On The Hill

NEWS AND INFORMATION FOR PRIMROSE HILL PEOPLE

FEBRUARY 2020 | ONTHEHILL.INFO



THE SHIPPING FORECAST

Adrian Hemming's latest work

FASHION! TURN TO THE LEFT, FASHION!

Nicola Manasseh talks to stylist Deborah Jackson Brown

THE MOST INTERESTING JOB IN THE WORLD

Michela Wrong on her career reporting from Africa

Produced by Primrose Hill Community Association



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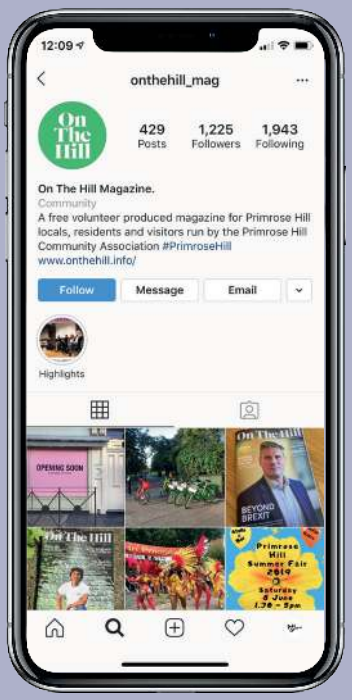
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February 2020

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Special thanks to all our contributors.

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

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

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Sarah Louise Ramsay

ISSN 20-6175



Welcome to February

Well here we are, in February already! 1 February, as I'm sure you know, is the feast day of St Brigid. Born around 453, Brigid was a compassionate individual who gave all she could to the poor, including food, clothing and even her own father's possessions. Her father hoped to marry her off to the King of Ulster, but Brigid had other ideas. She only wanted to marry Jesus Christ. She prayed to him to make her less attractive so no one would want to marry her and, shortly after that, she lost an eye and entered a monastery. In her new, spiritual life, the legends say that she had the ability to transform her bathwater into beer. (That's maybe something for St Mary's Brewery to look into?).

1 February is the Celtic first day of spring and crosses are woven in Brigid's honour to pray for good crops and healthy livestock. Spring takes a little longer to arrive in Primrose Hill, and snow lovers may yet manage a sledge down the hill. (But do implore St Brigid to grow the grass back.)

Further into February is St Valentine's Day. St Valentine was beaten, stoned and beheaded on 14 February 270 for marrying couples in Rome at a time when weddings were outlawed. Primrose Hill Eats provides you with Valentine Turkish delight bites to eat in his honour. Or just make for someone you fancy.

A more romantic alternative than turning bathwater into beer is to add vervain to the water as it symbolises enchantment and faithfulness. Folklore suggests bathing in water containing vervain will enable you to see into the future and that every wish you make will be granted.

Let me know how you get on!

Maggie Chambers

Gloucester Avenue

The History of a Street



Gloucester Avenue in 1900 (*Willemijn Bol)*

MARTIN SHEPPARD

Gloucester Avenue was built in the years after 1840. Defined by the mainline railway to its east, it is a mixture of villas and terraces, with modern flats and a number of highly unusual buildings. It was once overshadowed by two 133 feet high chimneys. **Martin Sheppard** will give a full account of the history of the avenue: what was there before it was built; who built it; who has lived there; its pubs and shops; its notable inhabitants; and its decline in the first half of the twentieth century and renaissance in more recent times.

Martin Sheppard, who lives in Gloucester Avenue, has an unrivalled knowledge of the history of the street and of this area. He is the author of *Primrose Hill: A History* (2013); founder of the Primrose Hill Opera Cabaret; and chairman of the Gloucester Avenue Association.

Talk at the Community Centre, Hopkins Place
from 7.30pm to 8.00pm on Tuesday 25 February

On The Street

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London Search and Rescue *p 13*

AND MORE



Remembering June Beechey 1932–2019

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Remembering June Beechey, 1932–2019

June (Norma June) Beechey was born in Bushey in 1932. She worked in finance in Croydon for six years before she and her husband Jim moved to Primrose Hill in the late 1950s. They ran the hardware shop RJ Welsh for many years. After Jim's death in 1998, June ran it alone until her retirement, when she moved into Oldfield.

Primrose Hill residents and friends share their memories of June.



PHOTOGRAPH BY Clare Latimer

Just before Christmas one year I realised that my roasting pan was not big enough for the bird so dashed round to June. She had sold out but told me to hang on a minute; she disappeared upstairs to her flat and came back with her own roasting pan for me to borrow! (She was going to her son's house for Christmas.) This was typical of her spontaneous generosity.

She once told me very vividly how she sometimes had to get to work by feeling with her hands along the walls and shop windows, because when the railway smog was really bad (in the good old days) you could actually see the pollution!

June remembered the gang knifing incident that killed a young man who belonged to one of the warring butcher's and dairy boys' gangs. I think it took place on the steps of what is now the post office.

Theresa Hallgarten

June's husband had died quite a while previously. I was in the shop one winter evening, just before closing time.

June: "I'm going to do Jim's ashes this evening. It'll be nice and dark on Primrose Hill and no one will see me scattering them."

Me: [Some sympathetic comment.]

June: "But do you know what? I said that to Lady So & So and she said, 'Oh, would you be kind and do my husband too? He's been in the kitchen cupboard for months.' I was ever so shocked!"

One day shortly after Christmas:

June: "Do you know what? Someone had the cheek to ring my bell early on Christmas morning. She wanted to buy a roasting tray for her turkey! A bit late, I thought, so I sent her packing – but then I felt sorry for her, ran down in my dressing gown and called after her and gave her one. Told her to come back and pay when the shop was actually open."

Caroline Cooper

"Over the years I would like to say that June and I had a bond. I would always call her my second mum, as she would do anything for us"

June's parents lived in Bushey and her dad was an engineer with Colne Valley Water Board. Just how she and Jim met, I'm not sure. My classmate Gerald Crowley and I did not go to their wedding because we looked after the shop that Saturday and after school until 6 pm for the week following. We were 'Saturday boys'. I don't think, during my time in the area, June actually worked behind the counter. She may have done so after I left to get married, but undoubtedly she must have learned the trade since she ran the shop for many years after Jim died. During that time she earned the nickname (I believe) 'Mrs Tiddewinkle', or something like that.

David Edwards

When we came to Primrose Hill in 1999, there were things to get sorted and put together in our little cottage. I didn't know or understand about London plumbing, electricity, water and, oh my, BT; but I did understand about community and where to go for what.

I was quickly directed to June Beechey as the 'go-to' person for this kind of knowledge. "If they didn't have it at Albert's, try June's"; or "If June doesn't have it, try Albert's". And as I write, I realise that whether it's Fleet in Hampshire, Bolinas in California, or Primrose Hill, "The hardware stores have it". They have all the bits and bobs

to make your house a home, and the knowledge to help you do it. I suspect this is true in all small communities.

If what one wanted wasn't up front, then it was "Just a minute, I'll look in the back." These are words one hears in every hardware shop, and June was no exception. A lot of rummaging went on in the back while neighbours began to become acquaintances.

Nuggets I learned from June:

"Keep your candles in the freezer; they will last longer."

"Everyone's got ants. Here, take this – and use boiling water."

"Only use this with that." (And what was that she told me?)

The store front on Regent's Park Road still holds her presence. "That was June's."

Thank you, June, for welcoming us, helping us, and, when the shop was quiet, sharing family stories about our journeys through life.

Aggie Murch

I first met June 45 years ago. I had just started as schoolkeeper at St Paul's School and had to go into the shop. I was warmly greeted by June and Jim. "Hello," they said, "welcome to the community." Jim was one of the school governors who had interviewed me. I could always walk into the shop and question Jim about a job I was about to do which I wasn't too sure about; he would always put me right and give me advice.

The shop was like an Aladdin's cave, and even more so downstairs. There were shelves everywhere stacked with pots and pans, everything but the kitchen sink. Over the years I would like to say that June and I had a bond. I would always call her my second mum, as she would do anything for us.

One evening I rang her up in the evening, after breaking a pot. "Come on down," she said, opening the back door for me, and there she was with a pot in her hands waiting for me. I had many a laugh (as I think a lot of her customers did) when she broke her false teeth a few times; but she would still serve in the shop, spluttering without her teeth. She'd stand in her shop front, arms crossed, greeting everyone who went past.

She helped us out a lot, especially when we lost our son Mark. Her generosity will never be forgotten by my family. My sons Stewart and Adam were devastated when I broke the news to them.

June, you will be missed my family and by a lot of people. God bless.

Ron Holding •



Help a Child Learn to Read with Coram Beanstalk

If you'd like to take up a new hobby, or a volunteer role where you can make a real difference in the local community, do consider becoming a reading helper at a local primary school.

Primrose Hill resident Nikki Hayden is a reading helper volunteer with a charity called Coram Beanstalk. She supports four children at a local primary school in Camden two afternoons a week, spending 30 minutes one-to-one with the children each afternoon. The children she supports just need a bit of extra help and encouragement with their reading, and, most importantly, they learn to enjoy the experience of reading. This is developed by sharing books, chatting about the themes and characters and helping to make reading a positive experience. The children particularly like being read to as many of them don't have the opportunity for this at home.

Last year 1 in 4 children left primary school unable to read well. As a result, these children are at risk of the long-term consequences of poor literacy. Coram Beanstalk recruits, trains and supports volunteers to provide one-to-one literacy support in early years settings and primary schools. They help children who have fallen behind with reading and aim to transform their lives by turning them into confident, passionate and able readers.

Nikki enjoys the process as much as the children and says that the volunteers really get to see them progress throughout the academic year. They receive training from the charity and ongoing support through the provision of resources, refresher training and local meet-ups with fellow reading helpers.

"It's such a meaningful thing to do and will help children who may not get the one-to-one help they need otherwise."

To find out more, visit **www.corambeanstalk.org.uk** or call 020 7729 4087. •

POSTCARDS FROM PRIMROSE HILL



Will Primrose Hill be covered in snow this winter? Will both Rothwell Street and Regent's Park Road look as they did on this postcard in c 1907? It makes a lovely image of people going about their daily business, wrapped up warm against the cold. The cart tracks in the snow are clearly visible in the road. It's difficult to decipher the handwriting, but it was posted in November 1920 to an address in Brussels by someone who lived at 62 St George's Road, now Chalcot Road. •

@old_primrosehill_postcards

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News & Information

from Primrose Hill Community Association

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

Refurbishment

In February/March this year we are going to start sprucing up the Centre. We are concentrating on the mezzanine area initially, putting in a new hardwood floor, followed by a new kitchen (very generously donated by Roundhouse kitchen designers). This means that the mezzanine area will be inaccessible for a few days. As soon as the work schedule is finalised, we will put up signs letting everyone know the dates.

Jumble Sale

The spring Jumble Sale will take place at the Community Centre on Saturday 28 March, 11am to 1.30pm. We are now taking in donations: clothes, bric-a-brac, drinks, bottles, books, DVDs, toys, games, jewellery and accessories all welcome. Unfortunately we can't take electrical items. Please bring donations to the Centre at any time. If you can volunteer for sorting on the Friday evening or selling on Saturday, please let us know on 020 7586 8327 or info@phca.cc. Otherwise do come along and grab some bargains!

Open House

Wednesday 5 February
Making Paper Flowers with a tutor from Camden Working Men's College. All resources supplied.

Wednesday 12 February
'The History of Kilburn', a talk by Danny Nissim looking at films shot on location in Camden in the decade after the Second World War. Included are Alfred Hitchcock's *The Man Who Knew Too Much* in which James Stewart tussles with a taxidermist in Camden Town, and the much loved Ealing comedy, *The Ladykillers,* starring Alec Guinness, which features a robbery at King's Cross.

Wednesday 19 February
Outing to Kenwood House, Hampstead. Meet there at 2pm. If you need transport, contact PHCC on 020 7586 8327.

Wednesday 26 February
Film showing of *La La Land,* starring Ryan Gosling as a jazz pianist and Emma Stone as an aspiring actress who meet and fall in love while pursuing their dreams in Los Angeles.

All at 2pm at Primrose Hill Community Centre unless stated otherwise. Free, including afternoon tea and cake.

Date Change for 'Gloucester Avenue' Talk

Martin Sheppard's talk is moving to Tuesday 25 February at 7pm for 7.30pm. Martin will give us a full account of the history of Gloucester Avenue: what



was there before it was built; who built it; who has lived there; its pubs and shops; its notable inhabitants; its decline in the first half of the twentieth century and its renaissance in more recent times. £4 entry, including a glass of wine.

Reminder – Short Mat Bowls

Short Mat Bowls will start at the Community Centre on Tuesday 4 February from 1.30pm to 3.30pm, and subsequent Tuesdays at the same time. It is open and free for all adults (no need to book) with tea and cake available afterwards. •



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INTERVIEW

The Little Prince

Children from Haverstock School's Young Journalists interview Luca Silvestrini, artistic director of Protein.

Protein Dance Company's artistic director, Luca Silvestrini, has been described as having 'one of the most distinctive voices in British dance theatre'. We wondered what that meant, as we prepared to watch a rehearsal of *The Little Prince* at The Place.

The scene the dancers were rehearsing was the 'travelling planet scene' that the prince and the pilot dance with huge orbs. The music was composed by Frank Moon and leads us into the world of space. The dancers jumped very elegantly and one of us whispered, "It's beautiful."

We asked:

How were you able to blend the choreography with text in The Little Prince?

Luca: For me it is a story and the dialogue often is a narration, but also I tend to treat the words as if they are movement. So it is a combination that is quite organic; there are things you can express without words and then there are some moments in the show when you need words.

How do you recreate the sad moments from the book?

Luca: It is not just the performers; for me there is also the music. The composer Frank Moon was there most of the time. Music can dictate the emotion and depict whether a situation is quaintly laughable or a bit more intimate. The components – lighting and video design – combine together and help.



PHOTOGRAPH BY Jane Hobson

Although watching the rehearsal was lovely, we just had a glimpse of the show and it was difficult to picture the characters without their costumes; but we were impressed by how hard they worked.

Our ages are 11 and 12, and having read *The Little Prince* and, knowing that Antoine de Saint-Exupéry had a tragic life – his father died and then he looked after his little brother, who also died – we wondered if this production could really translate into a show for everyone. We were amazed! The characters were all very well portrayed and the video imagery worked well too. As we watched this extraordinary production, the lighting, acting and spoken word combined with the music to create an alchemy that drew not just the younger members of the audience into The Little Prince's world, but the older members too.

The production of *The Little Prince* is on at the Arts Depot in North Finchley on 20 February 2020 and is a must-see.

Words: Alise (11), Antonio (12) and Sirin (12) •

Biological Dentist: Adeline Wright (BDS)

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London Search and Rescue

By Nadia Crandall



You may have seen them on Hampstead Heath in June last year, clad in red jackets and black trousers, many wearing orange load vests and carrying two-way radios. They were there to help search for a local family man and architect, who was ultimately discovered in tragic circumstances.

These are the men and women of London Search and Rescue, known for short as LONSAR, who support the emergency services in their search for missing people.

According to recent statistics, 55,000 people are reported missing each year in London alone. Many are vulnerable in some way, and over half are children under the age of 18. A first call for worried friends and relatives is the Metropolitan Police, who are contacted every 90 seconds about a missing person. But with police numbers at their lowest level in 20 years, it is unsustainable to manage this number of cases.

People go missing for all sorts of reasons. Youngsters may face conflict or violence at home, or struggle with substance abuse, sexual exploitation or suicidal despair. Adults may suffer from chronic illness, the breakdown of relationships, loss of a job, or other financial pressures. Among the older population there are problems with confusion exacerbated by loneliness, poor diet, dehydration or dementia, or they may simply wander away from home. They are likely to be distressed and at serious risk of self-harm or harm from others. In all these cases, it is vital – indeed, often life-saving – that they are found quickly before threats to their well-being become a reality.

Step in LONSAR. Active in the London area since 2017, they are closely affiliated with the long-established national Association of Lowland Search and Rescue.

Volunteer search teams go out at any time of day or night, 365 days a year, whatever the weather, to search dense brush, riverbanks, lakesides and remote trails.

An effective search plan requires professionalism. Volunteers undergo a rigorous and extensive training programme that requires them to meet national standards in four main areas of expertise. Once they graduate, every individual will be competent in navigation, radio communications, first aid and stretcher techniques, and in safeguarding, which includes best practice in working with distressed people.

But this is just the start. LONSAR training continues with mandatory weekend and evening sessions to reinforce skills and maintain fitness. Beyond that, there are opportunities for volunteers to specialise with search dogs, mountain bikes, river bank, marine and advanced medical teams, as well as with drone and helicopter support courses.

As a result of careful data collection and analysis, it is possible to predict the behaviour of missing people. Based on terrain and physical condition, LONSAR can estimate how fast a missing person will move. With dementia, it is common for an individual to walk straight ahead, sometimes for many hours, until they meet an insuperable barrier. Youngsters with autism are attracted to water. Despondent males will often be found in woodland, particularly if they are suicidal. Despondent females are likely to be using sedatives or soporifics. With a reliable last-known sighting, these statistical indications provide an invaluable tool for effective searches.

With these high professional standards and exceptional commitment, LONSAR is forming close relationships with the Metropolitan Police, London Ambulance Service, the London Fire Brigade, the Royal National Lifeboat Institution and HM Coastguard, as well as with other search and rescue teams in the Home Counties.

So who are the volunteers taking on this difficult and sometimes heart-wrenching role? As a newly qualified search technician, I have spent some months getting to meet them. The gender division is about 65% male and 35% female, a real achievement given the physically demanding nature of the task. The age range includes youngsters in their twenties all the way through to retired people. Some are serving or former police, military or medical professionals who bring with them valuable helping skills and experience. Others are finance or IT specialists looking to give something back to their communities. A common quality throughout is an exceptional level of compassion, which leads people to serve in this way and to turn out whenever and wherever there is a need.

LONSAR is only 18 months old and still a fledgling operation, but the team responded to 42 call-outs in 2019 alone: five missing people were found, three of them still alive. We are 100-strong now, and looking to grow to 450 volunteers so that we can provide dedicated teams throughout the London area. Candidates are assessed for suitability through an interview, a fitness test and a medical history form.

The charity has been fortunate to attract significant funding from the National Lottery, support from Mapyx, a donation towards two-way radios from Ruth Lee Ltd, and discounts from equipment suppliers such as Keela, the outdoor clothing company. As we grow and seek to improve response times, more funding will be urgently needed. LONSAR wants to ensure that all volunteers are fully equipped, and that we have the control vehicles, communications, search and medical equipment to make our work of saving lives even more effective.

www.londonsar.com

Nadia Crandall is Treasurer of the Primrose Hill Community Association •

NEWS & VIEWS

Marathon des Sables – Fundraising for St Mary's



Jonathan Brandling-Harris runs the Neighbourhood Watch in Primrose Hill, and the question he gets asked most by residents is "What more can we be doing?" So now Jonathan has decided to raise the benchmark himself. In April he will take on the Marathon des Sables – known as 'the toughest footrace on earth' to raise awareness for St Mary's Centre (SMCCT). He'll run this ultramarathon in 120˚F heat and with everything he needs to survive on his back.

SMCCT works with young people aged 12–25 at risk of exclusion, violence, kidnap and death. They are on call 24/7/365. No other local youth project offers this level of support. They mentor in housing estates, schools, pupil referral units and prisons. Their mission is to reduce violence and save lives. Jonathan points out that this work benefits us all in the local community, and it is down to us, as local residents, to support the organisations who strive to make our home a safer place to live.

Please support Jonathan's cause and see how much we can raise. Every penny will go directly towards tackling knife crime. With over 100 knife-related deaths in our capital this year, it's up to us to support these charities.

www.justgiving.com/fundraising/jonathan-brandling-harris



Anyone for Tennis?

The Asssociation of Tennis Professionals has appointed Primrose Hill resident Andrea Gaudenzi as Chair for a four-year term. Andrea is a former Italian tennis professional and now has a successful career in business, including sports marketing, entertainment, data, technology and media. Most recently, he was instrumental in his role on the Board of ATP Media, leading the successful restructuring of the business, which serves as the broadcast arm of the ATP Tour.

"The ATP has played a central part in my life in so many ways, and to be given this opportunity to serve as ATP Chairman is a true honour," said Andrea Gaudenzi.

Novak Djokovic, President of the ATP Player Council, said: "On behalf of the players, I'd like to welcome Andrea as the next Chairman of the ATP. As a former player, he has walked in our shoes, and has also become a successful entrepreneur following his playing career. He has all the qualities to lead the tour and we look forward to working together for the benefit of the players and the sport more generally."

Letter to the Editor

Dear Editor,

Genius, Isambard
Kingdom Brunel,
High speed one,
he constructed pell mell,
And with stovepipe hat and
cigar at his hub,
He engineered the sign-board
for our pub.

Yours faithfully,
Howard Richards



Music to Flow through the Trees in Regent's Park

A new app called Music for Trees has been developed especially for Regent's Park. A collaboration between The Royal Parks and the Royal Academy of Music, it will enable people to listen to music while learning about the many different species in the area.

The initiative was the idea of the Royal Parks Arboricultural Officer, Matt Steinmann, who wanted visitors to notice the trees that surround them in a new and interactive way. He invited students from the nearby Royal Academy of Music to compose music inspired by different species of tree, to create an immersive audio experience.

Each tree has been given a musical signature, created using acoustic instruments such as percussion, strings and woodwind, as well as electronically created sounds. Where canopies of trees overlap, multiple playbacks will create a layering effect.

The geo-location app will come to life in Gloucester Gate. This area of parkland is home to over 30 species of trees, including walnut, hornbeam, ash and London plane. As people stroll through the park, the music will change depending on the variety, age and other characteristics of the trees. The app will also provide users with information about the different types of tree, the composers and the compositions.

Matt said, "I came up with the idea for Music for Trees while I was surveying trees. I tend to listen to music while I work, and sometimes the music seems a perfect accompaniment. I took the next step and imagined whether music could be composed *for* trees.

"If this app can make just a few people more aware of how important trees are and the benefits they bring, then I'll be very happy. Spending time outdoors in nature can really make you feel good, so I hope visitors take the opportunity to step out of their daily lives for a little while."

The Music for Trees app is available from Google Play or the Apple Store.





Pavement Art

Isabelle Gaetani, a Primrose Hill resident, scientist and researcher, shared something poetic that she encountered in Princess Road: "Sometimes chance is the best artist of all. Look at this puddle that took the shape of a Little Red Riding Hood running away from the wolf!"



Home Care Coordinator of the Year for PillarCare Team

It was a night of celebration at the Great London Care Awards in November, when Matt Ford of local company PillarCare was presented with the regional award for the Best Home Care Coordinator 2019 category.

The Great British Care Awards are a series of regional events throughout the UK. They look to celebrate and honour those who demonstrate excellence in the social and care sector, and in their particular specialised field.

Matt has worked in social care for six years, previously working with adults with a variety of learning disabilities and complex health needs. In 2018 Matt joined PillarCare, which is based at the Business Centre on Gloucester Avenue, and has since become a key team member, assisting with strategy, and is responsible for ensuring that the care delivered is safe, responsive and effective.

When asked about what the award would mean to him, Matt said, "The recognition from my peers, my staff and my service users would be very flattering. Working in care, my goal has never been any sort of personal accolades, but I am very grateful for them. I will say that I would definitely use this in the future to help push for better practice and better care for as many people as I can reach in the future!"

Matt will now go on the Nationals competition, with the winners being announced in March 2020.

Everyone at PillarCare would like to say a huge 'congratulations' to Matt for all his hard work.

You can nominate someone for the 2020 Great British Care Awards at **www.care-awards.co.uk/nominate**

www.pillarcare.co.uk

What's On February

NEW THIS FEBRUARY

SUNDAY 2 FEBRUARY

Folk Unlimited
Creative music-making sessions for disabled young people and their friends and carers. CSH. 2–4pm. £24 term fee, £6 drop-in.

The Young Folk Club
An opportunity for 12–25-year-olds to play tunes, sing songs, or simply share their favourite music. CSH. 6–8pm. Free (booking required).

TUESDAY 4 FEBRUARY

Film Show at the Library
Legendary silent classic, *Flesh and the Devil*, starring Greta Garbo and John Gilbert, directed by Clarence Brown, introduced by Kevin Brownlow. PHCL. 7.15pm. £8, in cash, including a glass of wine, in advance at PHCL or on the door.

WEDNESDAY 5 FEBRUARY

Open House
Making Paper Flowers with a tutor from Camden Working Men's College. All resources supplied. PHCC. 2pm. Free.

Trad Night
Keith Kendrick and Sylvia Needham sing English traditional and contemporary songs in striking harmony and accompanied on concertina. CSH. 7.30–9.30pm. £10.

THURSDAY 6 FEBRUARY

Catrin Finch and Cimarrón
A rare chance to witness a thrilling global collaboration between Catrin on Welsh harp and Cimarrón with Colombian joropo band. CSH. 7.30–9.30pm. £23, or £10 for under 26s.

SATURDAY 8 FEBRUARY

Callers Development Day
A day of professional development for experienced and aspiring callers who wish to expand their knowledge and skills in calling for social folk dance. CSH. 10.30am–5pm. £10.

WEDNESDAY 12 FEBRUARY

Open House
'The History of Kilburn', a talk by Danny Nissim looking at films shot on location in Camden in the decade after the Second World War, including Alfred Hitchcock's *The Man Who Knew Too Much* and the much-loved Ealing comedy *The Ladykillers* starring Alec Guinness. PHCC. 2pm. Free.

Lecture on Social Folk Dance
Chloe Middleton-Metcalfe explores the history of barn dances, ceilidhs and knees-ups in England from 1945–2020. CSH. 7.30–9pm. £8.

SUNDAY 16 FEBRUARY

Folk Unlimited
Creative music-making sessions for disabled young people and their friends and carers. CSH. 2–4pm. £24 term fee, or £6 drop-in.

Family Barn Dance
Bring all the family and take part in lively dances from Britain and beyond in a supportive and fun environment. CSH. 3–5pm. £8 adult, £6 child, £2 under 2s.

MONDAY 17 TO FRIDAY 21 FEBRUARY

Circus Glory workshop
Circus workshop for 3–11 years old. PHCC. 10am–3pm. £15/hour, or £28/morning or afternoon, or £50/day, or £225/week. Contact Genevieve 07973 451 603

WEDNESDAY 19 FEBRUARY

Open House
Outing to Kenwood House, Hampstead. Meet there at 2pm. If you need transport, contact PHCC. Free.

Youth Folk Workshop
Join Josie Duncan and Hamish MacCleod in this practical workshop for basic to advanced level musicians of any instrument. CSH. 1.30–4.30pm. £20, or £15 concessions.

Josie Duncan
Steeped in Gaelic tradition from a young age, Josie's singing effortlessly bridges the gap between Scotland's traditional music and Glasgow's current vibrant music scene. CSH. 7.30–9.30pm. £13, or £10 under 26s.

THURSDAY 20 FEBRUARY

Knight and Spiers
The pairing of violin and melodeon is not a new one, but in the hands of Peter Knight and John Spiers, improvisation and invention meet the listener at every turn. CSH. 7.30–9.30pm. £18, or £10 under 26s.

SATURDAY 22 FEBRUARY

Broadside Day
This is the annual one-day conference for people interested in street literature in all its fascinating aspects. CSH. 9am–5.30pm. £20.

TUESDAY 25 FEBRUARY

The History of Gloucester Avenue
Local historian Martin Sheppard will reveal the fascinating history of Gloucester Avenue. PHCC. 7pm for 7.30pm. £4 entry on the door, includes a glass of wine.

WEDNESDAY 26 FEBRUARY

Open House
Film showing of *La La Land*, starring Ryan Gosling as a jazz pianist and Emma Stone as an aspiring actress who meet and fall in love while pursuing their dreams in Los Angeles. PHCC. 2pm. Free.

Malchair's Third Collection
Lecture on John Malchair's 'Third Collection of Tunes' and other 18th-century tune books at the Vaughan Williams Memorial Library. CSH. 7.30–9pm. £8.

DATES FOR YOUR DIARY

TUESDAY 3 MARCH

Film Show at the Library
The ground-breaking portrait of 1980s Britain, *My Beautiful Laundrette*, starring Daniel Day-Lewis and Gordon Warnecke, directed by Stephen Frears, introduced by Stephen Frears. PHCL. 7.15pm. £8, in cash, including a glass of wine, in advance at PHCL or on the door.

SATURDAY 28 MARCH

PHCA Jumble Sale
Lots of quality clothes, bric-a-brac, books, toys and games, accessories and refreshments. PHCC. 11am–1.30pm. £1 entry.

FOR KIDS

MONDAY

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

Ready Steady Go ABC
Exploratory play, singing, dance and stories for babies and toddlers 6–18 months. PHCC. 9.45am–12.30pm. Contact 020 7586 5862

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

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

TUESDAY

Monkey Music
Award-winning music classes for babies and toddlers: music, movement, percussion, bubbles and fun. PHCC. 9.30–11.30am. Contact 020 8438 0189 for a free trial class.

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

Hartbeeps Multi-Sensory Sound Classes
Multi-sensory classes for mums and their little ones. Music, movement and drama for under 5s. PHCC. Baby Bells 2pm; Baby Beeps 3pm; Happy House 4pm. Classes from £9.50. Contact clarelouise@hartbeeps.com

WEDNESDAY

Les Petits Bellots
A new type of childcare, offering a perfect solution for parents who don't want to commit to long-term nursery care. PHCL. 9–11.30am. Contact 07401 862326, www.lespetitsbellots.com

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

Music Classes with Helen
New drop-in music sessions for Early Years. PHCC. Term-time only. Class 1; 4pm (18 months to 3 years), Class 2; 4.30pm (3 to 5 years). Suggested Donation £3. Contact Helen: 07855 909 325 helenlaurarichards@googlemail.com, www.facebook.com/musicclasseswithhelen

Primrose Hill Children's Choir
Enjoy fun songs and games, and learn to sing well. Ages 4–11. St Mary's, NW3 3DJ. 4.10–5.10pm. First time free, then £8 per week. Contact Matthew 07817 234 925, www.primrosehillchoirs.com

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

Chess Club
Learn chess at the Library with a trained instructor. PHCL. 6.30–8pm. Free. Contact 020 7419 6599

THURSDAY

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

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

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

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

FRIDAY

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

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

Pitta Patta
Funky dance classes, ages 4–16. PHCC. 4–7pm. Contact Juliet 07971 916 174, Juliet@pittapattadance.co.uk, www.pittapattadance.co.uk

SATURDAY

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

SUNDAY

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

FOR ADULTS

MONDAY

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

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

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

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

Neighbourhood Information Centre
Drop-in advice centre. PHCL. 2–4pm. Free. Contact 020 7419 659

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

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

Primrose Hill Choir
Love to sing? All styles of music, all welcome. PHCC. 7.30–9.30pm. £7. Contact Matthew 07817 234 925, www.primrosehillchoirs.com

TUESDAY

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

Free English Classes
Learn English at the Library. PHCL. 12–1pm. Free. Contact jojarrold@gmail.com

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

Lunchtime Laban
Workshop for actors, dancers, singers and the rest of us. Explore the where and how of movement with Rudolf Laban's Scales and Efforts. PHCC. 12–1pm. £10. Contact Jenny 07970 536643, jennyfrankel.laban@gmail.com

What's On February

General Yoga
PHCC. 6.30–8pm. Contact Catriona 07958 959816, cat.b1@blueyonder.co.uk

Morris Dancing Class
Have fun, increase your fitness and improve your dance skills whilst learning Cotswold Morris dances. CSH. 7–9pm. £8, or buy 5 and the 6th is free.

WEDNESDAY

Mary's Living and Giving for Save the Children
Student Day: 20% off all items with a student ID card, every Wednesday, 10am–6pm.

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

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

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

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

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

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

THURSDAY

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

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

Narcotics Anonymous
PHCC. 1.30–3.45pm. Free.

Primrose Hill Yoga
Slow flow yoga: create space and strength in the body, and quieten and focus the mind. PHCC. 5.30–6.30pm. £11 drop-in, or £50 for 5 classes. Contact Carolineshawyoga@gmail.com, www.carolineshawyoga.com

Kriya Yoga
Yoga class. PHCL. 7–8pm. This session is not available for drop-in. For cost and further information, contact Hagen, kriyayogauk@btconnect.com

Hatha Vinyasa Yoga
Gentle flow yoga, beginners welcome. Bring your own mats. Strengthen the body whilst calming the mind. PHCC. Every Thursday (excluding 13th February), 7.30–8.30pm. Free. Contact payal_vasudeva@yahoo.com

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

Life-drawing
Beginners to professionals, just drop in! PHCC. 7–9.20pm. £10. Contact 020 7586 8327, phlifedrawing@gmail.com, www.meetup.com/Primrose-Hill-Life-Drawing-London, Instagram: @lifedrawingph

FRIDAY

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

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

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

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

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

Councillors' Surgery
Third Friday of the month. PHCC. 6.30–7.30pm.

SATURDAY

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

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

SUNDAY

Hopkinson's Bar
Meet for a drink with your neighbours. All welcome. PHCC. 12–3pm.

CONTACT DETAILS

PHCC
Primrose Hill Community Centre
29 Hopkinsons Place (off Fitzroy Road)
NW1 8TN
Contact: info@phca.cc
www.phca.cc
020 7586 8327

PHCL
Primrose Hill Community Library
Sharpleshall Street, NW1 8YN
Contact: events@phcl.org
www.phcl.org
020 7419 6599

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

Please submit entries for our March issue by Friday 7 February
onthehillwhatson@phca.cc



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

Women Entrepreneurs in Primrose Hill

By Anna Dé





PHOTOGRAPHY Lars Christiansen: **onthehill.pics** VENUE The Princess of Wales: **www.lovetheprincess.com**

"There is no limit to what we, as women, can accomplish."

Michelle Obama

On a cold evening in November, a group gathered for the launch of an exciting new initiative for women entrepreneurs. Bringing together women of many different business backgrounds, and based in Primrose Hill and beyond, it was a great evening of networking. It was also an opportunity for participants to give their thoughts on how they would like this new group to take shape and grow.

As a woman who has recently launched a number of business ventures, and as a resident of Primrose Hill, I started this initiative to bring together other self-employed women. The idea is to meet up on a regular basis – in Primrose Hill – to share our stories and expand our network.

I love being an entrepreneur, following my passions and making a difference to the world, but it's not all sunshine and rainbows. It can be very challenging, and even more so without a supportive network. It takes a certain mindset to become an entrepreneur, and being comfortable with taking risks is absolutely key. Women typically are more risk-averse than men and are more cautious about starting or scaling a business.

"Ask yourself every day: 'Did I help another woman today?'"
Christine Lagarde

Our group welcomes women at all stages of their entrepreneurial journey. The idea is to forge a strong social network and expand mentoring opportunities for women business owners, to lift us up when we're down and celebrate our successes. It's not about perfection – but being the best version of ourselves, and I believe we can only do that with the support of others.

Watch this space for further events throughout 2020!

Get in touch!

If you're a female entrepreneur in Primrose Hill and would like to get involved, I would love to hear from you.

Email: anna@anna-de.com

www.anna-de.com •

Female Entrepreneurship: The Lowdown

Only 1 in 3 UK entrepreneurs is female and fewer UK women choose to become entrepreneurs than in best practice peer countries.

Advancing female entrepreneurship represents a £250 billion opportunity for the UK economy.

Looking across the entrepreneurial journey, UK women are less likely to go from intention to starting a business and half as likely to scale their businesses*

Three opportunities to help more women succeed as entrepreneurs

1. Increase funding directed towards female entrepreneurs
2. Provide greater family support for female entrepreneurs
3. Make entrepreneurship more accessible for women and increase access to support

www.gov.uk/government/publications/the-alison-rose-review-of-female-entrepreneurship (8 March 2019)

*Calculation based on data from Global Entrepreneurship Monitor, 2016 data, YouGov Banking Survey 2017

Thank You, Sue Hadley

By Averil Mansfield



I first met Sue at her 'Cello Love' event, which is a two-day gathering of amateur cellists. It was just one of several relaxed, welcoming orchestral sessions that she organises, usually at the Primrose Hill Community Centre.

Sue was born just before World War II. When the war broke out the family moved to Worthing, but her father was in the RAF and stationed in Cambridgeshire. She remembers the family's Anderson shelter and her serious concerns about its ability to protect them.

Later in her childhood the family lived in Iraq, and she has happy memories of her small school, of learning to ride a horse and of paddling (against orders) in the Euphrates.

On return to the UK they moved to Oxford, and Sue attended Milham Ford Grammar School for Girls.

Although she sang in the school choir and had a few piano lessons, there was no school orchestra and she did not develop her musical interests at this time. One of her interests was Latin, and she recognises its value in every walk of life.

Sue left school at the age of sixteen and began a childcare course at Dr Barnardo's, which was the basis for her future work. When her sister-in-law developed polio and was in an iron lung, Sue's training enabled her to care for her niece for a year.

The Lady was the source of Sue's next move, after she applied for a job in the magazine and was appointed to look after two children in Oxford.

Travel features quite prominently in Sue's life, and after a year working in Athens she felt the need for further qualifications and so trained as a children's nurse in Carshalton. She worked there as a staff nurse for eighteen months until the travel bug resurfaced. "Where's Beirut?" she asked when another advertisement in *The Lady* caught her eye.

She was encouraged in her adventurousness by senior sisters at the hospital, and off she went to care for two children in Beirut in 1964. Two eventually became five, and she remained with them and travelled widely with the family of Adnan Khashoggi for about 22 years. That family is of great importance to her, and she has retained links with them.

Eventually, after the children had grown up, she moved on to Los Angeles initially and finally back to the UK. At this time she cared for a child in Chelsea and later a little girl in Belgravia.

But all good things come to an end; she retired from childcare and moved to Primrose Hill, where she has found great happiness. She is extremely grateful for the chance of a home in Oldfield, and I have little doubt that the feeling is mutual.

Although officially retired, she is busier than she has ever been and the local community is now the beneficiary of her caring nature. This ranges from arranging tea parties for her own age group and reading to small children as well as all the musical activities. She sits on a committee for the Primrose Hill Community Centre and runs the toy stall for the Jumble Sale and the Summer Fair. In typical Sue fashion, she pays tribute for all these activities to Mick the manager, who supports all she does.

Sue herself is a skilled cello player. When one of her charges was four, she saw an article about music classes for young children at the Royal Academy. As the child learned, so did the accompanying Sue; and eventually, when the child learned the cello, Sue thought she should learn too so as to be more able to help her. She progressed to become a good chamber musician with a string quartet, and now enjoys and organises local musical events.

Sue arranges Chilled Strings one evening a week, an orchestra on another and monthly 'Play Days' for a full orchestra. Two or three times a year we have 'Cello Love' to look forward to. For one person to organise these events and provide the venue, the conductors (and other professionals when needed), the scores and the food is nothing short of amazing. There is a guaranteed warm welcome, no matter what your standard of playing.

Sue's favourite composers are William Boyce and Mozart, but her enjoyment of music is wide-ranging and includes the blues. Radio 3 and Classic FM provide much of her listening. She would love to go to the ballet, and used to be a regular attender at Wigmore Hall. (Tickets for either of these would make excellent gifts for her, I think!)

Sue's proudest moment was being invited to the Buckingham Palace Garden Party; she and her god-daughter had a memorable time, and of course she wore a hat.

It is a great good fortune for the people of Primrose Hill and for musicians from further afield that Sue is happily bringing joy into our lives.

I feel blessed that I have become a tiny part of Sue's musical family, and that musical family sits alongside the affection she has for the children she has cared for. I hope that she will continue to get happiness from her charges. It is my privilege to be able to say thank you, Sue! •



'Bailey: Fair to Moderate' 2018 – intaglio print on Arches paper 63×91cm

The Shipping Forecast

WORDS BY Maggie Chambers
PHOTOGRAPHS BY Karolina Auksoriute

"And now the Shipping Forecast, issued by the Met Office on behalf of the Maritime and Coastguard Agency at 0048 today."

In October 1859, a strong storm off the coast of Anglesey wrecked the steam clipper Royal Charter and 450 people lost their lives. Consequently, Vice-Admiral Robert FitzRoy introduced a shipping warning service which has been running ever since, apart from its discontinuation during the two World Wars and the 0520 Forecast on Friday 30 May 2014, when the BBC failed to transmit the report.

Four times a day, the Met Office on behalf of the Maritime and Coastguard Agency issues weather reports and forecasts, broadcast by BBC Radio 4. The last broadcast of the day is at 0048 and is preceded by 'Sailing By' by Ronald Binge. In August 2017, Radio 4 celebrated the service's 150th anniversary.

The Shipping Forecast is enormously popular and attracts listeners in far greater numbers than those actually requiring it at sea. Mark Damazer, former Controller of Radio 4, explains its popularity: "It scans poetically. It's got a rhythm of its own. It's eccentric, it's unique, it's English. It's slightly mysterious, because nobody really knows where these places are. It takes you into a faraway place that you can't really comprehend unless you're one of these people bobbing up and down in the Channel."

The Shipping Forecast has been incorporated into the national culture. Blur, Radiohead, Jethro Tull, Manfred Mann's Earth Band and The Prodigy are some of the musicians who have been inspired by it. Yorkshire schoolboy Billy Casper was familiar with it in Barry Hines' *A Kestrel for a Knave*. "It wa' when you said Fisher. It just came out, Fisher – German Bight.



Andrew Marr, Adrian Hemming and Alan Ford



Adrian with Michael Nadra

It's the shipping forecast, Sir; German Bight comes after Fisher; Fisher, German Bight, Cromarty. I know 'em all, I listen to it every night, I like to hear the names."

More recently Olivia Colman said she listened to it during filming of *The Crown* to inspire a dignified presence when filming the emotional scenes of Queen Elizabeth.

Now Adrian Hemming, a Primrose Hill artist, has created his own interpretation of the Shipping Forecast with a series of large-format intaglio prints. He's made a series of 10 images with an edition of 10 per image, signed, dated and numbered. They're printed on Arches paper and use Lawrence's Ultra Black ink. The result is dramatic, stormy and most definitely gale-force.

Adrian held an exhibition opening at Bermondsey Project Space, which was very much a Primrose Hill affair. The canapes were provided by Michael Nadra, the wine by North London Wine School and Andrew Marr gave the opening address, saying that all his life he had wanted to be an artist. He added that although it isn't a duty for artists to reflect current affairs, many do try to reflect the country we live in. But none to his mind have expressed it as well as Adrian with his seas rising and becoming angry. William Turner once said, "If I could find anything blacker than black then I'd use it." The Ultra Black ink which Adrian has used is the colour Andrew imagines Turner would have chosen. He said, "Although the prints are black and white, there is an enormous sense of vibrancy throbbing through them."

The actor and writer Alan Ford then recited the Shipping Forecast in his own indomitable style to the amusement of Zeb Soanes, a regular reader of the Shipping Forecast, who was also present. Zeb has previously said of the Shipping Forecast: "To the non-nautical, it is a nightly litany of the sea. It reinforces a sense of being islanders with a proud seafaring past. Whilst the listener is safely tucked up in their bed, they can imagine small fishing-boats bobbing about at Plymouth or 170-foot waves crashing against Rockall."

To see the prints, visit **www.adrianhemming.com** •

"Although the prints are black and white, there is an enormous sense of vibrancy throbbing through them."



Adrian with his work at Bermondsey Project Space

The sea areas around the British Isles are divided into 31 areas.

• **Viking, Forties, Dogger, Fisher, Sole** and **Bailey** are named after sandbanks.

• **Cromarty, Forth, Tyne, Humber**, **Thames** and **Shannon** are named after estuaries.

• **Wight, Lundy, Fair Isle, Faeroes, Portland, Hebrides, South-East Iceland** and **Utsire** are named after islands. (Utsire is an archaic spelling; in modern Norwegian it is spelled Utsira).

• The **German Bight** is an indentation on the Northern European shoreline.

• **Dover** and **Plymouth** are named after towns.

• **Rockall** and **Fastnet** are named after islets.

• **Malin** is named after Malin Head, the northernmost point of Ireland.

• **Irish Sea** is named after the Irish Sea.

• **Biscay** is named after the Bay of Biscay, and **Trafalgar** after Cape Trafalgar.

• **FitzRoy** is named after Robert FitzRoy, the first professional weather forecaster, captain of *HMS Beagle* and founder of the Met Office. It was formerly named Finisterre, after Cape Finisterre.

Fashion! Turn to the Left, Fashion!

WORDS BY Nicola Manasseh
PHOTOGRAPHS BY Sarah Louise Ramsay



I THINK WE CAN ALL AGREE with personal stylist Deborah Jackson Brown that how you dress is important to your well-being; and what you wear for an important occasion, like a job interview or a big celebration, can prepare you and give you confidence. For the last five years Deborah has been sourcing well-designed clothes for a variety of clients of all ages. She has dressed business women and wedding guests, as well as helping clients to create everyday wardrobes that reflect their personalities or new phases of their lives.



DEBORAH'S CAREER BEGAN as a fashion designer, working in Italy at the luxury fashion house Genny, where Gianni Versace was the star designer. Deborah tells me a lovely story of how some strapless tops that she was designing were jewelled the wrong way up and so Versace resourcefully added waistbands to those tops and made them into mini-skirts before showing them on the catwalk. Deborah's career also includes eighteen years at the luxury Italian fashion house of Max Mara, and in England she has designed collections for Amanda Wakeley, Jasper Conran and Allegra Hicks.

These days, Deborah is focused on being a fashion stylist. Initially, she meets clients to find out what they are looking for and to create their design profile. Then she will match a client's choice of designers and brands to the right shopping destination. Her favourite London location is the six-storey townhouse of Matches in Mayfair.

"At Matches I can show new and innovative collections in an elegant and homely setting," Deborah explains. "The styling suites there allow me to put together a bespoke selection of clothes, shoes and accessories for my clients, many of whom lead busy lives and welcome the relaxing and art-inspired environment of Matches."

I met with Deborah at her beautiful, cosy home in Primrose Hill, where she lives with her husband and three teenage boys. When they found their flat, twenty-two years ago, there were weeds growing through the kitchen floor. But the couple had already experienced the wonderful feeling of community in Primrose Hill, so decided to take on the task of making their new place habitable. As much as Deborah has a love for most things Italian and enjoys travelling twice a year to Rome for styling, it's clear that she feels very much connected to Primrose Hill.

Last year Deborah teamed up with writer Debbie Bourne to illustrate a serious and funny book on sustainable gardening, entitled *The High-Heeled Gardener*. The book launch took place at Mary's Living and Giving, and attendees were asked to donate a pair of heels to the shop.

There is no particular designer that Deborah favours; in fact, she is all about stylish pieces that fit well and beautiful fabrics. She loves the prints from Belgian designer Dries Van Noten. She often mixes vintage with contemporary pieces; she enjoys styling her clients with brands that channel heritage like Givenchy, and others that embrace colour like Valentino. She mentions the Australian label Zimmerman, and describes the Italian fashion house Etro as dazzling. "Clothes are an art form," says Deborah, "and as much as fashion is now global, it is still so important that the designer fashion houses keep making exquisite pieces."

In her styling career, Deborah has helped many women to update their look. We found ourselves talking about the evolution of fashion, such as women now wearing the right pair of trainers for a smart event instead of heels, or a jumpsuit instead of a little black dress. Deborah also describes the journey



some women go through to find faith in themselves through what they wear.

"I want my clients to be comfortable in their own skin, and for their clothes to bring out the best versions of themselves," she explains. "I can meet someone going through a difficult time and see that reflected in their wardrobe with clothes that are mostly black and monotone. Maybe just a fabulous print or a shot of colour can make somebody feel good about their body and lift their spirit."

What is obvious about Deborah is her passion for her job and her care for her clients. I wasn't surprised when she told me that from a very young age she was buying magazines like *Twinkle* and cutting out the outfits that could be taped to a paper doll. She remembers her grandmother telling her that she would get nowhere in life with that kind of play – and yet here she is!

www.deborahjacksonbrown.com •



The Most Interesting Job in the World — If a Bit Dangerous

WORDS BY The Mole On The Hill
PHOTOGRAPH BY Sarah Louise Ramsay

"It's the most interesting job in the world. I flew into Sierra Leone to cover a military coup, to Liberia while its civil war was raging, to Central African Republic to report on botched elections, to Senegal to cover sports, to Chad to interview the president. It's fascinating to see history unfolding before you, a tremendous privilege to have that access."

Grandad, is Africa an animal?

Nay, lass. Where did you get that idea?

There was this woman on the Hill and she was talking about the Horn of Africa.

It's a place, love. The bit that bulges out to the east at the top of Africa.

Can we go there?

You don't want to be traipsing off to places like that. One bit is the hottest place on this Earth. And it's all rock, so there's no digging for moles.

Michela Wrong has been traipsing off to Africa for the best part of a quarter of a century. She has lived there full-time for six years but is constantly going backwards and forwards, with Primrose Hill as her base.

"I grew up in Highgate. I went to Camden School for Girls. My Dad (Professor Oliver Murray Wrong, an eminent kidney specialist) had been sent to boarding school and absolutely hated it. My mother, Marilda Musacchio, is Italian so she was accustomed to a state school system, and in any case they were both socialists, so there was no question of me having a private education. I've got one sister."

Michela went to Cambridge and came away with a respectable 2:1. Then it was off to Cardiff to learn the basic tools of journalism.

"People tend to assume that I went to Africa because I have this driving need to see the continent. But the truth is that I applied to Reuters news agency who took me on because of my languages, and my first postings were all in Europe. Eventually I got a job in Abidjan, Côte d'Ivoire, and that was my first taste of Africa."

As a foreign correspondent in Reuters' West African regional office, Michela travelled around the area covering events in 23 countries, each with its own local correspondent or 'stringer'.

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What about the danger?

"I have attended quite a few memorial services for journalists. The closest I came to being killed myself was in Kenya: I was stoned by a crowd of students, which was a terrifying experience. It was late at night and I had rocks crashing through the car windows. I was covered in broken glass. I did a very slow U-turn and very slowly drove out of it.

"The people I've known who've been killed have always been camera people or photographers. They have to get up close to get their picture. They are brave, sometimes to the point of folly. But I'm a text journalist and I know the limits of my courage. You can hang back. You need people to talk to. You don't get that by rushing into the fray. Which lets me nicely off the hook."

Michela's English, French, Italian and Spanish have proved useful in many of the former colonies where she has worked. There, quite often the heads of state are dictators who plunder the countries' riches for their own ends. Michela has interviewed some of them.

"This phenomenon is not unique to Africa. People come in with the best of intentions and then reality hits. Mobutu Sese Seko, the late president of Zaire – the subject of my first book (*In The Footsteps of Mr Kurtz*, 2000) – was very impressive as a young man: idealistic and hard-working. There were five attempts on his life in his first year, so security was always going to be the first priority.

"The support of the army is essential. Then comes a wearing away, attrition. You need to do deals to stay in power. The institutions which should provide checks and balances either don't exist or are incredibly weak. These leaders don't want to have a rigged election result challenged in court, so they have a vested interest in undermining the judiciary. The dictator will not appoint a successor, because he is likely to overturn him. And then, people who have seized power at the barrel of a gun have probably committed atrocities. So they can't stand down because they would go on trial immediately."

After her study of Mobutu, Michela wrote a book about the Red Sea nation of Eritrea (*I Didn't Do It For You*, 2005). Eritrea won independence after decades of fighting against Ethiopian rule. It began as a story of optimism.

"I had visited Eritrea quite a bit and there was a sense of a community, of building a nation-state, of purity and self-sacrifice. While I was writing the book things there started to go wrong. The situation today is much grimmer than what I portrayed when the book was published in 2006. The government is forcing people to do indentured labour, in the form of indefinite military service. We now see young people fleeing the country in droves. Wherever refugees gather, there will be a disproportionate number of Eritreans."

Britain let herself down in Eritrea in 1942 when she was given a mandate to govern there. The attitude of British officials to countries that had not been their colonies was that everything was there for the taking: justifiable plunder. They stripped the railway track, the manufacturing infrastructure that the Italians had established, and sent it to India or Kenya as valuable scrap.

"It was an unedifying episode that was made public by Sylvia Pankhurst. In her latter years she was a great supporter of Haile Selassie, the Ethiopian emperor. She exposed what Britain had done in Eritrea; and then her historian son, Richard Pankhurst, did a lot of investigation of the asset-stripping that went on inside Ethiopia itself."

Five years ago Michela's mother developed Alzheimer's disease. In the early years her sister cared for her in Hazlemere, but three months ago she moved to a flat near Michela.

"We're still trying to stabilise care arrangements and it's been a real step-change for me, a major adjustment. Up till now I have had only myself to look after. Now I have someone else, and it makes travel difficult. In recent months I've only spent four days in Africa, attending a workshop in Zanzibar. I work from home. I use Skype and WhatsApp to interview people, but it's not the same as meeting them face to face.

"My next book is on Africa's Great Lakes and the revolutionary parties and guerrilla movements that have taken power there. I met a lot of people in the Rwanda Patriotic Front just after Rwanda's 1994 genocide and got to know quite a few of them. It will be finished in a couple of months and then I will have to start travelling again." •

PRIMROSE HILL ENTREPRENEURS

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



YOU SPENT 20 YEARS IN CHINA AND 20 YEARS IN ENGLAND. WHY HAVE YOU DECIDED TO COME BACK TO THIS AREA?

I grew up in and around Cambridge and worked a little bit in London before jetting off to Hong Kong when I was 23 years old. Once I arrived in Asia I felt I had woken up to the real world and its opportunities, so I started building companies in Asia. Then a few years ago one of my companies, an agency called Fluid, was bought by PWC. In many ways it was a trigger to suddenly feeling very homesick. I was having so much fun in Asia, but the sale of my company came at about the same time as the Brexit referendum result. I was shocked by the result and felt I had lost touch with my home. I felt compelled to come back and help somehow. I thought about getting into politics, but when I arrived back I realised how toxic it had all become. So instead I decided just to help founders and focus on grassroots support for those who wanted to innovate and make the UK a better place. London has a lot of very smart people living here and I felt I could help my country by helping these people succeed.

WHERE DOES YOUR DESIRE TO HELP OTHER FOUNDERS COME FROM?

I left school at 15 and was also kicked out of home by my mum at the same time. I was thrown into a situation where I had to survive, and my escape to a better life was to become an entrepreneur. I then spent the next seven years making every mistake there is: wrong hires, wrong partners, the list goes on. So now, when I reflect on all the knowledge I have gained by starting 17 companies myself, in a way I want to go back to my 15-year-old self and help; hand over all the knowledge so that this 15-year-old can struggle less. In reality, most of the people I help are much older than 15 years old, but that's where my passion for helping innovators comes from.

2020 IS THE YEAR OF THE METAL RAT, ACCORDING TO THE CHINESE ZODIAC. WHAT DOES THIS MEAN FOR A BUSINESS?

Metal Rats are unique. They have one special power that everyone can also leverage in the year of the Metal Rat, and that is being able to turn unlucky events to good fortune.

YOU RECENTLY LAUNCHED A PODCAST WHERE YOU SHARE ENTREPRENEURS' STORIES. WHAT IS THE CONCEPT BEHIND IT, AND WHERE CAN PEOPLE LISTEN TO THE PODCAST?

I felt that 2020 (which I take as having a vision) and it being the year of the Metal Rat meant that it was a good year to try something new. So I decided to launch *The Good Luck Club* podcast, to try to give insights into what makes people succeed or fail.

I have a theory that luck plays a huge part in every story of success or failure. I myself attribute my success more to luck than skill. Yet people don't talk much about luck, maybe because it can detract from our hard work or genius as successful people. I decided to explore this and see if by listening to people's stories around this subject we could help others be lucky, get lucky and learn to be like the Metal Rat and even see the benefit of bad luck.

Twitter: @simonsquibb
www.simonsquibb.com
The Good Luck Club is available on YouTube and SoundCloud •

Dear Editor,



Reading about Nigel Grundy (*OTH* 50) reminded me of something I recall and find quite humbling, given our expectations and aspirations today.

We had bought a small caravan (very small, only 14 feet long) and had it sited on a farm at Herne Bay. Dad would come home from his half day's work on Saturday – he worked for a grocer's shop on Mount Street, Mayfair, and the West End shut at lunchtime. We then set off in our Ford Popular for the Kent Coast. The journey, at 30 mph all the way, took two and a half hours with a stop for a thermos of tea (after about 60 miles).

We rented half a garage on the top left-hand side of St George's Mews from Mr Yeoman, who kept his big van in the other side. Dad rolled a selection of fags using St Julien pipe tobacco to smoke on the journey as he 'warmed up' the engine. Mr Yeoman, his son David and often Mr Yeoman's wife all worked in the shop. There were two counter hands, Gladys Downham and Bob Turvey; and Ted, the van driver. Both Bob and Ted were very short: I doubt either of them were more than about 4 foot 10 inches. But they were very strong. Both heaved hundredweight sacks of spuds around as though they weighed nothing. This was particularly true of Bob, who had lost some of his forearm muscle from a shrapnel hit in the Middle East during the war.

Well, one day my Mum and Bob's wife were chatting and she revealed that Bob would be having his fortnight's holiday soon. Mum asked where they were going and she replied, "Nowhere. I suppose he will sit in the back garden in a deck chair." So Mum suggested she hire our caravan for the holiday. (I remember she asked for a fiver for the two weeks.) Bob's wife doubted they would, but said they'd talk about it.

And they went, by train and taxi with suitcases, as people did in those days. On their return Bob declared it the best holiday he'd ever had in his life. They took the caravan every year thereafter for about five years, till we sold it. It is fascinating to look back on how quite simple things gave pleasure then, given how much our expectations of holidays have changed over the years.

Incidentally I was saddened at the state of the shops by Chalk Farm station. There used to be a row of viable shops there, but obviously the leases must have expired. I don't think the space above them nor the yard are in use. The upper floor was a garage for all the North London police cars and vans in my day. You could see the bonnets of the Wolseley cars parked against the upper windows. Now it is rather tatty.

Best wishes,
David Edwards •

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February

A Poem by Susan Greenhill

Carnivorous cold steals my bones
supplanting brittle icicles,
solidifies my blood to stones
freezes my hair in its follicles.
My spirit shrinks, body shivers
in this bitter winter weather.

Intense cold saps thought, sound and sense.
Ice puddles deep in leaf decay.
Stark barren trees char-black against
dull skies in graphite shades of grey.
Some days when daylight barely breaks
I pray for spring – but get snowflakes.

www.soundcloud.com/
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Valentine Turkish Delight Bites

Fourteen-year-old Caia Collis adds bite to Valentine's Day

Ingredients

450 g granulated sugar
610 ml water
1 tsp lemon juice
2 tbsp of rose water
1 tsp of vanilla extract
75g of cornstarch
A handful of crushed unshelled pistachios
150 g white chocolate
10 digestive biscuits (optional)
Gold spray
100g icing sugar

1. Prepare a set of spherical moulds lined with cling-film and brushed lightly with vegetable oil.
2. Place the sugar, lemon juice and 210 ml of water in a pan. Stir on medium heat until all the sugar has dissolved, then bring to the boil.
3. Turn the heat down low and simmer until it reaches the soft ball stage (112–116˚F) then take off the heat and set aside.
4. In a separate bowl mix together the cornstarch and the remaining 400 ml of water and stir until no lumps remain. Place the pan on a medium heat and allow to boil until the mixture has a glue-like consistency.
5. Gradually add the first mix into the cornstarch mix and stir on the hob for 10 minutes, making sure the mixture is smooth.
6. Reduce to a low heat and simmer for 60 minutes until lightly golden brown, then stir in the rose water, vanilla extract and pistachios.
7. Pour into the moulds up to the half-way mark and leave to sit for at least 5 hours or overnight until it has a jelly-like consistency
8. Sprinkle some icing sugar on a surface, remove the Turkish delights from the mould and cover them in icing sugar.
9. Use a cookie-cutter to create pieces of digestive biscuit (if using) around the same size as the delight. Place the delight on top of the biscuit.
10. Melt the white chocolate in a bowl over a pan of water on medium heat. Allow to cool, then cover the delights in chocolate and place in the fridge to harden for 20 minutes. Then remove from the fridge and spray with gold dust.

Happy Valentine's Day! •



RECIPE BY Caia Collis
PHOTOGRAPH BY Sarah Louise Ramsay

Hello, Primrose Hill!

Dancing the night away at the Primrose Hill Village Disco























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