canal boats gliding past.

Should the weather turn wet and windy you can retreat to the impressive interior, and if you get distracted there is a café serving a variety of appetising drinks and snacks at the weekends.

Outside Primrose Hill Community Centre

Have you ever noticed that the hall where you go to vote, or to your weekly yoga or art class, is set in its own little leafy courtyard away from the (relative!) busy-ness of Fitzroy Road? So next time why not stop a while on one of the convenient wooden benches and enjoy some time for reflection or reading?

If the chattering of children at the nursery or the chink of glasses at the Sunday drinks disturbs your thoughts, why not go inside and take a look at the array of classes, talks and events listed in the foyer?

St George's Terrace garden

This small edible garden is tucked away next to a little patch of woodland that sneaks its way up the side of St George's Terrace. Enter at the top of the terrace through a secret wrought-iron gate and wander into a tiny copse, patiently waiting to burst into bud.

Yes, there is a constant hum of traffic, but see if you can let this blend into the background as you admire the gooseberry, blackcurrant and raspberry bushes, and creating clarity in the mind. All before a nourishing relaxation and healthy treats.



Primrose Hill Community Centre. Photo by Richard Barraclough



St. George's Garden Terrace. Photo by Richard Barraclough



St. John's Lodge Gardens. Photo by Richard Barraclough

St John's Lodge gardens
(in Regent's Park ... a little further afield)

St John's Lodge gardens are included here as they are a must for anyone with a little more time and in need of greater solitude and serenity.

The gardens were designed by Robert Weir Shultz in 1889 to be 'fit for meditation', their circular structure ornamented with sculpture and stonework providing a calm central London oasis.

While St John's Lodge itself is a private residence, you can find the gardens through a small gate along the Inner Circle, near the park office.

Find you own!

I am sure readers have their own spaces and places to suggest! Of course both Chalcot Square and the Hill itself offer excellent, though more popular, places for peace.

So as the daylight lengthens, and the spring flowers wake up from their winter sleep, it is time to make the very most of the beautiful area in which we are so fortunate to live.

Caroline Shaw

Caroline teaches a weekly flowing yoga class at PHCC every Thursday at 5.30pm. All welcome!

She is also teaching a special yoga workshop, 'Making Space for Spring!' at PHCC on Sunday 2 April.

This flowing yoga practice will create space throughout the whole body by releasing the spine, opening the shoulders, freeing up the hips, expanding the breath

The workshop costs £26. See www.carolineshawyoga.com or contact carolineshawyoga@gmail.com for information.

Primrose Hill People
Francis Katz



by The Mole on the Hill

There's this geezer comes on the Hill and paints pictures. Don't see the point meself, especially since he always has a camera with him. And they tell me he collects fountain pens. I ask you! Look, I know moles are not known for being up-to-date and having the latest gadgets, but even we've heard of Biros. And then, would you believe, he actually leaves terra firma and goes sailing, on a boat with a small engine. But then they tell me he's a solicitor, so what can you expect?

Nearly everybody in Primrose Hill knows 58-year-old Francis Katz. They'll have seen him on his stall with his pictures at the summer fairs. They'll have bid for the pictures he donates to the auction. They'll have seen his art van parked on the street. They'll have his pictures hanging in their homes. They'll have given his pictures as presents. However, Francis is also a property lawyer, and has been ever since he completed a law degree at Manchester University and was articled and started in practice. That was in 1981, the year he married Leone. They met in Israel in February and were married by June, and now have two sons, Robert (29) and Elliott (26).

"In 1991 I started up my own legal firm in the West End, and four years ago I moved my office to Primrose Hill and set up Chalcots Property Law. Virtually all the clients from the original company where I did my articles came with me and are still with me. I specialise in commercial property and the drafting of complex contracts, but also handle residential conveyancing. Until about five years ago you had to practise in the West End, but now with electronic files and electronic communications you can be anywhere. I live in Primrose Hill, and my office is now a short walk away in England's Lane. I am passionate about the area, and like to help out with community matters on a pro bono basis whenever I can, most recently with the Library lease, and currently the Community Centre lease."

Francis is the son of Jewish immigrants. Both his parents came from Vienna and met in London. "My father was born in 1906 and would have been in his thirties when he was forced to escape from the Nazis after being detained by them – for the 'crime' of being a successful businessman! He did not like to talk about the war, but I know that a distant family member helped him to escape over the border at Sarajevo, from where he arrived in England. He had built up a women's fashion business in Vienna, and was forced to leave everything behind. He built it up again in London, having a showroom at 100 Oxford Street and a factory around the corner in Rathbone Place.

"My mother and her sister were in Vienna on Kristallnacht (November 1938) when they were young girls, and experienced it first hand. Soon after, they were brought to London on the Kindertransport. My mother lives nearby in North London, and still leads an active life. She will not permit me to reveal her age!"

The family lived in Hampstead Garden Suburb. Francis went to a local preparatory school and then to Clifton College in Bristol, which had a Jewish House. There are no horror stories of boarding school despair. Francis "had a great time there" and made good friends he still sees today.

Not many people know that Francis is also the author of The Adventures of Wild Will from Primrose Hill, a children's book he illustrated with stick figures drawn with pen and Indian ink. The characters were identified by their outlandish hair and hats and strange names. The book was never published, but was the start of Francis Katz, the artist.

"That book made me want to learn how to draw properly. I went to a drawing class at Quintin Kynaston, but only lasted one term. I hated it. It was all in black and white. I wanted to use colour, so I went out and bought myself a watercolour box and taught myself to paint. From the moment I picked up that watercolour box, I knew that I needed to work in colour. I needed it to see things clearly. I am self-taught but have studied at the City Lit and Hampstead School of Art. For ten years I only painted in watercolour. It forced me to be instinctive and intuitive. You have to work fast. If you over-work the paint it dries, looks dull and the paper disintegrates. The beauty of watercolour is its transparency, the way the light comes through. If I had started off working with oils and acrylics I would have wrecked every painting by endlessly working over it. Watercolour forced me to work intuitively to catch the spirit and feeling of the place and the moment. I am mainly a landscape painter, and generally work 'on site' in watercolour and then use those watercolour studies as the reference for larger oils and acrylics on canvas, often multi-panel landscapes. I love working in different media, as each medium makes me see things with a different perspective. Currently, in addition to painting, I am working on photographic collage, photosketches – my own invention which combine photography and drawing, fine art photography and

IPad drawings and paintings."

Francis now has a studio in his house, next to a small office; so even when not painting he constantly passes by what he is working on, so that subconsciously his imagination is working out what he will do next. His studio has a view from the top of Primrose Hill over the panorama of London, and he is currently working on a series of paintings that take in the cranes, chimneys and buildings looking east towards the City.

Even before Francis started painting, his other passion was sailing. Leone's family have a flat in Antibes and her father had a small sailing dinghy, which is where he started to learn the art and skill of sailing. "After some years sailing windsurfs, lasers and small catamarans, we bought a small boat. I learnt the ropes on that boat. It was a great learning curve, but I soon found out that it was not seaworthy in more than 25 knots of wind. In the Med you get either very little wind or storm force winds like the Mistral with a blue sky; so after a few years we upgraded to a 31-footer and then to our current boat, a 44.7 Beneteau First that we have had now for twelve years and will never be changing. It is a racer cruiser, sails very well, is fast and has a very deep keel so it is very safe. I was guided in my choice by a French sailor, Etienne Grenapin. He taught me everything I know. I did all the required courses, but Etienne taught me real sailing. We would go away every year for ten days, often sailing day and night, and that was how I got my experience. I later found out that Etienne used to skipper Morning Cloud for Ted Heath."

Francis and Leone sail whenever they can, and always crew the boat themselves. It is moored near Antibes, but they rarely stay there. They sail to Corsica, the Balearics, Marseille, Naples and its islands, living on the boat and sleeping on anchor. They also charter a boat every Christmas to sail in the British Virgin Islands.

There is one other activity that takes up his time: buying and selling fountain pens.

"I have always been interested in pens and stationery, and decided to explore internet trading, using good photography to showcase the pens, many of which are really works of art. I decided to set myself in the market between Penfriend in the Burlington Arcade and EBay. I buy and sell mainly limited edition and out of production pens from the 1950s onwards. I particularly like rare pens that have a story, like the Parker pens made in tiny numbers for Treaty signings in the US. Through the pens, I have made many new friends and met many interesting people from all walks of life in both the UK and US: that's where they have huge pen shows, the largest being in Washington in August."

What with the day job, the painting and the sailing, it is obvious that Francis uses every minute of the day and probably most of the night being busy.

The Mole on the Hill

What's On

Dates for your February Diary

FEBRUARY

WEDNESDAY 1

Micro-Brewery
Hear how Steve Reynolds and Roddy Monroe started a micro-brewery in the crypt of St Mary's. PHCC. 2pm. Free.

TUESDAY 7

Film Show at the Library
Of Gods and Men (2011), Grand Prix Winner, Cannes 2010, starring Lambert Wilson, Michael Lonsdale and Olivier Rabourdin, directed by Xavier Beauvois, with subtitles. Introduction by William Gulliford, vicar of St Mark's. 7.30pm, £8, cash only, including a glass of wine, in advance at PHCL or on the door.

WEDNESDAY 8

What is Homeopathy?
Sarah Miles explains. PHCC. 2pm. Free.

THURSDAY 9

Meditation Yoga / Meditation Yoga with Ellen Emmet
PHCL. 6.30-8pm. Free. For info, contact: ellenemmet@outlook.com

SATURDAY 11

Open Mic at the Library
Perform or listen. PHCL. 5.30-7.30pm. Free. For info, contact: 020 7419 6599.

Valentine's tea dance for over 60s.
Live music, refreshments, raffle. Haverstock School. 3-5pm. £2 admission. Tel. Nikki 020 7424 8366 to book.

TUESDAY 14

Evening Talk: History of the Royal Mail
Duncan Campbell-Smith on the History of the Royal Mail. PHCC. 7pm for 7.30pm. £4 incl a glass of wine.

WEDNESDAY 15

A Life in Dance
Cecilia Abdeen performed in churches, parks and theatres after dance training in the 1960s. (Rescheduled from last year.) PHCC. 2pm. Free.

WEDNESDAY 22

Film showing: The Danish Girl
A marriage, art and a transgender journey loosely inspired by the lives of two Danish artists. PHCC. 2pm. Free.

THURSDAY 24

Library Book Club
Check www.phcl.org for this month's book. PHCL. 6.45-8.30pm. Free. For info, contact: events@phcl.org

REGULAR EVENTS FOR THE GROWING

MONDAY

Circus Glory
Trapeze for age 3-12 years. PHCC. 3pm-6.30pm. Contact: gmonastesse@googlemail.com

Rhyme Time
Rhyme Time for under 5s. PHCL. 10.30-11.15am. Suggested £2 donation. For info, contact: 020 7419 6599.

Homework Club
Do your homework in the library with a qualified teacher. PHCL. 4-6pm. Free. For info, contact: 020 7419 6599.

TUESDAY

Children's Yoga
Fun and nourishing yoga classes for children aged 7-11. PHCL. Term time 4.30-5.15pm. £8 drop-in; £35 for 5 classes. For info, contact: info@tarasabiyoga.com

Monkey Music
Music and play for under 5s. PHCC. 9.30-11.30am. Classes £11.

Baby Sensory
PHCC. 1.30-5.15pm.

Music and Rhyme Time for Under 4s
Drop-in sessions. PHCC. 4.30-5pm. £1.

Little Musketeers
Fencing classes for aged 5-11. PHCC. Contact david@littlemusketeers.com

WEDNESDAY

Primrose Hill Children's Choir
Fun, songs and games for ages 4-11. St Mary's Church, NW3. 4-5pm. 1st time free, then £8 per week. www.primrosehillchoirs.com

All-ages Chess Club
Join us for a game of chess. PHCL. 630pm. Free. For info, contact: a.bruce@pardes-grammar.co.uk (07830 107 477)

Circus Glory
Trapeze for ages 3-12. PHCC. 2.30-6.30pm. Contact: gmonastesse@googlemail.com

THURSDAY

Drop-in for Under 4s
Drop in and take part in a variety of activities. PHCC. 11.15am-1pm. £2.50 to include snack, tea, coffee and biscuits for mums.

Catherine's Ballet, Chalk Farm School of Dance for Under 5s
Ballet classes at PHCC. 4-5pm. www.chalkfarmschoolofdance.co.uk
info@chalkfarmschoolofdance.co.uk

Music and Rhyme Time for Under 4s
Drop-in at PHCC. 4.30-5pm. £1.

Mini Mozart
Musical story time for children. PHCL. 9.30am. For info, contact: hello@minimozart.com

Mini Mozart
For babies. Musical story time. PHCL. 10.15am. For info, contact: hello@minimozart.com

Mothers and Babies Pilates
Pilates for mothers and babies. PHCL. For info, contact: jessica.twist@gmail.com

Baby Yoga
Nourishing, relaxing and fun yoga classes for babies aged 3 months to crawling. PHCL. Term time 1.45-2.45pm. £8 drop-in; £35 for 5 classes. info@tarasabiyoga.com

First Class Learning
English and Maths tuition. PHCL. 3.30-6.30pm. For info, contact: primrosehill@firstclasslearning.co.uk

FRIDAY

Mothers' Mornings
Meet other mothers while your children play. PHCL. 10.30-11.30am. Free. For info, contact: 020 7419 6599.

Circus Glory
Trapeze for ages 3-12. PHCC. 2.30-6.30pm. Contact: gmonastesse@googlemail.com

Funky Dance Classes
Ages 4-16. PHCC. 4-7.15pm. Contact: Juliet 0797 1916174. www.pittapattadance.co.uk Juliet@pittapattadance.co.uk

SUNDAY

Perform
Drama, dance and singing for ages 4-7. PHCC. 9.30am-1pm. Contact: 020 7209 3805.

REGULAR EVENTS FOR THE GROWN

MONDAY

Neighbourhood Information Centre
Drop-in advice centre. PHCL. 2-4pm. Free. For info, contact: 020 7419 6599.

Bridge Class
Join us in the library for a game of bridge. PHCL. 6.30pm. For info, contact: jojarrold@gmail.com

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

Circus Glory: Trapeze for Adults
All levels welcome. PHCC. 1.30-2.45pm. Contact: gmonastesse@googlemail.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 Community Choir.
One of London's most sociable choirs. All ages and abilities welcome. PHCC. 7.30-9.30pm. £6 per session. www.primrosehillchoirs.com

TUESDAY

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

Hatha Yoga
PHCC. 1.30-2.30pm. Drop-in £11; 5 classes £50; 10 classes £90. Contact: emma.lecoeur@gmail.com

General Yoga
PHCC. 6.30-8pm. Contact: cat.b1@blueyonder.co.uk

Laban Movement Workshop
For those interested in practising and exploring Rudolf Laban's scales and efforts. PHCC. 12-1pm. £10. Contact: jennyfrankel.laban@gmail.com, 07970 536643.

Pilates
Dynamic pilates classes. PHCL. 9am and 10.15am. Gentle pilates class. PHCL. 11.30am. £12 per class, £100 for 10 classes. For info, contact: lizacawthorn@gmail.com

ESOL Class
Learn English at the Library. PHCL. 12-1.30pm. Free. For info, contact: mclairebennett@gmail.com

WEDNESDAY

Circus Glory: Trapeze for Adults
All levels welcome. PHCC. 1.15-2.15pm. Contact: gmonastesse@googlemail.com

Lunch Club for the Over 50s
Freshly cooked, hearty meals every Weds and Fri at Jacqueline House, Oldfield Estate. 12.30pm. £4 for two courses. Contact: PHCC 020 7586 8327.

Feldenkrais
Gentle movement using the Feldenkrais method. PHCC. 6-7pm. Free.

All-ages Chess Club
Join us for a game of chess. PHCL. 6:30pm. Free. For info, contact: a.bruce@pardes-grammar.co.uk (07830 107477)

THURSDAY

Yoga
Yoga with Arjeta Whitehouse. PHCL. 9.30-10.30am. £10 drop-in; £36 for 4 classes. For info, contact: arjeta.whitehouse@gmail.com

Gentle but Effective Pilates
Gentle pilates class. PHCL. 12.30-1.30pm. £10 per session. For info, contact: annie@mactherapy.org

Introduction to Memoir Writing
6-week course, beginning 16 Feb. PHCL. 7-9pm. £200. For info, contact: info@magpiewriting.co.uk

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

"I'VE NEVER KEPT SECRETS FROM YOU," HE SAID. THAT'S WHEN I KNEW HE WAS LYING.

INTRODUCTION TO MEMOIR WRITING
16 FEB - 23 MAR 2017

6 sessions, £200
Thursday evenings, 7 - 9pm
Primrose Hill Community Library, Sharples Hall Street
London, NW1 8YN
www.magpiewriting.co.uk
email: info@magpiewriting.co.uk

Magpie Writing

Primrose Hill Yoga
Strengthen, stretch, relax and re-energise. PHCC. 5.30-6.30pm. £11 drop-in; £38 for series; student and unemployed discount available. Contact: carolineshawyoga@gmail.com

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

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

FRIDAY

Aerial Pilates
PHCC. 9.45-11.15am.

Lunch Club for Over 50s
Freshly cooked, hearty meals every Weds and Fri at Jacqueline House, Oldfield Estate. 12.30pm. £4 for two courses. Contact: PHCC 020 7586 8327.

Circus Glory: Trapeze for Adults
All levels welcome. PHCC. 1.30-2.45pm. Contact: gmonastesse@googlemail.com

Thunderclap – varied dance themes
PHCC. 7.30-9.30pm. Free, just drop in.

Mothers' Mornings
Meet other mothers while your children play. PHCL. 10-11.30am. Free. For info, contact: 020 7419 6599.

SATURDAY

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

SUNDAY

Hopkinson's Bar
Meet for a drink with your neighbours. All welcome. PHCC. 12-2pm.

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
Sharpleshall Street,
NW1 8YN
Contact:
events@phcl.org
020 74196599

Please submit entries for our
March edition by Wednesday
21 December
onthehillwhatson@phca.cc



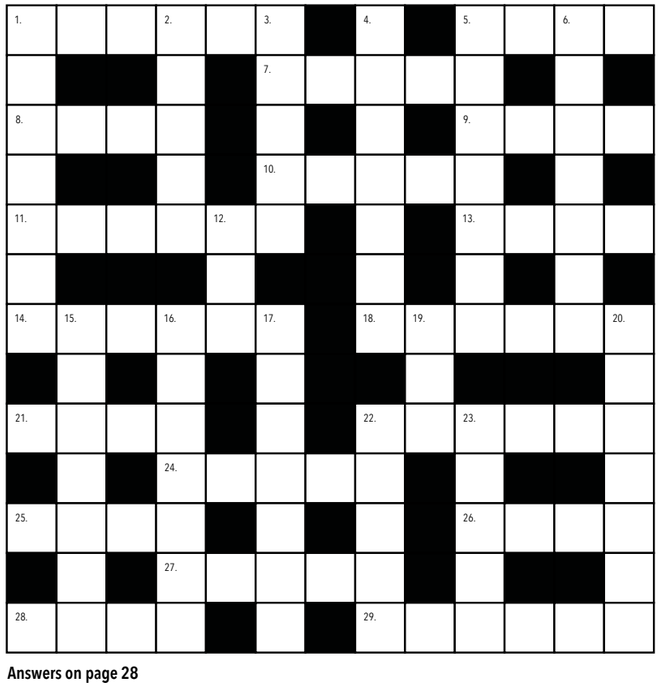
If you book yourself a special treat for Valentine's Day, you could make a valuable contribution to the community at the same time. St Mary's Church will be holding a Valentine's Ball with all proceeds from ticket sales going to the outreach projects in the church.

The event is the inspiration of Lorna Bladen, who recently moved to Primrose Hill. Lorna founded Luna Events in 2016, which assists brands with their marketing and events, and she will be launching Luna Life, a charitable side project, in the near future. Recently Lorna raised £800 for the church as part of their Advent Sleepout Challenge, and was so inspired by their work that she decided to take her contribution one step further and create a special fundraiser event.

The evening will include a drinks reception, live DJ and magical surprises. All the money raised will go to community outreach projects to improve people's mental well-being.

Use the promotion code ONTHEHILL to buy your ticket for £20, rather than £25, at believeinmagicvalentineparty.eventbrite.co.uk

Crossword



ACROSS

1. Russian slang (6)
5. Wrestler (4)
7, 14. Not a house but a school (5,6)
8. Asian language (4)
9. A Park shop (4)
10. Source of salts and races (5)
11. Canal sportsman (6)
13. Grand car chase (4)
14. See 7.
18. Breakwater (6)
21. Wading bird (4)
22. See 3 down
24, 27. Folksong collector's house (5,5)
25. Skirt for ballet (4)
26. Veni, vidi,.....? (4)
27. See 24.
28. Back side street (4)
29. Primrose season (6)

DOWN

1. Nonsense (7)
2. Head (5)
3,22 across Close friends in Regents Park (5,6)
4. Coming up (7)
5. Wash at hairdressers (7)
6. Tax to chill P. Hill (7)
12. Before or after the chicken? (3)
15. Bounce back (7)
16. Converse (7)
17. Of a time (7)
19. Return on investment (3)
20. Time for primrose? (7)
22. Applauds (5)
23. 4-legged wanderer? (5)

Answers on page 28

Cats Lost and Found

By Jane Birtin



There has been a spate of missing cats in our area, so here is a round-up of what to do if you find a cat that looks lost; how to adopt a homeless cat; and what support is available to help care for your pet if you're on benefits.

What to do if you find a cat that looks lost

The first advice is not to feed a cat that looks lost. Although you might think it's a kind thing to do, you may actually trigger nasty bouts of diarrhoea, or even diabetes through overfeeding (if the cat is already having regular meals at home). It upsets cats' stomachs to have a sudden change of diet, and some cats have medical issues which mean they can only eat special veterinary food. One cat owner says, "After all, you wouldn't feed someone else's child without permission."

Secondly, contact a vet:

The vet will not charge to scan the cat for a possible microchip to locate the owner.

Take a photo and post it on www.petslocated.com, which is an excellent free site used by RSPCA, who match lost and found animals.

RSPCA have their own 'Lost and Found Contact List', which you can access along with further advice and resources on www.rspca.org.uk/adviceandwelfare/pets/cats/straycats

Village Vets
Gloucester Avenue
020 7586 8806

Beaumont Sainsbury Animal
Hospital RVC,
Royal College St
020 7387 8134

Medivet Hendon
24-hour vet
020 8202 6344

Village Vet, Belsize
24-hour vet
020 7794 4948

How to adopt a homeless cat

There are many cats without homes that really need someone to take care of them. Here is a list of good adoption centres:

Battersea Dogs & Cats Home
Register with the centre, and they will support you in your search for a match. Their fees are excellent value: the cat rehoming fee of £75 (£85 for a kitten) covers microchipping, initial vaccinations, flea and worming treatment, neutering, an identification tag, starter pack of food, advice and special offers, and four weeks' free Petplan insurance.

If you are a customer of Metro Bank, they will help support you with a refund of up to £65 on your cat rehoming fee. Just present Metro Bank with your rehoming receipt from Battersea, and they will refund the money into your Metro Bank account.

tel. 0843 509 4444
email rehoming@battersea.org.uk

Cats Protection, in Archway
Tel. 020 7272 6048; helpline tel. 03000 121212, calls charged at standard rate
www.northlondon.cats.org.uk

How to get help with paying for veterinary services

There are several sources of help available for pet-owners on benefits and with disabilities who need to access veterinary services.

Beaumont Sainsbury Animal Hospital
RVC, Royal College St

They have lower than usual consultation fees (£36.50), and offer neutering. They offer those on benefits (not tax credits), and those who receive disability allowance, a 10% discount on the consultation fee and some other services. Unfortunately, the benefit discount is not applied to medication, laboratory fees, waiting room products, passports and referral services.

Tel. 020 7387 8134; www.rvc.ac.uk

PDSA
This large animal charity provides help with veterinary services to owners on certain benefits, and they have much helpful information on their website.

Tel. 0800 731 2502, or call Hendon PDSA Pet Hospital directly on 020 8203 2090; www.pdsa.org.uk

Mayhew Animal Home
They rehome cats and dogs, and provide low-cost neutering, vaccinations, microchipping, flea and worming treatments at their clinic in Kensal Green. They have various community outreach projects to support vulnerable animal owners on benefits, the elderly, the homeless or those with mobility issues:

Pick and Snip is a collection service for animals that need to be neutered.

The Pet Refuge programme provides support and foster care for pet-owners facing a personal crisis and with no options of help for care with their pet.

TheraPaws is a pet therapy programme through which volunteers help animals in various care settings.

Tel. 020 8962 8000;
www.themayhew.org

Blue Cross
Existing pet-owners on certain means-tested benefits may be eligible for Blue Cross veterinary services. The nearest service to NW1 is their weekly mobile clinic which comes to Islington Green every Thursday. It is a drop-in service offering advice and basic treatment. If further treatment is needed, pets are referred to the animal hospital in Victoria. Pet-owners need to make their own transport arrangements if necessary. To see a vet at the mobile clinic, pet-owners must bring a form of photo ID and proof of benefits.

Tel. 0300 790 9903;
www.bluecross.org.uk

Myra Newman

As told to Doro Marden



Photo by Jun Terra

MYRA NEWMAN has lots of passions: she was a children's librarian for 32 years, she is a great fan of illustrator Arthur Rackham (who worked at Primrose Hill Studios and has a 150-year anniversary next year) and she is fervent about the digital divide: getting older people online. We met at the Pembroke to talk about her voluntary activity of being a 'Camden Greeter'.

"I've always liked walking, and meeting people from other countries. My earliest memories are of listening to people singing in foreign languages: my father was a singing teacher, a maestro di bel canto, and his pupils would bring me dolls in national dress.

"I jumped at the opportunity to be a 'Greeter', part of a global organisation which gives me the chance to tailor walks for them in Primrose Hill. About once a week I meet and greet visitors at Chalk Farm tube station. We start in the Pembroke, to look at the prints on their walls; there is a wonderful print of Primrose Hill when it was farmland with sheep (a modern version done by David Holmes is on the cover of Primrose Hill Remembered, the book of reminiscences of which I am one of the compilers).

"At my London Greeter induction, I was told that visitors will remember me and the people they meet, rather than any history or buildings, so we stop to chat when I see a familiar face. As we stroll along, I tell them about the campaigns and causes we have taken up: from closing the bridge to traffic, to saving the Library, and now HS2. We step into Mary's Living and Giving, as it so English, and we talk about Save the Children.

"As we pass by Berkley Road, I mention the Food Bank in the church, and learn that other countries have something similar. Then there is Chalcot Square and the delicate curve of the Crescent, with all its different coloured houses. The filming of Paddington Bear excites them, as does the memory of filming Disney's 101 Dalmations in 1961 on top of the Hill. An Italian visitor said at this point that he could finally embrace London!

"Wearing my Primrose Hill Neighbours hat, we are always made welcome by the residents at Oldfield Sheltered Housing, and there are some happy coincidences: one Japanese lady met James Nelson, who presented his book about homelessness in the 1970s translated into Japanese! Another time a Croatian lady met a resident from Bosnia. An eye-catching image of Primrose Hill by Filipino photographer Jun Terra took pride of place in the publicity for my International Greeter Day tour of the area.

"Showing people round and sharing stories makes me appreciate how fortunate we are. I'm happiest when visitors say that they never knew about Primrose Hill, and share my hope that it will never change."

Primrose Hill Eats

Lobster Rissotto



A luxurious but effortless recipe from My Primrose Hill Kitchen that is sure to impress your Valentine on 14 February. Add sparkle with one of our special wine pairings from the staff at Nicolas. Serves 2

Ingredients

- 1 lobster, thawed if frozen
- 1 tbsp olive oil
- 2 shallots, finely chopped
- 200g risotto rice
- Pinch of saffron
- 450ml rich fish stock
- 2 garlic cloves, minced
- 1 bunch of parsley, finely chopped
- 60ml rosé wine
- Lemon wedges to serve (optional)
- Salt and pepper to taste

Method

Preheat the oven to 200°C.

In an ovenproof pan (one with a lid) heat the olive oil and gently sauté the shallots, garlic and saffron.

Cut the lobster in half with a big knife and remove the meat from the shell. Use the back of a knife to crack open the claw shells and remove the meat (keeping it whole, if possible). Reserve the claw meat.

Chop the rest of the lobster meat and add to the pan with the rice, stock and wine.

Put the lid on the pan and bake in the oven for 30 minutes, adding the claw meat for the last 5 minutes.

Season to taste. Divide the risotto between two plates and garnish with the claw meat, parsley and a squeeze of lemon.

Wine Pairings

Ruggeri Valdobbiadene Prosecco Superiore (£15.50): white flowers on the nose with bread/yeasty notes.

Le Masier Muscadet Sèvre et Main Sur Lie (£14.40): pear and peach on the nose; creamy with some acidity to complement the lobster.

Miraval Cotes de Provence (£22.80): a full-bodied rosé from the estate of Brad Pitt and Angelina Jolie. (Especially for Valentine cynics!). Strawberry, raspberry and melon notes; perfect with seafood.

Nicolas (see Market Place for details).

PH News & Views

Sylvia Jones

Since October 2010, Sylvia Jones worked for PHCA as cook at the Lunch Club held at Jacqueline House every Wednesday and Friday. She always had a smile and a kind word for the residents and volunteers and was a joy to be with. Her kindness and cooking were legendary and she always ensured that the volunteers were well fed and felt appreciated. Sylvia would often turn up at PHCA and Oldfield events to offer a hand in the kitchen or bring some cooked goodies from home. As well as smiles and kind words, she had a quick wit and loved to banter and joke, sometimes with a sharp tongue and a naughty twinkle in her eye. You could tell that she loved to be with people, and subsequently it was always a pleasure to spend time in her company. After



a lengthy battle with cancer Sylvia passed away on 21 December, and we said our final goodbyes to her at All Hallows Church in Hampstead on 5 January. The church was full, with many left standing at the back, and the tributes were testament to the happiness she spread throughout people's lives. Sorely missed and never forgotten. (Stephen C. Vieira)

Songs for Syria

In December, Cecil Sharpe House held an evening of music with members of the Orchestra of Syrian Musicians, plus Jack Steadman of Bombay Bicycle Club, Maya Youseff and guests.

Proceeds from the evening were split 50/50 between Syria Relief and the Syrian American Medical Society. Both charities are non-political NGOs providing emergency relief inside Syria and with refugees outside.

Syria Relief is a UK-registered charity operating on the ground in some of the most populated and war-torn areas: Aleppo, Idleb, Latakia, Damascus and Deir Ez-Zor. Syria Relief's mission is to relieve the suffering of the people of Syria and support their future through education, healthcare, emergency relief, livelihood, food security, clean water, shelters and protection.

The Syrian American Medical Society operate hospitals all around Syria. Their medical facilities have been attacked several times since the conflict began, but last year their brave teams still managed to treat 2.6 million Syrian people.

What is happening inside Syria has been so unthinkable from the peace of London that everyone who came that evening wanted to show support for those suffering.

Songs for Syria

Alan Bennett's Diaries

Primrose Hill speaks to the world; or at least to a cinema near you. On 16 November our Library hosted a special screening to an invited audience of the documentary Alan Bennett's Diaries, followed by an interview with Alan by journalist Sue MacGregor. Both this exchange and the film were beamed live to cinemas nationwide, and the film was subsequently shown on BBC2 on Christmas Eve The book of the diaries, Keeping On Keeping On, is now on sale.

Margaret Gilkes



Margaret Gilkes has retired following many years of being administrator and book-keeper at the Community Centre. She started as a volunteer, helping with the firework displays, summer fairs, the bar and numerous other events and activities. She then worked closely with Colin St Johnston, the new treasurer, to transform the shambolic finances she inherited. They slowly but surely created a fully functioning system, and the organisation has been on an upward spiral since. She not only got to grips with the finances but became an integral part of the small team that has seen activities and turnover increase year on year.

Margaret has lived virtually all her life in Primrose Hill, since her father had the butcher's shop in Regent's Park Road where the pet shop now sits. For twelve years she worked for an Australian financial company, which involved a daily bus journey to Grosvenor Square. Under their archaic rules she was forced to retire when she reached 60. Margaret never liked commuting to work, so this reluctant traveller then applied to fill the vacancy at the Community Centre, just thirty paces from her flat.

Fourteen years later and after several years of being talked out of retirement, she has finally hung up her calculator and will now start enjoying her new-found freedom. She will still volunteer for PHCA, helping with the lunch club, summer fair and events, whilst continuing to be a key-holder for the centre doing the out of hours opening and closing. She is everything that you ask for on a job description: honest, hardworking, trustworthy, capable and conscientious. We wish her the very best of times in her well-earned retirement.

Techy Tea Party at Oldfield



On 30 November, a `hands-on' demo of `RecommendMe. London' and Techy Tea Party was held at C&C Oldfield in conjunction with Primrose Hill Neighbours' Help.

Residents who came to the demo were enthusiastically guided by Georgina Knock, who explained: "The project www.recommendme.london learns your interests, so recommends upcoming events and activities. Already we have events from over 60 community organisations across Camden. You can see all of these by using a computer, laptop, tablet, iPad or smartphone. RecommendMe is free to use and you can create an account to receive personalised recommendations of events."

Awarded the UCL Ageing Research Prize, RecommendMe became a member of the Ageing Better in Camden partnership, funded by the Big Lottery grant. RecommendMe was created by four people at University College London, who strive to improve the lives of older adults by connecting them to what's going on in their local community.

Councillor Richard Cotton, Deputy Mayor of Camden, commented, "It's a great initiative connecting older people to the online world and making their lives easier as a result."

Primrose Hill organisations wishing to be more visible online, or anyone who has more questions, should get in touch with Georgina on georgina@recommendme.today or call 07872 013 413.

U3A

In 2017, 'U3A in London' is funding the Primrose Hill Community Centre event 'Open House' which is held every Wednesday at 2pm at the Centre in Hopkinson's Place, Fitzroy Road, NW1 8TN. A different programme is put on each week, so it could be a talk one week, a film the next and a jewellery demonstration the next, followed by tea, cake and a chat. All are welcome and entry is free.

For more information, contact the Centre on 020 7586 8327 or go to website www.phca.cc

The U3A (University of the Third Age) in London is a registered charity, open to the retired or semi-retired. It puts on an amazing programme of about 170 study groups and activities, including classes in architecture, computing, literature, languages, dancing, yoga, talks etc.

They are held at Hampstead Town Hall, 213 Haverstock Hill, NW3 4QP with a cafe on site for delicious lunches and teas.

Membership is £72 a year, which includes entry to as many classes as you wish Monday-Friday. Ring for a membership form on 020 7692 5440 or print from the website, www.u3alondon.org.uk

North London Cares

North London Cares is a community network of young professionals and older neighbours offering one another a little extra time, practical help, social connection and human companionship.

The Winter Wellbeing project we are running to the middle of March 2017 aims to support our neighbours over 65, during the most isolating time of the year. We will do this by knocking on doors or meeting people in the community to make sure that as many people as possible can stay warm, active, healthy and connected. In concrete terms we will offer:

Blankets to those in need.

To connect people to the council or other organisations who will help keep homes warm and safe, and provide health, well-being and benefits advice.

To help people with small grants, or those in the most difficult circumstances.

To connect older neighbours to social activities in your area.

If you would like more information on the project, call 020 7118 3838 or visit our website, https://northlondoncares.org.uk/



Open House

Haverstock School's Year 8 and 9 students visited Open House for an afternoon of poetry in November. A reading of Thomas Hardy's Midnight on the Great Western was followed by a conversation about train journeys; then poems by Philip Larkin, Seamus Heaney, Robert Frost and A. A. Milne led into stories of wartime Holland, after-school work in a beauty salon and a taste for banana muffins.

Air Pollution Update

A monitoring tube was put on Primrose Hill Road right outside St Paul's playground for two weeks up to 2 December which revealed that NO2 micrograms per cubic metre were over 55, an increase on the result for the same spot last spring, when it was just over 40. Even 20 micrograms per cubic metre is bad for health according to the WHO, and 40 is actually illegal under EU law!

St Paul's school Year 4 pupils will be doing a project on air pollution next term, supported by Transition Primrose Hill. Look out for the display of their findings in the spring.

We hope that you filled in London Mayor Sadiq Khan's consultation on how to improve London's poisoned air. Four major cities – Paris, Athens, Mexico City and Madrid – have pledged to ban diesel vehicles by 2025; can London do the same? Present proposals are for a ULEZ (ultra low emissions zone) by 2019, but this will be a charging area, not a total ban.

Remember that air quality inside a car is twice as bad as that of the surrounding street, so walking or cycling is best for our health in many ways!

If you are interested in getting involved, we shall be putting up monitoring tubes outside all our local schools, state and private, in February. Email transitionprimrosehill@gmail.com if you would like to help.

Happy New Year from Chalk Farm Foodbank!

The Foodbank will now be open Thursdays 10.30am-12 midday only, not Saturdays! At our usual address:

Chalk Farm Baptist Church
9 Eglon Mews
Berkley Road

If you would like to make food donations, we currently need:

- Long-life juice
- Long-life milk
- Tinned meat
- Tinned puddings

We have fed 833 people during the financial year so far, so thank you for being the link that enables all those people to receive food when they need it most. We couldn't do this without you! Please make sure clients are given the correct opening times, as we don't want anyone going hungry!

We will also be launching our Eat Well, Spend Less course in the next few months. It is a six-week course of 2.5 hour sessions, offering practical cooking classes as well as group discussions of life skills such as shopping on a budget and following a healthy lifestyle. We are really excited about this new opportunity to help some of our clients implement long-term changes for healthier, more affordable living. We will be in touch in the upcoming weeks with more info!

Here are a few things you can do to help kick poverty:

- Give goods on our shopping list, e.g. shower gel, juice and plastic bags.
- Donate at the Justgiving page, which enables us to rent the space for the foodbank and support local people in crisis. If you have a car, you could help pick up donations from local businesses.
- We are planning a neighbourhood collection for 2-4 July.
- Or please join our warehouse team in processing food donations.

Chalk Farm Foodbank
Eglon Mews, Berkley Rd, NW1 8YS

Telephone: 0207 483 3763

Email: info@chalkfarm.foodbank.org.uk

Letter to the Editor

Dear Editor,
I would like to add to the piece on Edward Mustoe (PH News & Views, December/January OTH) from my own very limited acquaintance with Edward. Apart from enjoying countless meals at Mustoe Bistro, I appreciated his gentle humour and his kindness as an employer of my elder daughter.

After leaving the Horse Guards, he exchanged the cavalry for a powerful motorbike on which he and Sharon would pursue outdoor adventures until family commitments intervened. Thereafter his quieter pursuits included a strong and very technical interest in creating powered model boats and complex craft such as a trireme from what could be salvaged from skips. I felt privileged to share a boating excursion on the Leg of Mutton pond on West Heath.

Edward had a strong interest in local history. When no longer able to afford Primrose Hill, he and Sharon soon developed an appreciation of their new surroundings in Bermondsey; but he returned regularly to his former haunts. *Peter Darley*

Marketplace

Eating & Dining | Food & Drink Retail | Home | Fashion | Beauty & Wellbeing | Specialist | Important Places

1 PRIM NAIL AND BEAUTY
Erskine Road,
NW3 3AJ
020 7586 6366
info@primuk.com
Mon–Sat 09.30–18.00
www.primuk.com
dkdkkfkddf

2 LISA HAUCK HAIR & MAKE-UP
148 Gloucester Avenue,
NW1 8JA
020 7722 1043
info@lisahauck.com
Mon–Fri 10.00–19.00
Thurs 10.00–20.00,
Sat 9.00–18.00
www.lisahauck.com

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

4 GARRY TRAINER CLINIC
65 Princess Road,
NW1 8JS
020 7722 6203
garry@garrytrainer.com
Mon–Fri 07.00–20.00
Sat 09.00–17.00, Sun 09.00–13.00
www.garrytrainer.com

5 AESTHETICS LAB
128 Regent's Park Road,
NW1 8XL
020 7722 5872
info@aestheticslab.co.uk
Mon 09.00–18.00
Tues–Thurs 09.00–19.00,
Fri 09.00–18.00, Sat 10.00–18.00
Sun 10.00–16.00
www.aestheticslab.co.uk

6 NUYU LONDON
9 Princess Road,
NW1 8JN
020 3204 2020
info@nuyulondon.co.uk
Tues–Weds 10.00–19.00
Thurs–Fri 10.00–20.00
Sat 09.30–19.00

7 GARY INGHAM HAIRDRESSING
150 Regent's Park Road,
NW1 8XN
020 7483 1000
info@garyingham.com
Mon–Tues 10.00-19.30
Wed 09.00 –19.30
Thurs - Fri 09.00–20.30
Sat 09.00–18.30
Sun 11.00–18.00
www.garyingham.com

8 SHAMPOO HAIRDRESSERS
63 Regent's Park Road,
NW1 8XD
020 7722 9594
alinashala@hotmail.co.uk
Tues–Sat 09.00–18.00
Sun 10.00–16.00

9 PRIVATO HAIR BEAUTY & FASHION
170 Regent's Park Road,
NW1 8XN
020 7586 6887
info@privato.co.uk
Mon–Fri 10.00–19.30
Sat 9.00–18.00
Sun 11.00–17.00
www.privato.uk

10 L'ABSINTHE (ALL DAY) BRASSERIE
40 Chalcot Road,
NW1 8LS
020 7483 4848
absinthe07@hotmail.co.uk
Mon 08.00–16.00
Tues–Fri 08.00–22.00
Sat 09.00–22.00, Sun 12.00–21.00
www.labsinthe.co.uk

11 RIPE KITCHEN
136 Regent's Park Road,
NW1 8XL
07572 480 102
info@ripekitchen.co.uk
Mon–Fri 07.30–18.00
Sat 08.00–19.00, Sun 08.30–19.00
www.ripekitchen.co.uk

12 PRIMROSE BAKERY
69 Gloucester Avenue,
NW1 8LD
020 7483 4222
hello@primrose-bakery.co.uk
Mon–Sat 08.30–18.00
Sun 09.30–18.00
www.primrose-bakery.co.uk

13 ODETTE'S
130 Regent's Park Road,
NW1 8XL
020 7586 8569
info@odettesprimrosehill.com
Tues–Fri 12.00–14.30, 18.00–22.00
Sat 12.00–15.00, 18.00–22.30
Sun 12.00–15.00, 18.00–21.30
www.odettesprimrosehill.com

14 GREENBERRY CAFÉ
101 Regent's Park Road,
NW1 8UR
020 7483 3765
info@greenberrycafe.co.uk
Tues–Sat 09.00–22.00
Sun and Mon 09.00–16.00
www.greenberrycafe.co.uk

15 THE LANSDOWNE
90 Gloucester Avenue,
NW1 8HX
0207 483 0409
info@thelansdownepub.co.uk
Mon–Sat 12.00–23.00
Sun 12.00–22.30
www.thelansdownepub.co.uk

16 LA COLLINA
17 Princess Road,
NW1 8JR
020 7483 0192
info@lacollinarestaurant.co.uk
Mon–Sun 12.00–14.30,
18.00–22.15
www.lacollinarestaurant.co.uk

17 NEGOZIO CLASSICA
154 Regent's Park Road,
NW1 8XN
020 7483 4492
info@negozioclassica.co.uk
Mon–Sun 11.00–24.00
Kitchen closes at 22.30
www.negozioclassica.co.uk

18 MANNA
4 Erskine Road,
NW3 3AJ
020 7722 8028
enquires@mannav.com
Tues–Sun 12.00–22.30
www.mannav.com

19 THE PRINCESS OF WALES
22 Chalcot Road,
NW1 8LL
020 7722 0354
info@lovetheprincess.com
Mon–Fri 11.00–24.00
Sat 09.30–24.00
Sun 09.30–23.00
www.lovetheprincess.com

20 MICHAEL NADRA RESTAURANT, MARTINI BAR AND GARDEN
42 Gloucester Avenue,
NW1 8JD
020 7722 2800
primrose@restaurant-michaelnadra.co.uk
Tues–Thurs 12.00–23.00
Fri & Sat 12.00–24.30
Sun 12.00–14.30, 18.00–22.00
www.restaurant-michaelnadra.co.uk

21 THE ENGINEER
65 Gloucester Avenue,
NW1 8JH
020 7483 1890
Mon–Fri 12.00–23.00
Sat 10.00–23.00
Sun 12.00 -22.30
www.theengineerprimrosehill.co.uk

22 PRIMROSE HILL FRAMING COMPANY
45 Chalcot Road,
NW1 8LS
020 7586 4571
primrosehillframingco@gmail.com
Mon–Fri 09.30–13.00, 14.00–17.30
Sat 09.30–13.00

23 CLIFTON INTERIORS
168 Regent's Park Road,
NW1 8XN
020 7586 5533
rosie@cliftoninteriors.com
Mon–Fri 09.00–18.00
saturday by appointment
www.cliftoninteriors.com

24 CAVE INTERIORS
29 Princess Road,
NW1 8JR
020 7722 9222
georgina@caveinteriors.com
Mon–Fri 09.30–17.30
www.caveinteriors.com

25 PRIMROSE INTERIORS
55 Regent's Park Road,
NW1 8XD
020 7586 6595
info@primrose-interiors.com
Sun–Fri 10.00–17.00

26 JINO DESIGN
Studio 44, Chalcot Road,
NW1 8LS
020 7419 1774
jino@jino-design.com
Mon–Fri 10.00–17.00
www.jino-design.com

27 BESIDE THE WAVE
41 Chalcot Road,
NW1 8LS
020 7722 4161
gallery@beside-the-wave.co.uk
Mon–Sat 10.00–18.00
Sun 11.00–16.00
www.beside-the-wave.co.uk

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

29 LA PETITE POISSONNERIE
75a Gloucester Avenue,
NW1 8LD
020 7483 4435
lapetitepoissonneire@gmail.com
Tues–Sat 09.30–19.30
Sun 10.30–17.30
www.lapetite-poissonnerie.co.uk

30 MELROSE & MORGAN
42 Gloucester Avenue,
NW1 8JD
020 7722 0011
Mon–Sat 08.00–19.00
Sun 09:00–17.00

31 BOTTLE APOSTLE
172 Regent's Park Road,
NW1 8XN
020 3805 5577
info@bottleapostle.com
Mon–Fri 11.00–20.00
Sat 10.00–20.00
Sun 10.00–18.00
www.bottleapostle.com

32 WRAPSODY
110 Gloucester Avenue,
NW1 8HX
07503 001 825
07760 297 501
info@wrapsody.co.uk
Mon–Fri 08.00–18.00
Sat & Sun 11.00–16.00
www.wrapsody.co.uk

33 ADAM SIMMONDS
87 Regent's Park Road,
NW1 8UY
020 7813 1234
info@adamsimmonds.co.uk
Mon–Sat 10.00–18.00,
thurs 10.00–19.00
www.adamsimmonds.co.uk

34 PRIMROSE HILL PETS
132 Regent's Park Road,
NW1 8XL
020 7483 2023
gail@primrosehillpets.co.uk
Mon 09.30–18.30,
Tues–Sat 09.00 - 18.00
Sun 11.00–17.00
www.primrosehillpets.co.uk

35 RUTH KAYE DESIGN
67 Gloucester Avenue,
NW1 8LD
020 7722 7227
team@ruthkayedesign.com
Mon–Sat 09.30–17.30
By appointment only
www.ruthkayedesign.com

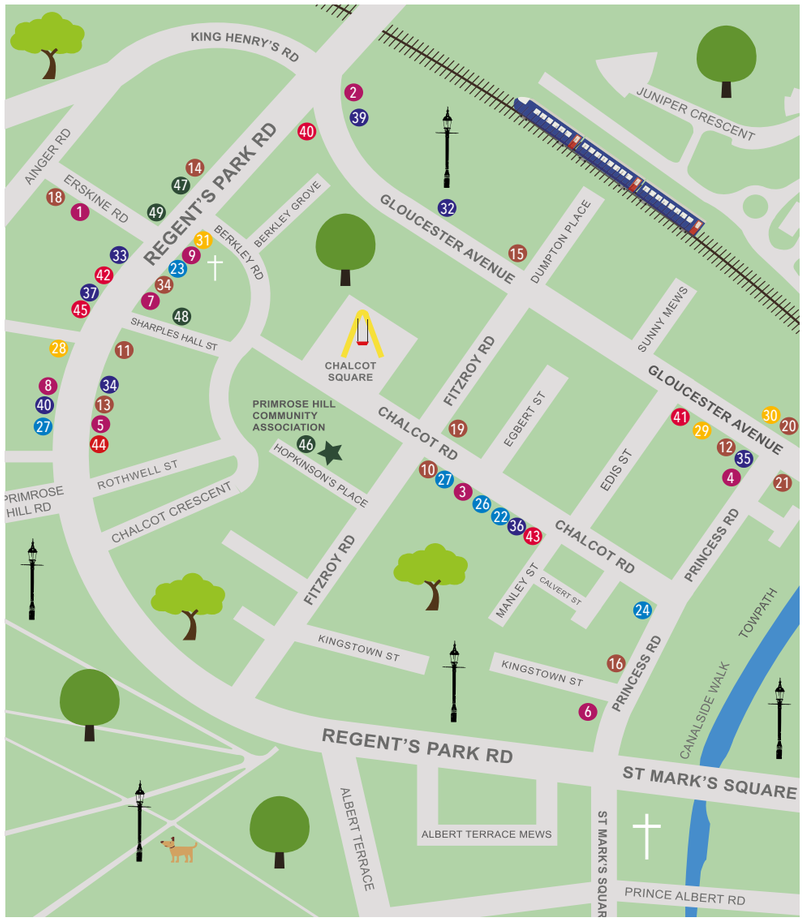
36 SEW MUCH FUN
46 Chalcot Road,
NW1 8LS
020 7722 9889
sewmuchfun@btinternet.com
Mon–Fri 11.00–18.00
Sat 10.00–17.00
www.sewmuchfun.co.uk

37 FITZROY'S FLOWERS
77 Regent's Park Road,
NW1 8UY
020 7722 1066
Mon–Sat 09.00–18.30
Sun 10.00–17.00
www.fitzroys-of-primrosehill.com

38 PRIMROSE HILL DENTAL
61a Regent's Park Road,
NW1 8XD
020 7722 0860 / 07845 0088 240
primrose.dent@gmail.com
Mon, Weds, Fri 09.00–17.00
Tues, Thurs 09.00–20.00
Sat 09.00–13.00

39 ROSE & NORTH FINANCIAL PLANNING & WEALTH MANAGEMENT
142 Gloucester Avenue,
NW1 8JA
0203 627 6297
hello@roseandnorth.com
Mon–Fri 10.0017.00
www.roseandnorth.com

40 GALLERY 196 (orange door)
196 Regent's Park Road,
NW1 8XP
020 7722 0438
info@gallery196.com
Open every day 10.00–18.30
www.gallery196.com



41 SWEET PEA
77 Gloucester Avenue,
NW1 8LD
020 7449 9292
mail@sweetpeajewellery.com
Mon–Fri 10.00–18.00
Sat 10.30–17.00
www.sweetpeajewellery.com

42 KETURAH BROWN
85 Regent's Park Road,
NW1 8UY
020 7586 0512
keturahbrownltd@gmail.com
Mon–Fri 10.30–18.00,
7 hurs 10.30–18.30,
Sat 10.00–18.00, Sun 13.00–18.00

43 ZOE AND MORGAN
48 Chalcot Road,
NW1 8LS
020 7586 7419
personalshopper@zoeandmorgan.com
on Fri 11.00–18.00,
Sat 11.00–17.00
www.zoeandmorgan.com

44 ANNA
126 Regent's Park Road,
NW1 8XL
020 7483 0411
anna@shopatanna.com
Mon–Sat 10.00–18.00,
Sun 12.00–18.00
www.shopatanna.com

45 PAMELA SHIFFER
75 Regent's Park Road,
NW1 8UY
020 7483 4483
Mon–Sat 10.00–18.00
Thu 10.00–19.00
Sun 12.00–18.00
www.shop@pamelashiffer.com

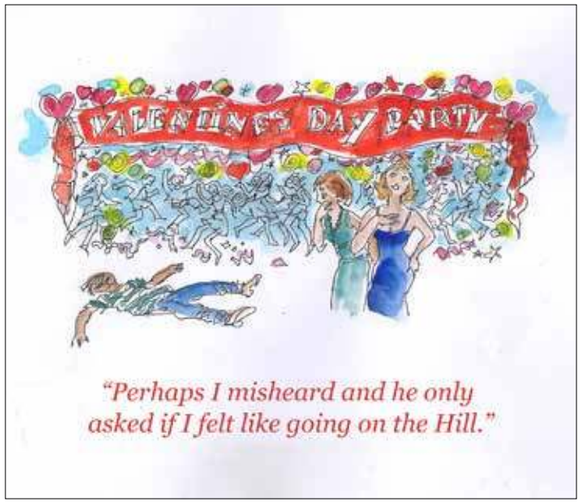
46 PRIMROSE HILL COMMUNITY CENTRE
29 Hopkinson's Place
Fitzroy Road,
NW1 8TN
020 7586 8327

47 PRIMROSE HILL SURGERY
99 Regent's Park Road,
NW1 8UR
020 7722 0038
Mon-Wed 09.00–18.00
Thu 09.00– 12.30
Fri 09.00– 18.00

48 PRIMROSE HILL COMMUNITY LIBRARY
Sharples Hall Street,
NW1 8YN
020 7419 6599
Mon 10.00–18.00
Wed 13.00–19.00
Fri 10.00–18.00
Sat 10.00–16.00

49 POST OFFICE
91 Regent's Park Road,
NW1 8UT
Mon–Sun 06:00–22:00

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



Crossword Answers

ACROSS

1. RUSKI
5. SUMO
7, 14. NORTH BRIDGE
8. URDU
9. ANNA
10. EPSOM
11. ANGLER
13. PRIX
14. *See 7*
18. GROYNE
21. IBIS
22. *See 3 Down*
24, 27. CECIL SHARP
25. TUTU
26. VICI
27. *See 24*
28. EDIS
29. SPRING

DOWN

1. RHUBARB
2. SKULL
3,22 across INNER CIRCLE
4. ARISING
5. SHAMPOO
6. MANSION
12. EGG
15. REBOUND
16. DISCUSS
17. EPOCHAL
19. ROI
20. EVENING
22. CLAPS
23. ROVER

Winter in NW1

a poem by Susan Greenhill

We walk up Primrose Hill
pressed against the wind in the late low afternoon sun,
munching brown frosted leaves underfoot like potato crisps,
our shadows slide thin and grey down the grassy bank
through black iron railings,
cross the road, and crawl up the side of parked cars,
you ahead of me
disappear into the bark of a tree.
The cold has stolen my fingers and toes,
my nose frozen numb,
raw skin stretched cling-film tight across my cheeks,
the chill smarting my eyes.
This walk should be fun,
could be fun – if I stayed warm,
would be fun – if it were summer.
People pass, scarves blowing,
coats undone,
faces glowing red as a Rome Beauty,
puffing breath in small, soaring clouds,
laugh into wispy
slap-dash blue palette sky
and wish it were snowing.
While I,
a reluctant iceberg,
long for July.

Hello Primrose Hill

See who was at the Christmas Fair in St. Paul's C of E School.



Leon & Roy



Brancher



Danny, India, Lola & Albion



Jane & Annemette



Maggie & Luke



Andrew



Lucie



Cinda, MJ, Sima, Eleanor & Zeinab