On The Hill

NEWS AND INFORMATION FOR PRIMROSE HILL

JULY/AUGUST 2018 | ONTHEHILL.INFO



MÚSICA EN MI SANGRE

Jennifer Ploszaj talks to musician Estelle Rubio

THE REPUTATION GAME

How important is your reputation?

REVIEW OF PRIMROSE HILL LECTURES

With Nick Crane and Rowan Williams

Produced by Primrose Hill Community Association

THANK YOU

A big thank you to local business and volunteers for supporting the 2018 Primrose Hill Community Association Summer Fair

ADAM SIMMONDS · ANTHONY'S DELI · AESTHETICS LAB · JEREMY BASS BBQ · **BOTTLE APOSTLE** · DAVID BIRKETT · DIFFERENZA CHLOE'S ESPRESSO CAFÉ · CLIFTON INTERIORS · ELIAS & GRACE **GALLERY 196** · GARY INGHAM HAIR SALON · GARRY TRAINER GRAHAM & GREEN · HACKETTS · HK JEWELLERY · **JOELLE HAIRDRESSERS** FRANCIS KATZ · KETURAH BROWN · KITCHENS KITCHENS · **L'ABSINTHE** LA COLLINA · LA FERME · LA PETIT POISSONNERIE · PAUL LEE & CO **LEMONIA** · LE TEA COSY · LISA HAUCK HAIR & MAKE UP · MANNA MELROSE & MORGAN · **MERCURY STORES** · MIMI HOLIDAY · JIM MULLIGAN NICOLAS WINES · **MICHAEL NADRA** · NISHIHARA & CO · NUYU PAMELA SHIFFER · PEMBROKE CASTLE · PRIMROSE BAKERY **PRIMROSE HILL BOOKS** · PRIMROSE HILL BUTCHERS · PRIMROSE HIL PETS PRIMROSE INTERIORS · PRIMROSE PHARMACY · PRINCESS OF WALES READY STEADY GO NURSERY · **RICHARD DARE** · SAM'S CAFÉ · SAVILLS **SHAMPOO** · SHEPHERD FOODS · SPACE NK · SPICE SHOES · STUDIO ACCA SWEET PEA · TANN-ROKKA · THE LANSDOWNE · **THE QUEENS** · TRIYOGA · UNSWORTH ROSE **WILD & GORGEOUS** · JOHN D WOOD · YEOMANS · ZOE & MORGAN

We would also like to thank ALL of our fantastic volunteers, who come out to help us whatever the weather, whatever the occasion.

If you are interested in volunteering for this type of event or other PHCA activities, then please get in touch

www.phca.cc · 020 7586 8327 · info@phca.cc

PHCA

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

July/August 2018

CONTENTS & PREVIEW









Editor's Letter
05

On The Street
07
A year as Mayor, Opera Cabaret, pop-up print workshop, La Ferme wine dinners plus all your local news and views and more!

What's On
16
Things to do in July/August

Review of Primrose Hill Lectures
18
With Nick Crane and Rowan Williams

Primrose Hill Entrepreneurs
21
Maria Iontseva, co-founder of Lobster.Media

***The Reputation Game* by David Waller**
22
How important is your reputation?

Música en mi Sangre
24
Jennifer Ploszaj talks to musician Estelle Rubio

Well-being
27
In praise of imbalance

Letter to the Editor and cartoon
28

Marketplace
29
Contact details for local services

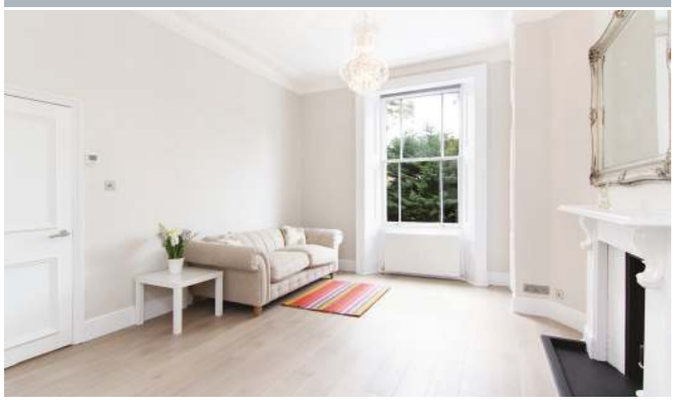
Primrose Hill Eats
30
Norma Differenza

Hello, Primrose Hill!
32
Images from #PHFair2018

Sales

020 7043 4433

£849,950 Share Of Freehold



Primrose Hill, NW3

This stylish apartment has been sympathetically refurbished and hosts an array of period features together with a contemporary finish which benefits from an abundance of natural light throughout. The property comprises of a stunning, bespoke semi-open plan kitchen leading onto a grand reception room, a generous principal bedroom with fitted wardrobes, a second double bedroom and a modern bathroom.

Energy Efficiency Rating - C69

2 1

£1,750,000 Share Of Freehold



Primrose Hill, NW1

A 3 bedroom apartment with a private Southerly facing garden situated within a fine Victorian terraced house located on one of Primrose Hill's most desirable roads moments from the eclectic charm of Regent's Park Road. This outstanding property, with private entrance featuring a sensational 27ft double aspect kitchen/reception room, principal bedroom with en-suite shower room, generous second bedroom with access to a patio, third bedroom/study and a modern family bathroom.

Energy Efficiency Rating - D64

3 2

Lettings

020 7043 3333

£1,275* pw Unfurnished (£5,525 p/m)



Primrose Hill, NW3

A stunning 3 double bedroom apartment occupying the entire ground level of a beautifully presented conversion. Boasting a large bright reception room and dining room, further features include wood flooring throughout, principal bedroom with private en-suite and large built in wardrobes, 2 further bedrooms of a comfortable size, luxury family bathroom, superb granite kitchen, private entrance, off street parking for 2 cars and a South facing garden.

Energy Efficiency Rating - E41

3 2

£1,575* pw Unfurnished (£6,825 p/m)



Primrose Hill, NW3

A spacious garden apartment set over the ground floor of a period conversion located in Primrose Hill. The property comprises a reception room and large open plan kitchen/dining room both with glass doors out to the private rear garden, a master bedroom with built-in storage and an en-suite shower room, 2 further bedrooms and a family bathroom. Finished to a high standard and further benefiting from air condition and an under floor heating and AV system throughout.

Energy Efficiency Rating - D55

3 2

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

Cartoonist
Bridget Grosvenor

Primrose Hill Eats
Vicki Hillyard

Design
Luke Skinner
agency-black.com

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.

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
Clare Hannan
hannanimages.com

ISSN 20-6175



Welcome to July/August

I so enjoyed my afternoon at the PHCA Summer Fair in Chalcot Square. It was lovely to catch up with people I've worked with over the year, and make new contacts. And I pretty much floated home after a Garry Trainer massage, some reflexology from Judith Burrows and an outdoor yoga session with Kiki Morris under the trees. Thank you to everyone who got involved; it was a very special afternoon, and it seemed busier than ever out there.

The spirit of summer continues in this issue and we're teleporting you to Ibiza where one of our locals, Estelle Rubio, will be DJing. In case you're not actually heading to Ibiza this summer (really?) then we've saved you the airfare and given you a virtual flavour of life on the White Isle.

There's still plenty of fun to be had in Primrose Hill before the schools break up and everyone disbands. There are two remaining Primrose Hill Lectures in July: Clemency Burton-Hill, who introduces a piece of classical music every day in her book *Year of Wonder*; and the chance to meet Helen Pankhurst, the great-granddaughter of Emmeline Pankhurst, who questions how far women have come 100 years after some women won the right to vote.

Councillor Richard Cotton has written us an insider's view of life as Mayor of Camden and the causes he supported during his time in office. He's now handed over his robe and chain to our new Mayor, Councillor Jenny Headlam-Wells.

This month brings you a bumper *OTH* Summer Special to cover July and August. Remember to pack it in your suitcase along with a few good books and have a lovely, restful summer. We'll be back in September with more Primrose Hill news.

Maggie Chambers

THE PRIMROSE HILL COMMUNITY CENTRE

Getaway Gala Evening

Join us for an evening of live entertainment and a very special auction

Book now whilst tickets are available.

Tuesday, September 25th at 7:30pm
Tickets £45

From Eventbrite or from PHCC (details from www.phcca.cc)

Tables of 8, come with friends or be welcomed on your own!

✧

Bid to stay in holiday houses and cottages
from the Isle of White to the Hebrides, The Austrian Aps to Southern Italy

Unique London Experiences
Guided tours, backstage opportunities

✧

Cabaret (Annabel Leventon), fizz, food and a fun opportunity to support your local Community Centre.

All proceeds to Primrose Hill Community Centre

For more information:
info@phca.cc · 0207 586 1751 · www.phca.cc/gala

On The Street

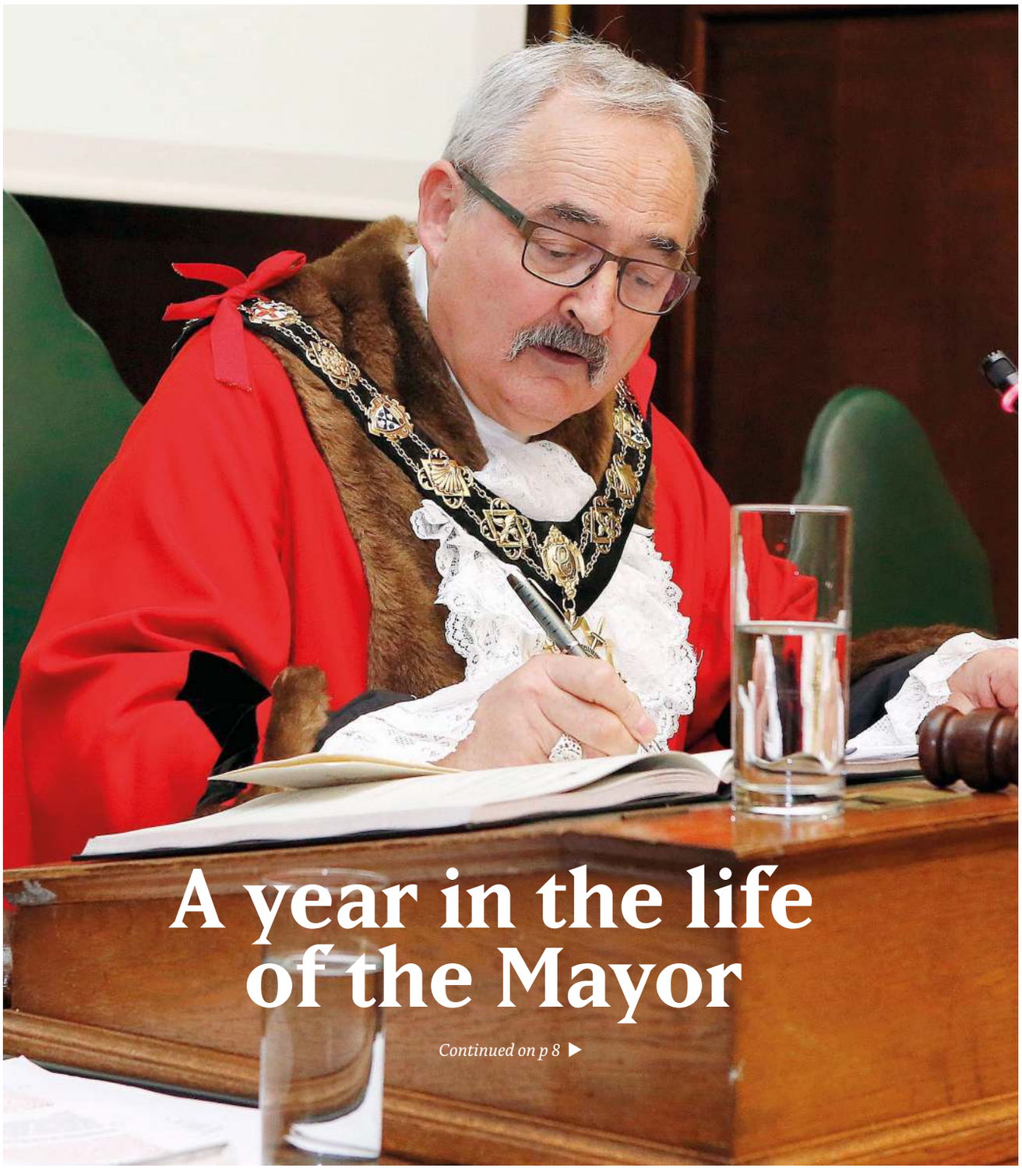
La Ferme wine dinners *p 9*

Primrose Hill Postcards *p 10*

The 2018 Primrose Hill Opera Cabaret *p 11*

Cardabelle Design pop-up print workshop *p 12*

AND MORE



A year in the life of the Mayor

Continued on p 8 ▶

A year in the life of the Mayor

By Councillor Richard Cotton

The Mayor – the 'First Citizen of the Borough' – is an elected councillor (in my case for Camden Town with Primrose Hill ward) chosen by fellow councillors to serve as Mayor for one year. The role combines that of Speaker (the Mayor chairs council meetings) with that of civic leadership, promoting community cohesion, encouraging the voluntary sector and supporting local charities.

I believe that those who sleep in doorways or on park benches are as much part of our community as those with more secure accommodation, so I chose to make tackling homelessness one of the major themes of my year. More specifically, I chose as my mayor's charity C4WS Homeless Project, a local grassroots charity founded by Camden churches and providing winter shelter for homeless people, including at St Mary's, Primrose Hill. I volunteered at their shelters, organised a conference bringing employers and homeless people together, and raised £45,000 through a series of events. These included 'An Evening with Alan Bennett' at Friends House, dinner with Ed Miliband, a discussion on mental health and homelessness with Alastair Campbell, and a gala dinner at Camden Lock. Many Camden Town and Primrose Hill residents were particularly generous in supporting those fundraising events.

As part of my engagement with C4WS it was particularly gratifying to meet François Pierron, a formerly homeless musician who taught himself to play the piano on the public piano at St Pancras International Station. His experience proves that there is so much talent hidden in doorways. François came to play at some of my fundraising events and was my personal guest at the gala dinner.

Camden is a borough with roots in every corner of the globe, and that diversity is its strength. We are all faiths and none; we are many, we are one. I coined that phrase as part of my welcome speech to new British citizens at weekly Citizenship Ceremonies. These gave me such pleasure, for where else could one meet interesting people from forty different countries on a Wednesday morning?







My mayoral year coincided with the 50th anniversary of the decriminalisation of male homosexuality, and I was delighted to host an event celebrating the progress made by the LGBT community since then. Later in the year I introduced the film *Victim* at the Primrose Hill Library Film Club as part of that commemoration.

The Mayor is required to welcome dignitaries to the borough, and during my year I welcomed HRH the Princess Royal to the opening of the Postal Museum, HRH the Duchess of Cambridge to Great Ormond Street Hospital and the President of the Irish Republic to lay a wreath on the grave of Eva Gore-Booth at Hampstead Churchyard.

But more important than meeting VIPs was the day-to-day engagement with the residents of the borough. I was inspired by meeting so many positive young people, whether at school debates, hustings for election to the Youth Parliament, ecology projects, sleep-outs for the homeless or sporting events. These young people are socially aware, passionate about the environment and concerned about the future. They are the future, and the future's bright. I also met many older people in care homes, at luncheon clubs and in Third Age projects, and I enjoyed sharing their precious memories and joining in sing-songs and dances. I met so many wonderful volunteers without whom Camden would be so much poorer. They prove that there is such a thing as society. I fulfilled a record 516 civic engagements during the course of the year, and continued with my ward work at the same time.

I also worked closely with faith groups. My own political views owe more to Liberation Theology than to Karl Marx, but when Marx said that "religion is the opium of the masses" he went on to say "and the heart of a heartless world". Local faith groups are certainly at the heart of social action in Camden, whether it's the churches opening their doors to the homeless, the Jewish community with Mitzvah Day and their wonderful Jewish Care facilities or the Muslim community working with refugees.

The past year has been exhilarating and exhausting in equal measure. I have loved every minute of it and I will miss being the Mayor, not least because it gave me a unique overview into what makes Camden tick. I now look forward to having more time for other things: for volunteering both at Primrose Hill Community Library and at C4WS, for my family and friends and for my walk club, which has a number of Primrose Hill members.

Councillor Richard Cotton was Mayor of Camden from 17 May 2017 to 23 May 2018 and is a councillor for the Camden Town with Primrose Hill ward.

La Ferme wine dinners

By Maggie Chambers



Remember the bottles of Riesling and Gewurztraminer we used to drink in the 1970s and 80s? Did people drink Blue Nun in Primrose Hill? Probably not, but we certainly did in Yorkshire.

After sampling a wine dinner in La Ferme, the new French restaurant on Regent's Park Road, I can happily say that these wines need revisiting with fresh eyes. Obviously *not* the Blue Nun, but the Alsatian wines are serious contenders.

La Ferme has started to run wine dinners on a monthly basis. Mike Turner, one of the owners, hosted the first dinner. He's in charge of the wine list (and the DIY) in the restaurant.

Jolene Hunter of Zind Humbrecht in Alsace introduced the wines as they were served alongside classic French dishes cooked by Head Chef, Guillaume Dunos.

Alsace is the driest area of Europe and it produces a variety of wines. The aperitif was Deutz Brut Classic NV, followed by Riesling Turckheim 2016 to go with the fish course of salmon trout.

Pinot Gris Rangen de Thann Clos Saint Urbain Grand Cru 2013 is a wine which makes the mouth water with its slight acidity, so it pairs well with fattier foods.

Pan-fried chicken – with particularly good peas – was paired with a Riesling Brand Grand Cru 2015. This wine is made from riper fruits, is hotter and, to quote Jolene, 'whistle-sharp'.

My favourite was Gewurztraminer Hengst Grand Cru 2013, which was served with Camembert. It was a far more sophisticated affair than I remember from my teenage Gewurztraminer tipples. It was however my favourite wine when I was thirteen, so perhaps I just had good taste. Jolene described this one as smoke meets leather – don't you love wine descriptions!

The final offering of the evening was tarte au citron with Gewurztraminer Herrenweg de Turckheim Vielles Vendange Tardive 2011. Vendange tardive means 'late harvest'. The grapes are riper so there's more sugar and it's usually served as a dessert wine, bringing a certain complexity. Because this wine is more concentrated, it's only produced in a good year. Jolene's description? 'Sweet, rich and unctuous'.

The wine dinners promise to be a regular fixture of good food, good wine and good company. To book, contact La Ferme (154 Regent's Park Road) on 07454 229303.

the Seasons Art Class
BRING OUT YOUR INNER ARTIST
YOUR NEW ART CLASS
Step by step lessons suitable for absolute beginners or improvers. Acquire the skills you need to produce paintings you can be proud of!
- Absolute Beginners to Improvers - Just Like You
- 14 week course
- Three hours once a week, mornings or afternoons
- Step-by-step guidance
- Meet New Friends, Learn New Skills
- Develop your skills and create your own original art to enjoy forever

Now you can learn new skills, and make new friends

London Irish Centre, Camden Square
TAKING ENQUIRIES NOW
CALL NOW FOR DETAILS
0207 586 0951
Learn new skills meet new friends and make art
SA0500 18

ART CLASS STARTS SOON
FUN NEW COURSE CALL NOW FOR INFORMATION
ABSOLUTE BEGINNERS TO IMPROVERS WILL LOVE THIS COURSE!

GREAT NEWS if you're looking for something fun to do over the next few months! We are now taking enquiries for a NEW 14 week part-time Art Class (once a week for three hours), which starts soon.

Absolute Beginners to Improvers - Just Like You!
The course is designed to be fun for absolute beginners who have never picked up a brush before, through to improvers.

Step-by-Step Guidance
We adapt to each student's needs and give them all the guidance and help they need to develop their artistic skills. The curriculum is fun, comprehensive and interesting. Over the course we will explore four different media; pencil drawing & sketching, oil pastel painting and techniques, painting and blending with water colours and acrylics.



Step-by-step tuition in the basic techniques and secrets needed to create beautiful pieces of art.

Still Life To Landscapes
By the end of the course, students will have created a minimum of 12 pieces of their very own original art they can enjoy forever, from simple still life and flower studies to beautiful countryside landscape scenes.

Young at Heart
This course is a brilliant way to learn new skills you will be able to enjoy forever. It is also a great way of making new friends and having a fun experience you will always remember and cherish! It is open to adults of all ages.

Limited Places
To maintain our high standards of tuition, classes are restricted to small numbers – so places available are limited! If you are interested please call us now for details.

For information on dates, course fees and bookings, call now on
0207 586 0951

POSTCARDS FROM PRIMROSE HILL



A lovely view of Primrose Hill Road and St George's Terrace, *c* 1905. The Terrace today still consists of the same imposing houses with their own private road and a strip of communal gardens, bordering a then very quiet, car-free Primrose Hill Road. The terrace was built in the early 1850s, and Lord Byron's widow, Annabella Milbanke, died at 11 St George's Terrace in 1860.

In 1901 this house was inhabited by the family of 61-year-old William Cosmo Monkhouse (1840–1901), described in that year's census as Assistant Secretary Board of Trade. But a little research tells us that he was also a poet and literary and art critic. He was married to Leonora, his second wife, and they could afford the luxury of a housemaid, parlourmaid and kitchenmaid. Theirs was indeed a large family: a 19-year-old son called Charles, and four daughters between the ages of 18 and 24 named Harriet, Janet, Olive and the somewhat unusual 'Caroline De La F'. I wondered what sort of a name that was. It turns out she was named after her paternal grandmother, Maria Delafosse, of French Huguenot descent.

When this census was taken, unfortunately William had not long to live: he died on 2 July 1901.

@old_primrosehill_postcards

- Hourly Care from 6 hours - 24 hours
- Live-in/Night Duty/Continuing Care
- Convalescent and Personal Health Care
- Compassionate and Affordable Service
- Professional, Qualified, Kind Care Staff
- Registered with the CQC and UKHCA



PillarCare
Quality support and care at home

Freephone: 0800 028 4645
Telephone: 020 7482 2188
Fax: 020 7900 2308
Email: enquiries@pillarcare.co.uk
www.pillarcare.co.uk



The 2018 Primrose Hill Opera Cabaret

By Maggie Chambers

My experience of opera – and I do have a slight track record here – extends to going to the ENO six times around twenty-five years ago. But now, after an operatic void of quarter of a century, I've been introduced to the Primrose Hill Opera Cabaret and am back on track, having attended the evening for the past two years.

The Opera Cabaret began life as a small experimental event for the Stoke Newington Midsummer Festival over twenty years ago. Since then it has grown, extended itself to include Cecil Sharp House as a venue, and in June it returned for its fourth season. As it's a self-financing and non-profit-making venture, it depends on good local support. It gets this in Primrose Hill with already fifty bookings taken for next year.

The Opera Cabaret isn't actually an opera, it's a series of short sketches, twenty in all, from different operas. Each piece is introduced with great humour by the soprano Adey Grummet, so anyone who doesn't know opera well (such as myself) knows what's afoot. There were extracts from *Aida, Madame Butterfly, Norma, Carmen, La Traviata* and *Les pêcheurs de perles* to name but a few. All the singers are top professional performers, so the arias and duets were performed to a high standard. That is until we came to the final song of the evening which was an audience singalong of *Va Pensiero* from Verdi's *Nabucco*. Most people managed to sustain a passable imitation of the standard of singing which had been set throughout the evening. (I didn't.)

The evening is very convivial; everyone takes a picnic and shares food during the supper interval, and there's a bar. In fact it's a kind of mini-Glyndebourne in Primrose Hill, only a lot easier to get to.

And as an extra plus, the retiring collection for the Primrose Hill Library raised £402.22.

Pop-up print workshop with Cardabelle Design

By Angelina Pietrafesa

With summer comes a wave of fairs, parades, picnics and dog shows to Primose Hill and, new to this year, illustrator Kate Guy. As an artist with strong ties to the area, Kate has recently returned to be Artist in Residence for three months at 41 Chalcot Road. She will be hosting printmaking classes, producing a body of work inspired by Primrose Hill and selling tea-towels, aprons, AGA covers and more featuring her designs.

Kate's prints feature visually appealing images alongside recipes. Her first works featured popular French recipes, including her bestseller, soupe de poisson, which was inspired by regular visits to family members living in the Languedoc region of France. Her brand, Cardabelle, is named for a thistle from this area, which is pinned on doors to protect locals from evil spirits. She later extended her range to traditional English recipes such as steak and ale pie and Lancashire hotpot, with prints done in warm orange and cool blue tones – her favourite colour combination.

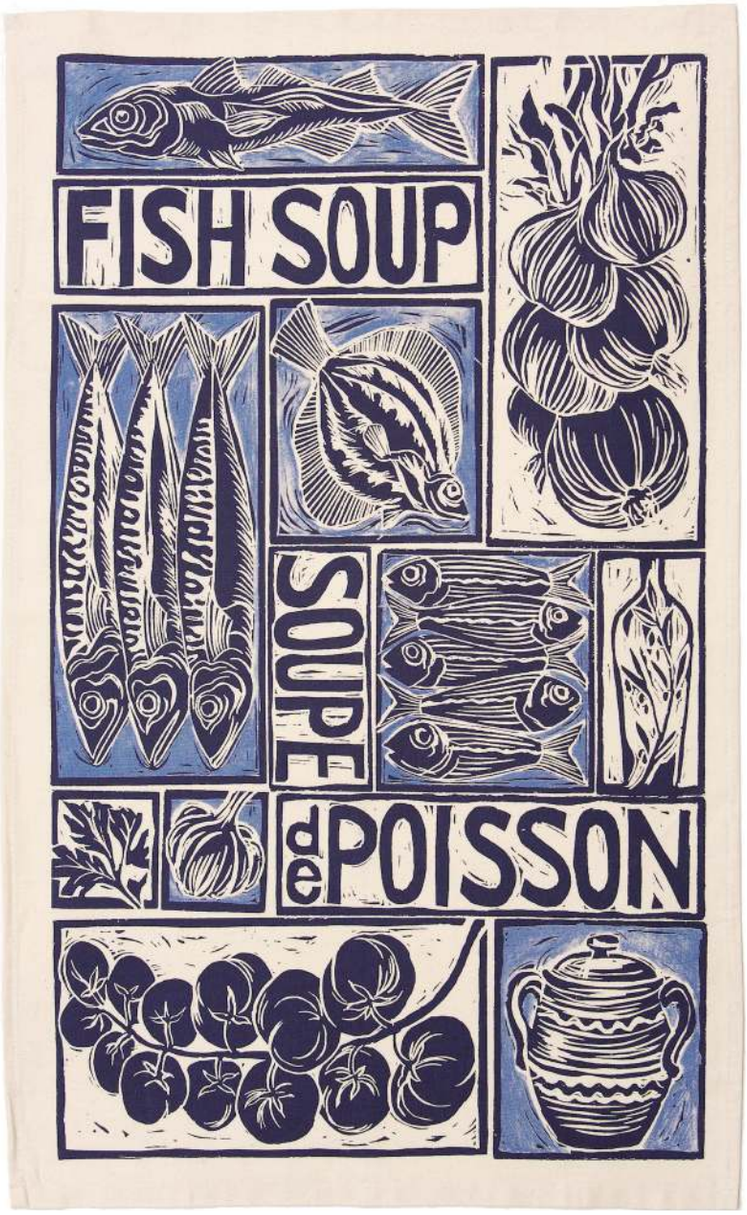
Kate comes from a prestigious family of artists including a graphic designer father and printmaker mother. She cites late-nineteenth-century French printmaker Toulouse Lautrec and Hannah Firmin, who works with prints and linocuts, as her sources of inspiration. When asked which of her pieces is her favourite, she gives the "slightly cheesy" answer, "My favourite piece is what's in my head. The thing I haven't physically made yet but will be making ... if that makes sense!"

She is deeply inspired by the smells and tastes of the kitchen. By putting her individual linocuts of different ingredients together, she has created recipes that stimulate all the senses and inspire you to share in her passion for home cooking.

Of her classes, Kate says that, "In reality, art is always teaching". Her workshop will allow people to communicate their artistic vision through a mix of linocuts and monoprints here in Primrose Hill, which she considers one of the most inspiring places in London.

Classes will be run for adults and children in the evenings, at weekends and during the holidays throughout July and August. Kate will also be working on her own project and creating a series of prints inspired by the local area, which will be shown in an exhibition in the first week of September.

Cardabelle Dedesign
41 Chalcot Road, London NW1 8LS
www.cardabelledesign.com
kate@cardabelledesign.com



"My favourite piece is what's in my head. The thing I haven't physically made yet but will be making"

NEWS & VIEWS



Broadway meets Primrose Hill

The upcoming Broadway transfer of Rodgers and Hammerstein's *The King and I* is transferring to London's Palladium this summer and the show's director Bartlett Sher will be staying in Primrose Hill throughout the run.

The Tony Award-winning production, including stars Ken Watanabe, Kelli O'Hara and Takao Osawa, will be rehearsing at WAC Arts in Belsize Park.

With music by Richard Rodgers, book and lyrics by Oscar Hammerstein II, *The Kind and I* features the classics *Getting To Know You*, *Hello Young Lovers*, *Shall We Dance*, *I Have Dreamed*, and *Something Wonderful*. Set in 1860s Bangkok, the musical tells the story of the unconventional and tempestuous relationship that develops between the King of Siam and Anna Leonowens, a British schoolteacher, whom the imperious King brings to Siam to tutor his many wives and children.

The show opens on 3 July and runs until 29 September.

Tickets: £15–£82.50

Box office: 020 7087 7755

Website: **KingandIMusical.co.uk**

Ice Without, Fire Within: A Life of Jacquetta Hawkes

Jacquetta Hawkes (1910–1996) was an author, poet, film-maker and archaeologist. She was also the wife of JB Priestly and together they founded the Campaign for Nuclear Disarmament (CND). Priestley remarked of his third wife: "What a woman, ice without and fire within."

His comments have inspired the title of a biography of Jacquetta by Christine Finn.

Jacquetta's life has been forgotten in recent years but is now in vogue, especially her book *The Land* which she wrote at 39 Fitzroy Road.

Christine has talked about Jacquetta at the Library and Community Centre, and led a walk to read from *A Land* at the top of Primrose Hill. She has also written about her in *Primrose Hill Remembered*.

Ice Without and Fire Within is currently being crowdfunded at Unbound. Please pledge to bring to life the story of one of our fascinating residents.

www.unbound.com/books/ice-without-fire-within

Congratulations to Cave Interiors

Primrose Hill-based interior design studio Cave Interiors studio has recently been included in the prestigious ***House & Garden* Top 100 Interior Designers** list. This list is only announced every three years, so it's a particularly special honour. You can view the images on the *House & Garden* website: **https://goo.gl/deoYf9**



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**



Derrick Greaves, *The Manicurist* ,Oil on Canvas, signed on verso, 277 x 152mm



Free live concerts at The Regent's Park bandstand

The Regent's Park bandstand will buzz again this summer, with its first regular programme of concerts in years giving visitors the chance to enjoy free live music in one of London's most iconic settings.

Until 2 September, music-lovers can bring a picnic, grab a deckchair and catch weekly performances ranging from classic rock to big bands and jazz, while taking in views across the park's boating lake. Visitors can simply turn up and enjoy the free concerts, which will take place from 3pm to 5pm every Sunday afternoon, with an additional performance at the same time on Bank Holiday Monday, 27 August.

Acts from across the capital contributing to the programme include Brixton-based South London Symphonic Winds, Regent Community Brass and South West London's Barnes Concert Band. They will be joined by the Heroes Band, which raises funds towards Help for Heroes' work, providing lifetime support for the Armed Forces Community and their families. The Royal Academy of Music associated acts, the Jonny Ford Quintet and Metropolitan Brass are also confirmed to perform.

With step-free access, the bandstand venue is accessible to people with limited mobility and to families with young children. Drinks, snacks and ice cream will be available for concert-goers from event sponsor BENUGO.

Organised by the Friends of Regent's Park & Primrose Hill, working with The Royal Parks charity, the Royal Academy of Music and the Crown Estate Paving Commission, the concerts mark a new chapter for the bandstand, which has remained largely quiet in recent years. The organisers are hopeful the bandstand concerts could become an annual fixture for Regent's Park and are appealing for support from further potential sponsors. The programme has already received generous support from idverde, the London Business School, Westminster Business School, International Student's House, The Crown Estate and the Regent's University.

As well as enjoying open air music, there is plenty to help summer visitors to The Regent's Park make the most of their escape from the hustle and bustle of the city. People can take in the scent of more than 12,000 roses in Queen Mary's Gardens, hire a rowing boat and join the ducks on the boating lake, or continue their culture-fix with a performance at the Open Air Theatre.

Organiser, Mark Elliott, who will perform with the Heroes Band, said: "A bandstand shouldn't stand empty. These concerts are about bringing together people of all ages to enjoy great music. We are proud to have worked with The Royal Academy of Music to bring some fantastic performers from across London to the park."

Nick Biddle, Park Manager of The Regent's Park, added: "Finding affordable things to do in London in the summer months can be a struggle. The Royal Parks want to give all Londoners and visitors to the capital an opportunity to take in fantastic music in iconic surroundings, without having to pay a penny. These concerts mark a fitting new chapter for The Regent's Park bandstand, giving a new lease of life to this beautiful structure. The incredible heritage buildings across London's Royal Parks belong to everyone and we want to help people to make the most of them."

The Regent's Park bandstand is located at Holme Green, between the boating lake and Inner Circle. A map of the park is located on The Royal Parks website at **www.royalparks.org.uk**.

The bandstand is sometimes called the "Memorial Bandstand" in memory of soldiers killed there in an IRA terrorist attack in 1982. A plaque commemorates the seven bandsmen who lost their lives.

Letter to the Editor

Dear Editor,

I must apologise to Gerald Clark of the Camden National Education Union who wrote to say that I wrongly referred to 'our failing schools' in *On The Hill.* He is right. Our schools are great. I should have written:

'...the system for caring, educating and mentoring children and young people at risk is failing them.'

St Mary's Youth Club works every single day to save and transform the lives of local young people and children.

Go to www.stmaryscct.com now to make a difference.

Regards,

Xandra Bingley

Coaches parked on Prince Albert Road

We've had various reports of the coaches on Prince Albert Road who leaving their engines running and empty their toilet waste along the roadside. As one resident commented on the Nextdoor app, 'It's foul, disgusting, unsanitary and illegal'. The worst of it is that the coaches are parked near the playground, so children are getting to breathe in the fumes – and worse – as they play.

OTH printed a letter about this last summer and *Camden New Journal* has run an article. The blog ILovePrimroseHill has been very proactive and actually filmed conversations with the coach drivers. Camden council has been alerted.

Yet in spite of our joint objections, the situation continues. As a community we need to put pressure on the council, and the drivers, to prevent this from continuing.

The Primrose Hill Ballet Schools

The Primrose Hill Ballet Schools will be staging *The Secret Garden* on Saturday 7 July at The Haverstock Theatre. Claire Calvert, their patron and a Principal with The Royal Ballet will be attending to hand out achievement awards.



Primrose Hill Fair Instagram competition

Primrose Hill Community Association held an Instagram photo competition for the Summer Fair in Chalcot Square using the hashtag #PHFair2018. There were some expert entries and the winning photo was by Safiyyah Goollam Kader (@safiikader).

The runner-up was @christophernm.

Safiyyah was presented with a voucher for a Melrose and Morgan hamper by Maureen Betts, Chair of the Community Association.

You can see the images on Hello, Primrose Hill! on the back page.

Hygge Pygge café



A warm welcome to Hygge Pygge café, which has opened opposite Camden Market at 37 Chalk Farm Road.

The café has been working closely with local charities, bands and families to create a unique space for people to get together in a warm atmosphere and enjoy good, locally sourced food. They have already held live acoustic guitar sessions and cater for families by providing a play area for kids. (You may, however, like to take note that unattended children may be given an espresso and free puppy . . .).

The café is embracing the community spirit of the area by offering a 'pay it forward coffee scheme' whereby people can buy a second coffee at half price for someone in the community less fortunate than themselves. They also distribute coffees to charities at closing time.



What's On July/August

NEW THIS JULY

SUNDAY 1 JULY
Summer Music in the Park
Jonny Ford Jazz Quintet. Regent's Park bandstand. 3–5pm.

TUESDAY 3 JULY
Film Show at the Library
Midnight Cowboy (1969), the only X-rated movie ever to win an Oscar, directed by John Schlesinger. PHCL. 7.15pm. £8, including a glass of wine, in cash, in advance at PHCL or on the door.

WEDNESDAY 4 JULY
Open House
'Caravaggio', an illustrated art history talk by Dr David Morgan. PHCC. 2pm. Free. Contact 0207 586 8327

FRIDAY 6 JULY
Piano recital
Elyanna Caldas performs Chopin and Ernesto Nazareth. PHCL. 6.30pm. Donations welcome. Contact events@phcl.org

SUNDAY 8 JULY
'The Takeover'
Showcasing talented young folk bands and musicians from across London. CSH. 7pm. £6. www.cecilsharphouse.org

Summer Music in the Park
The Heroes Band. Regent's Park bandstand. 3–5pm.

WEDNESDAY 11 JULY
Open House
Reminiscences of a Greek writer by his daughter, Alkis Angelogou. PHCC. 2pm. Free. Contact 0207 586 8327

THURSDAY 12 JULY TO WEDNESDAY 1 AUGUST (EXCLUDING WEEKENDS)
Hand Sewing for age 5+
11am–12pm, £12 per session. Machine Sewing for age 8+, 2–5pm, £55 per session. Sew Much Fun, 46 Chalcot Rd, London NW1 8LS. Contact 0207 722 9889

SUNDAY 15 JULY
Summer Music in the Park
Metropolitan Brass. Regent's Park bandstand. 3–5pm.

MONDAY 16 JULY TO FRIDAY 20 JULY
Circus Glory July workshop
PHCC. 10am–3pm. £50 per day or £225 per week. Contact Genevieve 07973 451 603, gmonastesse@googlemail.com

WEDNESDAY 18 JULY
Open House
Visit to Francis Crick Institute and St Pancras Hotel, 1 Midland Road, London NW1 1AT. 2pm. Free. Transport available from 0207 586 8327

SUNDAY 22 JULY
Summer Music in the Park
South London Jazz Orchestra. Regent's Park Bandstand. 3–5pm.

TUESDAY 24 JULY
Author talk at the Library
Victoria Glendinning talks about her latest historical novel, *The Butcher's Daughter*, about a nun's intellectual achievements in the reign of Henry VIII. PHCL. 7pm. £2 at the door.

WEDNESDAY 25 JULY
Open House
Film show of *Darkest Hour*, in which Winston Churchill faces a turbulent and defining trial. PHCC. 2pm. Free. Contact 0207 586 8327

SUNDAY 29 JULY
Summer Music in the Park
City of London Band. Regent's Park bandstand. 3–5pm.

London Permaculture Festival
A day of workshops, films, discussions and learning about creative solutions for a sustainable future. CSH. 11am. £10 adults, £5 concessions, under 18s free. www.cecilsharphouse.org

NEW THIS AUGUST

SUNDAY 5 AUGUST
Summer Music in the Park
The Heroes Band. Regent's Park bandstand. 3–5pm.

TUESDAY 7 AUGUST
Film Show at the Library
Carve her Name with Pride (1958), a tribute to young English war-widow Violette Szabo, who became a secret agent in occupied France during World War II. PHCL. 7.15pm. £8, including a glass of wine, in cash, in advance at PHCL or on the door.

SUNDAY 12 AUGUST
Summer Music in the Park
South London Symphonic Winds. Regent's Park bandstand. 3–5pm.

MONDAY 13 AUGUST TO FRIDAY 17 AUGUST
Perform Neverland
Drama, dance and singing holiday course for 4–7 year-olds. They'll learn to project their voices, practise energetic dance routines, sing catchy songs and develop the 4 Cs: Confidence, Concentration, Communication and Coordination. PHCC. 10am–3pm each day. Contact 020 7255 9120, enquiries@perform.org.uk, www.perform.org.uk

MONDAY 13 TO FRIDAY 17 AUGUST
Get Your Folk On! Summer School
A chance for young people to explore folk music, dance and song from Britain and beyond. CSH. 10.30am. £150 for the week, £100 concessions. www.cecilsharphouse.org

MONDAY 13 TO TUESDAY 14 AUGUST
Get Your Folk On! Summer School
Creative folk workshops for disabled young people (12–24 year-olds), their siblings and friends. CSH. 1pm. £12 per day, £8 concessions. www.cecilsharphouse.org

SUNDAY 19 AUGUST
Summer Music in the Park
Barnes Concert Band. Regent's Park bandstand. 3–5pm.

MONDAY 20 AUGUST TO FRIDAY 24 AUGUST
Children's Robotics and Coding Club
Workshops where children learn to build robots with Lego and then programme them using iPads. Equipment provided. PHCC. 10am–3pm daily. Attend the whole week or just individual days: £64.50 per day or discount for the full week. Book at www.codekids.org.uk/services/aug-20-aug-24-robotics-and-coding-roundabout-primrose-hill or contact samia.razak@gmail.com, 07867 784 887

WEDNESDAY 22 AND 29 AUGUST
Haverstock School Journalism Project: Outreach Programme
Release your child's creative wizard! Come and create your own brilliant stories. Holiday workshops for 6–12-year-olds. PHCL. 9–11.30am. Free, including breakfast club. Contact d.rcorgan@gmail.com

SUNDAY 26 AUGUST
Summer Music in the Park
Kix Jazz Orchestra. Regent's Park bandstand. 3–5pm.

MONDAY 27 AUGUST
Summer Music in the Park
Regent Community Brass. Regent's Park bandstand. 3–5pm.

TUESDAY 28 AUGUST TO FRIDAY 31 AUGUST
Circus Glory August workshop
PHCC. 10am–3pm. £15 per hour, £28 per half day, £50 per full day, £180 per week. Contact Genevieve 07973 451 603, gmonastesse@googlemail.com

FOR KIDS

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

Circus Glory (term-time only)
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 (term-time only)
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 (term-time only)
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 (term-time only)
Drop-in sessions. PHCC. 4.30–5pm. £1. Contact 0207 586 8327

WEDNESDAY
Circus Glory (term-time only)
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

THURSDAY
Mini Mozart (ends 19 July)
Musical story time. PHCL. 9.30am for young children; 10.15am for babies. Contact hello@minimozart.com

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

Music and Rhyme for under 4s (term-time only)
Drop-in sessions. PHCC. 4.30–5pm. £1. Contact 020 7586 8327

Catherine's Ballet, Chalk Farm School of Dance for under 5s (term-time only)
Ballet classes at 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
Mothers' Mornings
Meet other mothers while your children play. PHCL. 10.30–11.30am. Free. Contact 020 7419 6599

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

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

SATURDAY
Rhyme Time
For all ages, with an adult. 1st and 3rd Saturdays of the month. PHCL. 10.30–11.15am. Suggested donation £2.

SUNDAY
Drama, dance and singing classes (term-time only)
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

What's On July/August

FOR ADULTS

MONDAY

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

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 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 (term-time only)
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

Debtors Anonymous
Anonymity preserved. PHCL. 7–8pm. Donations welcome. Contact 07932 878 605

Mary's Living and Giving for Save the Children
Take advantage of 50% off books, movies, records and CDs, and 20% off women's jeans, every Monday, 10am–6pm.

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

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

Keep Fit for over 60s (term-time only)
PHCC. 3–4pm. Free. Contact 0207 586 8327

Morris Dancing
Learn lively Cotswold Morris dancing with handkerchiefs and sticks, led by tutor Andy Richards. No experience necessary. Cecil Sharp House. 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 07958 959816, cat.b1@blueyonder.co.uk

Hatha Yoga (term-time only)
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

WEDNESDAY

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

Feldenkrais
Movement class. PHCL. 10.30–11.30am. Contact info@somaticcircles.com for info and price

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

German Conversation Class (term-time only)
Learn German at the library. PHCL. 7–8pm. Free. Contact 020 7419 6599

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

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. Cecil Sharp House. 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 Pilates (ends 12 July)
Want to tone your limbs, flatten your tummy and strengthen your pelvic floor? PHCL. 11am. 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

Pregnancy Yoga (term-time only)
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, £50 series of 5, student and unemployed discount available. Contact carolineshawyoga@gmail.com

Yoga for Seniors (term-time only)
PHCC. 7–8pm. Free. Contact 020 7586 8327

FRIDAY

Aerial Pilates
Pilates exercises with the support of an aerial hammock. PHCC. 10–11am. £15, max 5 per class. See www.circusbodies.com for more information: classes will run on Friday 6, 13 and 20 July, but not at all in August.

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

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

SATURDAY

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

New library opening times:
Monday 10am–6pm
Wednesday 12pm–7pm
Friday 10am–6pm
Saturday 10am–3pm

Please submit entries for our September issue by Friday 3 August

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



Nick Crane
The Making of the British Landscape

The lecture season kicked off on 6 June when Nick Crane, presenter of the BBC series *Coast* and resident of Primrose Hill, took us skilfully through 12,000 years of history in just forty minutes.

At the start of the story England was still connected to mainland Europe. The tract of land which joined us to Europe – Doggerland – was a grassy plain providing grazing to wild cattle. In higher altitudes such as the Pennines, the Lakes and Scotland wolves and bears roamed freely. Inhabitants were highly mobile and moved with the food source.

In 8800 BC the Vale of Pickering in North Yorkshire was a lake surrounded by settlements. Excavation of the area uncovered antlers which appear to have been worn as a ceremonial headdress or used in hunting. Star Carr, as the area is called, was the first known ritual landscape.

Cheddar Gorge was also a ritual landscape and the first known cemetery. It too would have been home to wolves and bears; consequently, humans gravitated to glades away from the deep forests which covered much of the country.

In 6200 BC, following a mini ice age, a giant tsunami swept over the Shetlands and down the east coast of Britain, killing all in its wake. It swept over Doggerland – which was by now only a precarious isthmus – and severed the land connection between Britain and Europe. The resulting Brexit was instant, occurring in minutes rather than years.

4050 BC was reverse D-Day. Boatloads of French people came across the channel. They changed the landscape by digging for flint and interring their dead above ground in 'long barrows'. They weren't nomadic as previous inhabitants had been, but settlers who brought seeds, animals and set up farms. By spending surplus time in one place they were able to build monuments. They also brought disease.

By 1500 BC the rectangular field system was in place and by 800 BC 'landscapes of anxiety' developed. People were now living in hill forts and had begun fighting one another. Horses were utilised for transport and there was power and prestige in owning one. White horses were carved into the landscape. As the climate cooled again, people started to look after animals in preference to crops.

Between 200 and 100 BC the population came down from their hill forts and began to trade with coins. The discovery of olive stones suggests that there was some commerce with Europe. Then we were invaded by Roman 'psychopathic builders' who built towns and roads.

1850 is seen as the tipping point where more people were living in cities than in the countryside. Even today 98% of Britain consists of green space.

Climate change can be disruptive socially as well as environmentally. Even a 1% increase in temperature can lead to storms which affect crops and flash flooding. Our challenge now is to improve the quality of our landscape and climate in the wake of this degradation.

Nick Crane's book, *The Making of the British Landscape*, is available from Primrose Hill Books.



Rowan Williams
A Christian Response to the Refugee Crisis

The Former Archbishop of Canterbury, Rowan Williams, presented the second of the Primrose Hill Lectures on 13 June. He began his talk by saying that the refugee crisis isn't going to go away anytime soon; Christian Aid started 71 years ago in response to humanitarian crises that are still with us in some form or another.

Currently there are around 65.6 million people worldwide who have been forcibly displaced – roughly the same amount as the population of the UK. In recent years, fighting warlords in South Sudan have displaced millions, Jordan has taken in a considerable influx of immigrants from Iraq and Syria, and Bangladesh has had a huge refugee crisis.

Refugees, especially woman and children, are vulnerable to the plight of trafficking, and unregistered children are going missing. Clear, legal and secure means are needed to get people from one place to another.

There's also a corporate risk in small, economically challenged nations who take refugees from neighbours who are in strife. It's never simply a matter of providing finance; the support system needs to be in place too.

Is there a Christian response? The history of humanity is woven with the themes of distance, flight and suffering, beginning with our departure from the Garden of Eden. We did this to assert ourselves and we've been ill at ease ever since, unable to balance our need to belong with a desire to exclude. How do Christians create a sense of belonging for those who have been excluded? We reach out to help people because of this deep urge to belong, which is present in all of us.

Britain isn't exempt from xenophobia, but in the past we've been confident enough in the stout morality of our society to wish to make others part of it. Today in Britain the refugee situation is often linked to anxieties around security, work and welfare. How do we sustain 'British values', and can we survive the influx and the pressure it puts on our resources? If we ignore the anxieties, the emotions which drive them will still affect people and their votes. Do we send refugees back to a war zone or to an impoverished nation? "Crises don't read maps," Williams reminds us.

Rowan Williams is aware that churches don't always get it right. A century ago the Church defined belonging; now it's at the margins. The Christian Church can work to foster a renewed confidence in our society that allows us to both give and receive, and regain our sense of moral robustness.

To find out more about the ongoing Primrose Hill Lecture Series vist **www.stmarysprimrosehill.com/primrose-hill-lectures**

Primrose Hill Lecture Series 2018 Upcoming Lectures



Wednesday 4 July

Clemency Burton-Hill

Music Every Day

Have you ever heard a piece of music so beautiful that it stops you in your tracks? Or wanted to discover more about classical music but had no idea where to begin?

According to Clemency Burton-Hill, presenter of Radio 3 Breakfast, the Proms and Young Musician of the Year, 'the only requirements for enjoying classical music are open ears and an open mind'. Clemency joins us to talk about her new book, *Year of Wonder*, in which she chooses one piece of classical music for each day of the year.



Wednesday 11 July

Helen Pankhurst

The Story of Women's Rights: How Far Have We Come?

In 1918 some women won the right to vote. A century later, how far have women come? How much have women's lives changed? And where might women aim to be by 2028, the centenary of equal franchise?

Helen Pankhurst, women's rights activist, great-granddaughter of Emmeline Pankhurst and granddaughter of Sylvia Pankhurst, leaders of the British suffragette movement, joins us to talk about her new book, *Deeds Not Words: The Story of Women's Rights, Then and Now.*

Talks begin at 7pm. Doors open at 6.30pm.
Ticket prices: £12 individual; £60 series
(Concessions: £10 individual; £50 series; under-16s free)

Proceeds go to St Mary's community outreach projects.
www.stmarysprimrosehill.com/concerts-events/summer-lectures

Organic & biodynamic wines at the market

Each week Queens Park Wines feature a rotating selection of our more affordable wines to try & buy at your local Primrose Hill market, together with a regular buy-only stock of our customer favourites.

We currently stock 125 wines from 14 countries, including no-added-sulphur and vegan wines.

Red & white from £7.50. Rosé from £8.50. Prosecco from £12. Champagne from £23.

When the weather is fine we also sell chilled bottles with plastic cups.

You can also buy direct from our website with local, same-day and national, next-working-day delivery. See website for details.



PRIMROSE HILL MARKET

Every Saturday* 10am - 3pm
St Pauls School
Primrose Hill Road, NW3 3DS

*June 30th we are at the Queens Park Book Festival so will not be at Primrose Hill. qpbookfest.com

www.queenspark.wine

PRIMROSE HILL
ENTREPRENEURS



Local digital start-up entrepreneur Petar Savic talks to some of the start-ups and small businesses running from Primrose Hill. This month he meets Maria Iontseva, co-founder of Lobster.Media.

TELL US ABOUT YOURSELF

I studied Computer Science and Maths at university, which led me to become interested in user experience (UX)and user interface (UI) and creating for the internet. After graduation I worked for a couple of large international companies as a UX & UI designer, but after ten years I started to become tired of corporate life. The work wasn't satisfying any more, so I met up with two friends I knew from university and my professional life to create something new; Lobster was the new adventure I was looking for.

TELL US MORE ABOUT LOBSTER

We noticed that there was a lack of authentic, interesting visual content for advertising and publishing campaigns, so we set out to create a solution that served businesses of all sizes. Lobster.Media is a place where anyone can buy or sell photos and videos, simply. So, if you're a local business looking for the perfect photo for Instagram or looking to earn a little extra selling your own photos and videos, Lobster can help. We're constantly innovating with the use of artificial intelligence to create a platform that's easy to use whilst driving creativity and innovation in our industry. Members can also take part in our community challenges to win great prizes, and we welcome contributors of all experience levels.

WHAT IS YOUR CONNECTION WITH PRIMROSE HILL?

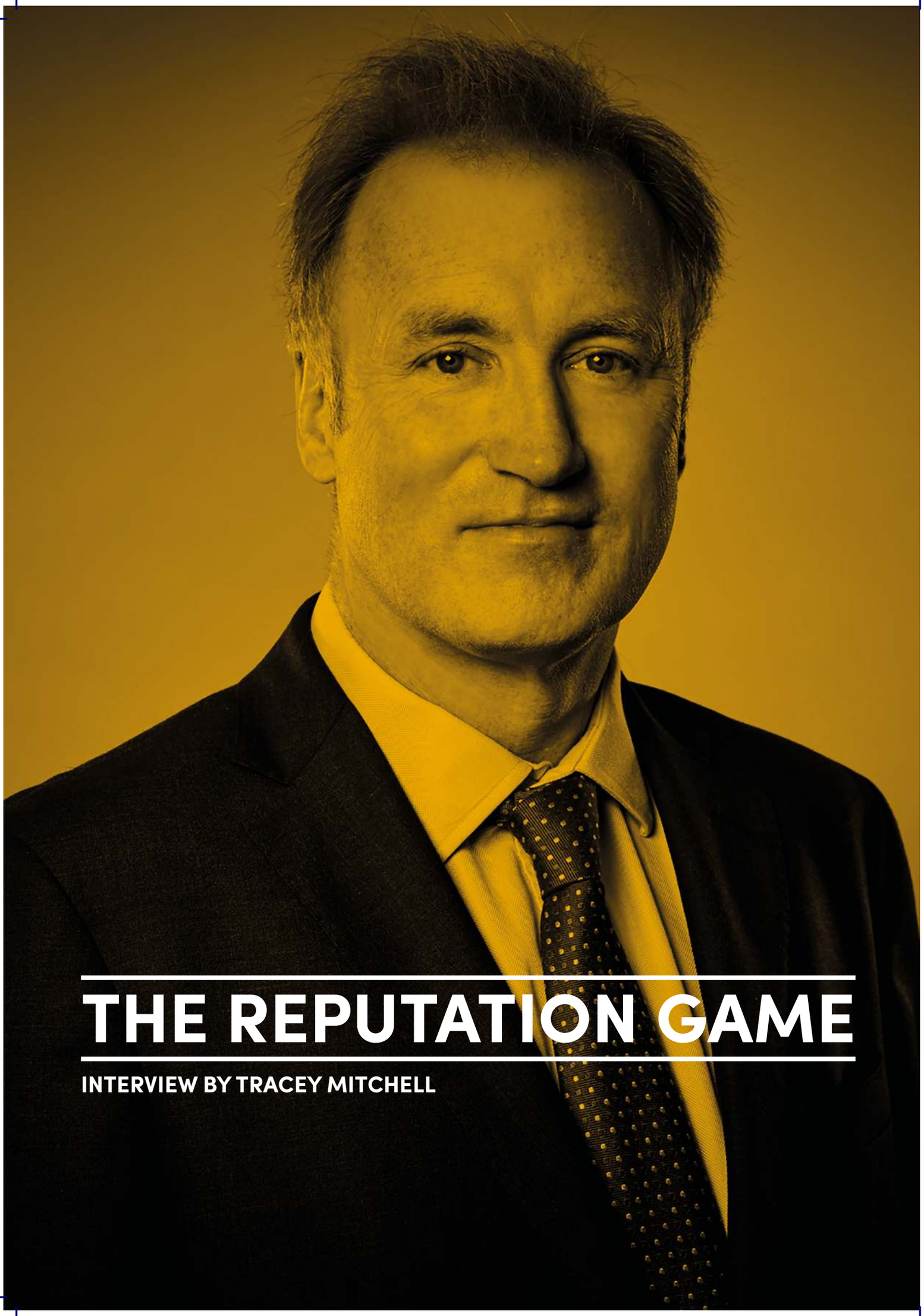
My partner and I were lucky enough to move to Primrose Hill last year and absolutely love it here. Even though Lobster has offices in London and Moscow with staff working remotely across the world, I still prefer to work from home when I can; it helps me concentrate and be more productive. This means I get to enjoy all the wonderful independent cafes, shops and green spaces in Primrose Hill daily. It's great to be surrounded by so many like-minded business-owners and creativity every day; I often spend time in Greenberry, a great place for coffee/wine with plenty of vegetarian food options.

WHAT IS THE BIGGEST CHALLENGE YOU ARE FACING RIGHT NOW?

We've just started raising a new investment round for Lobster, so we're working hard to take the business to the next level. With lots of events and meetings happening internationally, there's a lot going on. I would love to get some feedback from local agencies, businesses and investors on what they think we could improve on.

ANY ADVICE FOR ANYONE THINKING ABOUT BECOMING AN ENTREPRENEUR?

Find a team, be brave. Even if it seems like a race, you have to be prepared for a marathon with the intensity of a roller coaster. It's worth the ride.



THE REPUTATION GAME

INTERVIEW BY TRACEY MITCHELL

David Waller published *The Reputation Game* after moving to Primrose Hill with his family last year. Currently a partner in a global consulting firm, he is a former journalist with the *Financial Times* and author of several books on business and historical autobiography. Tracey Mitchell went to talk to him.

TM: **David, a quote from about two-thirds of the way through *The Reputation Game* says, 'Reputation is becoming a currency that will be more powerful than our credit history in the 21st century.' What can you tell *On The Hill* readers about how the reputation game works?**

DW: The Lansdowne pub has a reputation, as does The Engineer or the Queen's. Your school has a good or bad reputation, ditto your place of work or worship. Politicians have reputations (largely very bad) and so does the Pope.

What other people think about you as an individual in your private or professional life is incredibly important, and may be very different from what you say or think about yourself, and all the more powerful for that.

The central argument of the book is that in business and public life, reputation is more valuable than money; we have seen this in one reputational crisis after another, for example the Harvey Weinstein scandal, or in business we've had BP, VW and the banks.

One key element of reputation is behaviours. It stands to reason that what you do and how you do it really matter, but reputation does not always reflect the reality of behaviours; it can be distorted, so that you have a better or worse reputation than you deserve. A second element is networks, especially in the internet age when online networks can build or destroy reputations in an instant. Thirdly there is narrative, what story you and others tell. Story-telling is important, but you can't rebuild a reputation through narrative alone.

TM: **The book argues that some individuals manage to rebuild a shattered reputation, while others can't; some organisations may achieve the reputation they deserve, but others don't. Why is reputation so unpredictable, and what are the risks of this state of affairs?**

DW: There is a distinction between your competence reputation, ie how good you are at what you are supposed to be good at, and your character reputation, which is how you go about doing things. Sometimes you get a terrible character reputation because you lie and cheat, but you are still good at your job. The world is more forgiving of character flaws, I'm afraid to say. VW is still an incredibly strong company because its core reputation for being good at engineering excellent cars is undamaged, despite the scandal around the technology it developed to get round emissions tests. Its character reputation was damaged severely, but its competence reputation not at all.

"What other people think about you as an individual in your private or professional life is incredibly important, and may be very different from what you say or think about yourself"

TM: **While researching *The Reputation Game* you corresponded with Bernie Madoff, who is imprisoned for perpetrating the largest financial fraud in US history. Can you tell us about what you learned from him?**

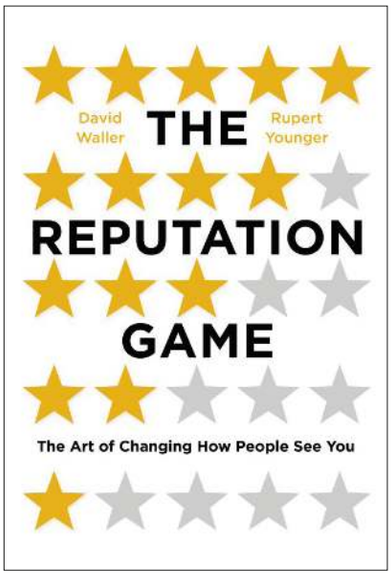
DW: Well, we did experience elements of a Ponzi scheme when he asked for increasingly large sums of money before he would correspond with us. Eventually he did speak with us. The key question was how long he had been perpetrating a fraud: he argued that that he only started after about 1990, while his critics say that it went back to the 1970s. Either way, it is striking that Madoff's success for decades was a reputational success; he never asked for clients' money – new customers had to beat down his door. And yet his investment returns were increasingly fake. That shows you that a reputation can be based on falsehood for many, many years.

TM: **Tell us why you consider that Pope Francis has a genius for rebuilding reputation.**

DW: He was elected as Pope after a long period of the Catholic Church suffering serious reputational damage – as a result of child abuse scandals as well as financial irregularities. Church attendance in the Catholic heartlands of countries such as Ireland, Italy and Spain had declined dramatically, reflecting our secular times as well as the scandals. Pope Francis then set an example of personal humility that is extremely compelling, for the faithful and the lay world alike. He eschewed the trappings of papal power, eg the grand official residence at the Vatican, choosing to live in a humble hostel. His early visit to the island of Lampedusa off Italy was a symbol of solidarity with refugees, literally shipwrecked humanity. Conservatives in the church do not approve of his tolerance – towards divorced people or homosexuality, for example – but the rest of us do. His control over church administration and dogma is not complete, but his behaviours and his communications underscore a spectacular reputational revival.

TM: **Has your current role as a partner in a global consulting firm built on your understanding of these issues?**

DW: Well, I work with companies and other organisations to build and protect reputations. Most of the books I have written have been biographies of obscure Victorian figures – I have greatly enjoyed talking about these people at the Primrose Hill Community Centre. This is the first book that has anything to do with my day job.



The Reputation Game is available now

Música en mi Sangre

WORDS BY Jennifer Ploszaj
PHOTOGRAPHY BY Sarah Louise Ramsay





To define Estelle Rubio is futile. Like the music industry itself, she is multifaceted, convergent, evolutionary yet simultaneously innovative. A self-described 'geek girl', Estelle is a musician at heart with a multitude of strings to her bow. Producer, singer, songwriter, performer, lecturer, mentor, modern-day feminist and, yes, music tech guru.

Music is in Estelle's blood and her Latin roots play an integral role in her style, both personally and musically. She sparkles with energy and emotion, even following a 3 am studio session mixing a track for the London-based dark pop girl-band Lock.

Estelle describes her music as Latin House with a little bit of techno. "For me it's all about the songs: the songs, the melodies and creating something catchy. Most of my music has a Spanish background influence."

Her musical career was ignited during her teenage years when her Mum enrolled her in a mixing and production workshop and she landed a part-time job in a studio in the docks of Amsterdam. Late at night after the artists had finished their recording sessions, Estelle could access studio downtime and learned to master the equipment, thus beginning her nocturnal vampire existence.

Estelle's talent is rare: she's both a traditional musician – pianist, guitarist, writer and singer, producer – and a tech-spert. And while we still celebrate traditional musical artists today, the Electronic Dance Music (EDM or dance music) industry is valued at $7.1 billion. EDM and its various sub-genres, such as house, club and techno, are produced purely using technology and are played by DJs at nightclubs and festivals. This music requires only a computer.

"it's nice to write songs with multi-layered meanings, songs about the human condition"

The beauty of Estelle's music is that it combines her classic musical talent, her love of sound and her technology skills, thus creating a unique musical fusion that is rare in today's ever-evolving world of technology. "For me, it's very much about the music. The harmony, melody and those fundamentals are really important."

Is technology changing our relationship with music? Of course music is inextricably linked to mathematics, and The Beatles changed the global musical landscape through their pioneering recording and production techniques. Estelle muses that "It's sort of a post-modern art form: taking something that exists already and making a new collage." Remixing encompasses this, and she is releasing one on Basement Jaxx's label, Atlantic Jaxx, at the end of June – again, Latin-inspired and a side project of one of the aforementioned acts. The availability and ease of technology is certainly democratising music across the globe, and millions of 'bedroom studios' enable amateur artists to produce and distribute their music directly to the public via platforms like Soundcloud, YouTube, Bandcamp and Tidal.

Estelle still celebrates traditional music and finds inspiration in many forms. Her musical heroes include J-Lo, Bjork and Kate Bush, along with Van Morrison, Daft Punk, Jeff Buckley, Bob Marley, Bowie, Santana and Camila Cabello. "For me, one of my heroines is an artist like Sade. She wasn't hugely in the public eye, but she was very much a musician and would release an album every two or three years. A whole album of laid-back, chilled-out music. And you just don't see artists like that any more."

Estelle also taps into the beauty of everyday sounds, such as raindrops, and explores ideas relating to science and our

Estelle at Chiringuito Blue, Ibiza

urban environment. "I like to play with words and concepts. I try to find familiar themes and think it's nice to write songs with multi-layered meanings songs about the human condition."

As a writer, Estelle is currently dabbling with a few fierce concepts about living in a city: 'Who Stole the Stars' and 'Oxygen', and a darker exploration into the recent surge of knife crime entitled 'Urban Myth'. But Estelle is also a master of balance and easily transitions from more serious explorations with her writing to more playful, upbeat musical compositions. She has recently conceived an album that will take listeners on an ever-building evening journey, from dinner party through to dessert and ending with the inevitable post-dinner dance party. "I love being in the studio and playing with sounds and creating new sounds. What I really want is to combine it all."

Even in this dizzying age of technology and digital downloading, Estelle is a purist at heart and still believes in the art of crafting an experiential narrative through music. Alas, the balancing act is ever present. "Music is so important, yet it's become so free. We're losing the art due to commerciality, but artists still have to make a living. I think Kate Bush is one of the few artists who kept the wolf from the door."

A Primrose Hill resident for twenty years, Estelle's home is akin to living in a creative playground for adults. On a sunny, warm Friday in May, her husband, Scott, is in the bright dining room running through lines with a fellow actor; her son Zak is DJing loudly upstairs, while their Chesapeake Bay retriever bounces around the house between the actors and our interview location in Estelle's music studio. Estelle has music and writing in her genealogy: her father plays Flamenco and Rumba, her sister is also a musician, and her mother a writer.

Leveraging her musical and technology talents, Estelle is highly involved in the tech, education and media worlds to raise awareness of the art. She was the only European woman headhunted by Apple to present and showcase the company's Logic Pro X professional recording software. She also lectures at BIMM London and has written a curriculum for Music Production degrees. Her compositions have been featured on Sky and BBC and as soundtracks to fashion shows. Estelle also appeared on BBC2 alongside fellow geek musician Imogen Heap on a programme about music and tech. Through these spotlight media appearances and collaborations, Estelle aims to inspire more women to get involved with technology. Her advice is: "Own your own equipment and record your own music. Own the mechanical royalties of a song."



Estelle is gearing up for a dizzying summer schedule. She has recently returned from performing at Atzaro in Ibiza and is firming up additional summer dates on the chic Balearic island.

Check out **www.onthehill.info** in the coming days for confirmation of Estelle's summer gigs. And meanwhile, to add a little glam to your summer garden parties, download a few tracks of Estelle's café del mar-style chill music on Soundcloud: **www.soundcloud.com/estellerubio-1/the-lilo-song-ibiza-summer18-mix** and follow her on Instagram at @Estellerubiomusic.

In Praise of Imbalance

By James Palmer

LONDON BOWEN CLINIC

We are bombarded with so much advice on what we should and shouldn't do to be healthy. Do/don't eat fat. Eat fish (no, not that kind of fish). Drinking any alcohol will shorten your life/drinking some alcohol will improve your health. Do/don't eat meat. Definitely don't eat gluten. Drink water (no, not that kind of water).

Well, perhaps we shouldn't be absolutist. Perhaps we just need balance. Perhaps balance is the key to well-being. But we all have different needs and are at different stages of our life, so what is balanced?

Someone else's ideas can be totally impractical. Should we all be eating locally sourced, low fat, no carbohydrate, organic vegan food, getting eight hours sleep, drinking eight glasses of water (artesian, stored in glass bottles), doing daily resistance and cardio exercise (and 30 minutes, mindfulness)? Maybe for some people that works. For many others it does not.

A more dynamic way of thinking about what balance looks like is walking. Every set of steps (left, right, left!) has both feet pass through seven or more different stages of imbalance. These phases have you articulating all the joints of the body through all their potential movements, collapsing your feet inwards, standing on one leg, rotating and wriggling your whole body through many resolving patterns of asymmetry and imbalance.

Balance in nature isn't static: it is constant, smooth change through a series of incomplete, imperfect situations.

Asymmetry only becomes a problem when we are stuck in it. If our ankles are stiff and won't move, or our back is constantly compressed on one side, or one side is more flexible than the other, then the whole body feels horrible. This is no longer a series of dynamic imbalances which resolve; you're just stuck.

Ideal balance, with your weight perfectly arranged between left to right and front to back, is not much use unless you plan on standing still your whole life. Sometimes imbalance is necessary. Sometimes imbalance is good.

James works from the White Crane Clinic. **www.LondonBowenClinic.com**



ADVERTORIAL

Say NO to unwanted hair (no pain involved!)

Laser hair removal is an excellent treatment for men and women who want a permanent solution to unwanted hair. Historically it has always been associated with pain, however with the arrival of Soprano ICE - the latest innovation in hair removal technology – pain is the thing of the past!

This multi award - winning laser hair removal system uses a diode and alexandrite lasers that is specially designed to remove unwanted hair faster, more comfortably, and with fewer visits on all skin types including tanned skin.

At Aesthetics Lab we know how confusing information on laser hair removal can be so in this article we outline the most frequent questions clients ask us:

How does laser hair removal work?

Laser light is absorbed by the pigment in the hair follicle. The light energy heats the pigment and effectively destroys the hair follicle without damaging the surrounding cells. Once the hair follicle has been disabled, it loses its ability to regrow hair.

What is the difference between IPL and Laser hair removal?

Laser produces a single spectrum of intensely concentrated pure light in one colour and wavelength, whereas IPL provides a broad spectrum of colours and wavelengths and it is not possible to focus the light energy to a concentrated beam. As a result the laser precisely targets the dark pigment (melanin) in the hair follicle; while IPL's diffused energy does not only target the melanin in the hair follicle, but also the surrounding skin. Thus, IPL can reduce and slow down hair regrowth but not permanently remove hair unlike laser, which allows for very deep, more powerful and precise penetration, achieving permanent results.



Is Soprano Ice Laser hair removal really painless?
The Soprano ICE is a state of the art procedure; the laser gradually heats the hair follicle whilst the headpiece is passed over the same area constantly, thus not causing any pain. It is said to feel like a hot stone massage.

In **JULY ONLY** readers of On The Hill Magazine will receive **40% OFF** all Soprano ICE Laser Hair Removal Courses at Aesthetics Lab*. **QUOTE SopranoOnTheHill.**

*T&C may apply.

The science of beauty
Aesthetics LAB

128 Regents Park Road, London Nw1 8XL
www.aestheticslab.co.uk

Letter to the Editor

Dear Editor,

Your June edition featured excellent articles on Crime on the Hill, and the Citizens Assembly for Community Safety. I thought your readers might also like hear of the work that is done to try to prevent and to react to crime in the park areas of both Primrose Hill and Regent's Park.

PC Rebecca England of the Metropolitan Police is our Dedicated Police Officer for Regent's Park & Primrose Hill. She is tasked with working to police the parks, and to promote safety and compliance with the Park regulations. That is quite a wide remit, and she is given priorities by a Safer Parks Police Panel that meets each quarter.

Headline activities have been the improvement of crowd behaviour on Primrose Hill on Bonfire Night and New Year's Eve, when thousands of people visit to view London's fireworks. This year both occasions went off calmly, with no disorder or crime reported. This is down to advance planning, announcements of early closure of the Hill at 1 am, and teams of police and stewards in place to maintain order.

Rebecca also organised extra police presence on the Hill after 13 robberies with knife threats, and one stabbing which occurred last autumn. Several arrests were made.

At a more mundane level, but important for safety, Rebecca also clamps down on dangerous cycling, particularly down Primrose Hill.

Should your readers be aware of any crime being committed or about to be committed on the Hill, please report it to 999; and if you wish to report anything already committed, or any other anti-social behaviour in the Parks, please call 101.

If anyone would like to talk to Rebecca, she will be holding drop-in sessions from 6 to 8 pm in the Regent's Park Conference Room (off the Inner Circle by the Park Office) on Thursday 19, Friday 20 July, and Thursday 23 August.

Ianthe McWilliams
Chair of Friends of Regent's Park & Primrose Hill
chair@friendsofregentspark.org

CLAYBROOKS
JEWELLERS
PAWNBROKERS

Instant cash loans against your gold or jewellery

Old Gold, Diamonds & Silver Bought for cash!

H/O 12a Sun Street, Waltham Abbey
Essex, EN9 1EE
Tel: 01992 650444/ Harvey - 07973 223508

Discretion assured

We can come to you
Happy to travel or home visit

Claybrook Group Limited are authorised and regulated by the Financial Conduct Authority. Reference Number: 687567

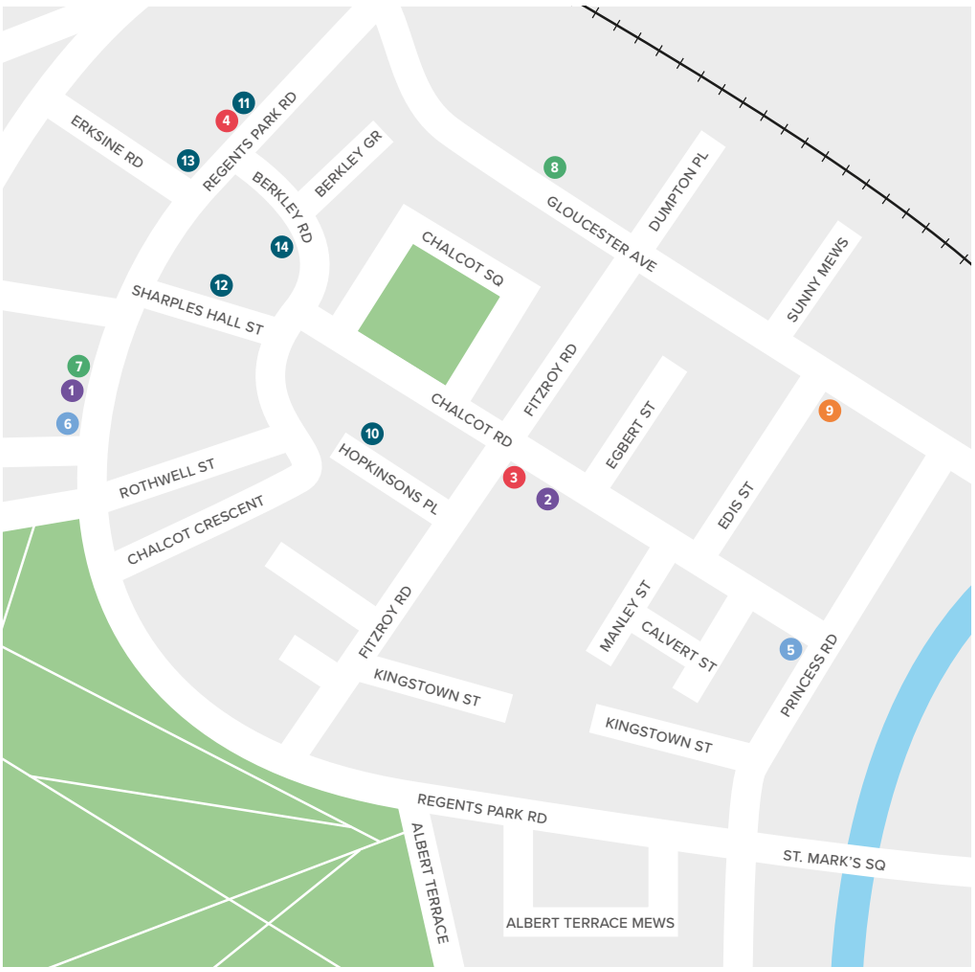
CLAYBROOKS
FAMILY JEWELLERS & PAWNBROKERS EST 1991

Primrose Hill LAUGHS



"I read recently that the size of your income is inversely proportioned to your height."

Marketplace



Thank you to all our contributors!



To advertise your business in Marketplace contact mskinner@onlymedia.co.uk

On The Hill
onthehill.info

Beauty & Wellbeing

1 SHAMPOO HAIR & BEAUTY
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
www.labsinthe.co.uk

4 GREENBERRY CAFÉ
101 Regent's Park Rd, NW1 8UR
020 7483 3765
info@greenberrycafe.co.uk
Tu–Sa 09.00–22.00
Su–M 09.00–16.00
www.greenberrycafe.co.uk

Home

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

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

Specialist

7 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

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

Fashion

9 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

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

11 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

12 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

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

14 CHALK FARM FOODBANK
Revelation Church
c/o Chalk Farm Baptist Church,
Berkley Road, NW1 8YS
0207 483 3763
Th 10.30–12.00
www.chalkfarm.foodbank.org.uk

FROM Differenza

Norma Differenza

This recipe is inspired by the famous typical Sicilian dish, pasta alla Norma. The dish was supposedly named by the famous Sicilian actor, Nino Martoglio: after being presented with the dish and tasting the delicious flavours, he exclaimed, 'This is Norma!' He was comparing the dish to a famous opera by Vincenzo Bellini.

1. Pan fry half the olive oil with the garlic and cherry tomatoes. Add the torn-up basil leaves.
2. Cook the pasta in boiling water with a little salt.
3. Cut the aubergine into small batons and pan fry in the remaining olive oil.
4. Toss the pasta with the prepared tomatoes and garlic.
5. Serve up the pasta, add the fried aubergine, grate smoked ricotta on top and finish with pesto.

Ingredients (serves 4)

- 400 g fusilli
- 300 g cherry tomatoes, cut in half
- Bunch of basil
- 1 clove garlic
- 3–4 tbsp olive oil
- 1 aubergine
- 120 g smoked ricotta
- 4 tbsp of pesto

Differenza
www.differenzakitchen.com
38 Primrose Hill Road, NW3 3AD

PHOTOGRAPH BY Marc Mordant



Thank you from St Mary's Youth Club

St Mary's Youth Club is so grateful to *On The Hill* readers, who have gifted us £13,000 since our appeal in April. This figure includes £540 raised through sponsorship by the Primrose Hill Dog Show. When we reach the halfway mark of £15,000, we plan to have a celebration and invite all donors and supporters.

Many readers have donated anonymously via our Help St Mary's Youth Club page at JustGiving so they have not been thanked. Do email us (details below) if you would like to keep in touch and hear more youth club news.

This youth work takes months and years of patient mentoring and care of children and young people who feel isolated and afraid, are without money, are threatened by gang behaviour, or where home is a place of domestic violence, abuse or drug use. It has just been announced that half of London children from disadvantaged backgrounds have witnessed violence during their summer school holidays. Local and national government are beginning to understand and to react to the lives of disadvantaged young people.

We are encouraging political and policing change through our youth club work. Ten years ago Camden Youth Services was held up as a beacon of good local government management, and can be again. Camden Council and police gave advice on youth centres and youth care to other London boroughs. For now our youth club and Winchester Youth Club are the only local safe places. Our youth club is open 24/7, 365 days a year.

In July, Jason Allen, who leads the youth work, will talk to 700 Metropolitan Police officers. Radio 4's *World At One* programme's four million listeners heard our young people speak about their lives. Bishop Sarah referenced youth crime and the needs of 'at risk' young people in her induction in St Paul's Cathedral. At our recent Citizens' Assembly St Mary's Curate Rev Nick Walters, who heads our youth club work, asked local MP Tulip Siddiq, Camden Council Leader Georgia Gould and Inspector Richard Berns to pledge to work with us to create local solutions to our tragic surge in youth crime locally. Jason has become a member of Keir Starmer MP's Safety Taskforce.

We have been now able to fund a new youth worker, Emile, and along with these public events we may or may not save a young person's life. We supported 191 young people and children in 2017. We could support seven times as many.

From among *On The Hill* readers have appeared some local angels. Sarah Walters, a management consultant, is one. She presented us with local statistics that are upsetting to see. In our local wards the population statistics show 1,500 young people are potentially in need of mentoring, support and safety. In 2016/17 Camden Council youth budgets were cut by 25% and a further 26% reduction is planned. Over thirty youth centres have closed or are due to close. Grants to support external youth work were cut by 25% in the last six years. These facts must partly lie behind the troubled times our local young people are going through.

These facts lie behind so much local violent behaviour. If a local young person has no safe place to go with friends, where do they go? The answer is out on to our streets. Gangs are created, and danger and tragic deaths follow.

Surely we all must help to alert local and national policy-makers to become proactive and to care about a section of our society whom Jason calls 'The Forgotten'.

If any readers have links to trust funds or funding sources that could help our youth club locally please put us in touch. Trust funding by local people frees up the enormous amount of time taken up applying to charities by our pro bono trustees.

If any residents or local businesses have advice and professional skills to help our disadvantaged young people and time to mentor and transform a young person's future please let us know.

Jane Jacobs, the world-famous, city planner wrote: "A city only works if it is a series of villages – what is a village?". If 28% of children and young people locally live in poverty, does that work for Primrose Hill residents? Is that acceptable or safe for the 72% of us not living in poverty in our lovely area? Are we looking after our village?

Will you help us?

Go to **www.justgiving.com/campaigns/charity/stmarysprimrosehill/keepstmarysopen** now to make a difference.

To find out more, contact the Revd Nick Walters:
nwalters@smvph.org.uk
07704 71536

Hello, Primrose Hill!

Thank you to everyone who took part in our Instagram competition at the Primrose Hill Community Association Summer Fair. Here are the winning shots – well done all! #PHFair2018

Winner



@safiikader

Runner-up



@christophernm



@ialexeev



@mudyjoon



@london.boat.art



@marsdollarsign



@francesjenkins



@pichick9



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'