On The Hill

NEWS AND INFORMATION FOR PRIMROSE HILL PEOPLE

JULY/AUGUST 2019 | ONTHEHILL.INFO

CITIES OF THE FUTURE

Ricky Sandhu discusses innovations in travel and bottle-houses

BATS, BUGS AND RESCUE BIKES

Dr Greg Carson creates an eco-home

THE MAKING OF A MILLINER

Celyn Cooke's artistic journey



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July/August 2019

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THANK YOU

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

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PHCA

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Special thanks to all our contributors.

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

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Welcome to the summer months

We are fortunate to share Primrose Hill with Andrew Marr who can act as a handy political compass. He recently told an audience at the Primrose Hill Summer Lectures that in Britain we tend to look on the present as a catastrophe and the past with nostalgia, but in reality we've been through worse.

The same could be said for going out for coffee in Primrose Hill. It's a more pleasant experience now, for example, than it was in March 1945 when a tearoom on Primrose Hill was blown up by a V-2 rocket. Martin Sheppard tells the story inside.

And if climate crisis is potentially the worst of all, we're equally lucky to have Ricky Sandhu who's making plans to revolutionise the way we travel. If we're to make use of resources and minimise waste, he's found the answer of what to do with plastic bottles – turn them into houses!

Dr Greg Carson has a more conventional house in terms of structure, but he's managed to restore it into an energy-efficient, repurposed environment where he leaves spiders at peace in their webs, and encourages ladybirds and bats.

Encouraging wildlife may not be everyone's cup of tea, especially residents on Fitzroy Road who have a family of insomniac foxes entrenched under their lawns. I wonder if they've made a tunnel to the Princess of Wales for night raids?

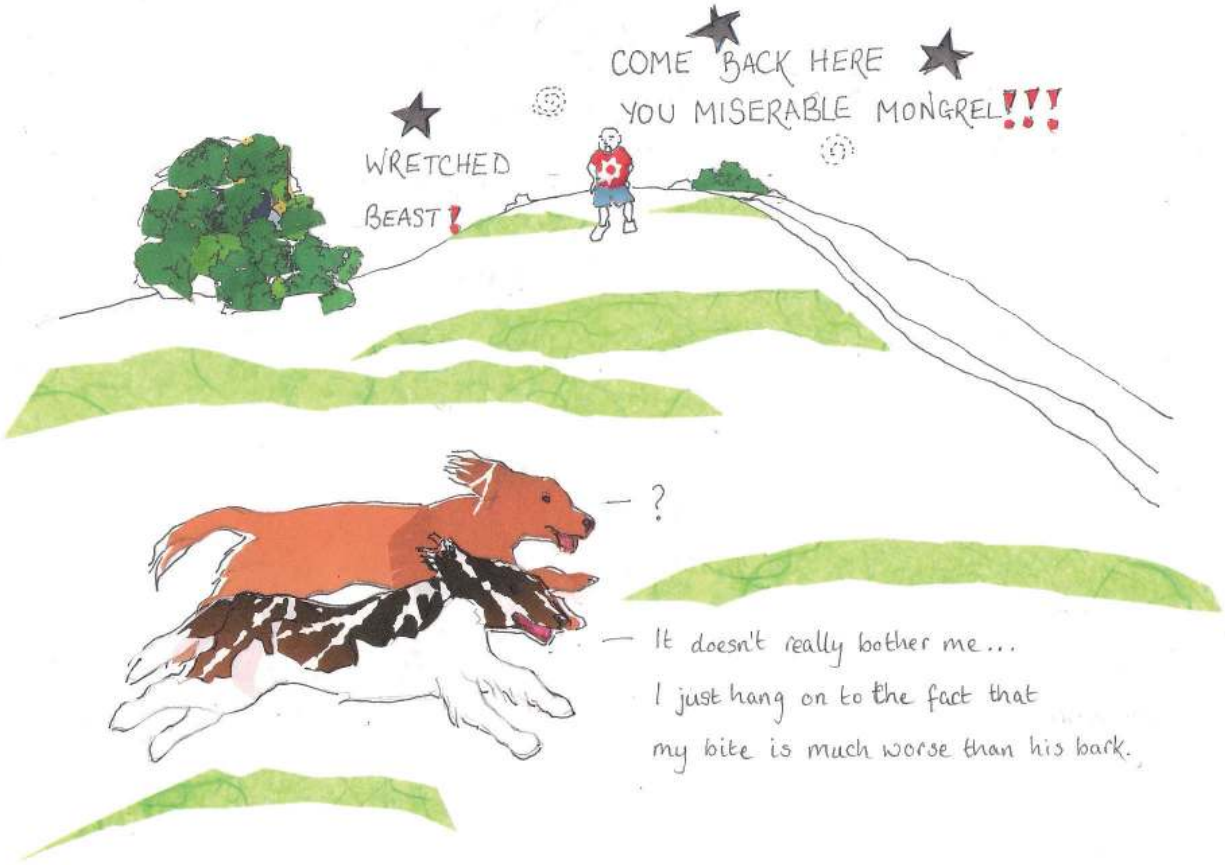
For summer snacks in the garden (mind the foxes), Collis Bakes provides you with a lemon drizzle cake recipe; but fans of *Killing Eve* be warned: it's Villanelle's favourite.

On The Hill will take a holiday over the summer, but we'll be back as you flick the last of the sand from your flip-flops in September.

Let's hope there's some sunshine to enjoy!

Maggie Chambers

Primrose Hill LAUGHS



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On The Street

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AND MORE



PRIMROSE HILL SUMMER LECTURES

Andrew Marr: Is British Politics Broken?

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PRIMROSE HILL SUMMER LECTURES

Andrew Marr: Is British Politics Broken?

By Maggie Chambers

Andrew Marr, as a valued member of our community, is always on hand for political guidance when we haven't the foggiest. And as for community credentials, he's the patron of St Mary's Centre Community Trust, the youth service at St Mary's. This service works with vulnerable children and young people aged 6 to 25. Calvin Bungisa, who was recently stabbed to death in Gospel Oak, was one of those young people.

Speaking at the Primrose Hill Summer Lectures, Andrew explained that money raised at the lectures goes to fund the church's youth work; that the results of governmental decisions are felt here on our streets, including the disaffection of young people, gangs and the all-too-common stabbings. He asked that we all do our bit to help in whatever way we can, including giving a donation (details below).

Andrew garnered three rounds of applause before he even got onto whether or not our political system is broken. And when he did, he was keen to place Brexit into a longer-term perspective. It may seem as if the consequences of our current politics are destabilising, infuriating and perplexing, but we needed to realise that this country has been through much worse. Andrew came to London in 1984 at the time of the Tottenham riots (where he took a wrong turn into a group of rioters and had to be rescued by Bernie Grant), and reminded us that there have been times of real violence in previous decades. He felt that we tend to catastrophise what's going on at the moment and have a 'gooey nostalgia' for past decades. In May 1968 the government nearly collapsed and we almost had a military coup. We had the three-day week in the 1970s, the IRA blowing people up and the bloated corpses of horses in Hyde Park, the miners' strike, the Falklands war and the Blair years, with hundreds of thousands dying through the Iraq war.

Of course Andrew has a much greater depth of political awareness than most of us. He has a longer-term historical perspective – being the author of *The History of Modern Britain* and *A History of the World* – and he's had a political career which set off on the left wing before he became the political editor for *The Economist*.



Andrew Marr with Giles Watkins, Chair of the Lectures committee

As far as Brexit is concerned, he thinks that politicians have been handed an impossible question: "Can you get us out of 45 years of the EU without being affected?". David Cameron was persuaded to hold the referendum by many MPs, not believing he'd lose it, underestimating the importance of the Irish border and the trading relationship we will have with Europe once we leave.

Throughout the country there is a 'howling vortex on social media' on both sides, with 'coarsening venom' running around the country. As Andrew travels throughout the UK, he hears a lot of anger about hastening Brexit. And when he's in Primrose Hill, he hears more anger, but from the other side.

The question was raised about violence to MPs, and Andrew, who knew Jo Cox, reminded us of precedents: 'Ditch the Bitch' in the Thatcher era, the burning of effigies, and Lloyd George having to be brought out of a political meeting in Birmingham dressed as a policewoman to prevent him from being lynched. Even in Parliament itself, cleaners have reported finding blood and teeth in the House of Commons.

And as for the quality of our politicians, Andrew thinks that the biggest single problem is people going into politics too early without any breadth of experience. They may be better qualified these days, but they don't have enough practical, hands-on experience. His suggestion was not to let anyone into politics until they're over 40!

As part of the bigger picture, Andrew feels that change really happens when millions of people decide to do something, and then Parliament tends to follow. Currently there is vast social change going on regarding climate crisis which dwarfs Westminster. We will, in future decades, have to consume less and take fewer lavish holidays as this is ultimately a bigger problem than Brexit.

Andrew ended the evening with a joke about Madame de Gaulle and a penis; so whatever the outcome, at least we can still have a chuckle.

To donate to St Mary's Centre Community Trust:
www.justgiving.com/smcct

Tearooms and Rockets

By Martin Sheppard



Primrose Hill has no tearoom, although Regent's Park has five. But a new tearoom is now being built next to the playground. This is not the first tearoom on Primrose Hill since it became a public park in 1842. There were indeed a series of tearooms on the hill over the next hundred years. The first was a modest kiosk, which had originally been part of the Great Exhibition of 1851. It was transferred to near Barrow Hill Reservoir when the Crystal Palace moved to Sydenham in 1852. A second tearoom, known as the Queen's Pavilion, was built in 1859. This tearoom was, in turn, pulled down in 1905 and replaced by a new one, costing £679, in 1912. It had a ladies' lavatory as part of it, with a separate gentlemen's lavatory nearby. As with the previous tearooms it was sited near the corner of Barrow Hill Reservoir.

The fate of this tearoom, and the reason why there has been no tearoom on the hill for seventy-four years, was highly sensational. It might almost have come from the pen of HG Wells, who set the dénouement of his *The War of the Worlds* (1898) novel on Primrose Hill. At 11.40 am on 21 March 1945 – fortunately when the tearoom was shut – it was obliterated by a V-2 rocket. This left a hole 30 feet deep and 60 feet wide where it had once been. No one was killed, although three minor casualties were taken to a first-aid post in Bayham Street. The next day Mr ME Lefevre, of 37 Ormonde Terrace, reported to that post with pain in his ears and was sent for treatment to the Hospital of St John and St Elizabeth. Austerity after the war led to the rejection of a number of plans to enhance Primrose Hill, always in any case the Cinderella of the Royal Parks. This included the notion of reopening a tearoom on it.

The Primrose Hill V-2 was not quite the last one of the war. Six days later the final V-2 aimed at London landed in Kent, killing Mrs Ivy Millichamp at home in Kynaston Road, Orpington. In 1944 and 1945 three V-1s had fallen on the canal, King Henry's Road and the Zoo. The V-1 that struck between King Henry's Road and Oppidans Road in 1944 caused many deaths and resulted in the construction of Primrose Hill Court in 1951 to replace the many houses destroyed.

These V-2s (the name meaning Vergeltungswaffen or 'retribution weapons') were marvels of technology, fired from elusive mobile launchers; they could reach an altitude of 55 miles and a maximum speed of 3,850 miles per hour. No defence was possible to stop the 1,350 targeted at London from landing. British intelligence, however, fooled the Germans into thinking that a large number of their V-2s were overshooting London. This persuaded the Germans to recalibrate the rockets, resulting in many of them falling short of their mark. Although occasional hits caused massed casualties, the average death toll from each V-2 was only two, while the cost of the project drained scarce German resources and had no effect on the outcome of the war.

During the Blitz, Primrose Hill had escaped relatively unscathed. An 1850 map of Primrose Hill was annotated by the park authorities to show where and what type of bombs fell there: it records four high-explosive bombs and two oil bombs on the hill. One bomb, in September 1940, injured some of those sheltering in one of the park trenches, as recorded by Charlotte Haldane. She usually played the piano in her drawing room at 54 Fitzroy Road to drown the noise of the guns on the top of the hill and to distract her mind during the raids. "On this occasion my husband insisted that I should accompany him to the shelter on the hill. No sooner had we arrived there than a small bomb fell on a section of it, which collapsed, injuring several people, and one old lady died of heart failure from the shock."

In a raid on the Zoo, which destroyed the zebra and wild horse house in late 1940, a giraffe "died of a dilated heart due to over-exertion caused by fright". A zebra stallion also escaped along the Outer Circle, pursued by the distinguished scientist and Secretary of the Zoo, Julian Huxley, who succeeded in shepherding the animal back into the Zoo. "He was a Grevy zebra stallion, almost as large as a horse, and his nerves were naturally on edge. Every time the AA guns went off on Primrose Hill he backed violently. I was frankly alarmed that he would kick me." However, Huxley was told by the zebra-keeper the next day, "Cor, bless you, sir, you needn't have been frightened, 'e's a biter, not a kicker."



POSTCARDS FROM PRIMROSE HILL



We all love the Regent's Canal, designed by the famous architect John Nash and engineer James Morgan. Nash was a friend of the Prince Regent (later King George IV), and so obtained the Prince's permission to name the canal after him. It was opened in 1820.

From the start the canal was a great success, but competition from the railways was looming. In 1837 the railway terminus was opened at Euston, and at first rail and canal worked in tandem. But eventually the canal was no longer a viable commercial trade route. Images like this postcard, showing a horse pulling a barge, c 1905, became a thing of the past.

@old_primrosehill_postcards

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News & Information

from Primrose Hill Community Association

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



PHCA Summer Fair

Although the weather forecast was pretty shaky, we enjoyed a lovely afternoon at the annual fair in Chalcot Square. As usual the Paraiso School of Samba brought the whole thing to life with their music, costumes and vibrancy. A huge thanks to all our volunteers who helped at the fair this year and to Airdrie Greenway for organising the volunteers. Thank you also to all the shops and businesses that kindly provided gifts and donations, which we sold, auctioned or raffled (see p 4). On-stage entertainment included the Paraiso, Pitta Patta dance, Catherine's Ballet, the Rock Choir, the Scratch Band and Jim Mulligan doing his thing for the auction. Lots of stalls, traditional sideshows and Punch and Judy shows kept everyone busy. It was a terrific family-friendly event, and we look forward to putting it on again next year.

Pop-up Café

We are currently trialling a pop-up café on our mezzanine, with the wonderful Mary-Ann Smillie. It is open Tuesdays, Wednesdays and Thursdays from 11 am to 3 pm. She serves terrific homemade cakes, soups and salads, all at a very affordable price. It's a lovely atmosphere, so do come along and try it out.

Open House

A reminder that every Wednesday (except in August) you are invited to join our Open House at 2 pm: it may be an event, talk, film or outing, always free of charge and followed by tea, cake and chat. It's a very friendly session, splendidly marshalled by Tracey Mitchell.

Wednesday 3 July
'Smoke and Mirrors: The Psychology of Magic at the Wellcome Collection'. 2pm at 183 Euston Road, NW1 2BE.

Wednesday 10 July
'Bloody Camden': a talk by Dick Weindling on bloody deeds from Roman times to the 1950s. PHCC. 2pm.

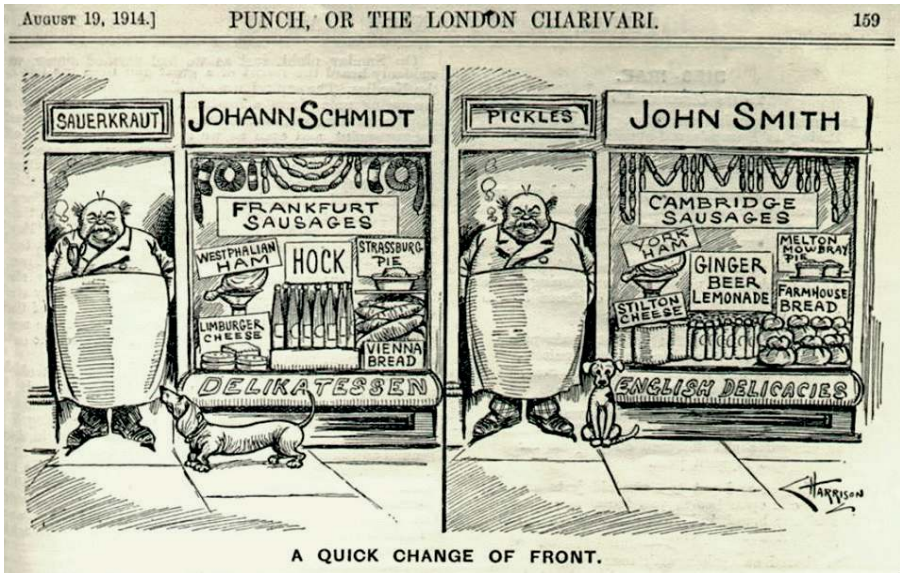
Wednesday 17 July
'Kings Cross Railway Lands': a talk by Peter Darley, founder of Camden Railway Heritage Trust. PHCC. 2pm.

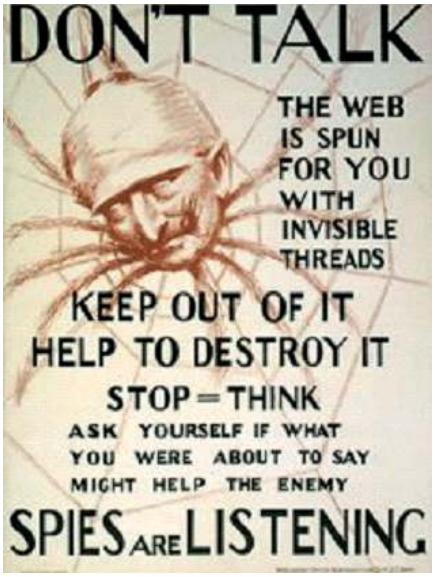
Wednesday 24 July
'Reggae, Blues and Soul': music from two London-based musicians, Rankin' John and Owen Deacon. PHCC. 2pm.

Wednesday 31 July
On the Basis of Sex: a biographical film on Supreme Court Justice Ruth Bader Ginsburg. PHCC. 2pm.

The Kaiser's Spies in Camden

A talk by Dick Weindling





Historian and writer Dick Weindling gave a talk at Primrose Hill Community Association's Open House on his research into links between First World War propaganda and events in Camden.

Anti-German views were current from around 1900, with people fearing a possible invasion. They suspected there were already undercover German agents in place across Britain, and some of them with connections to Camden.

A key figure in spreading these attitudes was William Le Queux, born in Southwark in 1864. Le Queux had an obsession with spying and bombarded both the Foreign Office and War Office with reports identifying suspected German agents. Although the government departments dismissed Le Queux's communications, he found a sympathetic audience in *Daily Mail* proprietor Alfred Harnsworth, later Lord Northcliffe, who was himself suspicious of Germany.

Harnsworth commissioned a series of articles from Le Queux which appeared in the *Daily Mail* in 1906. The invasion story proved a real scare to readers and substantially increased the newspaper's sales. The government publicly condemned the articles as sensationalism, but meanwhile set up a secret committee to investigate whether there really was a possibility of a German invasion. Le Queux's story was later published as a novel which sold over a million copies.

One real spy was Georg Breeckow (alias Reginald Rowland), who attended an espionage school in Antwerp. There he was supplied with secret ink, disguised as hair tonic. After this training, he travelled to London in May 1915, booking into the Ivanhoe Hotel in Bloomsbury Street. He passed as a well-to-do American travelling in Britain on business.

Breeckow met with Lizzie Klitzke, known as Lizzie Wertheim, who was living in West Hampstead at the time. Together they enjoyed a fashionable lifestyle of carriage rides in Rotten Row, while mixing with cosmopolitan café crowds. Eventually Breeckow's shaving brush was found to contain the details of Royal Navy vessels. Georg and Lizzie were both tried and convicted of spying at the Old Bailey in September 1915. Subsequently Breeckow was executed and Lizzie confined to Broadmoor Criminal Lunatic Asylum, allegedly due to delusions.

Official German documents report 120 spies operating in Britain between August 1914 and November 1918. The maximum number operating at any one time was 22. However, even 120 spies is rather fewer than the 5,000 suggested by scare stories in the press and the fear generated by Le Queux.

The audience enjoyed Dick's presentation as much for his lively storytelling as for the details of lives uncovered by his research. Molly Kutapan, a resident of Oldfield Estate, was reminded of childhood experiments with invisible writing in lemon juice. She has vowed to try it out again.



Georg Breeknow, alias Reginald Rowland



Lizzie Wertheim

Our Day at Lord's

Children from Haverstock School's young journalists spend the day at Lord's cricket ground



The traditional ringing of the bell before the start of play and the thud of ball on willow; silent suspense broken only by the murmurs of the spectators at a good bowl or a roar from the audience when a player is struck out. On an 'out' there is an 'Ahhhhhrrr!'

These sounds and many more make up the traditions of Lord's Cricket Club. They are memories that will stay with us for ever.

We were very fortunate to be offered a hospitality box in the Mound Stand. Cricket is known as a gentleman's game, and we felt as if we were being treated like kings and given a rare glimpse into a grown-up world. While our neighbours in the next stand were from Barclays bank, we sat there sipping soft drinks made by our very own hospitality assistants, and thought what a pleasure and privilege it was to be invited. We had brought sandwiches just in case, but they weren't needed!

Leicestershire were winning against Middlesex. Before each ball was batted, the opposing side were poised for action behind the wicket and jumped like marionettes to catch the ball. But the Test Match ended in a draw because of the terrible weather that hit St John's Wood the next day.

We were then taken on a tour of Lord's. Opposite our stand was the Media Centre, which looks like a futuristic, glass space shuttle. We enjoyed sitting in it as young journalists and experiencing the magnificent view, though we actually preferred the feeling of being really close to the game in our spectacular hospitality box.

We were then shown the Mound Stand, with its long corridors lined with photographs. Our favourites were one of a man in yellow, swinging around a broken cricket bat by an inner thread; and one of men and women playing cricket in the rain on a muddy pitch. In the museum is a bronze statue of a little boy playing cricket; the boy's father commissioned it in remembrance of his son's passion for cricket. These images show that Lord's cricket, though an institution of excellence (they made the very first rules), is actually for everyone.

We felt very happy and proud to be part of the cricketing world for a day, and it has reinforced our love for cricket. One day perhaps one of us will play at Lord's. We would like to give a huge thank you to everyone who organised our day.

By Serin and Bernardo (Year 7) and Ali (Year 8)



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NEWS & VIEWS



‘Limp Wrist – Iron Fist’

Dusty O, otherwise known as David Hodge, who is a familiar face from Gary Ingham’s hair salon, held an exhibition in June of his artwork in the Jubilee Room at the House of Commons. MP Khalid Mahmood hosted the exhibition of twenty new pieces of work entitled ‘Limp Wrist – Iron Fist’ at the home of democracy. The provocative works aim to challenge the status quo, raise important gender issues and inspire reinvention and reappraisal within the corridors of power.

Dusty O was one of the most visible and popular faces on the London Club scene for 30 years. As a drag performer, DJ, writer and fashion muse for London College of Fashion, he earned the sobriquet ‘Queen of Soho’. Dusty ran his own legendary club night, Trannyshack, at Madame JoJo’s for over a decade and starred in London Live’s drag reality TV show, *Drag Queens of London*.

Three years ago Dusty gave up performing and started painting. His works reveal a glimpse of his former life and a world of no gender or judgement, where the human being can be anything it wants.

Fashion for All

Melanie Press, Primrose Hill fashion designer and owner of the boutique Press, recently ran a fashion day for local children at a workshop club run by Debbi Clark. The Hubert von Herkomer Foundation (named after the German painter) in Kentish Town teaches art, photography and fashion design to local children in the evenings and weekends.

After a spate of knife crime, a local campaign was launched to improve youth facilities and Camden Council gave the small room in Ashdown Crescent rent-free to the Foundation.

Melanie taught them how to dress their designs onto a *croquis* (template), how to present their designs and how to work to deadlines.

Melanie believes in the importance of giving children of all backgrounds a chance and that nurturing confidence and optimism is the way to create opportunities. We all hope that the Council will continue to back this inspiring venture.

www.vonherkomerfoundation.org

Sam’s Café to Take Over L’Absinthe

Good news for fans of Sam’s Café – it will be relocating from its old spot on Regent’s Park Road and opening again soon in the space vacated by L’Absinthe. We’re looking forward to that corner buzzing once again.



Climate Change and Consciousness

Stephen Taylor, a member of Camden Air Action, spoke at the Primrose Hill Community Centre in early June about the conference at Findhorn Foundation which he had attended. His talk deepened our understanding of the crisis we are facing – we are living at the end of the Sixth Extinction and it is accelerating. The lowest estimate of refugees fleeing coastal cities (eg London?), famine and wars is 200 million; there has been a 20% drop in grain and vegetable crops in Europe; and the last four years have been the hottest on record. He recommended the talk by academic Rupert Read, 'This civilisation is finished, so what is to be done?', available to watch on YouTube.

Indigenous leaders at the conference had a longer view of life on earth as being more than humans – they say the earth always changed, that what's gone is past, and our job as custodians is to embrace what the earth is becoming and find ways to be happy, which means inner work.

For outer work, there is an active Camden XR group which meets on a Thursday evening at St Michael's Church by Sainsbury's in Camden Town and has working groups you can join for positive action.



Welcome, Lume!

There's a new restaurant in town at 38 Primrose Hill Road. Lume is Italian (mainly Sardinian) and they're open every evening (except Tuesday) for dinner, and also for brunch at weekends. They held a launch party for residents in early June, and it looks as if they're going to be a good addition to the neighbourhood; in fact so good that Batman and Spiderman dropped round for a spot of supper washed down with a glass of Sardinian wine.



Earth Calling

Caroline Chan, a children's musician who runs local music groups, has just completed a short album of children's songs, *Earth Calling*, which encourages children to look after the planet. The album was recorded with the help of violinist and producer Sophie Ryan, who has a small studio in Primrose Hill.

It is very much a community project, with children from local schools and nurseries singing on some of the tracks. It also features professional session musicians, so that children get to hear some great live instrumental playing, and not just the electronic sounds that are often found on children's music.

Each track features elements of different musical genres and styles, and the arrangements include unusual instrumentation, particularly homemade instruments made out of recycling and everyday household items.

The album will soon be available to stream on Spotify.

www.carolinechanearthcalling.bandcamp.com/album/earth-calling

Cave Interiors in *House & Garden* Top 100 Interior Designers

Cave Interiors has been included in *House & Garden*'s Top 100 Interior Designers for the second year running.

Georgina Cave said, "It's wonderful to be considered as 'Britain's hot talent' alongside so many great names I admire from the thriving British interior design industry. It's been a fantastic year for our studio, with some really exciting projects either nearing completion, or on site or in the initial stages of design.

"Thank you to my amazing team, our lovely clients, many suppliers and supporters who help bring our designs to life. And of course a big thank you to the brilliant team at *House & Garden*."

What's On July/August

NEW THIS JULY & AUGUST

TUESDAY 2 JULY
Film Show at the Library
'The Eagle has landed ...' just! *The Dish,* starring Sam Neill, directed by Rob Sich. PHCL. 7.15pm. £8 in cash, including a glass of wine, in advance at PHCL or on the door.

WEDNESDAY 3 JULY
Open House
'Smoke and Mirrors: Psychology of Magic at the Wellcome Collection'. 2pm at 183 Euston Road, NW1 2BE. Free.

FRIDAY 5 JULY
Running a Youth Folk Ensemble
A day of professional development for music educators, discussing approaches to running youth folk ensembles and facilitating good practice in youth folk music. CSH. 10am–5pm. £10.

SATURDAY 6 JULY
The Takeover Twilight Sessions
An afternoon of music, song and dance activities and performances just for young people. CSH. 4.30–6.30pm. Free (booking required).

The Takeover
An evening of live music, showcasing talented young folk bands and musicians from across England. CSH. 7–9.30pm. £6.

SUNDAY 7 JULY TO SUNDAY 1 SEPTEMBER
Regent's Park Music Festival
Live music at the Regent's Park Bandstand on Sundays and Bank Holiday Mondays. 12.30–5.30pm. Free. Contact info@regentsparkmusicfestival.org.uk, www.regentsparkmusicfestival.org.uk

WEDNESDAY 10 JULY
Open House
'Bloody Camden': A talk by Dick Weindling on bloody deeds from Roman times to the 1950s. PHCC. 2pm. Free.

Ryan Young
Deemed 'Up and Coming Artist of the Year' by the Scots Trad Music Awards, fiddle player Ryan Young brings new and exciting ideas to traditional Scottish music. CSH. 7.30–9.30pm. £14, or £10 under 26s.

WEDNESDAY 17 JULY
Open House
'Kings Cross Railway Lands': a talk by Peter Darley, founder of Camden Railway Heritage Trust. PHCC. 2pm. Free.

Magic Healing and Hypnotherapy
Monthly Gong Bath. St Paul's School, Elsworthy Road. 7.15pm. Tickets £18, £15 concessions and under 18s. Children welcome if they can settle. https://www.haveyourmagic.com/events

WEDNESDAY 24 JULY
Open House
Reggae, blues and soul music from two London-based musicians, Rankin' John and Owen Deacon. PHCC. 2pm. Free.

WEDNESDAY 31 JULY
Open House
On The Basis of Sex: a biographical film on Supreme Court Justice Ruth Bader Ginsburg. PHCC. 2pm. Free.

TUESDAY 6 AUGUST
Film Show at the Library
'Last night I dreamt I went to Manderley again.' *Rebecca,* starring Laurence Olivier and Joan Fontaine, directed by Alfred Hitchcock. PHCL. 7.15pm. £8 in cash, including a glass of wine, in advance at PHCL or on the door.

MONDAY 12 AUGUST – FRIDAY 16 AUGUST
Get Your Folk On! Summer School
A week-long holiday course for 9–19-year-olds packed with folk music, song and dance. No previous folk experience required. CSH. 10.30am–4.30pm. £160, or £100 concessions.

THURSDAY 15 AUGUST
Mama's Broke
Known for delivering performances with heart and raw energy, Canadian duo Mama's Broke create a brand of folk music that is powerful, haunting and highly original. CSH. 7.30–9.30pm. £14, or £10 under 26s.

FRIDAY 16 AUGUST
Get Your Folk On! Plus
An inclusive, sensory afternoon of exploring and creating folk music for disabled young people and their friends. CSH. 1–3pm. £12, or £8 concessions (carers go free).

TUESDAY 20 AUGUST
Les Poules à Colin
With influences that range from traditional folk to old-time jazz, Les Poules à Colin evoke Québec's deep, dark roots and add electrifying energy for a mind-blowing trad-folk groove. CSH. 7.30–9.30pm. £15 or £10 under 26s.

WEDNESDAY 21 AUGUST
Old Man Luedecke
One of Canada's best-loved and most intriguing roots singer-songwriters, Old Man Luedecke channels energy from giants such as Woody Guthrie and Pete Seeger. CSH. 7.30–9.30pm. £14, or £10 under 26s.

MONDAY 5 TO FRIDAY 9 AUGUST
Perform Holiday course for 4–10s
LEGO. PHCC. 10am–3pm. Contact 020 7255 9120, enquiries@perform.org.uk

MONDAY 19 TO FRIDAY 23 AUGUST
Perform Holiday course for 4–10s
The Wizard of Oz. Acting, singing and dance. PHCC. 10am–3pm. Contact 020 7255 9120, enquiries@perform.org.uk

FOR KIDS

PLEASE CHECK WITH CLASS LEADERS FOR SUMMER CLOSURES

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, with Aaron. PHCC. 9.45–11am. 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.

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
Mindful Mandarin
Class combines learning Mandarin with mindful storytelling. PHCL. 10–11am. Contact 07894 033 324, ginny@ginnybradley.co.uk

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

Primrose Hill Children's Choir
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. 4–7.15pm. 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.

Ready Steady Go: Move It
Monthly Saturday sessions for 0–1 year-olds with Carol Archer, child movement specialist. Encourage your baby's movement development. RSG, 12A King Henry's Road. 10.30am-12pm. Contact 020 7586 5862.

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 PHCA.

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

Trauma Release Exercises (TRE)
Drop-in class to release chronic tension patterns and return the nervous system to balance. PHCC. 4–5.30pm. £15 per class, or 5 for £50. Contact Tim Kirkpatrick, www.back2base.co.uk (no class on 1, 15, 22 July and 26 August)

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.

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

ESOL Class
Free English Classes (ESOL). Learn English for free at the Library. PHCL. 12–1pm. Free. Contact jojarrold@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

Aerial Yoga with Elena
Reduce stress, get fit and increase your flexibility with aerial yoga. PHCC. 1.30–2.30pm (term-time only). Contact aerialwithelena@gmail.com

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 while 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 the 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. Contact PHCC

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

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
Increase 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

Aerial Yoga with Elena
Reduce stress, get fit and increase your flexibility with aerial yoga. PHCC. 7–8.30pm. 4th Friday of the month. Contact aerialwithelena@gmail.com

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 020 7586 8327

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

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 September issue by Friday 2 August onthehillwhatson@phca.cc

Vineyards

By Hannah Connolly







Vineyards is a community-focused business centre at the heart of Primrose Hill. It has been the home of some of the largest multinational companies in the world (have you heard of Propercorn? Yep, they started out here), as well as various small, locally minded businesses.

Tucked behind the unassuming archway of an old railway building on Gloucester Avenue, the centre is easy to miss. With no sign outside, it is commonly mistaken for a block of flats. Inside, however, is a different story. Recently refurbished with a Scandinavian-minimalist décor, the overall look is light and professional. Mainly white with splashes of colour and plenty of natural light, it isn't hard to imagine spending time in these offices.

Founded in 2007, Vineyards is a family-run business. Without any bureaucratic decision-making chains or top-down hierarchies, the centre is a similar size to many of the small companies it houses. Taking care to avoid the sterility of a corporate structure, the centre fosters a sense of community amongst its clients. With 13 physical office spaces and more virtual offices, it provides a friendly environment in which to base a small company or start-up.

The centre provides serviced offices with Wi-Fi and phone packaging, print and copy facilities, conference rooms and receptionist services. There are two conference rooms available to book at short notice (for both clients and the public). The rooms are equipped with advanced audio-visual presentation equipment, comfortable leather chairs and air-conditioning. On request, refreshments are available. These services are tailored to the needs of the individual client. At Vineyards, flexibility is valued and the management team endeavour never to refuse a client's request. To this end, the offices can be furnished or unfurnished, and the client can choose from a long- or short-term lease. Vineyards view their offices as a blank canvas on which the company can make its own mark; through their own choice of artwork, wallpaper, furniture, or even building new spaces. Their philosophy is that comfort in the workplace equates to more effective work, and their dedication to customer service reflects this ideology.

The offices are family-friendly. Children sit in the waiting area after school, and dogs are welcome. The business manager, Veronika, explained how curating a great relationship with each client is an important aspect of what makes Vineyards unique. It is also crucial in fostering a small community within the centre; most of the clients know each other, and the centre organises summer and Christmas drinks to encourage networking. There have been some unlikely alliances as clients have teamed up on mutually beneficial projects.

One small company with a big impact is PillarCare, Vineyards' longest-standing client. PillarCare provide professional care services to people living with a broad range of health conditions, complex care needs and learning disabilities. The philosophy at the heart of their company is a commitment to making a positive difference to people's lives. This is what they have to say: "We love working at Vineyards; set in the heart of Primrose Hill, it provides a fantastic base for our home care company and somewhere we are always happy to invite our clients to. Throughout the last 20 years of delivering outstanding care in people's homes, we always feel at home in our lovely office in the Vineyards."

Another client, St James' Wealth Management, provides professional and trusted wealth-management advice. They help their clients navigate their way through the current complex financial environment, with high-quality, face-to-face advice. Of the business centre, they say, "The Vineyards is an ideal location to run my business. The office is smart and well-furnished, so I feel very comfortable inviting my clients here. With what I do, it is important I am able to give advice in a professional environment, yet somewhere they also feel is comfortable and 'unstuffy' when making important financial plans for themselves and their nearest and dearest. Veronika does a great job not only maintaining the quality of the fabric of the building but also helping create a friendly working environment."

At Vineyards, the management team have curated a stylish working space which is perfectly complemented by the friendly atmosphere and professional services. With a focus on individual client needs, it is the perfect place to set up a business in a way that suits you. If you'd like to find out more, visit their website at **www.thevineyards.london** or email Veronika at hello@thevineyards.london.

Bats, Bugs and Rescue Bikes

By Nadia Crandall

Dr Greg Carson has two jobs. One is a professional consultant as a Chartered Ecogist and Chartered Envionmentalist, the other is running the family business, which is the Primrose Hill Business Centre.

In 2013 Greg bought a dilapidated Victorian house. The building had been neglected for half a century and was in a poor state of repair. The roof had partly caved in, some walls had succumbed to damp and the original sash windows needed repair or replacement. Insensitive work in the 1960s had bequeathed an ugly front door and rendered the original fireplaces unusable. Much of the old pine flooring had been lost and the remaining floorboards were damaged. But what Greg felt when he first walked in was an overwhelming sense of tranquillity and peace. Despite the ramshackle condition of the property, it was, he knew, his place.

It takes a brave and optimistic person to take on this kind of project, but it is nevertheless a common adventure. What makes Greg's story different is that he fully lives his beliefs as a professional ecologist. Relishing the prospect, he planned to create an energy-efficient home while remaining sensitive to the historic fabric of the house. We who live in quirky old buildings know that this alone was going to be no simple task. But far beyond that, Greg was to create an environment that incorporated his commitment to biodiversity – his conviction that we must learn to cohabit with other species in a way that is more sensitive and less destructive.

Through personal networks, charity shops and websites like Freecycle, Nextdoor and Craigslist, we are all finding ways to repurpose belongings. It's a great way to build a community of friends while reducing landfill. And there are some terrific items out there for very affordable prices. Who doesn't love a bargain?

Greg, a passionate recycler and freecycler, has acquired many of his favourite possessions this way, including a beautiful Welsh dresser and a Brompton bike. He is also a 'bike whisperer', collecting ancient and abandoned bikes and repairing them so that they can be borrowed and used by



others. There are always at least a dozen rescue bikes in his garden waiting for new owners.

Things were no different when it came to renovating his house. For the roof repairs, he found reclaimed Welsh slate tiles to match what was left of the original. For the flooring, he swapped with neighbours who were also refurbishing, and had a lucky find locally with hundreds of pine boards destined for a skip. He spent months hunting for a Victorian front door and in the end found one that had been left lying in the street. This he restored and embellished with stained glass panels, designed with the help of an artist friend. Wherever possible Greg used recycled materials, and he had the patience, ingenuity and talent for creative tinkering that made it work.

While authenticity has its place, technology is also fundamental. Greg's home is lit entirely by LED and low-energy lighting, and is partly powered by six solar panels that have been anchored above the slate roof and face south at a 35-degree angle, which is just about optimal for fixed panels at this latitude.

So far, so excellent. But Greg has taken things a step beyond. Among the many other activities of his company, Ecology Network, it helps identify and manage environmental aspects of building projects with a special emphasis on cohabiting species.

All houses, particularly old and neglected ones, shelter insects, rodents and other small mammals. Some of these creatures are friendly enough, but most of us have a psychological resistance to finding our space invaded. We like a clear division between 'in here' and 'out there'.

Greg believes that this is not only unrealistic but also bad for all living creatures. Bad for us, because our life is so sanitised that our immune systems lack exposure to common bacteria, and struggle to cope. Bad for us, because we are persuaded to use anti-bacterial and toxic cleaning agents that may do more harm than good. Bad for our fellow creatures, which are routinely poisoned, trapped and squashed.

Recycling and freecycling sometimes mean importing foreign ecosystems into our pristine interiors. Greg has countered infestations of insects and mites by allowing spiders to weave their webs in quiet corners of his house, and by encouraging ladybirds and bats.

Bats, Greg tells me, are a vastly underrated species. They do not get tangled in your hair, they are not aggressive and they rarely come into contact with humans even if they share a living space. On the contrary, they are of great value to us, helping to manage insect populations and pollinating crops.

When Greg attended a conference for chiropterologists – bat specialists, to you and me – he was inspired by what he heard. He acquired a bat box that he integrated into the wall of his house. Made of wood chippings and concrete, it provides a small opening, a safe dark space and a rough interior surface which bats can cling to. The common pipistrelles that he harbours happily feed on nocturnal insect populations and help pollinate the wildlife-friendly native plants he grows. In fact, his small city garden with its bugs, bats, native plants and his dozen rescue bikes feels entirely idyllic.

Greg is not a hard green. His life work is to seek for himself, and encourage for others, a balance between environmental imperatives and a practical and manageable lifestyle.

PRIMROSE HILL ENTREPRENEURS

Local entrepreneur Petar Savic talks to some of the start-ups and small businesses running from Primrose Hill. This month he meets Jasmin Thomas Ohana.



HOW DID YOU DECIDE TO BECOME AN ENTREPRENEUR?

I always knew I wanted to have a job that was truly aligned with my most authentic self, and that is hard to find when working for someone else, so after years of trying to work for other people, it was the only option for me. After I was diagnosed with MS I felt that it's now or never, so I took the leap. I was more consumed with excitement than nerves.

DO YOU NOTICE A LACK OF WOMEN IN YOUR INDUSTRY, AND HOW DO YOU RESPOND?

My industry is to do with health, so it's surprising that there is a lack of women, especially as the industry grows. Sometimes I'll be at an event and notice it's maybe 5% women. This motived Jessica Steinberg and I to start entOURage Network, a platform to engage and empower women within the legal cannabis industry. Being such a nascent industry, it's very important for women to be at the forefront in the early stages to exploit the opportunity for entrepreneurship that's available.

WHAT HAVE YOU SACRIFICED AT EACH STAGE OF YOUR CAREER?

The biggest sacrifice was my stable salary – which I miss less and less each month as I'm rewarded in so many other ways: through learning, job satisfaction and happiness. It feels as if it's more of a lifestyle than a job now, as it certainly isn't 9–5.

WHAT DOES IT TAKE MENTALLY AND EMOTIONALLY TO START YOUR OWN BUSINESS?

It takes a lot of mental and emotional strength. I don't think entrepreneurship comes with a big enough warning sign of just how hard it will be. You need to adapt your lifestyle, your time dedicated to friends and family, and accept the failures and learning from it with unquestionable dedication. But it's been amazing, because I've learned more than I could ever have elsewhere and really broadened my skill set into areas I didn't even know I would be passionate about.

WHAT HAS HELPED YOU GET TO WHERE YOU ARE?

My experience in my previous sales role has helped me immensely: I was familiar with pitch decks, financial models, networking, business development, KPIs, heavy targets and the sense of taking ownership for your business. All that has definitely helped me, but I also think my personality has played a big part: I'm persistent, I've always loved turning a no into a yes, and I also see nothing as impossible.

WHAT FEARS DID YOU HAVE ABOUT ENTERING THE GREY MARKET AREA OF CBD (CANNABIDIOL) AND ITS LINKS TO CANNABIS?

There were not many fears for me; cannabis has been an open topic of conversation in my family thanks to my Grandad's faith and his roots in Rastafari. So we have always been aware of its medical benefits and anecdotal claims. The CBD market is grey, but with more lawyers now entering the space, the regulations are becoming clearer, putting fears at bay.

HOW CAN WE MAKE IT MORE KNOWN THAT CANNABIS IS AN INDUSTRY OPTION FOR WOMEN?

We try to do that through the entOURage Network that I mentioned earlier. This is a passion project and our main focus is to spread the word that this is a growing industry that provides great entrepreneur options for female founders. Globally it is one of the only billion-dollar industries where 10% of women in the industry sit at C-suite levels or above. You can find out more on Instagram at @entouragenetworkldn.

WHAT PRACTICAL ADVICE YOU WOULD GIVE TO SOMEONE STARTING OUT?

Networking is key: go to every event you can and study every element of what your business needs. You need to know your subject matter and industry, but also marketing, PR, digital, e-commerce and standard profit margins. Having an understanding of what makes a business successful helps with your business plan, rather than trusting estimates, which are especially hard in a new industry like CBD.

WHAT ARE YOU WORKING ON AT THE MOMENT?

It's more a case of what aren't we working on at the moment! We're doing a rebrand, creating lots of educational content through blogs, podcasts and videos. We are also working with a really great formulation scientist for our launch in January of some great functional CBD skincare products.

WHAT IS YOUR RELATIONSHIP WITH PRIMROSE HILL?

It's home, my first home; it's some of my best memories; it's where I met my oldest and dearest friend in primary school; it's my favourite place in London.

WHAT DO YOU LIKE MOST ABOUT PRIMROSE HILL?

Of course the view: the calm it creates for me is magic. When I want to escape the feeling of living and working in central London, I'll go to the top of Primrose Hill for a moment of calm. Everything is forgotten with such a beautiful view. "I have conversed with the spiritual sun; I saw him on Primrose Hill" is one of my favourite quotes.

www.ohana-cbd.com
instagram: @ohanacbd

The Mews: 53 Regent's Park Road

An Extract from Caroline Cooper's *Windows on the Past*

History

No 53 is the entrance to St George's Mews.

Over the years the accommodation above the entrance appears to have been home to various artisans who had workshops or stables behind in the mews.

Livery Stables
Frederick Fince 1855

Retired Architect
Joseph Pickman 1861

Livery Stables
John Wiffen 1865

Cab Proprietor
William Leggett 1865

Gas Fitter
John Watkins 1865

Carpenter
James Sells 1865

Cab Proprietor
William Vince 1865

Farrier
James Leggett 1871–80

Veterinary Surgeon
James Leggett 1890–1915
Has James Leggett undergone more training, or is this a new, smarter name for his activity?

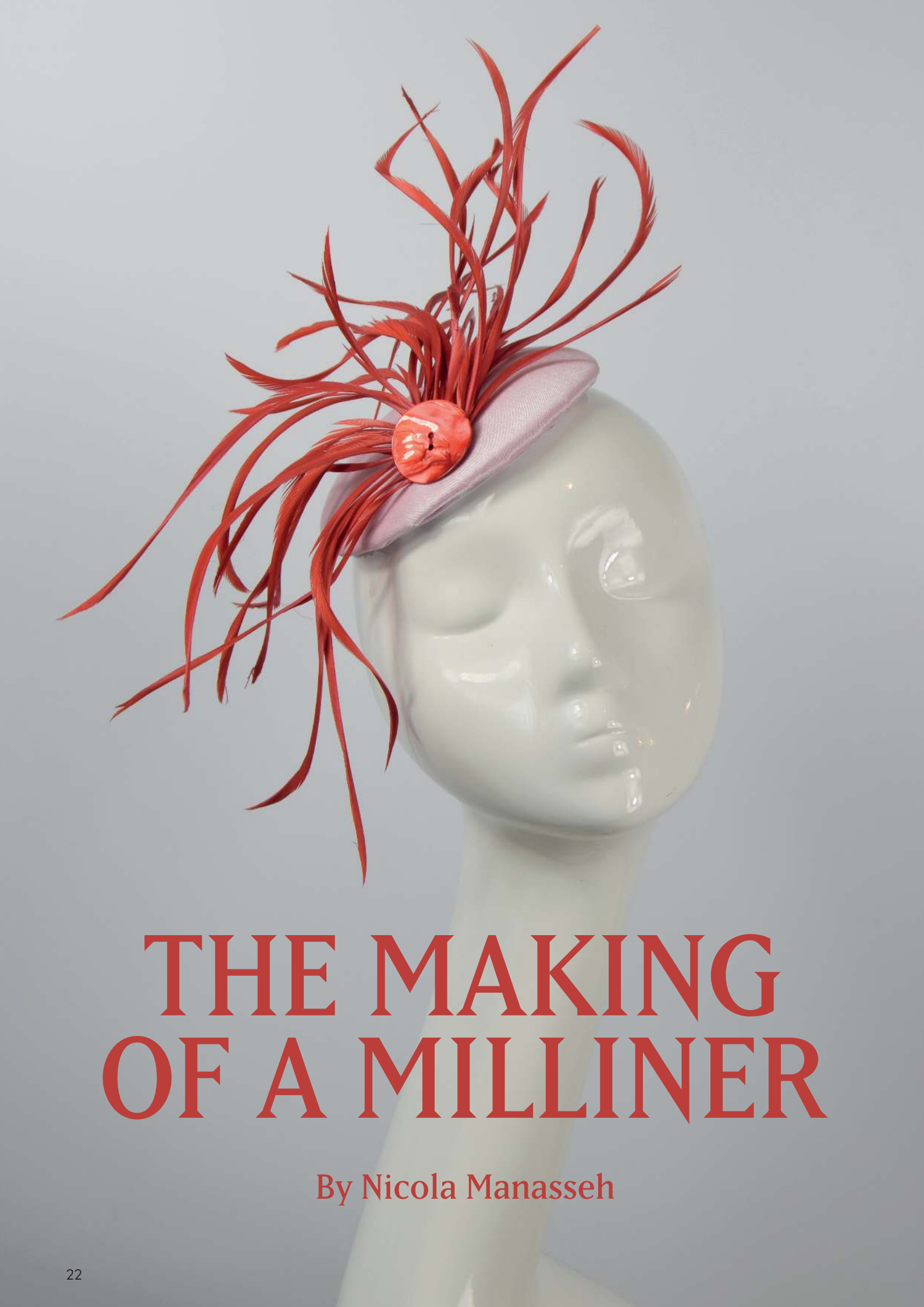


The Mews, 1983



The Mews today





THE MAKING OF A MILLINER

By Nicola Manasseh

British milliner and designer Celyn Cooke's artistic journey began with two parents who gave her a love for music and theatre. She would stand in the wings of stages watching her mother, 1960s pop star Billie Davis, perform. When they went shopping together, her mother would drag the young Celyn through shops like Fenwick's to try on hats. Celyn went to stage school and later did a Fine Art and Design degree, specialising in photography and installation.

It wasn't until about five years ago, when Celyn was strolling through Camden Market, that she was inspired to start making and selling hair accessories. This then led to her teaching herself millinery. She bought some books and some second-hand hat blocks and, inspired by vintage, burlesque and pop culture, she made vintage-inspired hats and headpieces that she sold in local fairs.

Nowadays Celyn's saucer-shaped hats, sculpted fascinators, floral crowns, decorated hairbands and themed hair combs are available online at Etsy and on her own website, and sell at events like the twice-yearly Designer Fair at St Mary's on Elsworthy Road. After years of dedication to self-taught millinery, and working from her home studio, Celyn is beginning to be noticed in the style world. One of her feather fascinators, custom-made for the shoot, recently appeared in a *Daily Telegraph* feature story called 'What Fashion Editors Wear to Royal Ascot'. Her clients love the fact that the hats she makes for their weddings and special occasions are hand-made and reasonably priced; and as well as being elegant and subtle, Celyn's designs can also be theatrical and humorous. Her witches' hats for Halloween are a throwback to her own gothic phase, whilst her bespoke pieces reflect her clients' personalities.

"I have always thought that hats and millinery have their own existence outside the traditional rule of fashion design," says Celyn, as we sit together in St Mary's church, where she works part-time as the Parish Administrator. "You can express an idea through hats, almost like a sculpture. I like making smaller pieces, like fascinators or pillbox hats, often vintage-inspired by 1940s and '50s fashion; then sometimes, inspired by fairy tales or costume, I will make a more whimsical piece." Her current collection, Atlantia, is inspired by coral reefs, the ocean and jewels found in treasure boxes in shipwrecks.



You can tell that Celyn is passionate about creating hats because she is constantly learning new techniques – right now, it's Japanese silk flower making – and engaging with other milliners online. "There's enough work for all of us milliners, as we each have our own style," she tells me. "Online, the millinery community happily give each other advice. During London Hat Week in March each year, milliners get together and offer workshops and have competitions across London, and I never felt any particular competitiveness amongst the hat-makers."

Creativity is important to Celyn because she believes that it gives you a different perspective on life and can open your mind. "Everybody needs a creative outlet, even if you don't think you're creative," she says. Her creativity has helped her to pass through some very dark and difficult times, in particular the recent death of three well-loved family members. Despite its value, creativity doesn't always come easily. Celyn points out how we can spend so much time meeting deadlines and responding to life's pressures that we may have little space to really relax and play, which are essential to artistic expression.

Celyn is also inspired by travelling and she's done quite a few road trips around America and adventures in European cities. She talks about how Spanish and Italian women love to wear hats, that the big race meets in America and Australia are good for business, and how, influenced by artists like Toulouse Lautrec, she makes time for Paris. Alongside her desire to see the world, Celyn is also appreciative of being part of the Primrose Hill community, through work. "London has changed so much since the 1980s that it's invaluable to have these mini villages within the big metropolis." A few years ago Celyn made an Easter bonnet inspired by Baa Baa Black Sheep, as part of an Easter treasure hunt in Primrose Hill, and it was displayed in the window of a hair salon.



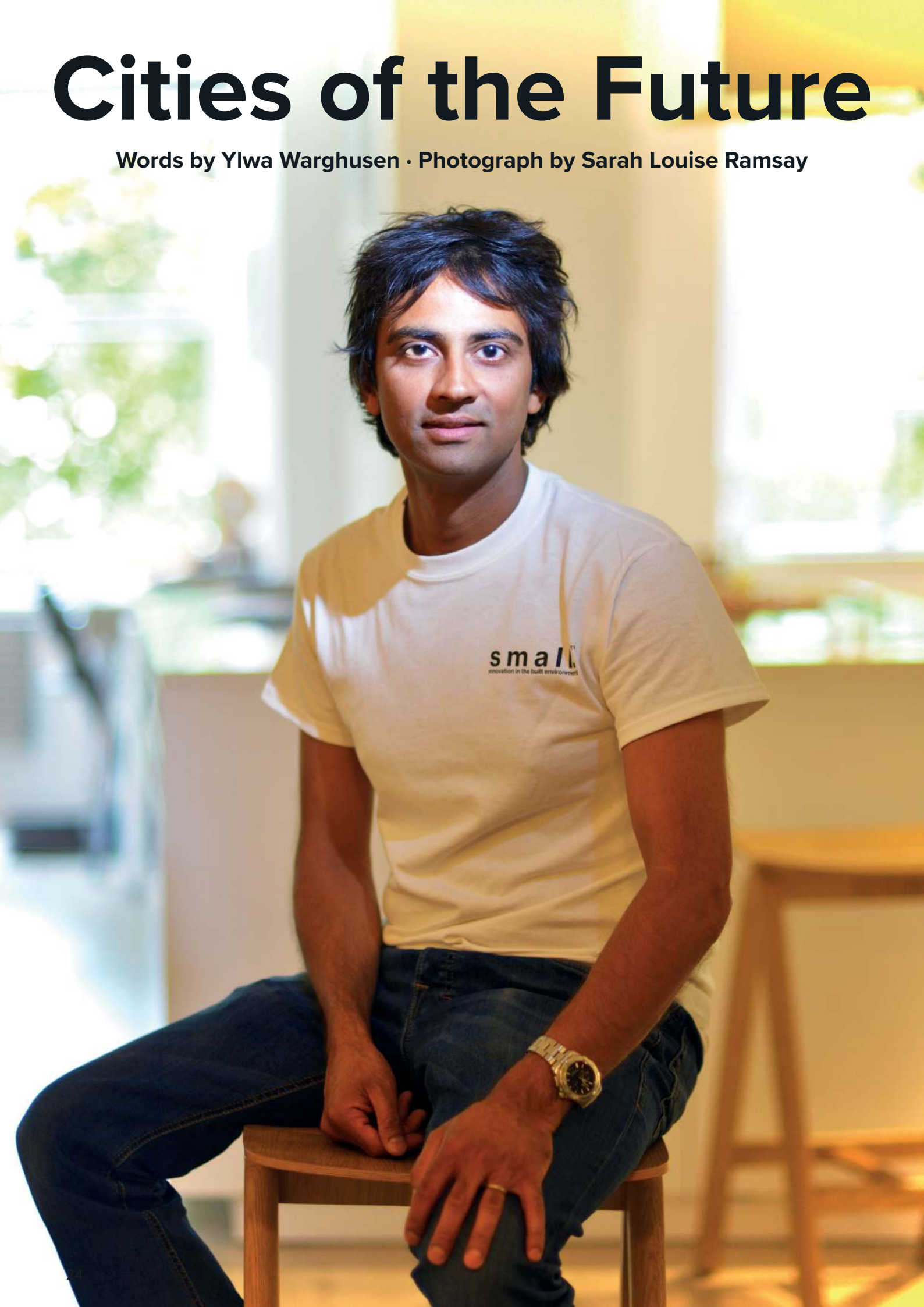
One of the main aspects of being a milliner that Celyn enjoys most is how she has a personal relationship with customers. Working to a brief, where she has to match a hat to an outfit and make it comfortable for the occasion on which it will be worn, makes her as happy as the customer who walks away with a hat box and a unique creation inside it. "Of course in my designs I consider the shape of a person's face, their silhouette and how they plan to wear their hair. You also need to know for how long somebody is going to be wearing their hat; and if for instance the forecast is for rain, I say avoid feathers! But ultimately I want my hats, whether it's a pillbox or something more audacious, to make women feel confident."

In the future, Celyn hopes to create lapel flowers for men and a hat collection based on her art influences. She shows me a photo of the famous shoe hat by Salvador Dali's designer, Elsa Schiaparelli. The imaginative Celyn talks about a marriage of millinery with pop art and art deco. But there's also no denying that she is practical and present in her everyday reality. "You know, I live in Golders Green and I see all these young, hip mothers going to synagogue every week, and I think to myself about all the hats I could make for them," she concludes with a smile and a twinkle in her eye.

www.celyncooke.com

Cities of the Future

Words by Ylwa Warghusen · Photograph by Sarah Louise Ramsay





small's floating airport

I must admit I am a little intimidated as I prepare to interview local architect Ricky Sandhu for *On The Hill*. A quick Google search reveals something of a wunderkind: a stellar career at Foster + Partners and numerous astonishing, futuristic-looking projects.

In 2014 Sandhu founded **small.** (six miles across london limited), a design and architectural consultancy with offices in a sleek co-working hub in Fitzrovia. It is an apt setting for the architect: a community of young creatives in a cool, industrial-style space.

In person, Sandhu is fast-talking, articulate and a veritable fountain of ideas. He is also a dedicated family man with wife Andrea (co-founder of **small.**) and two young children. The architect grew up in Birmingham and discovered Primrose Hill whilst studying architecture at UCL. He's been a local resident ever since. "It's the only place I wanted to live," he says, mentioning The Engineer as a favourite hang-out.

Sandhu describes what he does as "innovation in the built environment". During his fifteen-year tenure at Foster + Partners he led ground-breaking projects such as the Slussen development in Stockholm, which inspired him to keep going further. "I wanted to do something different with each project, not just another building." Hence his belief that "good design can improve the quality of life for everyone". He continues, "Architects usually only focus on their site. I wanted to go beyond the site boundary, and tackle the space between the buildings." He does this by drawing on a broad range of expertise to solve urban planning issues while promoting the environment. "In the future, streets will be three-dimensional with less need for roads; as such there will be more space for green areas. The vehicles on the road will be shared, so there will be no need to actually own a car." Talking to Sandhu is like getting a privileged glimpse into the not-too-far distant future: seeing the city of tomorrow as imagined by a true visionary.

Projects in the pipeline

The first project, Urban AV Ltd, is a subsidiary of **small.** AV stands for 'autonomous vehicles' powered by artificial intelligence. The company is developing a prototype, the Urban Pod Rs4, for a CASE ('connected autonomous shared electric' vehicle), a ground-based AV for up to six people. "It fills the space between a bus and a taxi and is meant to be shared." The aim is to be ready for a global launch in July 2020. In order to comply with the Government's goal of banning combustion engines by 2040, the UK will need a lot of electric vehicles, autonomous or not. Given that there are 35 million vehicles on the road today, the estimate is that there will be anything between 20 and 36 million electric vehicles by 2040, according to National Grid's *Future Energy Scenarios*.

This ties in with the second project, the design for Electric Forecourts – essentially petrol stations for electric cars, entirely solar-powered. Developed for engineering firm Arup in collaboration with Gridserve, the architect believes that these filling stations will persuade more people to adopt electric cars, promising to make the experience of charging your vehicle a positive one. So far the low take-up of electric cars in the UK (only 1% of all vehicles) can be attributed to customer apprehension. A 2018 House of Commons reported stated, "Poor provision of charging infrastructure is one of the greatest barriers to growth of the UK EV (electric vehicle) market." It is envisaged that within five years 100 electric forecourts will be constructed across the country, with the first scheduled for later this year. The forecourts will serve all types of electric vehicles, from HGVs to passenger cars and taxis, and will incorporate retail and educational facilities, all set in lush landscaping so that customers can recharge while refuelling their car.

The third project is Urban-Air Port Ltd, another subsidiary of **small.**, who in partnership with Arup is designing and delivering the world's smallest airport. When the likes of NASA, Airbus and Uber are targeting this new area of mobility, you know it's serious business. This venture sets out to "build a rapidly deployable, modular, considered piece of infrastructure to provide smart mobility systems" – essentially take-off and landing points for eVTOLs ('electric vertical take-off and landing' vehicles). Built to accommodate all types of eVTOLs, including traditional helicopters, these urban airports are raised off the ground and can be built as pop-ups on top of buildings, roundabouts or floating pontoons. They are radial structures with a flat landing pad on top, the sides fitted with solar panels and underneath boasting ample



room for parking eVTOLs, repairs and battery storage as well as space for waiting rooms, restaurants, food shops, community and service centres. With a current range of about 17 miles (or 30 minutes' flight), these air taxis, which can be manned or unmanned, will complement the existing large-scale airports, connecting metropolitan areas with the nearest airports and offering short trips within a city. If all this sounds uniquely urban, Sandhu points out that the concept can also prove useful, for example, in developing countries with patchy road networks. "It can be used to transport such essentials as food and medicines to remote areas."

The fourth project sits at the opposite end of the technology spectrum, but might be the closest to Sandhu's heart. "There are 100 billion plastic bottles produced in the world every year by just one fizzy drinks company. They are hard to recycle and it takes a lot of energy. Often they end up in landfill and the ocean." So the idea was born to create value from waste.

'Bottlehouse' is a simple 4-metre-tall tepee made of discarded bottles and bamboo. "The structure has many advantages: it's cheap, sustainable, can be scaled easily, it's waterproof, provides shelter and warmth, it can even float." The main intended use is for emergency shelter and it is practical in zones with a lot of waste. For this project **small.** is collaborating with WSP Design Studio, the engineering firm behind the Shard. "We often team up with like-minded partners," says Sandhu. Innovative design firm BDP Lighting has created a lantern for the house using plastic milk bottles, powered through photo-voltaic technology (PV), essentially solar panels.

Sandhu envisages 'Bottlehouse hubs', which will receive, manipulate and store prepared bottles ready for use. There will be a small monetary incentive to return bottles. Instead of the traditional linear economy (make, use, dispose), the talk these days is of moving towards a circular economy which minimises waste and makes the most of resources. The bottles are the "bricks of the future" and by involving the local community and providing jobs, income, shelter, everyone gains. "We want to create a bigger ecosystem, a new circular economy," says Sandhu.

Bottlehouse is currently on show at the Royal Academy of Arts Summer Show, as well as the London Festival of Architecture. I went to see it for myself at the Clerkenwell Design Week in May. The house is quite beautiful in its honest simplicity, "a beacon of innovation, awareness and light" as Sandhu describes it. It's an ancient form a pyramid for modern times, proof that good design really can save the world!

www.sixmilesacrosslondon.com



Ricky with his son Max

AFTER-THOUGHTS:

The Teenage Brain Event

Students from Haverstock School's young journalists review the recent Teenage Brain event

The Teenage Brain event held at Primrose Hill Community Centre in May 2019 brought together health professionals, the local community and young people in an interactive and enjoyable way.

Concern about young people and technology isn't new, though. Two of our younger journalists interviewed Anne Longfield OBE, England's Commissioner for Children, back in July 2018.

The World Health Organisation had just announced that a young boy was the first to be a recognised addict of computer gaming, and his condition could now be treated as an addiction, like drugs.

Anne Longfield explained to us: "I try not to say that things should be banned, However, I want the gaming industry to be more responsible; I want kids to have more understanding and information. So that you [the interviewers were aged 12] can decide whether it is a good thing to be on the computer or not and manage your time better, and I want the parents to know."

The frontal lobe of the teenage brain is the part of the forehead that you rub when you are confused, and it isn't formed properly until early adulthood. This means that we adolescents aren't always aware of consequences or able to think rationally.

But UNICEF research shows that the most development in a child's brain happens between the ages of one and three years. And some technology for young people has a plus side: for example, toddlers gaining better eye hand coordination and language skills.

And yet how many times have you seen toddlers playing games on their parent's mobile phone on the bus, or parents pushing swings with headphones on or talking on their mobile phones?

Of course it is sensible to restrict the use of social media and gaming, as too much of it becomes pointless. Mental health problems are often embedded at a very early stage in our lives, and being able to talk about them is very difficult.



"The frontal lobe of the teenage brain is the part of the forehead that you rub when you are confused, and it isn't formed properly until early adulthood. This means that we adolescents aren't always aware of consequences or able to think rationally."

In the USA there is a campaign for families to stop using mobile phones when eating out so that communication between children and parents can take place. One family restaurant based in the UK, Frankie and Benny's, have even banned use of electronic devices for a week! So it can be done!

Perhaps parents could set an example by putting away their mobile phones to talk and play with their children from an early age, creating a more open relationship and better understanding by the time adolescence kicks in.

Words by Yusuf (Year 11) and Anisah (Year 10)

For more information, see **https://blogs.unicef.org/blog/how-childrens-brains-develop-new-insights**

Primrose Hill Lecture Series 2019



3 July
Nicci Gerrard
What Dementia Teaches Us About Love

Nicci Gerrard is one of our most compelling writers on social justice. Her reporting in *The Observer* and on social media on the care and understanding of dementia patients in the UK won the 2016 Orwell Prize for *Exposing Britain's Social Evils*, and her associated campaign demands the right for family members to stay in hospital with dementia sufferers.

Nicci is also a distinguished novelist, both under her own name and as Nicci French (co-authored by her husband Sean French with whom she has written more than 20 best-selling crime novels). Her 2018 non-fiction book, *What Dementia Teaches Us About Love* was written after the death of her father, an Alzheimer's sufferer, and is an exceptional study of ageing and identity.



10 July
David Nott
War Doctor – Surgery on the Front Line

David Nott is widely acknowledged as the world's most experienced trauma surgeon. Over the last 25 years he has taken unpaid leave from his NHS job to work, in near impossible conditions and with scant medical resources, in war zones. Known in the field as the Indiana Jones of Surgery, he was honoured with an OBE in 2012 and the Robert Burns Humanitarian Award in 2016.

Recently serialised on Radio 4's *Book of the Week*, David's best-selling autobiography *War Doctor – Surgery on the Front Line* recounts his extraordinary career working with Médicins Sans Frontières, the Red Cross and the Royal Auxiliary Air Force.

All lectures at St Mary's start at 7 pm. Tickets £12 per lecture (£10 concessions). Proceeds go to St Mary's outreach work to provide for our disadvantaged youth, the elderly and a cold weather shelter for the homeless.
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Lemon Drizzle Cake

1. Preheat the oven to 180˚C. Butter a rectangular tin.
2. Cream together the butter and sugar, then in a separate bowl mix together the flour and baking powder. Add a third of the dry mix to the butter and sugar, then add 1 egg. Repeat until all of the eggs and dry mix are incorporated. Add the vanilla extract and lemon zest then mix one last time.
3. Transfer the cake batter to the tin and bake for 30 minutes. It is ready when you can stick a skewer in the cake and it comes out clean.
4. To make the icing, mix together the lemon juice and icing sugar until smooth.
5. Poke six small holes across the cake while it is still warm and pour over the drizzle until it is all absorbed. Leave to cool, then sprinkle on icing sugar and decorate to your liking. Enjoy! ♥

Ingredients

For the cake:
160 g plain flour
3 tsp baking powder
190 g golden caster sugar
190 g unsalted butter
3 eggs
1 tsp of vanilla extract
Zest of 2 lemons

For the icing:
150 g icing sugar
Juice of 2 lemons



RECIPE BY Caia Collis
PHOTOGRAPH BY Sarah Louise Ramsay

Hello, Primrose Hill!

Congratulations to the winner and runners-up of our Primrose Hill Community Association Summer Fair Instagram competition.
You captured the day perfectly!

#PHFair2019



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