On The Hill

NEWS AND INFORMATION FOR PRIMROSE HILL PEOPLE

FEBRUARY 2018 | ONTHEHILL.INFO



COMPTON LODGE

A look behind the scenes at the care home which was once home to Dame Clara Butt

A TASTE OF PALESTINE

A group from St Mary's church travel to Palestine

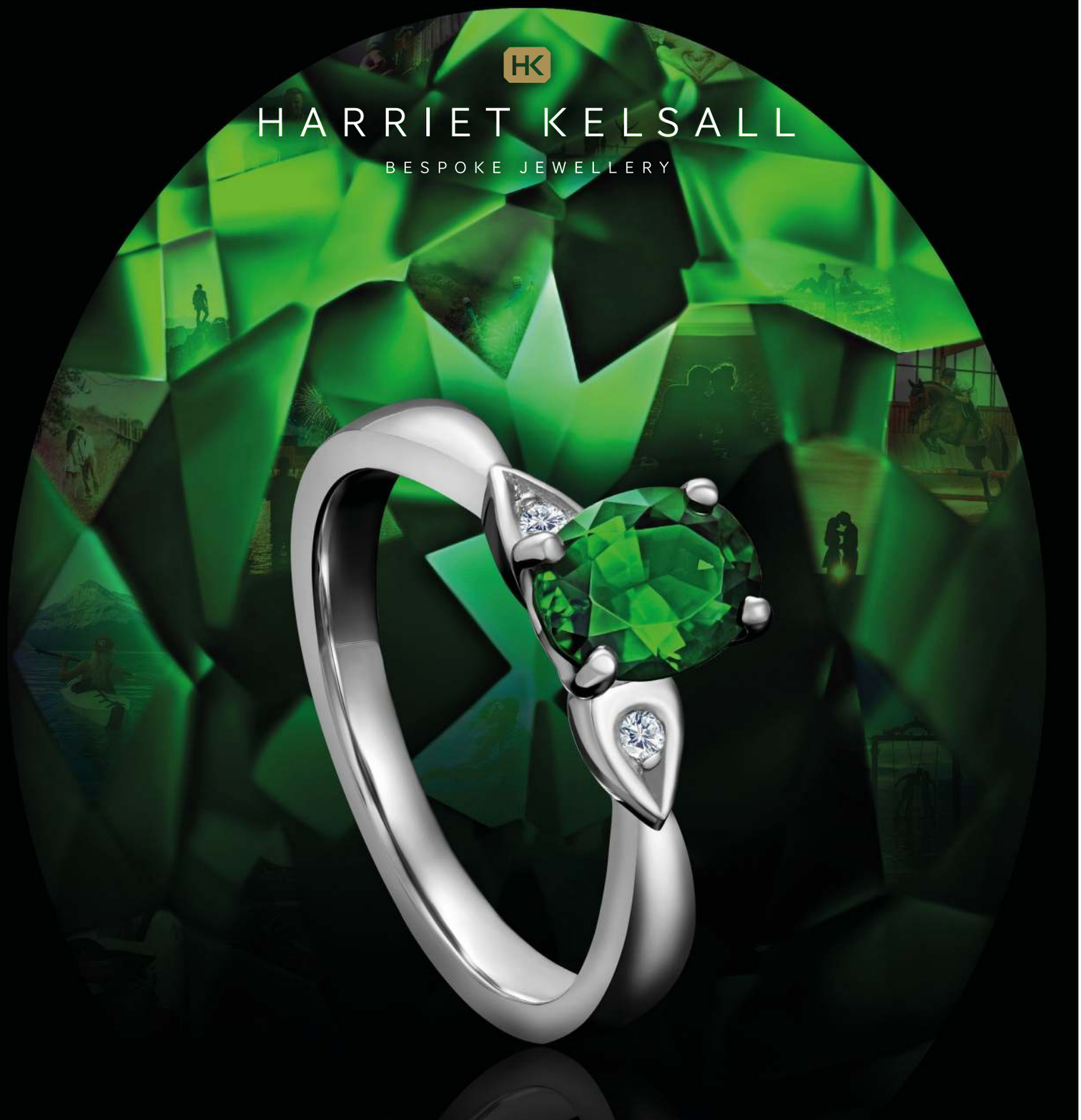
A PRIMOSE HILL LOVE STORY

Congratulations to JC and Karmen!

PERFORM

A drama school with a difference

Produced by Primrose Hill Community Association



Capture the unique facets of your story with a one-off bespoke engagement ring

www.hkjewellery.co.uk

Retail Jeweller UK JEWELLERY AWARDS
29 June 2016 | London Hilton, Park Lane
WINNER
Bridal Jeweller of the Year

Hertfordshire Jewellery Centre
+44 (0)1462 790 565
hertfordshire@hkjewellery.co.uk
North Barn, Fairclough Hall Farm,
Halls Green, Herts, SG4 7DP

London Shop
+44 (0)203 886 0757
primrosehill@hkjewellery.co.uk
69 Regent's Park Road,
London, NW1 8UY

Cambridge Shop
+44 (0)1223 461 333
cambridge@hkjewellery.co.uk
6/7 Green Street, Cambridge,
Cambridgeshire, CB2 3JU

On The Hill On The Go

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



@onthehill_mag

@onthehillinfo

@onthehillinfo

On The Hill
onthehill.info

February 2018

CONTENTS & PREVIEW

05 Editor's Letter

07 On The Street
Take a look behind closed doors in 'Through the keyhole', welcome to Harriet Kelsall Bespoke Jewellery, a preview of Spare Tyre's play *The Promise*, an interview with Susannah Buxton and all your local news and views and more!

16 What's On
February events for your diary





18 Compton Lodge
A look behind the scenes at the care home which was once home to Dame Clara Butt

20 Wellbeing
Pelvic floor care after having a baby

21 Poem and Primrose Hill Collage

22 A Taste of Palestine
A group from St Mary's church travel to Palestine

24 Perform
A drama school with a difference

26 David Holmes
Holmes' new book *A Brush with the Music of Time*

27 Sudoku

29 Marketplace
Contact details for local services





30 Primrose Hill Eats
Crème brûlée from L'Absinthe

32 Hello, Primrose Hill!
Christmas Fair at St Paul's School

Sales

020 7043 4433

£399,950 Leasehold



Primrose Hill, NW8

An outstanding raised ground floor, corner aspect studio apartment with direct views over Primrose Hill forming part of a prestigious development on the borders of Primrose Hill & St Johns Wood. This highly sought after property is flooded with natural light comprises a large studio room and separate shower room. Other benefits include an onsite porter, high ceilings and ample storage.

Energy Efficiency Rating - E54

0 1

£3,300,000 Freehold

OnTheMarket.com



Primrose Hill, NW1

A delightful family house benefiting from exceptional entertaining rooms and living space and a self-contained unit on the lower ground floor. The property boasts a stunning 22 ft kitchen/Dining room with a separate study/bedroom and a guest cloakroom, original drawing room, a stunning principal bedroom suite and terrace. The garden level benefits from its own entrance has a good size double bedroom, shower room, kitchen and a beautifully extended reception room leading directly into a tranquil, patio garden.

Energy Efficiency Rating - D57

4 3

Lettings

020 7043 3333

£795* pw Unfurnished (£3,445 p/m)



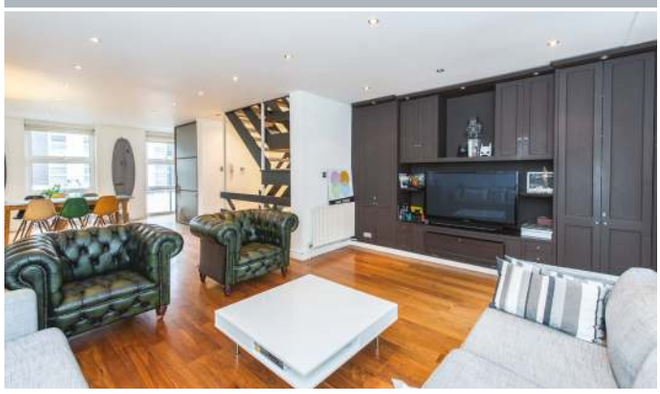
Camden, NW1

A contemporary 2 bedroom, 2 bathroom apartment set over 1000 sq ft on the top floor of a brand new development in the Camden Square conservation area. The property has been finished to the highest specification with a Poggenpohl kitchen, Sonos surround sound system, underfloor heating and wood floors throughout. It also has good storage, a utility cupboard, a private balcony, access to the communal gardens and lift access.

Energy Efficiency Rating - TBC

2 2

£1,025* pw Unfurnished (£4,442 p/m)



Primrose Hill, NW3

A very bright and stylish contemporary end of terrace home which has been extended to offer a deceptively spacious accommodation set over 4 floors, offering an impressive kitchen/breakfast room leading to the private rear garden, double aspect reception room that has been cleverly designed to offer a study area, a converted garage that is currently utilised as a gym/utility room, a large store room and off street parking for 2 cars.

Energy Efficiency Rating - D57

4 3

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

The Team

Editor
Maggie Chambers
editor@onthehill.info

Editorial Group
Dick Bird, Doro Marden, Phil Cowan, Pam White, David Lennon, Mole on the Hill, Micael Johnstone, Andrew Black

What's On Editor
Julie Stapleton

Social Media and Website Editor
Jason Pittock

Subeditors
Brenda Stones, Vicki Hillyard

Photographer
Sarah Louise Ramsay
www.slrphotography.co.uk

Primrose Hill Eats
Vicki Hillyard

Design
Luke Skinner for BLACK

Cartoonist
Virginia Smith

Advertising Sales
David Jeffries
0208 150 5293
djeffries@onlymedia.co.uk

Melissa Skinner
0208 386 1933
07779 252 272
mskinner@onlymedia.co.uk

Special thanks to all our contributors.

Thanks to Primrose Hill agency BLACK for their work on the design
www.agency-black.com

This publication is created by the community and for the benefit of Primrose Hill on behalf of your local charity, the Primrose Hill Community Association (PHCA). All proceeds from this publication go directly to fund the charity. We hope you enjoy.

www.phca.cc

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

This magazine is printed on FSC® certified paper. The trees used are sourced in an environmentally friendly, socially responsibly and economically viable manner.

MIX
Paper from responsible sources
FSC® C017574

onthehill.info

Cover Sarah Louise Ramsay

ISSN 20-6175



Welcome to February

As Valentine's Day approaches, we have a home-grown love story for you. JC from L'Absinthe has married Karmen Alcala from Hacketts. We wish them the very best and are excited to be able to share their story with you. It's guaranteed to warm the cockles of your hearts.

If further warming is required – and it probably is, being February – then transport yourselves to Palestine and indulge in the tastes experienced on a group trip from St Mary's Church.

If you're currently nesting down with a new baby, then we have exercises to get your pelvic floor muscles up and running again. And if you have an older child, why not enrol them in Lucy Quick's drama classes with a difference: Perform.

We have a *Through the Keyhole* feature this month, of a lovely house in Gloucester Crescent which has just been sold after being with the same family for thirty-five years.

On the subject of beautiful houses, the English contralto Dame Clara Butt once lived in the building which is now the care home Compton Lodge. We go behind the scenes to see what daily life is like for residents and their families.

The prolific journalists at Haverstock School have sent us an interview with Susannah Buxton, the costume designer on *Downton Abbey* and *Mr Wroe's Virgins*. Congratulations to the school for encouraging their creativity!

Your recommended cultural outing this month is to see *The Promise* which is part of *Invisible Women: A Mini Festival* at the New Diorama Theatre. It features a Primrose Hill story which raises the debate about assisted dying. We also have a Vintage Disco in the Community Centre on 3 February, so come along to that.

There's plenty of variety in this issue, for all ages. So get under the duvet and have a good read through. It'll soon be spring.

Maggie Chambers

PETER SOMMER
TRAVELS

EXPERT-LED TOURS

EXPERT-LED ARCHAEOLOGICAL & CULTURAL TOURS



"Peter Sommer Travels continue to excel. The tour was a fantastic couple of weeks of history, archaeology and mythology combined with beautiful scenery, wonderful food and fantastic wine."

EXPERT-LED ARCHAEOLOGICAL & CULTURAL TOURS

AITO GOLD AWARD 2015 TOUR OPERATOR OF THE YEAR
AITO SILVER AWARD 2016 TOUR OPERATOR OF THE YEAR

Tour Operator of the Year

2015 Gold Award, 2016 Silver Award
- AITO (The Association of Independent Tour Operators)

A "100 Best Holidays" Company 2016, 2015, 2014 and 2011
- The Sunday Times

One of the world's "Top Ten Learning Retreats"
- National Geographic



Easter in Athens



Exploring Crete



Cruising to the Cyclades



Exploring the Peloponnese



Cruising the Coast of Dalmatia



Cruising the Aeolian Islands

AITO Association of Independent Tour Operators
ABTA Travel with confidence ABTA No.Y6151

Escorted Archaeological Tours,
Gulet Cruises and Private Charters

Tel: 01600 888 220
info@petersommer.com

www.petersommer.com

On The Street

Through the keyhole *p 8*

Primrose Hill Postcards *p 10*

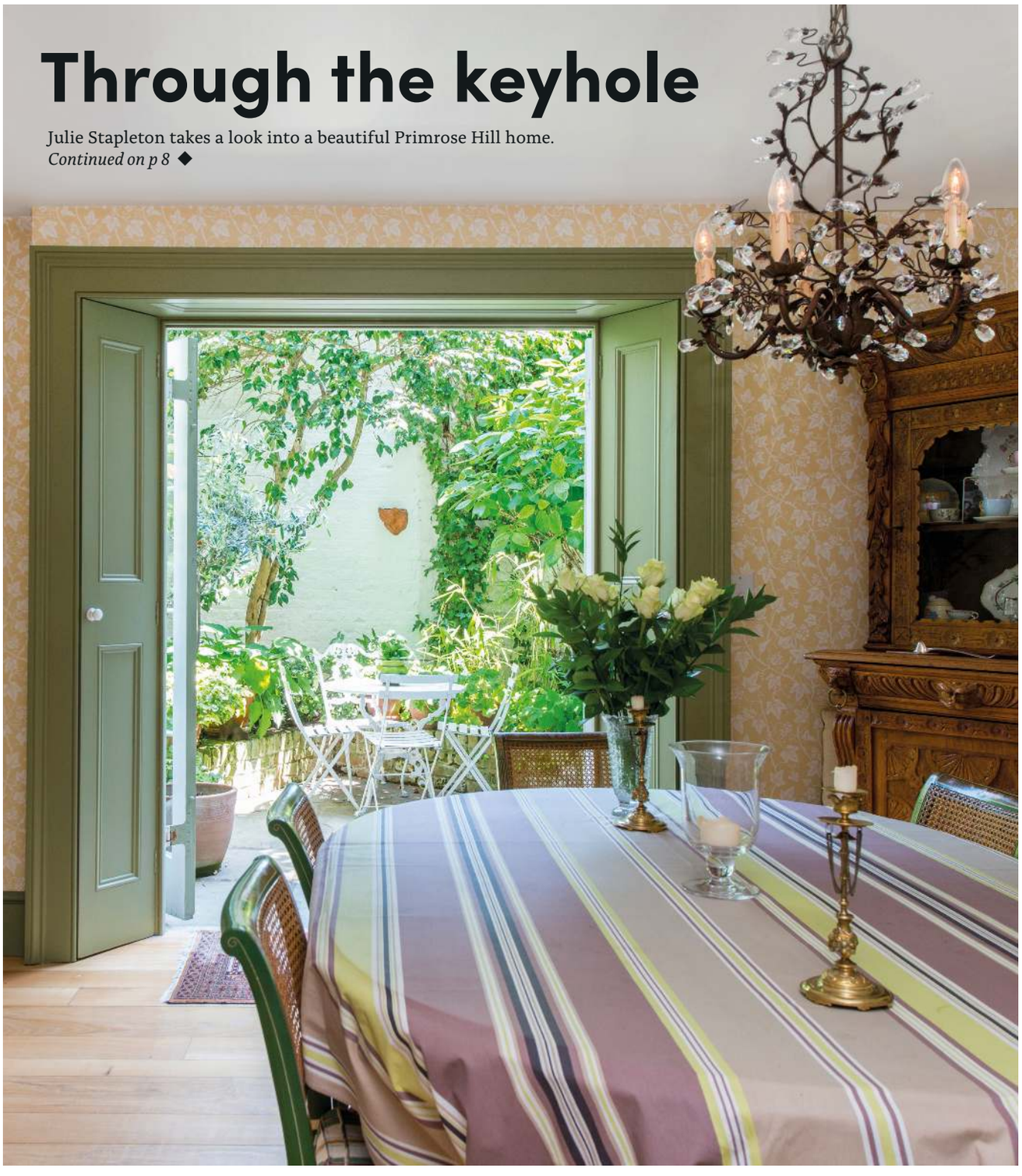
Spare Tyre's *The Promise* *p 12*

Welcoming Harriet Kelsall *p 13*

AND MORE

Through the keyhole

Julie Stapleton takes a look into a beautiful Primrose Hill home.
Continued on p 8 ◆



Through the keyhole

By Julie Stapleton



I moved to Primrose Hill in September 2015. I knew nothing about the area: I just thought it looked rather lovely! I quickly got involved with the Community Association, met lots of local people and realised that many residents have lived in the area all their lives. Such is its charm and villagey feel, why would anyone want to live anywhere else?

As part of my role at the Community Centre and working on this magazine, I was fortunate enough to visit the beautiful home of Jennifer, and talk to her about the thirty-five years she has spent living here. Or has she? When she and her husband first met, she mentioned that she lived on Gloucester Crescent in 'Primrose Hill'. Tony replied (in his Newcastle accent), "No, it's Camden, pet!" Strictly speaking he was right, and they fondly still use that phrase today to explain where they live!

Jennifer originally moved here for the beautiful green open spaces. The close proximity of the parks and mature trees made it feel less like being in the heart of London, while having all the benefits of being close to the centre of town and all that has to offer. Walks in Regent's Park, especially the Rose Garden, are still one of her favourite things to do. "It's just heaven."

Jennifer is full of enthusiasm for our lovely area. Other attractive qualities of Primrose Hill are the local shops, like the pharmacy and the butcher's; Richard Dare is a favourite, along with Graham and Greene, "a real Aladdin's cave". The



"Life can never be boring in Camden."



lack of chains of shops also makes it feel more unique. But Camden has so much to offer too, and is only a short walk away. The "colour, eccentricity and vibe" of the Camden she first fell for remains, but she really misses the punks! "Life can never be boring in Camden."

She has lots of recommendations too: Sushi Waka, the Japanese restaurant on Parkway, receives high praise; Namaaste has really gorgeous authentic food and is a regular haunt too; Daphne, the Greek restaurant, is another 'must', along with Haché Burgers and Poppie's Fish and Chips; the Roundhouse, the Jazz Café and a particular "You must go, Julie" is Green Note. I can't get it all down on paper fast enough. I need to visit all of these places!

Jennifer and her husband have five grandchildren, so they are very used to having to plan for all ages when the extended family visit.

The Lady in the Van was filmed in their street, and Jennifer says it is a very accurate depiction of what really happened. Mary Shepherd was a big part of all their lives for many years. It shows the friendliness of the area. "We have proper neighbours here; a real sense of community and helping each other out."

The only thing Jennifer does not like are the 'greedy landlords' whom she fears may ruin the area, with rent hikes forcing out the local businesses that have been here for so long.

Sadly, Jennifer and Tony have decided to downsize and so are moving, but only to King's Cross, so not too far away. Good luck to you both with the sale of your magnificent home and packing all those boxes. It was a pleasure to meet you and share your experiences of Primrose Hill or 'Camden, pet'!



POSTCARDS FROM PRIMROSE HILL



On The Hill LONDON

A gentleman on the left and a lady on the right are both quietly reading in Primrose Hill park. How nice that chairs were provided: you can see them placed around the hill, underneath the trees.

This postcard was posted in 1913. On 4 May of that year Charlie wrote to his mother in Seaham Harbour, County Durham that the box was received safely on Thursday, and that the cake was going down all right! He also complained that the weather wasn't very good.

Charlie wrote his address very neatly on the card as well, so we know that he lived at 35 St George's Square (now Chalcot Square). However, the 1911 census tells us that two years before, the then 20-year-old public works contractor still lived with his widowed mother, Mary Ann, and his three brothers, John, David and George, at 8 Emily Street.

@old_primrosehill_postcards

Sylvester Fine Art
FOR STUNNING PICTURES AND BEAUTIFUL POTS
IN ASSOCIATION WITH GOLDMARK GALLERY

64 Belsize Lane, London NW3 5BJ
Wed - Fri: 11am - 6.30pm, Sat: 10am - 6pm,
Sun: 10am - 4pm (also by appointment)
t: 020 7443 5990 e: info@sylvesterfineart.co.uk
www.sylvesterfineart.co.uk

PASSIONATE ABOUT ART AND POTS


Roderic Barrett, *Street Scene with Cyclist*, oil on board, 89.5 x 120cm


Mike Dodd, MD1633, *Large jar; ribbed, incised pattern, ash glaze*, 52 x 36.5cm



A Primrose Hill Love Story

Karmen Alcala from Hacketts hairdressers and JC from L'Absinthe recently got married. We sent Holly Collis to ask the questions we all wished we could put to them.

To Karmen

Holly: How did you react when JC proposed?

Karmen: It took me by surprise as I was not expecting it! I could not believe such a beautiful thing was happening to me. But I was sure he was the one for me so I said YES!

Holly: Are you happy with the ring?

Karmen: I am very happy with the beautiful ring and very lucky to receive one!

Holly: Did you enjoy the wedding itself?

Karmen: We had a fantastic day on our wedding; we were around our most important friends and family members. We couldn't have wished for better.

Holly: Will you be at L'Absinthe all the time?

Karmen: As long as he doesn't keep me polishing glasses then, yes! Ha ha ha. I like popping my head in to grab a coffee and say hello.

Holly: Are you excited about your honeymoon?

Karmen: I am over-excited about the honeymoon. I can't wait. Still, it is nice to have something to look forward to after the wedding and keep celebrating.

To JC

Holly: When and where did you propose?

JC: I proposed on 14 February, Valentine's Day! It was in a Spanish restaurant.

Holly: Did you produce a ring?

JC: Yes, she had no idea, but it was a small single solitaire diamond and she liked it very much.

Holly: Where did the wedding take place?

JC: Ah, San Sebastián, which is actually where Karmen is from and was born, because both of her parents are Donostian. I'm a Roman Catholic, which means that in the eyes of God I can only be married once, but I can be legally divorced.

Holly: Have you decided where to go on your honeymoon?

JC: It was going to be a surprise! But I can tell you that it will be in Madeira, though I can't disclose the dates. You'll have to wait!

Holly: What cake did you have?

JC: It was a *gâteau opéra*, so it included many different flavours like hazelnuts and vanilla, and it even had two plastic figures on top kissing! Like most cakes, on the wedding day it was leaning to the side throughout the whole thing!

The Promise

One evening in the early 1980s Anita Harding took her own life at the Oldfield Estate in Primrose Hill. Sitting with her throughout was her friend Charlotte Hough, whom she had met through a Camden volunteer service. Anita had confided in Charlotte that when the pain and misery of living with crippling arthritis and blindness became too much, she would take her own life; and Charlotte had reluctantly offered to be by her side if required.

When the day came, Charlotte sat next to Anita as she took a lethal overdose and lapsed into unconsciousness. Unfortunately Charlotte found herself taking a more active part in Anita's death than she had planned.

Afterwards, Charlotte was reported to have been wandering around in a daze. She felt the need to unburden herself, and the person she chose was a colleague at a branch of the Samaritans where she also worked. Her story was passed on to her director, and then to the police.

Charlotte was consequently arrested and went on trial at the Old Bailey. She was convicted and sent to Holloway and then Sutton Park. As an upper-middle-class woman, she suffered terrible bullying in prison.

Charlotte had been a children's book illustrator and writer. Ironically, in 1980 she had published an adult detective novel called *The Bassington Murder*. After her time in prison she was too traumatised ever to write again.

Charlotte served six months and then returned to this area until her death on New Year's Eve 2008.

Lord Longford campaigned on her behalf, and a campaign was started to legalise euthanasia. The law remains unchanged, but Sir Terry Pratchett opened the debate again when he was diagnosed with Alzheimer's. Recently another case made the news when a pharmacist gave his elderly, depressed



Charlotte Hough



Cordelia Mayfield, Rick Perrins, Vicky Lee, Sieska Cowdry and Linda Long from SilverSage

father a fruit smoothie laced with morphine. It is a common thread of debate among the elderly who do not wish to become a burden on their families and friends once they are no longer capable of caring for themselves any more.

The theatre company Spare Tyre is an arts charity which works with 'voiceless communities and individuals that inspire and challenge us'. They work creatively with adults with learning disabilities, people aged 60+, people with dementia, women who've experienced violence and economically disadvantaged communities.

"It's not about innocence or guilt, but could I do this to help someone I care for deeply?"

They are currently planning a programme for their 40th year from a range of overlooked female artists and communities: they wish to celebrate the company's roots in the feminist movement of the 1970s, and reveal the hidden stories of women.

I spoke to Sieska Cowdrey who's involved with the over 60s branch of the company, SilverSage. She told me that they wanted to do something they all cared deeply about for the company's 40th anniversary. They landed on the story of Charlotte Hough and the theme of assisted dying.

"Our objective is to challenge the audience to choose how they would act



Deborah Moggach

when faced with this type of situation. It's not about innocence or guilt, but could I do this to help someone I care for deeply?"

Charlotte Hough's daughter is the writer Deborah Moggach, who has copies of the police transcripts. Deborah has been incredibly supportive of the project and has given them access to the documents. The five-strong cast are using the transcripts to devise the play, along with director Isaac Ngugi.

As Charlotte gave a solemn promise to Anita that she would help her, and make sure she was dead before she was discovered, the play will be entitled *The Promise*.

Local MP Keir Starmer wishes to remain impartial in the debate on assisted dying, but has said of *The Promise*: "This play, based on real events in Camden in the 1980s, is an important contribution to a debate that needs to be had."

The Promise runs during 21–24 February as part of *Invisible Women: A Mini Festival* at the New Diorama Theatre, 15–16 Triton Street, NW1 3BF.

Harriet Kelsall Bespoke Jewellery

A warm welcome to Harriet Kelsall Bespoke Jewellery, who are opening their third studio and shop at 69 Regent's Park Road.

The company began life in 1998 at Harriet's kitchen table, and it has now grown to a team of 33, recognised in the UK and across the world as a leader in bespoke jewellery design and held nationally as an inspirational market-leading business. Along the way Harriet married Tim, who is now the managing director of the business. The couple have many connections with Primrose Hill, after living in Chalcot Square twenty years ago, so it seemed natural for them to return to this area and introduce it to the world of Harriet Kelsall Bespoke Jewellery.

Harriet has fond memories of living in Primrose Hill.

"When we lived there, I used to walk or roller-blade across Regent's Park to get to work in central London. London Zoo used to keep their wolves in an enclosure alongside the footpath through the park, so you were really close to them. Early in the morning they would be outside their pens, and I would chat to them every morning as they were quite active at that hour. From our bedroom we could also hear the gibbons calling every morning – they are very loud, and I think you can still hear them sometimes. The wolves have moved, I gather. We lived in a top-floor flat and used to stand out on the roof (rather dangerously!) to look at the firework displays across the whole of London on 5 November!"

At Harriet Kelsall Bespoke Jewellery it's never just about the jewellery. The team of expert designers have the privilege of capturing the unique story of every customer, with many one-off designs reflecting the stories and personal experiences of the people who commission them. The love-storytellers take pride in the fact that they get to know their customers and use elements of their narrative to make jewellery that they will love for the rest of their lives. A couple named Steph and Ross recently commissioned wedding rings inspired by the striking scenery of Loch Voil, the location of their forthcoming wedding ceremony. Engraving on Steph's wedding band mimics the profile of the magnificent hills of Loch Voil while a wood grain finish on Ross's ring captures the natural beauty of the special setting.



Everything they produce is made in the UK, and they make sure they find the most responsible source for their materials.

The company has won over 20 UK and international awards for design, business, innovation and ethics. Being at the forefront of ethics within the jewellery industry is particularly important to the company and it was the first UK independent jewellers to be awarded Responsible Jewellery Council certification and the first in the world to be both certified by the RJC and licensed by the Fairtrade Foundation. Everything they produce is made in the UK, and they make sure they find the most responsible source for their materials.



Additionally, if you have a piece of treasured inherited jewellery which needs a new lease of life, they can sensitively alter or redesign it, and they also repair items.

Check out their website which offers a wealth of information about their jewellery, and also helpful information such as which gemstone, metal or material is relevant for which anniversary.

www.hkjewellery.co.uk

INTERVIEW

Susannah Buxton: costume designer

Children from Haverstock School's journalism course interview costume designer Susannah Buxton

Bracelets, big buttons, small buttons, pleats, ruffles and fancy frills – we thought attention to these and much, much, more were the most important part of being a costume designer. We were wrong. Susannah Buxton told us:

"Yes, detail is important, but when you're designing a costume, the overall look and information it gives about the character is uppermost. You want the costumes to help capture the drama of the situation. For instance, when Maggie Smith arrived in the second series of *Downton Abbey* to make her entrance, the butler crossed in front of her in the rehearsal. She was wearing a very striking hat with black cock feathers and an astrakhan coat, and I spoke to the director asking if Jim Carter could cross later so as not to obscure her entrance."

This scene in *Downton* is now very memorable. Beyond the costumes, she also had to watch the actresses' posture in *Downton*, because nineteenth-century ladies didn't slouch or cross their arms.

Sometimes she has had to hold her ground. When working with film director Danny Boyle on *Mr Wroe's Virgins*, he suddenly wanted his crowd of extras to run down the hill into the river. She told us: "I thought, I will never work again, but I explained that we just needed to postpone the scene till the next day so that I could get everyone galoshes! They couldn't go into the water in leather period shoes, the cost would have been prohibitive." The scene was shot the next day. Susannah saved the production a lot of money – and fortunately she has worked with Boyle since.

Then Susannah told us about winning an Emmy Award: "Oh, it was really exciting. We went to Los Angeles; there was a huge party afterwards, and I hadn't expected to win, so it was like a rocket going off inside my head when they announced my name!"

We asked about whether it was 'pure luck' that her career had shaped so well: "A lot of luck, I think. Sometimes it's being in the right place at the right time, but then also the quality of your work builds up and people understand what you can do for them."

We learned such a lot from Susannah. When we next watch a film, we will really keep an eye out for the detail, because it is so important; and we will also study how the costumes really contribute to the atmosphere of each scene. Thank you, Susannah, you were inspiring.

Anisah, Keanu and Faizur (all Year 8)



"Detail is important, but when you're designing a costume, the overall look and information it gives about the character is uppermost"

NEWS & VIEWS



Mimi Holliday

Mimi Holliday opened their Primrose Hill holiday pop-up lingerie store in December at 107 Regent's Park Road. They are a local Primrose Hill business, currently working out of their headquarters in Utopia Village; this store will be their first, having sold only online up until now. Treat yourself to some fabulous lingerie. **www.mimiholliday.com**

Goodbye, Dr Lim!

Jane Lim is retiring from Primrose Hill Surgery after many years of skilled care for Primrose Hillites. Primrose Hill Patient Participation Group is organising a farewell gathering for her on Tuesday 20 February at 6.30 pm at Primrose Hill Community Library.

We know that many of her patients will want to express their appreciation. Please email us at primrosehillppg@gmail.com to let us know if you are coming so we have some idea of numbers.

Differenzia restaurant

Welcome to Differenzia restaurant on Primrose Hill Road, which is new to the area. Already there is a buzz about the Italian food and hospitality it serves up. Banish the winter gloom and pretend you're in Tuscany. They use fresh Italian ingredients and are open all day.
www.differenzakitchen.com



Be smart against online fraud

A Primrose Hill resident has recently been a victim of online fraud. When called to ask if his internet connection was running slowly, he entered into the discussion, and disclosed bank details. The result was the loss of his pension savings.

Fortunately the police tracked down the offender, but the story might not have ended so well. Don't be tricked in this way and NEVER give out personal details to strangers on the phone, or by email.

What's On February

NEW THIS FEBRUARY

SATURDAY 3 FEBRUARY

Vintage Disco
Dance to the sounds of the 1960s, 70s and 80s. PHCC. 7pm til late. £6. Cash bar and food on the night.

TUESDAY 6 FEBRUARY

Film Show at the Library
The Goose Woman (1925), another silent classic, directed by Clarence Brown, with live music accompaniment. PHCL. 7.15pm, £8, including a glass of wine, in cash, in advance at PHCL or on the door.

WEDNESDAY 7 FEBRUARY

Open House
PHCC. 2pm. The Reputation Game. A talk about reputation in life and business, by David Waller. Free.

WEDNESDAY 7, 14 AND 21 FEBRUARY

Mindfulness: relaxation, creativity, alertness, meditation, mindfulness, music and art appreciation workshops
PHCC. 5.30–7pm. Free. Contact Dr Ramona Behravan, ramonaravan@hotmail.com

THURSDAY 8 FEBRUARY

Meditation yoga with Ellen Emmet
PHCL. 6.45pm. For prices, contact ellenemmet@outlook.co.uk

WEDNESDAY 14 FEBRUARY

Open House
Tea party with Camden People's Theatre. PHCC. 2pm. Free.

WEDNESDAY 14 FEBRUARY

Evening Open House
Litter, fly tipping and the natural environment in Camden. PHCC. 7.15pm. Free.

WEDNESDAY 14 TO FRIDAY 16 FEBRUARY

Get Your Folk On!
A range of folk music and dance holiday courses for young people aged 7–19, or up to 24 for disabled young people. CSH. 10.30am–4.30pm.

THURSDAY 15 AND FRIDAY 16 FEBRUARY

Children's circus workshop
PHCC. 10am–3pm. £15 per hour, £50 per day, £90 both days. Contact circusglory@gmail.com

SUNDAY 18 FEBRUARY

Family Barn Dance
Bring the entire family and take part in lively dances from the British Isles in a supportive and fun environment! CSH. 3pm.

TUESDAY 20 FEBRUARY

Open Mic
PHCL. 7pm. Donations appreciated.

WEDNESDAY 21 FEBRUARY

Open House
Visit the RAF Museum, Hendon. Meet at PHCC 2pm. Transport available, please let PHCC know in advance. Free.

WEDNESDAY 21 FEBRUARY

Transition Primrose Hil
Tomorrow's Economy: film show of acclaimed documentary 'Demain' and discussion with great local speakers about new ways with money. PHCC. 7.30pm. Free. Contact www.transitionprimrosehill.org

WEDNESDAY 28 FEBRUARY

Open House
Screening of *A United Kingdom*: The story of King Seretse Khama of Botswana and his controversial marriage to a British white woman. PHCC. 2pm. Free.

PLAN AHEAD COMING SOON

TUESDAY 6 MARCH

Film Show at the Library
Touch of Evil (1958), directed by Orson Welles, PHCL. 7.15pm. £8, including a glass of wine, in cash, in advance at PHCL or on the door.

FOR KIDS

MONDAY

Ready Steady Go ABC classes
Fun and educative groups for toddlers and babies aged 6–18 months with their parents and carers. PHCC. 9.30–11am. £120 per term (pro-rated when joining), trial classes available. Contact 020 7586 5862 to register or for more information

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

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

Homework Club
Do your homework in the Library with a qualified teacher. PHCL. 4–6pm. Free. Contact 020 7419 6599

TUESDAY

Hartbeeps Baby Sensory
Multi-sensory class of mini music productions for the very young. PHCC. 1.30–5.15pm. Classes £8. Contact Clare 07528 688 734

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

Music and Rhyme for under 4s
Drop-in sessions. PHCC. 4.30–5pm. £1. Contact 0207 586 8327

WEDNESDAY

Ready Steady Go Yoga
Baby and Me, age 6 wks–9 mths, with Lily. PHCC. 9–10am. £60 for 5 weeks (first class free). Contact yoga@readysteadygo.org to register or for more information

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

Primrose Hill Children's Choir
Learn to sing, enjoy fun songs and games. Ages 4–11. St Mary's Church, NW3 3DJ. 4–5pm. First time free, then £8 per week. Contact Matthew 07817 234 925, www.primrosehillchoirs.com

Homework Club
Do your homework in the Library with a qualified teacher. PHCL. 4–6pm. Free. Contact 020 7419 6599

All-ages Chess Club
Join us for a game of chess. PHCL. 6.30pm. Free. Contact 020 7419 6599, events@phcl.org

THURSDAY

Mothers and Babies Pilates
Want to tone your limbs, flatten your tummy and strengthen your pelvic floor? PHCL. 10am and 11am. Contact pilateswithpaulette@gmail.com, facebook.com/pilateswithpaulette

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

Music and Rhyme Time for under 4s
Drop-in at PHCC. 4.30–5pm. £1. Contact 0207 586 8327

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

Mini Mozart
Musical story time. PHCL. 9.30am for young children; 10.15am for babies. Contact hello@minimozart.com

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

FRIDAY

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

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

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

SATURDAY

Jingle Jam Music
Music classes with a jazz flavour. Babies of 3 months to walking at 10.10am; walking to 5 years at 11.10am. Contact Emily Dankworth 07905 979 024, www.jinglejamkids.co.uk

SUNDAY

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

FOR ADULTS

MONDAY

ACOL Bridge Club
PHCC. 1.45–3.45pm. £3. Contact Maureen Betts 07919 444 187

Bridge Class
Beginners/intermediate. Join us in the Library for a game of bridge. PHCL. 6.30pm. Contact jojarrold@gmail.com

Chilled Strings
Small amateur string chamber orchestra, guided by professional tutor Kwesi Edman. PHCC. 6.30–8.45pm. £10 for each evening. Contact sueandhercello@gmail.com

Primrose Hill Community Choir
Love to sing? Try us out! All welcome. PHCC. 7.30–9.30pm. £6. Contact Matthew 0781 723 4925 www.primrosehillchoirs.com

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

Neighbourhood Information Centre
Drop-in advice centre. PHCL. 2–4pm. Free. Contact 020 7419 6599

Trauma Release Exercises (TRE)
New drop-in class to release chronic tension patterns and return the nervous system to balance. PHCC. 4–6pm. £15 per class, or 5 for £50. Contact Tim Kirkpatrick, www.back2base.co.uk

TUESDAY

ESOL Class
Learn English at the Library. PHCL. 12–1.30pm. Free. Contact jojarrold@gmail.com

Keep Fit for over 60s
PHCC. 3–4pm. Free. Contact 0207 586 8327

Laban Movement Workshop
To practise and explore Rudolf Laban's Scales and Efforts. PHCC. 12–1pm. £10. Contact 07970 536 643, jennyfrankel.laban@gmail.com

Morris Dancing
Learn lively Cotswold Morris dancing with handkerchiefs and sticks, led by tutor Andy Richards. No experience necessary. CSH. 6.30–9pm.

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

General Yoga
PHCC. 6.30–8pm. Contact Catriona 020 7267 5675, cat.b1@blueyonder.co.uk

Hatha Yoga
An open-level class combining mindful flow with alignment-based instructions and breathing techniques. PHCC. 1.30–2.30pm. Contact Emma 0780 855 3599 emma.lecoeur@gmail.com

What's On February

Yoga Angels
PHCC. 1.30–2.30pm. Drop-in £11, 5 classes £50, 10 classes £90. Contact 0780 855 3599, emma.lecoeur@gmail.com

WEDNESDAY

All-ages Chess Club
Join us for a game of chess. PHCL. 6.30pm. Free. Contact 0783 010 7477, a.bruce@pardesgrammar.co.uk

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

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

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

THURSDAY

English Country Dancing
Learn English country and ceilidh dancing with tutor Mike Ruff. Musicians welcome to join the band led by Ian Cutts. No need to bring a partner, no experience necessary. CSH. 7.30–10pm.

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

Narcotics Anonymous
PHCC. 1.30–3.45pm. Free.

Mother and Baby Postnatal Pilates
Activate your pelvic floor, tone your tummy, strengthen your back and improve your posture. PHCL. 11am. Book your place on the next course at pilateswithpaulette@gmail.com, Facebook.com/pilateswithpaulette/reviews

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

Happy Body Pilates
With Kerry Fraser. PHCL. 7–8pm. £12 per session, or £50 for block of 5. Contact 0797 646 1342, kerry@happybodypilates.co.uk

Pregnancy Yoga
An open level class helping mums-to-be to stay healthy in mind and body during pregnancy. PHCC. 5.15–6.15pm. Contact 07808 553 599, emma.lecoeur@gmail.com

Primrose Hill Yoga
Strengthen, stretch, relax and re-energise. PHCC. 5.30–6.30pm. £11 drop-in, £40 for series, student and unemployed discount available. Contact carolineshawyoga@gmail.com

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

FRIDAY

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

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

Aerial Pilates
PHCC. 9.45–11.15am. Contact circusbodies@gmail.com

Dynamic Pilates
Strengthen core, prevent back pain and improve posture. All levels and abilities welcome. Own mat needed. PHCC. 8–9am. Contact Natalie 0770 954 3581, natalienicollfitness@gmail.com

SATURDAY

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

SUNDAY

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

CONTACT DETAILS

PHCC
Primrose Hill Community Centre
29 Hopkinsons 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 7419 6599

Please submit entries for our March issue by Friday 9 February

onthehillwhatson@phca.cc

Cecil Sharp House (CSH)
2 Regent's Park Road NW1 7AY
Contact: info@efdss.org
020 7485 2206

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



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

On The Hill

onthehill.info

'This page is generously sponsored by Goldschmidt & Howland'

ES 020 7043 4433 · RESIDENTIAL LETTINGS 020 7043 3333

www.g-h.co.uk
GOLDSCHMIDT & HOWLAND
Established 1888



Compton Lodge:
Primrose Hill's Marigold Hotel

By Tracey Mitchell

A blue plaque on the front of Compton Lodge is dedicated to its original owner, Dame Clara Butt. Dame Clara entertained Edward Elgar, Sir Henry Wood and Ellen Terry regularly after buying the place in 1903.

Today Compton Lodge offers residential and dementia care for up to thirty-four people. It is managed by the Central and Cecil Trust – also responsible for the Oldfield Estate on Fitzroy Road, Rackstraw House in Primrose Hill Road and Dora House in St John's Wood Road.

I asked Care Home Manager, Mary Walsh, what makes Compton Lodge unique; and about changes in care over the twenty-five years since she started as Deputy Manager.

"It is the residents' home first and foremost, and we the staff just work here. When people visit, they notice a very homely atmosphere and everyone is friendly and welcoming," she explains.

"People are invited to visit the home at any time, and residents have visitors whenever it suits them. There's the beautiful building and wonderful gardens and we involve families and friends as much as possible to try to maintain contact within the community."

The Compton Lodge calendar has a number of annual institutions, including the summer garden party, barbecues and the Christmas party.

"The relatives of residents who lived here twenty years ago come back to visit. We have a lot of contact with the community, including schools and colleges who come on a weekly basis for work experience. They also entertain us at Christmas with carol concerts, including the very young from nurseries.

"Years ago, care homes were about security and companionship. In the 1980s, everyone was expected to be up at the same time and into meals; everybody followed the routine of the home. Whereas now routine is worked around the individual; it's moved from a task-oriented approach into person-centred care."

Nowadays people stay on at home much longer before moving into care, and the last two people who came into Compton had live-in care beforehand. Compton Lodge currently has some vacancies.

"Once it was all word-of-mouth; now we'll have enquiries mainly through the internet. The local authority no longer places residents at Central and Cecil, as they are unable to pay the necessary fees to support our standard of care. Central and Cecil generally do not advertise their homes, but recently put an advertisement in the *Ham & High*. On a regular basis, I will let the local GP surgeries, social workers and hospitals know when vacancies arise."

Last year, the Royal Albert Hall invited a group of Compton Lodge residents, friends and family to view a collection of Dame Clara Butt playbills and other memorabilia in their archive. Clara performed there 112 times, and is considered to have been their most prolific female performer between 1892 and 1930. She organised many important fund-raising concerts for charities there during the First World War.

Patricia Fell-Clark was the daughter of the next family to live in Compton Lodge. She married an Indian writer and intellectual named Ayana Angadi. They lived with their children on the top floor of the house, and founded the Asian Music Circle with the aim of introducing Asian culture to Britain in the 1950s. George Harrison broke a string on his sitar while recording 'Rubber Soul' at Abbey Road Studios and made a call to the Indian Embassy, which put him in touch with the Asian Music Circle. Patricia painted Harrison and introduced all the Beatles to the Indian classical musician, Ravi Shankar.

"It's a chance to bring out individuality – skills, talents and personality for others to see and appreciate."

On a Thursday afternoon, Dr Gary Ansdel gets out a stash of instruments hidden behind the piano for music therapy. I count a cymbal and brush, a guitar, a large hand drum, tambourines, bells, maracas, another drum and drumstick. He waltzes Anna across the sitting room to a wing-backed chair before picking up the guitar to play 'Oh My Darling Clementine'.

A squabble develops over whether to sing a happy or sad song, and Gary compromises with 'When the Saints Go Marching In'. Before long, a rousing chorus rings out. Gary sits down at the piano for 'Cheek to Cheek', written by Irving Berlin in 1935, but he's soon back on his feet offering everyone a tambourine to tap while he sings to them.

"It's about participation, simple as that," Gary explains when we speak after the session. After a noisy rendition of 'What Shall We Do with a Drunken Sailor', they wind down with 'Loch Lomond'. He's spent thirty years as a music therapist working in psychiatry, with children and most recently elder care. "Music and animals, they're both sensory and accessible," he explains.

Gary takes time to foster abilities and interests, because he believes there's a risk of losing individuality in a care home. He values the opportunity afforded by the sessions to enliven someone's day and create an atmosphere of joy. During the afternoon, he encouraged one resident to sing a French song learned at school, and two others to choose songs they especially like. "It's a chance to bring out individuality – skills, talents and personality for others to see and appreciate."

"Oh, I love it, absolutely," Viv agrees on my return to the sitting room after chatting with Gary. "I look forward to it lots." Neville looks up from a book and says, "It's a wide breadth of different types of music. I enjoy the rhythms."

The history of Compton Lodge reaches farther than the blue plaque dedicated to Clara Butt. I first learnt about charabancs here from a lifelong Camden resident with vivid memories of selling coats in Debenham's on Oxford Street. I've heard about wartime London from a child's perspective and stories of naval service. If you're looking for lived experience, these are the people who know what that means.

Opposite: Photo of Dame Clara Butt bequeathed to the National Portrait Gallery by Patrick O'Connor (2010)



Pelvic floor care

By Paulette Pollock

Having a baby is life-changing. Although your new bundle will bring you much joy, you may be feeling overwhelmed, exhausted and hungry. You will also be adjusting to your body not looking, feeling or functioning as it did before.

The first six weeks are a time to rest (when you can!) and look after your baby. It is also important that you look after yourself. Your body is an amazing system, working hard to repair and rejuvenate cells, and perhaps produce milk for the baby; so you need to pay attention to your nutrition.

What you eat or don't eat, drink or don't drink is now known to have as big an impact on healing as exercise. Try to eat protein at every meal (vital for tissue recovery), especially at breakfast to stop you getting on the sugar roller coaster. Cut coffee (caffeine increases cortisol levels, which encourages fat to be held around the tummy) and keep hydrated by drinking lots of water and also Tulsi Tea (which soothes the adrenals). Limit sugar (this includes alcohol) as it is inflammatory. Instead eat lots of antioxidant-rich berries for sweetness.

During this initial phase you shouldn't be doing *any* exercise, except for some light pelvic floor contractions and short walks with your baby – certainly no crunches, sit-ups, twists or planks. Not only do they put tremendous pressure on your pelvic floor, but also on weak abdominal muscles and could worsen a diastasis recti (a natural, small separation of the linea alba which allowed your baby to grow).

Whatever your delivery type, your pelvic floor has been working hard for the last nine months to support your growing baby. You may find that you leak urine when you cough, jump, sneeze … or laugh. Moving from lying to sitting, and from sitting to standing creates 9 kg of intra-abdominal pressure. It is therefore essential that you exhale as you move against gravity. This means that your diaphragm relaxes and rises, allowing space for the pelvic floor to rise too.

For up to twelve weeks post-birth, and throughout breastfeeding, your body will be producing the hormone relaxin. During pregnancy its role is to relax your ligaments to allow the pelvic girdle to widen for the baby to come out, but it affects all the body's ligaments.

Although relaxin might make you feel super-flexible, do stretches with care. Otherwise you might over-stretch ligaments that will never return to their original length; they will stay like a taut elastic band, leaving unstable joints. Don't hold a stretch for longer than eight seconds, and be careful whilst practising yoga asanas.

Finally, don't forget to breathe! Some soothing deep breaths will not only calm your nervous system but also aid healing, as all cellular activity requires oxygen.

For further information, check out **facebook.com/pilateswithpaulette** or email pilateswithpaulette@gmail.com to receive a free copy of my 'Meet Your Pelvic Floor' handout.

Drama Queens
confidence through creativity

Drama for 2-5 years
@ Huggle

FREE TRIAL CLASS

Drama Queens run role-playing classes for children of all ages. Staffed by professional actors with over ten years experience in local schools and nurseries.

Using Small Talk - our unique, fun programme for pre-school children - we help them develop:

Communication
Confidence
and Concentration!

Thursdays at 11am

Huggle, Swiss Cottage, NW3 3NT
info@dramaqueens.org
07906 492860
www.dramaqueens.org/huggle

10 week term - £100
Drop in rate - £12

DBS CHECKED

Lollipop Lady

A Poem by Sue Greenhill



I'm stuck with a pole
'Stopping Children'
when I'd rather be home by the fire;
this snow is OK through the window,
but out here today it is dire.

I took this job on in the summer,
in June when the weather was hot;
I thought a job outdoors would suit me,
but in February it definitely does not.

My wellingtons leak, so my feet are all wet,
and the pole makes my poor fingers freeze;
my head is quite cold in my hat and
my scarf,
as it's more of a wind, not a breeze.

Lord, if you're so clever, please prove it:
warm days in the winter are nice;
we'd rather have fun without freezing,
send us only hot snow and safe ice.



In the November issue we included a collage of Primrose Hill by Pam Walker, who had set out all her equipment on the hill, then had to work quickly before a gale-force wind scattered everything over the park. Thankfully she managed to fight off the elements and produce another collage for us.
pamwalker.co.uk



A Taste of Palestine

by Ruth Kitching

Islam and her husband seem unfazed by the presence in her kitchen of a dozen novice British cooks (male and female) struggling to shape the dough they'd made into a thin enough pancake to be cooked on a special stove and end up as Arabic flatbread. Some rather misshapen efforts were then expertly restored and wrapped round chicken pieces, marinated, baked, and eaten by the – now hungry – assembled trainee cooks.

Islam and her family live in the Aida refugee camp in Bethlehem. They have converted their house into a day centre for the camp's disabled children, having realised that there was almost no provision for them elsewhere. We often think of refugee camps as rows of tents and UN food lorries, but this is quite different. Although Aida began like that in 1950 (to house some of the Palestinians who had lost their homes and land during the *nakba* of 1948), it now looks like any other part of this city, except that the streets are much narrower and more litter-strewn. They echo to the shouts and laughter of small children, who never seem to go to bed and who demand high fives from us until our palms ache. Before our bread-making session we had visited the camp's library and arts centre, which is home to Alrowad, a dance group which has toured Europe to great acclaim. It plays a crucial role in giving refugee children an outlet for their energy and talents.

Our visit to the Aida camp was part of an eight-day trip organised by Zaytoun (the word means *olive* in Arabic) – a social enterprise which was founded in 2011 to support Palestinian farmers and market their products under fairtrade terms in the UK. Our group of twelve included four of us from St Mary's Primrose Hill and an expert guide who introduced us to some of the people behind the products: olive and date farmers, and women who hand-roll *maftoul* and collect *za'tar,* the local herb which flavours many Palestinian dishes.

We soon discovered that Islam's hospitality was far from unique: we were humbled by the welcome we received from people in villages, farms and their own homes in the West Bank. An essential element of the welcome was always homemade food, plus often a lesson in making it. A 'picnic' in the olive groves (after

we had picked a pathetically small number of olives) turned out to be large bowls of hot *freekeh* (toasted wheat) with chicken, salad, yogurt sauce, topped with roasted almonds, followed by sweets and coffee (the coffee addicts among us were never without their fix). The roasted nuts, an ingredient of many traditional dishes, were a favourite and were greedily spooned up on arrival by the quicker members of our party.

In El Beir Arts and Seeds café in Bethlehem we were treated to soup, salad and organic vegetables grown locally. The café and shop is run by Vivien, a trained ecologist who (usually by pestering retired farmers and asking to look in their sheds) has rediscovered heritage seeds like white cucumber and drought-resistant watermelon. Parked outside the café was a 'travelling kitchen' which she takes to local schools to teach the children about ecology. She spoke to us about food sovereignty and the difficulties experienced by local farmers when Israeli settlers encroach on their land.

We saw an example of this for ourselves when we went to Tent of Nations, a farm which has been owned and cultivated organically by the Nassar family for one hundred years, but whose land is now overlooked by a large new settlement (we could see and hear the noise of a school being constructed) whose inhabitants seem intent on evicting them: the approach road had been blocked with boulders, their olive trees uprooted, and they had been repeatedly issued with orders to destroy their rainwater cisterns. Bashara Nassar and his brother Nayef founded Tent of Nations back in the 1970s as a centre for peace and reconciliation, with the motto 'we refuse to be enemies'. International volunteers come and live on the farm for a few months at a time to work and study.

In Bethlehem it was impossible to ignore the towering presence of the Wall (or 'separation barrier'), topped with barbed wire and dotted with watchtowers, marching through the middle of the town and on for some 800 kilometres and more – cutting people off from their land, neighbours, jobs, schools and hospitals. Next to it is Banksy's wonderfully named 'Walled Off' Hotel, which contains a museum dedicated to the history of the Palestinian struggle, and a 'Wall mart' shop which sells everything you need for creating graffiti.

Then more cooking: in Sebastya, a hillside village built beside a huge Roman site with ruins of a temple,



"we were humbled by the welcome we received from people in villages, farms and their own homes in the West Bank"

forum and theatre, some of us got up early to cook large quantities of bread stuffed with *za'tar* and olives in a kitchen run by local women; the food is distributed for breakfast to local schools, as well as to the guesthouse where we stayed. We tasted newly pressed olive oil from farmers' cooperatives at Canaan Fair Trade; the farmers there receive more than twice what they used to be paid for their olives before Canaan and Zaytoun came along, when they were dependent on Israeli companies.

In Nablus we visited an ancient factory making soap from olive oil (Nablus is famous for soap) and ate *kneffah* – a delicious but alas very fattening sweet made in huge pans from curd cheese, wheat and sugar and flavoured with cardamom.

We ate succulent fresh dates at another cooperative in the Jordan valley. Date palms – we were told – have the advantage that they can cope with salinity in the soil, and this is an increasing problem caused by excessive extraction of ground and river water by nearby commercial plantations. Hisham the farmer explained the tricky process of getting the dates to the UK market via Haifa, but gave us one piece of good news: the cooperative will soon have a cooling facility enabling them to store the dates for up to a year, instead of having to sell them at the time of harvest when prices are low.

The village of Battir in the Cremisan Valley is famous for its springs (which gave rise to a Roman settlement) and an ancient and unique system of distributing the water among the eight families who live in the village. Hasan (who runs the outdoor restaurant where we ate a spectacular aubergine and rice dish called *makloubha*) and the villagers succeeded in getting UNESCO to declare it a World Heritage Site in 2014, and they hope this will give them some protection against the encroachment of settlements.

On our last day, in Nazareth, we made lemonade, salads, sweets, lentils ... and took them for a picnic by the Sea of Galilee, which looked unbelievably beautiful in the October sun.

Zaytoun had arranged our accommodation throughout in lovely ancient buildings run as guesthouses, whose hosts were unfailingly helpful and deeply proud of their heritage.

The whole tour was immensely enjoyable; nevertheless, food and politics are inseparable in Palestine, and it would be a disservice to our hosts not to include both in any account of our visit, especially at a time when progress towards a just settlement with Israel seems, at best, to be stalled. So we remember the cooks and their cooking fondly, and continue to hope that peace and justice may prevail.

Details of next year's tour can be found at **zaytoun.org/visit_palestine.html**

Zaytoun products can be ordered via **zaytoun.org.uk** or from Traidcraft: **www.traidcraftshop.co.uk**

For recipes I recommend *Palestine on a Plate* by Joudie Kalla.

PERFORM

Eighteen years ago, a then-West End stage actress, Lucy Quick, decided that it was time to give back to her art and use her own remarkable experience in musical theatre to encourage children to fulfil their dreams through drama.

WORDS BY Henrietta Klug PHOTOGRAPHY BY Sarah Louise Ramsay

During her acting career, from her first role in *Oliver* at the Palladium to her last performance in *The Pirates of Penzance* at the Regent's Park Open Air Theatre, Lucy Quick worked as a drama teacher at a stage school, where she found her true love to be teaching and working with children. Lucy felt that there was too much focus on talent at these schools, and believed that drama for young children should be more about the confidence skills it can provide.

'Perform' is therefore a drama school with a difference, where the focus is on enabling children aged 4–12 to achieve whatever they want in life; as Lucy puts it, 'to help children grow their wings' rather than push them into an acting career. The aim of Perform is to help children to excel at the four Cs – confidence, communication, coordination and concentration – through the many modes one would expect at a drama class, whether singing, dancing or acting, but all with the purpose of pure enjoyment and engaging young minds. From tongue twisters, rhymes, rap to energetic dance routines, children are encouraged to speak out, project themselves, engage with others and be a part of a team, and from that to gain the ability to be a more self-assured version of themselves.

Together with her business partner Will Barnett, an ex-Saatchi & Saatchi advertising exec and musician, and the 'brilliant' other half of Perform, they decided to create a brand that denoted a commitment to teaching and engaging through drama; they wanted their knowledge and expertise to spread across the country and give children the opportunity to develop through the performing arts. Together they select the themes for the term, with such appealing titles as Wild West, Under the Sea or Outer Space, they choreograph the dances, compose the songs and write the scripts; it is drama with a modern twist.

The first ever session was at the Primrose Hill Community Centre on a Sunday morning in 1999. As a local, Lucy felt that the whole idea embodied the creativity, freedom and artistic expression she was hoping to capture and develop among our young inhabitants. Lucy recalls this very first lesson as a proud moment, with just four children in the class. The business has now expanded to 300 schools and 8,000 children. Lucy and Will's goal is simply to keep growing: to open new venues in other parts of the UK; and to develop their new concept, Perform X, a modern, street and hip-hop-based class where children of 6–12 years can embrace a more urban culture in this high-energy dance session.

The clear focus throughout is on 'learning through laughter', and that was abundantly clear as I walked into a lesson during the final day of the summer workshop. The first thing that struck me was the infectious levels of energy and enthusiasm bubbling through the class, alongside a real sense of wanting to take part. There was such excitement emanating from every child in the room as they went through the 'movement and stretching' part of the lesson, closely followed by bursting into song, all based round the theme of this course, *Beauty and the Beast*. After about five minutes I was completely captivated and singing along to *The Palace of Dreams!*

While the overriding message is clearly 'drama through fun', there is most definitely an underlying educational mission, not only during each weekly session, but extending out into the education system. Perform goes into 30 primary schools a day to conduct drama workshops, where the staff will create a topical performance and engage the pupils in learning through interaction and role play. All 250 teachers are professional actors, singers or dancers, and in Lucy's words 'are the making of each school' and what has ensured Perform's success to date. Their sole aim is to bring out the best in every child. The staff are taken through a gruelling audition process and rigorously trained. Each workshop leader is hand-picked by Lucy herself to ensure that they continue the all-important Perform philosophy and have that certain quality that can captivate a child's imagination.

Each session has a topic, from 'eye contact' to 'celebrating our differences', in which children are taught to embrace the theme through a series of collective activities, almost a subconscious learning technique. The lessons have an energetic structure: they start with a physical warm-up, then coordination exercises while sitting together in a circle to learn communication with others in a group environment, culminating in an enthusiasm-fuelled dance routine, and ending with improvisation and drama games. Each week every child is given a sticker for what they have learned, to make them aware of their personal achievements. The course finale is an end-of-term show, bringing together all the different elements and giving the children something fulfilling to work towards.

While Perform is most definitely a drama school, as its name suggests, Lucy and Will are adamant that they are not there to make actors out of every pupil; they are there to give them the confidence to believe 'I can do that', 'I can try it', and to bring out every child's full potential. Lucy herself, previously a self-confessed 'under-confident' child, recognised that the only time she came out of her shell and 'became a different person' was when she was singing or performing on stage; this was how she gained the self-esteem and drive that allowed her to achieve her childhood dreams of performing in the West End and now running a successful ever-evolving business.

Lucy's own two children went through this same process, having been a part of Perform 'since the womb', and Lucy clearly witnessed the profound effect this had on their levels of confidence and their ability to focus, even during the simplest tasks like standing in school assembly. The practice of taking part in shows three times a year for their whole life has made it their norm, and that is the quality she hopes to pass on to others.

The success of Perform is evident from the incredible growth over a relatively short period, and the positive results for such a range of children is what drives Lucy on. Young people are encouraged to come along and have a trial session, so that they can see what it's all about before signing up for a course. I can guarantee that every child will leave their first session wanting more.

To find out more about Perform, go to **www.perform.org.uk**



"THEY SELECT THE THEMES FOR THE TERM, WITH SUCH APPEALING TITLES AS WILD WEST, UNDER THE SEA OR OUTER SPACE, THEY CHOREOGRAPH THE DANCES, COMPOSE THE SONGS AND WRITE THE SCRIPTS; IT IS DRAMA WITH A MODERN TWIST."









David Holmes: A Brush with the Music of Time

'I like using watercolour – it's adventurous: a tussle between water, paper, pigment and one's own derring-do.'

David Holmes' book, *A Brush with the Music of Time*, about his life as an art student, advertising junior, art director, creative director, designer, ad agency proprietor, painter and illustrator is bursting with luscious images. And if you want to have a feel for the London version of 'Mad Men' in the 1950s/1970s, there are photographs and clippings galore.

This original, quirky publication has just won the prestigious first prize in the British Book Design and Production Awards, and comes with its own beautiful cardboard sleeve and smart bag. The quirkiness reflects the author, who has a large collection of battered straw hats, learned to play the bagpipes from an Indian lady in Singapore when he was in his sixties and cultivates an exquisite Japanese garden outside the studio he has owned in Primrose Hill for over thirty years. Lots of photographs in the book illustrate his fondness for dressing up.

Yet the book also pays homage to the many people with whom David has worked – indeed, the frontispiece and end pages consist of an alphabetical list of hundreds of names, a roll call of creatives over fifty years.

Some pages will be familiar to us locals: he designed the cover for the publication *Primrose Hill Remembered*, and the older among us will recognise his advertising campaigns – 'You can take a white horse anywhere', for example. David also designed the Christmas stamps in 2015 and appeared in *On The Hill* to talk about the process. The book is also full of colourful, fluent watercolours of animals, flowers and landscapes.

David is tidying up his studio and has a folder for 'browsing' with small examples of his work, reasonably priced, which would make great presents. Email him to have a look, with no obligation.

davidcecilholmes@gmail.com

Local Sudoku

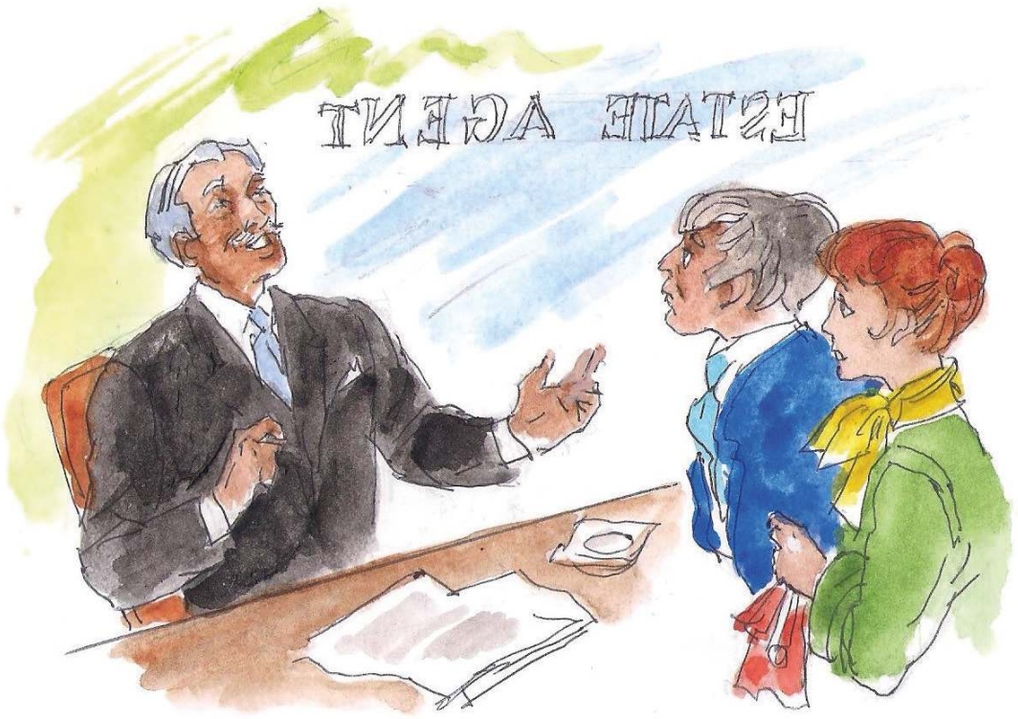
The name PRIMROSE HILL contains nine different letters: PRIMOSEHL. Complete the grid so that each row, column and 3×3 box contains these nine letters.

P	R	I				H	O	M
			M		H			
O	S						P	I
R		E	O		P	M		H
	M	H				I	R	
		L		O		S		
			I		S			

Answers on p 28



Primrose Hill LAUGHS

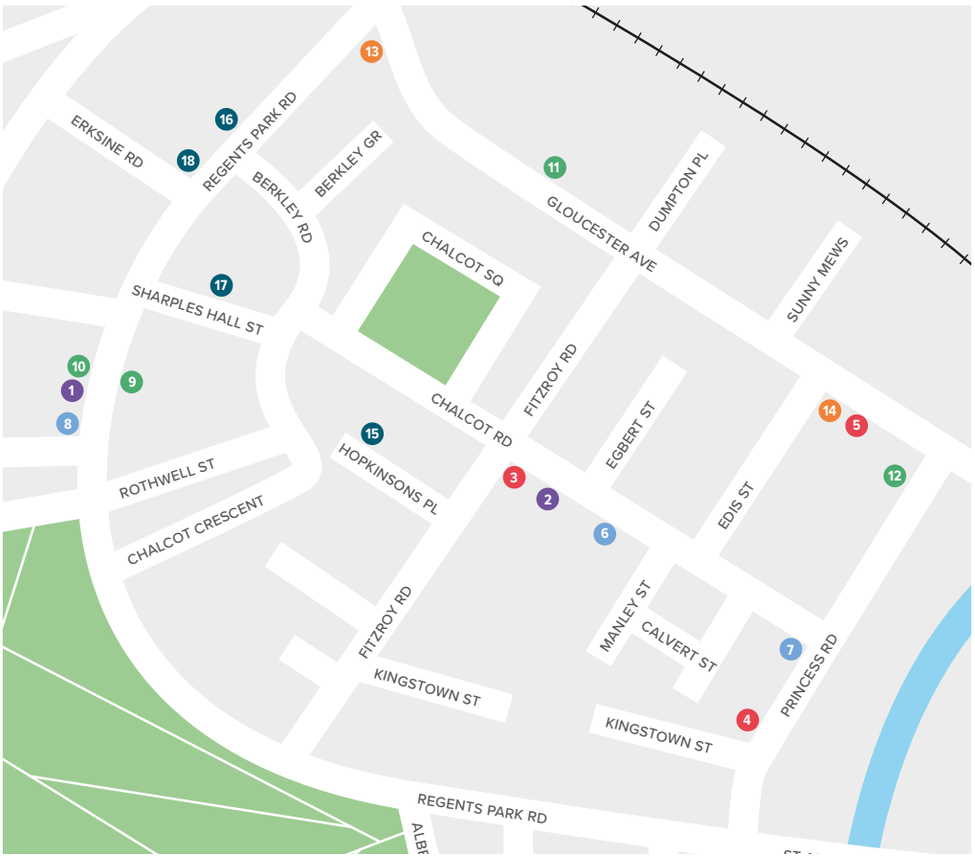


"And of course, living in Primrose Hill affords the added benefit that your children won't be able to live at all close."

Local Sudoku: Answers

M	H	S	P	I	O	R	E	L
P	R	I	S	E	L	H	O	M
L	E	O	M	R	H	P	I	S
H	L	P	E	M	I	O	S	R
O	S	M	H	L	R	E	P	I
R	I	E	O	S	P	M	L	H
S	M	H	L	P	E	I	R	O
I	P	L	R	O	M	S	H	E
E	O	R	I	H	S	L	M	P

Marketplace



Thank you to all our contributors!



To advertise your business in Marketplace contact ads@onthehill.info

On The Hill
onthehill.info

Beauty & Wellbeing

1 SHAMPOO HAIRDRESSERS
63 Regent's Park Rd, NW1 8XD
020 7722 9594
alinashala@hotmail.co.uk
Tu–Sa 09.00–18.00
Su 10.00–16.00

2 NISHIHARA & CO
42 Chalcot Rd, NW1 8LS
0207 483 2417
nishihara.london@gmail.com
Tu–W 09.00–19.00
Th–F 10.00–20.00
Sa–Su 10.00–16.00
(alternative times available upon request)
www.nishihara.co.uk

Eating & Dining

3 L'ABSINTHE (ALL DAY) BRASSERIE
40 Chalcot Rd, NW1 8LS
020 7483 4848
absinthe07@hotmail.co.uk
M 08.00–16.00
Tu–F 08.00–22.00
Sa 09.00–22.00
Su 12.00–21.00
www.labsinthe.co.uk

4 LA COLLINA
17 Princess Rd, NW1 8JR
020 7483 0192
info@lacollinarestaurant.co.uk
M–Su 12.00–14.30, 18.00–22.15
www.lacollinarestaurant.co.uk

5 PRIMROSE BAKERY
69 Gloucester Ave, NW1 8LD
020 7483 4222
hello@primrosebakery.co.uk
M–Sa 08.30–18.00
Su 09.30–18.00
www.primrose-bakery.co.uk

Home

6 PRIMROSE HILL FRAMING COMPANY
45 Chalcot Rd, NW1 8LS
020 7586 4571
primrosehillframingco@gmail.com
M–F 09.30–13.00, 14.00–17.30
Sa 09.30–13.00

7 CAVE INTERIORS
29 Princess Rd, NW1 8JR
020 7722 9222
georgina@caveinteriors.com
M–F 09.30–17.30
www.caveinteriors.com

8 PRIMROSE INTERIORS
55 Regent's Park Rd, NW1 8XD
020 7586 6595
info@primrose-interiors.com
S–F 10.00–17.00

Specialist

9 PRIMROSE HILL PETS
132 Regent's Park Rd, NW1 8XL
020 7483 2023
gail@primrosehillpets.co.uk
M 09.30–18.30,
Tu–Sa 09.00–18.00
Su 11.00–17.00
www.primrosehillpets.co.uk

10 PRIMROSE HILL DENTAL
61a Regent's Park Rd, NW1 8XD
020 7722 0860 / 07845 0088 240
primrose.dent@gmail.com
M, W, F 09.00–17.00
Tu, Th 09.00–20.00
Sa 09.00–13.00

11 PRIMROSE HILL BUSINESS CENTRE
The oldest in the world
110 Gloucester Avenue, NW1 8HX
0207 483 2681
info@phbcoffices.co.uk
M–F 09.00–18.00

12 LORETTA GOLD PSYCHOTHERAPIST FOR COUNSELLING AND THERAPY
Garry Trainer Clinic
65 Princess Road, NW1 8JS
07484 210234
lorettagold17@gmail.com

Fashion

13 GALLERY 196
196 Regent's Park Rd, NW1 8XP
(orange door)
020 7722 0438
info@gallery196.com
M–Su 10.00–18.30
www.gallery196.com

14 SWEET PEA
77 Gloucester Ave, NW1 8LD
020 7449 9292
mail@sweetpeajewellery.com
M–F 10.00–18.00
Sa 10.30–17.00
www.sweetpeajewellery.com

Community

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

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

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

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

FROM L'Absinthe

Crème Brûlée

As love is in the air at L'Absinthe, what better way to treat your date on Valentine's Day than JC's easy, classic crème brûlée? If you don't have absinthe, it's equally good with other liqueurs, such as Grand Marnier.

1. **Beat the egg yolks and sugar until they are incorporated, then beat in the whipping cream, followed by the absinthe.**
2. **Divide the mixture into four ramekins and leave to rest in the fridge for 10–12 hours.**
3. **Preheat the oven to 140°C. Place the ramekins into a large roasting tray and pour in enough boiling water to come half way up their outsides. Cook for 1 hour until the custards are just set.**
4. **Allow to cool, then sprinkle brown sugar over the top. Caramelise with a blow torch or under the grill.**

... And if that doesn't work you can always come and have it with us!

Ingredients (serves four)

- 80 g caster sugar
- 80 g egg yolks
- 400 ml whipping cream
- 30 ml absinthe
- Brown sugar



PHOTOGRAPH BY Sarah Louise Ramsay

L'Absinthe
40 Chalcot Road, NW1 8LS
www.labsinthe.co.uk


Knight Frank
Move
This Spring get back to what you love sooner by selling or letting with Knight Frank.
Knight Frank Belsize Park
2C England's Lane
London NW3 4TG
020 3815 3350
belsizepark@knightfrank.com
KnightFrank.co.uk/Belsizepark
@KF_NorthLondon
We'd love to help you.
KnightFrank.co.uk
Connecting people & property, perfectly.

Hello, Primrose Hill!

Memories of the Christmas Fair at St Paul's School.



Caroline ready for business


A rock 'n' roll elf


Santa and his elves



Homemade jams and chutneys


Christmas oranges


Alex and Marc. Going, going, gone!


Toys galore!



RESIDENTIAL SALES 020 7043 4433
RESIDENTIAL LETTINGS 020 7043 3333

www.g-h.co.uk
GOLDSCHMIDT & HOWLAND
Established 1888

'This page is generously sponsored by Goldschmidt & Howland'