ON THE HILL

News and information for Primrose Hill People

ISSUE 008 June 2015

In this issue: **Co-Working at Utopia Village -** find out the latest,
About Face - Shirley Anne Field tells us about her interests, **PH People -** Jim the Quill and *Ages*.



Saturday 27th June 1.30pm to 5pm

See What's On

Q&A

My Primrose Hill

In conversation with Sergeant Caroline Hay
Camden Metropolitan Police Service

Q. What is your earliest memory of Primrose Hill?

A. Seeing The Hill covered in snow and watching the adventurous ways people chose to slide down it. 'Back in the day' officers would also join in the fun!

Q. What is the best thing about Primrose Hill?

A. Never feeling intimidated. People here are always friendly to me both professionally and personally.

Q. The worst thing about Primrose Hill is?

A. The perception of crime. The fear of crime is much higher than the actual statistics.

Q. What is your favourite place in Primrose Hill?

A. The top of the Hill. Where else can you take in such spectacular views whilst on night duty?



Q. What makes you laugh about Primrose Hill?

A. The huge volume of small dogs that are carried around and the originality of the vessels in which they travel!

The Met, Royal Parks police and council have met to liase and put strategic plans in place to ensure that future New Years Eve celebrations on Primrose Hill are a more pleasant experience for residents, businesses and visitors alike.

Q. If you had the power to make one change, what would it be?

A. To encourage more people to come to our ward meetings. These events are a great opportunity for us to learn what specific issues concern the community so we can then focus resources on them.

Q. Your team covers Primrose Hill and Camden Town. Are there differences to policing each area?

A. Definitely. Visibility and reassurance is key to our approach in Primrose Hill. The prevention of crime is a priority that we pursue to protect those who are vulnerable or feel left behind. Camden presents different challenges in engaging and requires a more robust and confrontational style of policing.

Q. C.C.T.V can be a divisive issue and is regularly discussed in Primrose Hill. What are your views on cameras and crime?

A. They are absolutely invaluable as a tool for effective policing. I have no opposition to their use whatsoever.

Q. What practical steps can people take to protect their own and their neighbour's property?

A. Always report anything unusual and never make assumptions based on appearances. If something seems suspicious dial 101 or 999. If you are going away always let trusted neighbours know. Use common sense about windows and doors being locked.

Q. The actions of some people who visited Primrose Hill on New Year's Eve 2014 left our community feeling vulnerable and unprotected. What went wrong and how could the situation be improved in the future?

A. Lessons have definitely been learned from that event.

The Met, Royal Parks police and council have met to liaise and put strategic plans in place to ensure that future New Years Eve celebrations on Primrose Hill are a more pleasant experience for residents, businesses and visitors alike.

For more information and local police ward meetings, please visit http://content.met.police.uk/Borough/Camden

Editor's Letter

Welcome to blooming June

There is so much going on in Primrose Hill throughout the month. Take a look at the What's On pages (14-15). I only have the space to mention a few, so here goes.

The big family event is our Summer Fair in Chalcot Square on Saturday 27 June. It's a real village (dare I use that word? Take a look at the Letters page) fête with roundabouts, coconut shy, Punch and Judy and a performance stage with lots of live music, and that's just a few of the attractions. It's all in aid of your local charity, the Primrose Hill Community Association.

The lecture series at St Mary's has some really interesting appearances, starting with the internationally renowned Claudia Roden. We are very grateful to Claudia for providing one of her recipes for our Primrose Hill Eats on page 21.

There's also the ever popular 'Top of the Hill Quiz' in June, such a fun evening; a Summer Fun Bike Ride, a Rainforest Singing Workshop and Summer Showtime, a joint perfor mance of the three choirs of Primrose Hill.

Inside the magazine you can read what it was like to perform in an Old Vic production, get the latest news on Utopia Village and discover Shirley Anne Field's other loves.

You may have noticed that OTH has grown in size: now at 32 pages. We get lots of positive feedback, but if there is anything you would like to see in the magazine, do let us know by email to onthehilleditorial@phca.cc. However, the big challenge is making sure it is all ready in time for the next delivery. We have a small, dedicated and talented team, but we could really do with some more help. You'll find it's great fun, so if you would like to get involved, just email onthehillteam@phca.cc.

Here are some areas where we would welcome some experienced support:

- Deputy Editor
- Copy Editor
- Editor's Assistant
- Journalists

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

Janet

Janet Reuben
Managing Editor



Preview

Inside front cover: My Primrose Hill
Read the Q&A from Sergeant Caroline Hay and find out her thoughts on Primrose Hill and the plans for next New Year's Eve.

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02, 03 & 04 About Face
Sally Anne Field talks to us about her range of interests outside the world of theatre and film.

06 & 07 Utopia Village
We've been talking to the new owners. Find out what they are saying about UV's future.

08, 09 Did you Want to be a Rugby Player When You Grew Up?
The Rugby World Cup is coming. How can you meet the England Coach, Andy Farrell, and players from the England and Welsh teams before the kick-off?

10, 11 & 12 Primrose Hill People
Plucked from a line-up of 1,500, read about Jim's amazing experience in an Old Vic production.

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With so much going on in Primrose Hill we have had to increase the pages dedicated to News & Views. We keep you up to date with what has been happening and what may be happening.

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Inside Back Cover: Early Morning Primrose Hill People
Find out who you will meet on an early morning sortie.

Backcover: Hello Primrose Hill
See who was out and enjoying the Regent's Park Road Street Fair.

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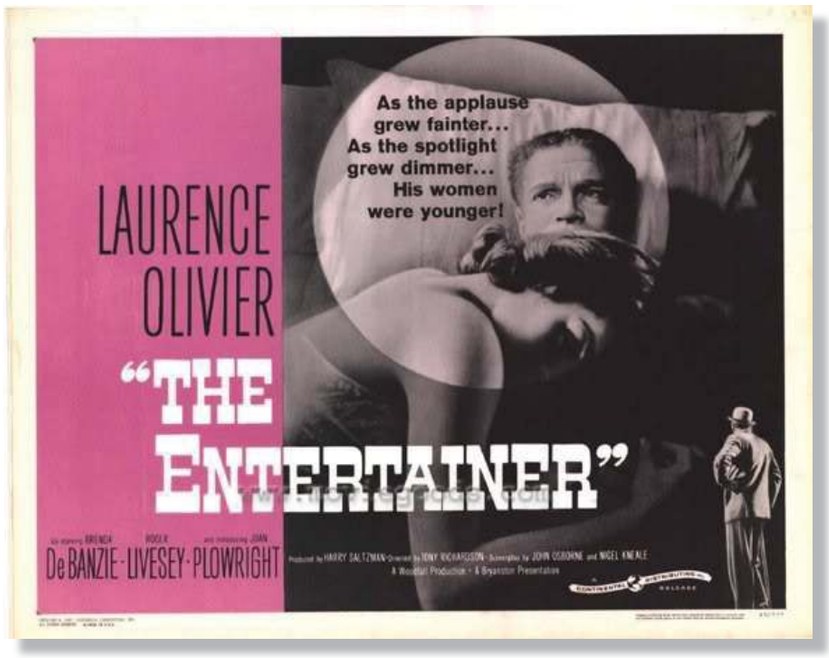
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About Face

A Classic.
Shirley Anne Field, Interview with David Lennon.





Shirley Anne Field & Lawrence Olivier 1960

Shirley Anne Field made a memorable grand entrance at the Primrose Hill film club's recent showing of one of her greatest hits, *Saturday Night and Sunday Morning*, the film that cemented her fame in the 1960s.

But she had actually slipped quietly into Primrose Hill from Hampstead in August 2013. "I hoped for peace and quiet but people keep asking me to do things, like this interview," she says with mock irritation as we sit down in the Greenberry Cafe.

We chat a little and she begins to relax and then says, "That woman is staring at me." I say that is the price of fame. "Why don't you move to this chair so your back will be towards the cafe?" I offer. "Oh I did that in Shirley Valentine, one of the best roles," she says with a smile.

Winning the role of the young beauty queen Tina in *The Entertainer* (1960), playing opposite Laurence Olivier, changed Shirley Anne's life.



Photograph of Shirley Anne Field by Peter Sissons

Several major film roles followed, including *Man in the Moon* with Kenneth More; *Saturday Night and Sunday Morning* co-starring with Albert Finney; *The War Lover* (1962) with Steve McQueen and Robert Wagner; Joseph Losey's *The Damned* (1963); *Alfie* with Michael Caine; and *Doctor in Clover* with Leslie Phillips.



IN the 1970s she chose to combine motherhood with occasional stage work, but in the 1980s she returned to the big screen with starring roles in *My Beautiful Laundrette* (best film award), followed by *Getting it Right* and *The Rachel Papers*. In the 1990s Shirley Anne made *Hear My Song* (best film award), playing a beauty queen now grown up, in an echo of her earlier role in *The Entertainer*.

In her 1991 biography *A Time for Love*, she recalls the early days growing up in a children's home; and then suddenly it was dinners with David Niven, Frank Sinatra and Warren Beatty and friendships with Steve McQueen, Dudley Moore and Albert Finney and her marriage to aristocrat racing-driver Charlie Crichton-Stuart.

Well, when I was a teenager I loved ballroom dancing, the Lyceum and the Hammersmith Palais. Where would one go dancing today?



About Face



So what does she do when not pursuing her acting career? "I am still working, and last year did a film called *Beautiful Relics*. I said to the director, 'Adrian, I hope that's not me', and he said, 'No, you are a classic'," she says with a huge grin.

So, in between roles? "Well, when I was a teenager I loved ballroom dancing, the Lyceum and the Hammersmith Palais. Where would one go dancing today? I also like cooking. I used to do great Sunday lunches, but not for a while. My man likes to cook for me.

"I enjoy decorating and designing and love watching all those design programmes on television, and then I say to myself, 'I bet I could do better than that'."

Moving to Primrose Hill has given her an opportunity to put this into practice. "My friend Mel has painted the flat for me. She is terrific. I plan to take her to Odette's restaurant in the village because it has rag-rolled walls. I want her to see it so she can rag-roll my bedroom walls for me."

Oh, yes, and Shirley Anne has a piece of advice to anyone moving house: "Don't get rid of any furniture until you have had a chance to live in your new home. I think I didn't make the best selection."

I am still working, and last year did a film called Beautiful Relics. I said to the director, 'Adrian, I hope that's not me', and he said, 'No, you are a classic', she says with a huge grin.

One other thing she loves doing is guest speaking on cruise ships. "It's wonderful because if you ever get tired and worn out, the years drop away after only two days at sea – and they look after you so well."

Her charity work is focused on Action for Children, which used to be the National Children's Homes. The connection is that during the war she was sent from London to the National Children's Home in Bolton where she stayed until she was fifteen.

Action for Children do great work, especially the way they teach parents how to look after their own children. And some of their ambassadors actually sleep in the street to see what it is like to be homeless."

www.actionforchildren.org.uk

action for children

Shirley Anne is not homeless, but she is clearly still only just settling into her new home in Primrose Hill, so let's all say together: "Welcome, Shirley Anne Field."



Rag - rolled walls at Odette's

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Co-Working at Utopia Village

THE multi-let office complex Utopia Village on Chalcot Road will operate primarily as 'a fully serviced co-working office environment where businesses can rent flexible accommodation', we were told by a spokesman for Market Tech, which bought the site in April for £44 million.

'We are aware that there were concerns in Primrose Hill about developers converting the site into housing, but we can assure your readers that it is our intention and desire to keep it as a co-worker business space, subject to planning permissions from Camden council with whom there are ongoing discussions about all our developments in the area.'

Market Tech, the giant property development company which has bought large chunks of Camden property over the past couple of years, declared in its April statement to the stock market that while 'the Property has development potential, however the Group plans to operate the complex primarily as a fully serviced co-working office environment where businesses can rent flexible accommodation'.

Market Tech explains that co-working is an increasingly popular style of work in a shared environment where like-minded entrepreneurs benefit from a beneficial collaborative working culture. 'A co-working community is particularly attractive to start-ups in new technology, fashion, design, brand and other creative industries,' the statement continued.





Recognising that the Camden area has a tradition of nurturing new entrepreneurs in creative industries, Market Tech says that it is committed to reinvigorating and expanding this legacy through the delivery of a unique, all-embracing retail, e-commerce, leisure and cultural hub.

The group is currently developing similar facilities at its main Camden Markets site, and Utopia Village is intended to add further capacity.

Market Tech Holdings Limited, through its subsidiaries, combines real estate assets with an e-commerce business. Its real estate assets business is focused on retail, leisure and entertainment.

The company owns approximately 11 acres of real estate assets in Camden, including various markets located in Camden Town, Hawley Wharf (also known as Camden Lock Village), Union Street Market (also known as Buck Street Market or Camden Market) and Camden Lock Market. The company also owns separate real estate assets on Camden High Street, Jamestown Road and Kentish Town Road.

The Utopia Village project will be under the control of Mark Alper, the Group Property Director, who has been involved with the development of all the buildings within Camden Stables Market and headed the Camden Lock Village site assembly and planning process. With Market Tech since 2001, Mark is a Chartered Architect by profession with a Master's Degree in Urban Regeneration and Business Real Estate Development.







We are aware that there were concerns in Primrose Hill about developers converting the site into housing, but we can assure your readers that it is our intention and desire to keep it as a co-worker business space.

Report by David Lennon

THE DUCHENNE DINNERS

KICKING DUCHENNE INTO TOUCH

Hello

You are invited to dinner with Stuart Lancaster Andy Farrell, Owen Farrell and lots of other Rugby stars at the Duchenne Dinner. It's to raise money for children who have Duchenne Muscular Dystrophy, which is a horrible disease that wastes away your muscles until you can't walk any more.

or Play.

Or Eat.

Or write.

Or breathe.

16th June

The Brewery, Chiswell Street, London EC1

Tables from £1,950

Individual places from £200

Please contact info@dc-trust.org or call 020 3056 1488 for more information

Duchenne Muscular Dystrophy is a terrible muscle wasting disease that is 100% fatal. There is no cure yet but there is hope. Scientists believe that they can find treatments and even cure the disease in the next few years if we can raise enough money to fund their research. So please come along for an exclusive night of entertainment with various rugby stars from League and Union, as well as food from celebrity chef Cyrus Todiwala and music from the legendary Heather Small.

Did you Want to be a Rugby Player When You Grew Up?

These international rugby players met Jack and Eli, two seven year old boys and rugby fans, at a training session and told them, when they were seven, what they wanted to be when they grew up.

"When I was seven I probably wanted to be a footballer." Chris Robshaw, Harlequins and England captain

"I always wanted to be an ice cream man." Sam Burgess, Bath and England Saxons

"I think I just wanted to be like my Dad." Dylan Hartley, Northampton Saints and England

"A fireman, my mum told me they got all the girls." Danny Care, Harlequins and England

"I think when I was seven I wanted to be like my Dad who was in the Fire Service." Mike Brown, Harlequins and England

"I wanted to be a footballer because my Dad was a farmer and that was way too much hard work". Richard Wigglesworth, Saracens and England

Both Eli and Jack have Duchenne Muscular Dystrophy. A terminal muscle wasting disease. There is no cure. The Duchenne Children's Trust and Joining Jack are fighting, through funding research, to 'End Duchenne in Ten."

We know from previous OTH articles that many of you are passionate about the sport. So come along to a very special event to celebrate the year England hosts the Rugby World Cup and support a charity too. Joining you will be Stuart Lancaster, Andy Farrell, Shaun Edwards and a host of England and Wales Rugby stars past and present who are coming together to support the Duchenne Children's Trust. To book, take a look at the adjacent page.

Eli was born in Primrose Hill and was living here when his condition was diagnosed.



Danny Care, Luther Burrell, Richard Wigglesworth, Ben Young, Stephen Myler and Eli



Jack and Eli



Dylan Hartley and Jack



Sam Burgess

BT SPORT INDUSTRY AWARDS 2015
OFFICIAL SHORTLIST

Primrose Hill People

Jim the Quill and *Ages*



"You don't learn your lines, you live in the imaginative moment and the line is inevitable in that situation."

For the last four months, Jim Mulligan has been tucked away in Primrose Hill practising his lines (not many, it is true, but they have to be learned) and slowly becoming the three characters he is playing. After auditioning for a part in the Old Vic production of *'Ages'* for Old Vic New Voices, he was plucked from over 1,400 wannabes. Since then his life has revolved around rehearsals, learning to dance and trekking around London to the rehearsal studios. And then there were the actual performances.

During this journey Jim has been posting a regular blog detailing every step of the way, and we have selected a few of his stories.

His journey begins, of course, at the Old Vic. While Jim can't quite remember how he heard about the production, he recalls in his blog almost missing out. Luckily, thanks to his son who can seamlessly click his way around the net, he was able to nab the last audition slot left. "Every useless git like me needs a son who can click his way effortlessly to a solution," jokes Jim.

"There was an elaborate signing in process: declarations about health and fitness; giving permission to be photographed; actually having a mug shot. The place was swarming," writes Jim. "You go along hoping but not knowing."

Jim got the part and was soon reflecting upon the big conundrum.

" 'How do you learn your lines?' is the naff question that every actor is

asked. But it's not naff for me. How do they do it? It's pretty clear that there is a spectrum of ability in our company, with me at one end and some at the other who seem to do it without difficulty. I am sure that it is more than just having a good memory. What you are asking actors to do is something most people could not even attempt. When the RSC was at The Roundhouse doing The History Plays I went to many performances because I am a volunteer there. It amazed me that the actors would be playing table-tennis fifteen minutes before going on, and would be in costume and on stage ready with impeccable performances. And when occasionally something technical went wrong, they would sit on a chair and resume their own personalities. Then at the click of the fingers switch back."

One of the memories Jim goes into most detail about is when the team was asked to bring in costumes their characters would have worn.

So what would James, the 45-year-old father of the groom, wear to a wedding in 1945? He probably only had one suit, bought in the 1930s; that is if he hadn't lost everything in an air-raid," writes Jim.

He uses his own family's experiences when researching this era.

"If my family was anything to go by, people had one coat, one suit for men and one dress or 'costume' for women, one pair of shoes for best and one pair of everyday or working shoes. Even in the 1950s, if I wanted to go out to a youth club or a social, I had to borrow my older brother's blazer," he writes.



Then came the first fitting.

"As soon as we arrived, we had to get into our costume. For me it was the wedding suit of the father of the groom – that bloody double-breasted suit – that has been giving me so much grief. There were interminable waits until we were inspected by the wardrobe team and, when they were satisfied, photographed. Since most of the cast have at least three changes of costume, you can guess that this was going to take a long time; by 9.30 p.m. the job was not finished and would have to be continued tomorrow. Meanwhile the technical crew were methodically working through what they had to do. This is the frantic paddling of a swan with ten legs that will float effortlessly on the night.

What was the advice that Polonius gave to Laertes?

**'Costly thy habit as thy purse can buy,
But not expressed in fancy – rich, not gaudy,
For the apparel oft proclaims the man.'**

Spot on, Will, once again. It was amazing to see how people apparently changed as they changed their clothes. Of course, it was an illusion. We were still the same people but, when the audience see us, they will see the person we want them to see."

Jim told us about behind the scenes experiences.

"The dressing rooms are interesting. Inside the men's room it is Jack-the-lad time. Gotta 'ave a laff, ain't yer? Badinage. Banter (although I gather this has become a euphemism for bullying). Lots of singing along as the show progresses and is relayed into the dressing room. We have four or five dressers, all women, and three or four make-up, all women. Nobody is naked but there are plenty of boxers on view and naked torsos ranging from the somewhat over-weight – let's be honest, the downright fat – to beautiful young and gym-toned bodies. And it is interesting to see the dressers fussing around the latter group, helping them into trousers buttoning shirts, doing up ties.



I was standing in the wings once waiting to go on and I felt someone adjusting my trouser leg that had been caught in my sock. No detail goes unnoticed. They are on the go throughout the show, changing hair-styles, altering make-up. Mercifully I am not in the Land of the Dead, because their make-up is ghastly."

As the production developed the team grew together and bonded. Jim sums it up with this.
"I keep saying it, but this is an ensemble as is demonstrated by the bow we take. We line the perimeter of the stage, take two bows then exit. No curtain calls, no stars coming forward for a special bow even though we all know there are some stars.

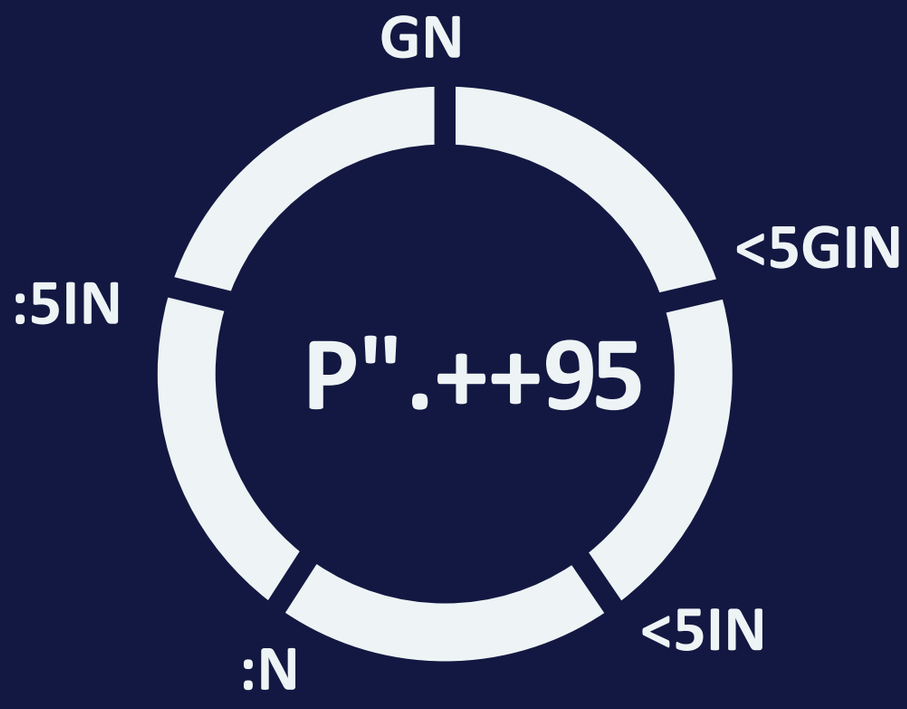
To read more about Jim's experiences and find out all about how the company came together, check out his blog at www.jim-the-quill.com.

By Kayla Millhouse

N.B. *Ages* was performed at The Old Vic Workrooms from the end of April to the beginning of May.

old vic | new voices

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What's On

Regular Events for the Growing

MONDAY

Library Rhyme Time for Under 5's
Drop-in session where adults and children sing together. PHCL. 10.30am – 11.15am. Suggested £2 donation.

Circus Glory
Trapeze for 3 – 12 year olds. PHCC 1.30pm-5.45pm. gmonastesse@googlemail.com

Homework Club for Over 5's
Drop-in for help with homework and reading. PHCL 4pm – 6pm. Admission free.

TUESDAY

Monkey Music
Music and Play for Under 5s. PHCC. 9.30am – 12 noon. Trial class free, subsequent classes £11.

The Strings' Club
Ukelele lessons for 4-12 year olds. PHCC. 4pm – 5.30pm. £14 per class, first lesson free.

Ole Kids Spanish
Spanish classes for children aged 6 months to 4 years. PHCL. (Excluding 26th). 4pm – 5pm. Details from lola.ferdez@gmail.com

Music & Rhyme Time for the Under 4's.
PHCC. 4.30pm – 5pm. £1.

WEDNESDAY

Circus Glory
Trapeze for 3-12 year olds. PHCC. 1.30pm – 5.45pm. Details from gmonastesse@googlemail.com

Stories & Drawing for 3 - 9 year olds
Stories for children read by professional storyteller Siggistardust. A free drop-in. PHCL. 3.45pm – 4.45pm.

Primrose Hill Children's Choir
St Mary's Church, NW3. 4-5pm in term time. First session free, then £7 per week. 4 to 11 year olds. Details from www.primrosehillchoirs.com

THURSDAY

Drop-in for Under 4's
PHCC. 11.15am – 1pm. £2.50

First Class Learning
Tuition in Maths and English. Contact primrosehill@firstclasslearning.co.uk for prices and information. PHCL. 3.30pm – 6pm.

Chalk Farm School of Dance for Under 5's
PHCC. 4pm – 5pm. Details : www.chalkfarmschoolofdance.co.uk

Music & Rhyme Time for the Under 4's.
PHCC. 4.30pm – 5pm. £1

FRIDAY

Monkey Music
Music and Play for Under 5's. PHCC. 9.30am – 12 noon. Trial class free, subsequent classes £11.

Circus Glory
Trapeze for 3 – 12 year olds. PHCC. 1.30pm – 5.45pm. gmonastesse@googlemail.com

Homework Club for Over 5's
Drop-in for help with homework and reading. Admission free. PHCL. 4pm – 6pm.

Pitta Patta Dance
For creative 5 – 16 year olds. PHCC. 4pm – 5.30pm. Juliet@pittapattadance.co.uk.

SATURDAY

Its Story Time!
Story time for young children at the Library. 2.30pm. PHCL. Free Drop in.

SUNDAY

Perform
Drama, dance and singing for 4 – 7 year olds. PHCC. 9.30am – 1pm.

PHCC = Primrose Hill Community Centre
29 Hopkinson's Place (off Fitzroy Road), NW1 8TN.
Contact: info@phca.cc 020 7586 8327

PHCL = Primrose Hill Community Library Sharples Hall Street, NW1 8YN
Contact events@phcl.org 020 7419 6599

Regular Events for the Grown

MONDAY

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

Neighbours Help
Information Session PHCL. Drop-in service for help with form-filling and accessing services. 2-4 pm. Free

Boules (Petanque)
Friendly group meets at 5pm on Primrose Hill, next to children's playground. Details from PHCC (7586 8327)

Chilled Strings
Small amateur string chamber orchestra, guided by professional tutor Michael Whittaker. PHCC. 6.30pm – 8.45pm. Contact sueandhercello@gmail.com

Community Choir
No auditions – we just enjoy singing. PHCC. 7.30pm – 9.45pm. £5. Contact: www.primrosehillchoirs.com

TUESDAY

Pilates at the Library
10.15am – 11.15am (new, more advanced class). 11.30am – 12.30pm (Drop-in) Each session £12. Details lizacawthorn@gmail.com

Spanish for Beginners
PHCC. 1.30 – 3.30pm. Free Details: e-mail info@phca.cc

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

Open Level Pilates
PHCL. 6pm – 7pm. Drop-in class. £12 per session.Contact lizacawthorn@gmail.com

General Yoga
PHCC. 6.30pm – 8pm. Details: cat.b1@blueyonder.co.uk

Spirit of Dance
PHCC. 8.30pm-10pm £5 - 10. Details from donnaking@btopenworld.com

Pub Quiz
At the Princess of Wales, Chalcot Road. 9pm – 11pm.

WEDNESDAY

Neighbours Help
Information session in the lounge of Jacqueline House, Oldfield Estate, but open to anyone, for help with form-filling and accessing services. 10am – 12noon.

English Conversation 'Hour'
PHCL. 11.30pm – 1.00pm
Free drop-in to knit, sew and get help with stitching related issues. With refreshments.

Lunch Club for the Over 50s
Freshly cooked every Wednesday and Friday. Jacqueline House, Oldfield Estate. 12.30pm. Ring 020 7586 8327 to book. £4.

Open House
Detailed programme of activities from 020 7586 8327. PHCC. 2pm – 4pm. Free.

Ballroom and Latin Dance Class
PHCC. 7.45pm – 9.15pm.

THURSDAY

Poetry Group
Read and discuss poems, your own or by others.11am – 12noon in Egbert Street, for adults, £10. Details susan.sciama@gmail.com

Gentle but Effective Pilates
PHCL. 12.30pm – 1.30pm. Drop-in pilates class. Details from annie@mactherapy.org.

Narcotics Anonymous
PHCC. 1.30pm – 3.45pm. Free

Yoga For Everyone
Strengthen, stretch, relax, and re-energise. Beginners welcome. PHCC. 5.30pm – 6.30pm. 4 weeks £34 or £10 for one-off class. Details: carolineshawyoga@gmail.com

The Awakening Body – meditation yoga
Drop-in yoga class. PHCL. (14th and 28th only) 6.30pm – 8pm. £10 per session. Details from ellenemmet@outlook.com.

Art Class - Life Drawing
PHCC. 7pm – 9.30pm. £7.

Tai Chi Quan
Martial art combining self-defence with relaxation. PHCC. 7pm – 9pm. Details from miltosvk@yahoo.co.uk

FRIDAY

Mums Mornings
Drop-in session for children and adults with toys and snacks. Suggested donation £2. PHCL. 10.30am – 11.30am.

Lunch Club for the Over 50's
Freshly cooked every Wednesday and Friday. Jacqueline House, Oldfield Estate. 12.30pm. Ring 020 7586 8327 to book. £4.

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Regular Events for the Grown cont.

Thunderclap Dance & Social Club
A different dance style every month, for adults young and old. Free. PHCC. 7pm – 9.30pm.

Local Hot Boxing
1 hour hot boxing class – punching drills, boxing exercises and more. Fierce Grace Primrose Hill. 200 Regents Park Road, NW1 8BE. 8.30pm. £12 p.p. Contact 020 7483 2000.

SATURDAY

Chalk Farm Foodbank
At the Baptist Church, Berkely Road, NW1 8YR. 11am – 1pm

SUNDAY

Mindfulness in Nature
Ecotherapy walks on the Hill. Learn how to get so much more from time with nature. 11am – 12 noon most Sundays. www.smelltheraindrops.com

Hopkinson's Bar
Meet for a drink with your neighbours. All welcome.PHCC 12 noon. Admission free.

What's On

Dates for your June diary

SUNDAY 31 (May)

Faces of the Hill
Art exhibition and auction, in aid of the Library. PHCC. 8pm – 10pm. See www.agnieszka.tv

TUESDAY 2

Film Night at the Library
Mona Lisa, starring Bob Hoskins and Cathy Tyson. Remember Kings Cross as it used to be. PHCL. 7.30pm. £8 inc a glass of wine.

WEDNESDAY 3

Revisiting the Mediterranean
Primrose Hill Summer Lecture by food writer Claudia Roden. St Mary's Church NW3. 7.30pm. £12/£10 concessions.

FRIDAY 5

Top Of The Hill Quiz
12th annual quiz evening between teams of neighbours, quirky, quite hard, but fun. Bring a table (max 8), or come and join one. PHCC. £10 includes a glass of wine. 7pm for 7.30pm.

SATURDAY 6

Councillor's Surgery
PHCL. 11am – 12noon.

Bingo for Over-60s
At Haverstock School NW3, hosted by students. With free refreshments and raffle. 2pm. Ring Nikki on 02074248366 for details.

SUNDAY 7

Summer Concert with Tea
Laurence Williams (Baritone), Jeremy Cole (piano). 4pm St Mark's Church, NW1.

WEDNESDAY 10

Open House at the Community Centre
Eleanor Sturdy: Conversations in the Digital Age. 2pm – 4pm. PHCC. Free. All welcome.

Russia as a World Power
Primrose Hill Summer Lecture by historian Orlando Figes. St Mary's Church NW3. 7.30pm. £12/£10 concessions.

MONDAY 15

Camden Cycling Campaign
Meets monthly at the Community Centre. 7.30pm – 9pm. All welcome. See www.camdencyclists.org.uk

Twenty Four Dreams Before Dying
Local author Colin Ludlow discusses his new book. PHCL. 7.00pm – 8.30pm.

WEDNESDAY 17

Open House – Visit to the Wallace Collection
Meet at 2pm at this national museum in Hertford House, Manchester Square, W1U 3BN. Free admittance.

Britain on the Brink
Primrose Hill Summer Lecture by journalists Polly Toynbee and David Walker. St Mary's Church, NW3. 7.30pm. £12/£10 concessions.

FRIDAY 19

Councillor's Surgery
PHCC. 6pm – 7pm.

SATURDAY 20

Historic Local Walk
Hampstead: the people and places. Led by Ann Ruscoe. Meet at Hampstead Tube Station. 11am. £10. Details www.smvph.org.uk

Playday for amateur musicians
Kwesi Edman coaches and conducts JSBach's Brandenburg Concerto No 4. PHCC. 12 noon through to free concert at 5pm. £25 inc lunch. Contact sueandhercello@gmail.com

SUNDAY 21

Summer-fun Bike Ride
For all ages, 22 miles around Camden. 10am – 3.30pm. Start at Camden Town Hall. Contact 0788 7552391 for details.

Rainforest Singing Workshop
With Su Hart, learn the compelling singing of the Baka rainforest people of Central Africa. Cecil Sharp House. 11am – 4pm. £25. Proceeds to Baka people and Cecil Sharp garden. Tickets from 07884 467659.

Summer Concert and Tea
Performances at 4pm, and Choral Evensong at 6pm, both sung by Fulham Prep School Chamber Choir, St Mark's Church, NW1

TUESDAY 23

This Boy: from Poverty to Power
Primrose Hill Summer Lecture by politician Alan Johnson. St Mary's Church, NW3. 7.30pm. £12/£10 concessions.

WEDNESDAY 24

Open House at the Community Centre
Film Screening of "**Selma**". PHCC. 2pm – 4pm. Includes afternoon tea. Free. 020 7586 8327.

FRIDAY 26

Quiz Evening
With the Friends of St Mary's, Elsworthy Road. 7.30pm. Food and bar available. £6/£5 concessions. Buy on the door. Bring or join a team for some thinking fun.

★★★★★

EDITOR'S CHOICE
SATURDAY 27
Summer Fair in Chalcot Square.
Sideshows, stalls and street entertainment
The Community Association's Big Day, every year since 1978.
1.30pm – 5pm.

Summer Showtime!
Come and join the Primrose Hill Community Choir, Children's Choir & Primrose Hill Singers for a programme of seasonal songs. Begins at 6 pm, St Mary's Church, NW3 3DJ. Tickets on the door £10 (concs. & teens £7, under 12s free). primrosehillchoirs.com

What's On Later On

Dates for your 2015 diary

JULY 1

On Liberty
Primrose Hill Summer Lecture by human rights campaigner Shami Chakrabarti. St Mary's Church, NW3. 7.30pm. £12/£10 concessions.

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FACES OF THE HILL

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Please join us for an exhibition celebrating the extraordinary and diverse community of Primrose Hill.
All the artworks will be auctioned off on the night to raise funds for the Primrose Hill Community Library.
Drinks and light refreshments will be served upon arrival.

31 MAY 2015, FROM 7.30PM UNTIL 10PM. PRIMROSE HILL COMMUNITY CENTRE 29 HOPKINSON'S PLACE, FITZROY ROAD, NW1 8TN

Please RSVP to hello@facesofthehill.com

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All proceeds to benefit Primrose Hill Community Library

Primrose Hill Summer Lectures 2015

June 3rd **Claudia Roden** Food writer — Revisiting the Mediterranean

June 10th **Orlando Figes** Historian — Russia as a World Power

Polly Toynbee & David Walker Journalists — June 17th — Britain on the Brink

June 23rd **Alan Johnson** Politician — This Boy: from Poverty to Power

Shami Chakrabarti Human rights campaigner — July 1st — On Liberty

St Mary's Church, Elsworthy Road, London NW3 3DJ

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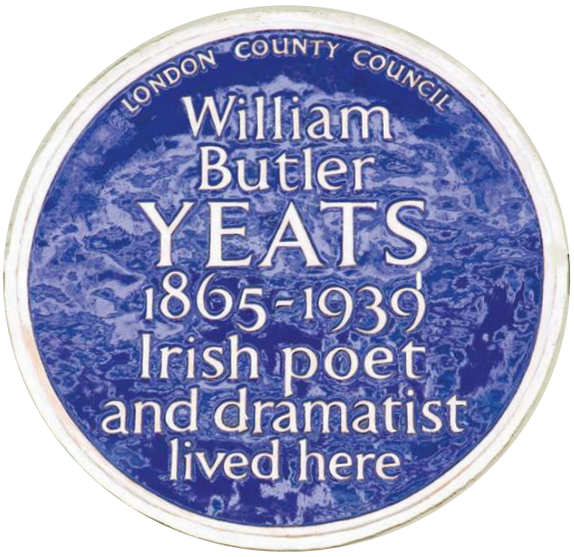
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Primrose Hill Poems

These sonnet-like lines by local poet, Leah Fritz, beautifully evoke her sense of haunting in the everyday when walking around Primrose Hill, reflecting on long-gone resident poets, W. B. Yeats and Sylvia Plath. Sylvia's blue plaque is on the first house that she lived in, with Ted Hughes, but when Sylvia came back to London from Devon she chose Yeats' old residence on Fitzroy Rd as her home. So this part of Primrose Hill has a heightened resonance for many people, especially poetry lovers.

'Yeats' comes from Leah's fifth collection, *Whoever Sends the Music Into Time*, published by Salmon Poetry. Born and educated in New York, Leah Fritz has worked for peace, civil rights and the feminist movement. She has written poems from early childhood, and when she came to live in London in 1985, she accepted poetry as her true vocation. *Susan Sciama*





Yeats by Leah Fritz

(i.m. Sylvia Plath)
I hurry past, no longer see the plaque
above the bell in memory of Yeats,
the carapace of sorrow where she sat.
(Each day the green of life is freshly made
just yards away.) She could not shed that shell's
dead weight, but turned the leaden ache to gold
while children slept. She claimed she did death well,
thought dying proved it. But lead in Fitzroy Road
is lead, not gold. 'Damn near blew up the kids,
the house, the street. Ought to've taken a leaf
from him up there. Grown old,' a neighbour said,
'listening in Sligo to the bees.'

Primrose Hill Laughs



"Are you sure it's a statue of Alan Bennett?"

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Primrose Hill Passion

Sue and her Cello

Sue Hadley welcomes me into her Oldfield studio flat, full of ornaments of people playing the cello.

"I love being on the ground floor: I see everyone going by, and dogs and children press their noses to the window and say hello.

I started completely by chance. I was looking after my god-daughter and I spotted 'Fun for 4s' at the Royal Academy of Music; we went along and it was great fun. In the second year she had to choose between the violin and the cello, and I said 'Please not the violin, it's so squeaky.' I also said to the tutor that I would love to know the notes. Within two days she had found a cello for me to buy, and a teacher. That was fifteen years ago; I was in my late 50s.

I joined a chamber music group at the Mary Ward Centre and started playing with the Learning Orchestra. It was very friendly: we'd meet up in the pub afterwards and go to concerts. We started meeting to play together and then, when I moved here and the flat was too small, I started renting the community centre once or twice a month for a day. I found a conductor and someone to make lunch, and at 5p.m. we perform the music we have worked on, for anyone who wants to come.

There are over 200 people on my mailing list: some old and doddery and late starters like me, and some younger ones with busy lives; some know a lot and others are just beginning. I say to them, 'Sit at the back and just play the notes you can play; the most important thing is NOT to play in the rests,' and then of course you get better at it.

It is a lot of organising. I run cello weekends twice a year, and people come from Birmingham and further so I find them people to stay with. Then we have three teachers, for beginners, intermediate and the clever ones.

Actually I haven't played properly myself for three years because of shoulder problems. I've just had them both operated on at once and have two months and three weeks till I can play again. I am going to have to sell my beautiful cello and buy one that little bit shorter, I'm shrinking! That will be quite emotional, it is such a pretty cello.

Sometimes we go away, two quartets, to somewhere rented for a weekend. I think sometimes we know more about each other than partners do! It has changed my life: there was a whole world out there that I didn't know anything about."



I started completely by chance. I was looking after my god-daughter and I spotted 'Fun for 4s' at the Royal Academy of Music; we went along and it was great fun.

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Primrose Hill Eats

ROAST PEPPER ROLLS (involtini di peperoni alla barese)

With their intriguing and flavoursome mix of filling ingredients, these rolls (they are more like sandwiches) make a surprising and delicious first course that can be served hot or cold. Try the variation too.

Ingredients - Serves 4

4 red or yellow peppers
6 tablespoons fresh breadcrumbs
4-5 anchovy fillets, finely chopped
1 tablespoon capers, chopped
2 tablespoons sultanas, chopped
2 tablespoons pine nuts, lightly toasted
4 tablespoons chopped flat-leaf parsley
Salt and freshly ground black pepper
3 tablespoons or more extra virgin olive oil

Method

Roast and peel the peppers, cut them in half lengthwise and remove the stems and seeds. Try to keep some of the juices and strain them.

Mix the breadcrumbs with the rest of the ingredients, adding just enough oil and some of the pepper juice to bind the mixture. Put a heaped tablespoon of filling on one side of each half pepper and fold the other side over it. Arrange side by side in a serving dish, brush with oil and serve cold.

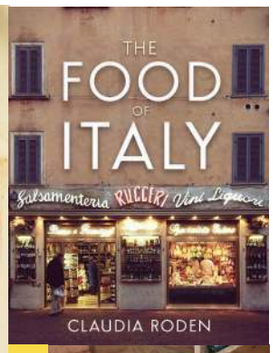
To serve hot, put the rolls in a lightly oiled baking dish and bake in a preheated 190^{0}C/170^{0}C fan/gas 5 oven for about 15 minutes.

Variation:

Mix 4 tablespoons extra virgin olive oil with 6-7 tablespoons freshly toasted breadcrumbs and all of the following, chopped in a food processor: 2 tablespoons toasted pine nuts, 2 tablespoons sultanas, 16 pitted black olives, 2 anchovy fillets, 2 tablespoons capers, 2 tablespoons parsley. Season with salt and pepper.

This is a Claudia Roden recipe taken from *The Food of Italy – region by region* published by Square Peg at £25. Claudia is giving a talk at the Primrose Hill Summer Lecture programme on Wednesday June 3. See 'What's On'.







This month Nicolas Wine recommends the following wines to go with this dish: Such a vibrant Italian recipe calls for southern wines; try the Provençal rosé Les Pins Couchés, a blend of syrah and mourvedre that will work well with the Mediterranean flavours of this dish. It's fresh and lively and will bring out the bite of the stuffing.

Les Pins Couchés rosé 2014 Jean Luc Colombo IGP Méditerranée £11.49

Alternatively there is La Segreta, a white wine from Sicily. It has a rounder profile that makes it very food-friendly. It will soften the salty elements from the mix and will do amazing things with the nutty/toasty tastes coming from the pine nuts and breadcrumbs.

La Segreta 2013 Planeta DOC Sicilia £10.80

Nicolas Wine
67 Regent's Park Road, NW1 8XA
020 7722 8576
For opening times see 'Market Place'

Primrose Hill Opera Cabaret



Amongst the highlights were Clare McCaldin's tipsy 'Nobles Seigneurs', from Meyerbeer's *Les Huguenots*

THE debut of what is likely to become an annual event took place on Sunday 19 April at Cecil Sharp House. Primrose Hill Opera Cabaret, a mixture of Music Hall and Opera, saw professional singers performing a series of arias, duets and ensembles by opera composers ranging from Monteverdi and Purcell to Verdi and Puccini. It brought to Primrose Hill a formula which has proved itself a resounding success in Stoke Newington over almost twenty years, combining a popular community event with a high quality musical performance. The brainchild of Stoke Newington impresario Farquhar McKay, the Opera Cabaret was promoted locally in Primrose Hill by Martin Sheppard.

Primrose Hill's own version of Glyndebourne, without the dress code or the need to make a round-trip to Sussex, was a sell-out two months before the event. Opera Cabaret goers brought their own picnics for the forty-minute indoor interval. Following a welcome from the Mayor of Camden, Lazzaro Pietragnoli (who, despite his Venetian origins, played down his own singing abilities), the multi-talented Adey Grummet introduced a series of operatic favourites, accompanied on the piano by Jonathan Williams. Amongst the highlights were Clare McCaldin's tipsy 'Nobles Seigneurs', from Meyerbeer's *Les Huguenots*, and a bravura performance of the famous quartet 'Bella Figlia dell'Amore', from *Rigoletto*. The evening ended with a chance for everyone, after a short rehearsal, to sing 'Va Pensiero', the Slaves' Chorus from *Nabucco*.





Martin Sheppard & Farquhar McKay

The event, which is self-financing and non profit-making, nevertheless generated a considerable sum for Primrose Hill Community Library. A raffle of prizes donated by local businesses raised no less than £1,191 for the library. Primrose Hill Opera Cabaret proved to be a hugely enjoyable occasion, received with acclaim by all those present.

At the Hustings

"Smarmy", whispered the lady in front of me to her neighbour, her verdict on one of the candidates in last month's election. There's that rare down to earthness about hustings, a chance to make a judgement that the media couldn't say. It's a moment of danger for would-be politicians, as a questioner overflows with emotion from personal experience of benefit changes; or a reminder of something we'd rather not recall, that the NHS is actually a matter of life and death. Tread carefully; assume the questioner knows more than you about the Transatlantic Trade and Investment Partnership, as they well might.



For two hours a full hall listened intently. All was civil, most was thoughtful. Disappointment at the lack of opportunity for outrage hung in the air: nothing that a staunch defence of HS2 wouldn't have put right. Or an attack on foreigners. Instead the candidates picked their way through the acceptable mantras on electoral reform (good thing) to air pollution (bad thing), on the Scots Nats (both good and bad) and on assisted dying (ditto). Would they leave Europe? (No) Would they press the nuclear button? (Can you imagine? On Belsize Park?)

Did anyone change their vote as a consequence? Who can say? Perhaps not even those attending. But it felt serious; it felt respectful of others' views; it felt, well, democratic.



There's that rare down to earthness about hustings, a chance to make a judgement that the media couldn't say.



Val St Johnston chaired The Hustings.

Walkabout

The Primrose Hill Conservation Area Advisory Committee (PHCAAC) on a recent walkabout with Camden's Heritage and Conservation Officer, Alan Wito, fifth from the left. The Committee are discussing roof extensions above the shops in Regent's Park Road.

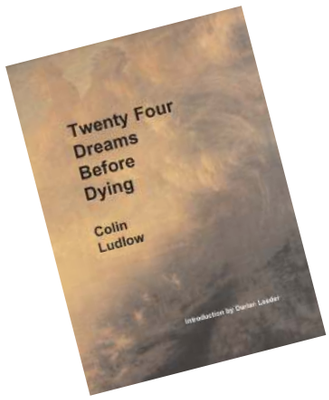
Pam White



Twenty-four dreams

Colin Ludlow has been where few of us have been – or would wish to be: in the Intensive Care Unit at the Royal Free for six weeks, hovering between life and death. What he discovered was that although his body was helpless and oblivious, his unconscious mind roamed free and produced dream after vivid dream.

It's been proved that, whether we recall them or not, we all have dreams



practically every night. The characteristic rapid eye movements associated with dreaming have been observed in sleep experiments even when the sleeper claims not to have had a single dream. We just don't remember them. But Colin's dreams as he lay in his hospital bed drifting in and out of consciousness were vivid and haunting. He was eventually prompted to write them down and found that there were two dozen in total which he could clearly recall. That's more, he says, than all the other dreams he can remember from the rest of his life. Twenty-four dreams!

Although they seemed confused and fragmentary, the very act of writing them down 'seemed liberating and enlightening'. He resists the straightforward interpretation of these dreams but follows the images, thoughts or memories suggested by them to give us an extraordinary book of twenty-four chapters, each beginning with a dream, and then following the associations of each to muse on parts of his own history and, in the psychoanalyst Darian Leader's words, 'a kind of history of the last sixty or so years'.
Colin has lived in Primrose Hill for many years and, until the illness that confined him to hospital for five months and produced these dreams, he worked as a drama producer at the BBC. He will also be recognised by many Primrose Hill residents as the programme organiser of the Film Club, as he introduces each monthly film show at the Community Library.

He will be talking about and reading from his book at the library on 15 June at 7pm.

Annie Macdonald

The Queen's is back!

The Queen's has re-opened following refurbishment and a re-design of the upper-floor dining area.

Since arriving in February, the new manager, Jen, has made lots of new friends: Sophie, a passionate local dog-lover; Stan, a fun-loving regular who tells local history stories, a resident for nearly two decades and celebrating his 45th birthday on the day we visited; David, an architect who was there to celebrate with Stan and has lived in Primrose Hill for 17 years; Mary, a booklover who adores the library corner; as well as those who have enjoyed a nice roast on Sunday, or simply sought a late-night remedy, the infamous Queen's Bloody Mary.

Aldo, the Head Chef, previously worked for Gordon Ramsey and other Michelin-star restaurants.

What's planned: Say Cheese Tuesday, an Aspall Cyder Food Pairing Event hosted by Nathan Sloane on 16 June at 7.30 p.m.

By Karen Ghisella Li



Laura (left), a bride to be and former Primrose Hill resident at her Hen Party @ The Queen's



Aldo, the head Chef, and Jen, the manager, with the new team.



Steve, Stan's brother (left), David and Alex, waiting to celebrate Stan's birthday.

If any of these thoughts apply to you . . .

- I love home cooking but don't have the time
- I don't want to cook after a hard day at work
- I get weary of cooking for only one or two every night
- I would rather not eat supermarket ready meals



this is me!

Rosy's Kitchen is the answer!

GUIDE ONLY

Cooking has been my lifelong passion and I am thrilled to be able to offer you tasty, homemade dishes using fresh seasonal ingredients that knock the spots off those 'posh bistro style' supermarket meals

Each week I prepare about a dozen different dishes - soups, starters, meat, fish and vegetarian main courses, desserts, a cake & biscuits - always with many vegetarian options, but nothing with additives or preservatives. WE DELIVER TO THE HILL EVERY THURSDAY BETWEEN 5pm and 7pm

for the next weekly menu, call Rosy on 020 8930 6607 or e-mail rosy@rosychatsworthcatering.com

Beside the Wave

A new gallery has just opened its doors in Primrose Hill. Beside the Wave, which has been operating in Falmouth for 25 years, is partnering with Primrose Hill's Clare Latimer to bring a little bit of Cornwall to London. Gallery Director Ingrid Heseltine says, "We are so delighted to be working with Clare. She is a passionate advocate of Cornwall and, alongside our Gallery, Clare will be setting up Clare's Cornish Kitchen over the next few weeks. She has found some wonderful Helford Honey, Cornish Sea Salt, ceramics and scarves, all made in Cornwall, and these sit beautifully with the original paintings and sculptural ceramics that we show."



Beside the Wave will bring a wide variety of original Cornish art to Primrose Hill. The opening show included paintings and drawings by well-known artists from Cornwall, including Andrew Tozer, Sarah Wimperis, Miles Heseltine, Benjamin Warner and Amanda Hoskin, and a preview of Richard Tuff's 2015 Solo Show whose work is now in collections worldwide.



The next exhibition will be Sarah Wimperis' 2015 Special Collection, previewing on Friday 12 June before its official opening on Saturday 13 June. From Primrose Hill, it will move to Beside the Wave back in Cornwall.



From Sesame to Beauty

The Aesthetics Lab opened its doors on Sunday 17 May, the day of the Regent's Park Road Fair, inviting people to come inside, take a look around and meet the team.



Editor of News & Views: Sarah Smith

Market Place

Wining, Dining and Shop Listing

1 Prim Nail and Beauty
2 Erskine Road NW3 3AJ
020 7586 6366
joprim@hotmail.co.uk
Mon - Saturday 9.30 - 18.00
www.primuk.com

2 Press of Primrose Hill
3 Erskine Road NW3 3AJ
020 7449 0081
melanie@pressprimrosehill.com
Mon - Fri 9.30 - 18.00, Sat 9.45 - 18.15
Sun 11.30 - 18.00
www.pressprimrosehill.com

3 L'Absinthe (all day) Brasserie
40 Chalcot Road NW1 8LS
020 7483 4848
absinthe07@hotmail.co.uk
Mon 8.00 - 16.00, Tues - Fri 8.00 - 22.00,
Sat 9.00 - 22.00, Sun 12.00 - 21.00
www.labsinthe.co.uk

4 Primrose Hill Framing Company
45 Chalcot Road, NW1 8LS
020 7586 4571
primrosehillframingco@gmail.com
Mon - Fri 9.30 - 13.00/14.00 - 17.30, Sat
9.30 - 13.00

5 Zoe and Morgan (jewellery)
48 Chalcot Road, NW1 8LS
020 7586 7419
personalshopper@zoeandmorgan.com
Mon - Fri 11.00 - 18.00, Sat 11.00 -17.00
www.ZOEANDMORGAN.com

6 Jack O'Shea
65 Regent's Park Road, NW1 8XD
020 7586 0570.
les@jackoshea.com
Tues - Sat 9.00 - 18.00, Sun 10.00 -17.00,
closed Mon
www.jackoshea.com

7 Nicolas Wine Shop
67 Regent's Park Road, NW1 8XA
020 7722 8576
primrose@spiritedwines.com
Mon - Thurs 10.00 - 21.00,
Fri - Sat 10.00 - 22.00, Sun 11.00 - 21.00
www.nicolas.co.uk

8 Pamela Shiffer
75 Regent's Park Road NW1 8UY
020 7483 4483
shop@pamelashiffer.com
Mon - Sat 10.00 - 18.00,
Thurs 10.00 - 19.00, Sun 12.00 - 18.00
www.pamelashiffer.com

9 Keturah Brown
85 Regent's Park Road NW1 8UY
020 7586 0512
keturahbrownltd@gmail.com
Mon - Fri 10.30 - 18.00,
Thurs10.30 - 18.30, Sat 10.00 - 18.00,
Sun 13.00 - 18.00

10 Adam Simmonds
87 Regent's Park Road, NW1 8UY
020 7813 1234
info@adamsimmonds.co.uk
Mon - Sat 10.00 - 18.00,
Thurs 10.00 -19.00
www.adamsimmonds.co.uk

11 Primrose Hill Pets
132 Regent's Park Road, NW1 8XL
020 7483 2023
gail@primrosehillpets.co.uk
Mon 9.30 - 18.30, Tues - Sat 9.00 - 18.00,
Sun 11.00 - 17.00
www.primrosehillpets.co.uk

12 Primrose Hill Books
134 Regent's Park Road, NW1 8XL
020 7586 2022
shop@primrosehillbooks.com
Mon - Fri 9.30 - 18.00, Sat 10.00 - 18.00,
Sun 11.00 - 18.00
www.primrosehillbooks.com

13 Ripe Kitchen
136 Regent's Park Road, NW1 8XL
07572 480 102
info@ripekitchen.co.uk
Mon - Fri 7.30 - 18.00, Sat 8.00 - 19.00,
Sun 8.30 - 19.00
www.ripekitchen.co.uk

14 Clifton Interiors
168 Regent's Park Road, NW1 8XN
020 7586 5533
rosie@cliftoninteriors.com
Mon - Fri 9.00 - 18.00,
Saturday by Appointment
www.cliftoninteriors.com

15 Gallery 196 (orange door)
196 Regent's Park Road, NW1 8XP
020 7722 0438
info@gallery196.com
Tues – Sat 10.00 – 18.00,
Sun 11.30 – 17.30
www.gallery196.com

16 Lisa Hauck Hair & Make-Up
148 Gloucester Avenue, NW1 8JA
020 7722 1043
info@lisahauck.com
Mon - Fri 10.00 - 19.00, Thurs 10.00 -
20.00, Sat 9.00 - 18.00, closed Sun
www.lisahauck.com

17 Sweet Pea
77 Gloucester Avenue, NW1 8LD
020 7449 9292
mail@sweetpeajewellery.com
Mon - Fri 10.00 - 18.00, Sat 10.30 - 17.00
www.sweetpeajewellery.com

18 La Petite Poissonnerie
75A Gloucester Avenue, NW1 8LD
020 7483 4435
lapetitepoissonneire@gmail.com
Tues - Sat 9.30 - 19.30, Sun 10.30 - 17.30
www.lapetite-poissonnerie.co.uk

19 Primrose Bakery
69 Gloucester Avenue, NW1 8LD
020 7483 4222
hello@primrose-bakery.co.uk
8.30 - 18.00 Mon - Sat, 9.30 - 18.00 Sun
www.primrose-bakery.co.uk

20 Ruth Kaye Design
67 Gloucester Avenue, NW1 8LD
020 7722 7227
team@ruthkayedesign.com
Mon - Sat 9.30 - 17.30
by Appointment only
www.ruthkayedesign.com

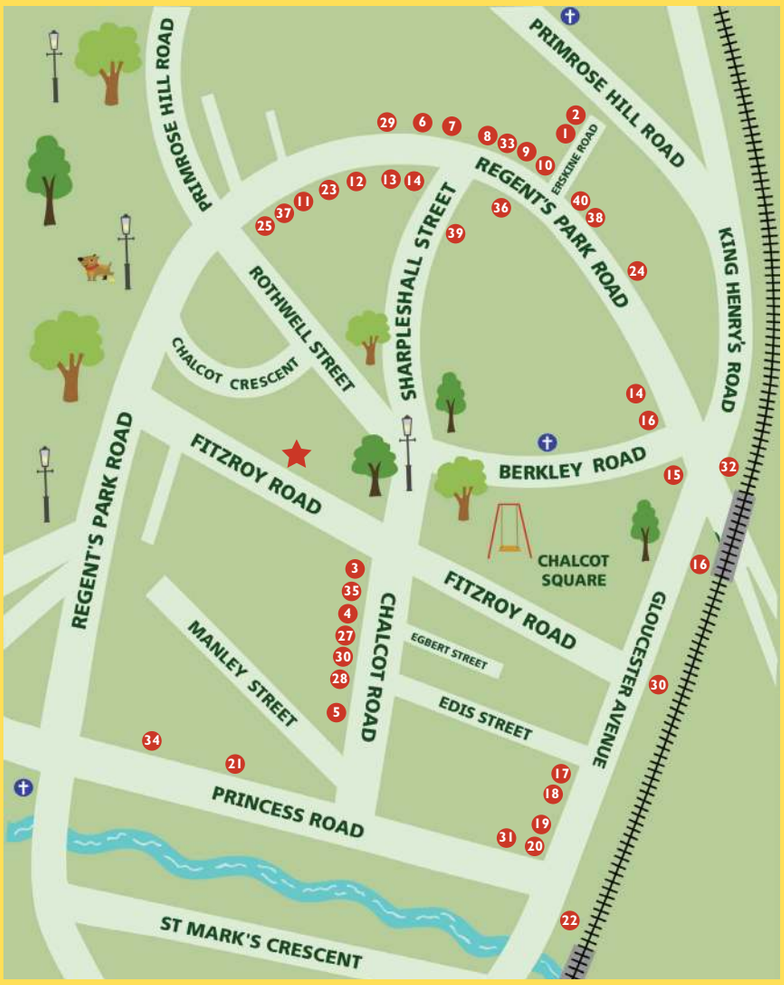
21 Cave Interiors
29 Princess Road, NW1 8JR
020 7722 9222
georgina@caveinteriors.com
Mon - Fri 9.30 - 17.30
www.caveinteriors.com

22 Melrose & Morgan
42 Gloucester Avenue, NW1 8JD
020 7722 0011
info@melroseandmorgan.com
Mon - Fri 8.00 - 19.00,
Sat 8.00 - 18.00, Sun 9.00 - 17.00
www.melroseandmorgan.com

23 Odette's Restaurant
130 Regent's Park Road, NW1 8XL
020 7586 8569
info@odettesprimrosehill.com
Tues - Fri 12.00 - 14.30 Lunch
18.00 - 22.00 Dinner,
Sat 12.00 - 15.00 Lunch
18.00 - 22.30 Dinner,
Sun 12.00 - 15.00 Lunch
18.00 - 21.30 Dinner
Closed Mon.
www.odettesprimrosehill.com

24 Greenberry Café
101 Regent's Park Road, NW1 8UR
020 7483 3765
info@greenberrycafe.co.uk
Tues - Sat 9.00 - 22.00,
Sun and Mon 9.00 - 16.00
www.greenberrycafe.co.uk

Wining, Dining and Shopping Map



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

26 The Lansdowne
90 Gloucester Avenue NW1 8HX
0207 483 0409
info@thelansdownepub.co.uk
Mon - Sat 12.00 - 23.00,
Sun 12.00 - 22.30
www.the lansdownepub.co.uk

27 Whites
42 Chalcot Road, NW1 8LS
020 7586 5850
cait.whitesofprimrosehill@gmail.com
Mon - Sat 11.00 - 19.00,
Thurs 11 - 20.00
www.whitesofwhitecross.co.uk

28 Sew Much Fun
46 Chalcot Road, NW1 8LS
020 7722 9889
sewmuchfun@btinternet.com
Mon - Fri 11.00 - 18.00,
Sat 10.00 - 17.00
www.sewmuchfun.co.uk

29 Primrose Interiors
55 Regents Park Road, NW1 8XD
020 7586 6595
info@primrose-interiors.com
Sun - Fri 10.00 - 17.00

30 Jino Design
Studio 44, Chalcot Road, NW1 8LS
020 7419 1774
jino@jino-design.com
Mon - Fri 10.00 - 17.00
www.jino-design.comwww.primrose-interiors.com

31 Garry Trainer Clinic
65 Princess Road, NW1 8JS
020 7722 6203
garry@garrytrainer.com
Mon – Fri 7.00 – 20.00 Sat 9.00 – 17.00,
Sun 9.00 – 13.00
www.garrytrainer.com

32 Chloe's Espresso
123 Regents Park Road, NW1 8BE
020 7722 3999

33 Fitzroys
77 Regents Park Road, NW1 8UY
020 7722 1066
fitzroys@outlook.co.uk
Mon - Sat 9.00 - 18.30,
Sun 10.00 - 17.00

34 La Collina Restaurant
17 Princess Road, NW1 8JR
020 7483 0192
info@lacollinarestaurant.co.uk
Mon - Sun12.00 - 14.30, 18.00 - 22.15
www.lacollinarestaurant.co.uk

35 Beside The Wave London
41 Chalcot Road, NW1 8LS
020 7722 4161
gallery@beside-the-wave.co.uk
Mon – Sat 10.00 – 18.00, Sun 11.00 – 16.00
www.beside-the-wave.co.uk

36 Negozio Classica
154 Regents Park Road, NW1 8XN
020 7483 4492
info@negozioclassica.co.uk
Mon – Sun 11.00 – midnight – Kitchen closes at 22.30pm
www.negozioclassica.co.uk

37 Aesthetics Lab
128 Regents Park Road, NW1 8XL
020 7722 5872
info@aestheticslab.co.uk
Mon 9.00 –18.00, Tues – Thurs 9.00 – 19.00, Fri 9.00 – 18.00, Sat 10.00 – 18.00, Sun 10.00 – 16.00
www.aestheticslab.co.uk

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www.naturalhealthcamden.co.uk

★ **Community Centre**

38 Dr Surgery

39 Library

40 Post Office

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

Primrose Hill Letters

Village? High Street? Main Street? The debate continues.

Dear Editor

It is extremely difficult to find the right adjectives to describe the unique character of Primrose Hill itself and of Regent's Park Road in particular. I certainly did not coin the estate agent term 'village' but I certainly used it, along with other estate agents, because it became widely employed throughout London as a term for any area having a distinct feel. In all cases it is a misnomer because none of London's 'villages' are small rural settlements; but I feel that Primrose Hill, with its distinct boundaries of the railway and parks, does come closest to it. Whilst obviously a part of the city, it does feel as if Primrose Hill could be lifted and dropped within rural fields as it has such a distinct, unique and contained atmosphere. Even people's language about living here tends to describe its separate identity without even using the term 'village'. I have often heard people say they are going 'into London' as if being in Primrose Hill isn't already being in London, or that they were relieved at crossing the bridge and getting 'back to Primrose Hill'. Without a specific term for an urban village – urbage being far too ugly – then maybe village is the closest one can get to describe not only the physical attributes of this distinct area but the feeling of identity, community and belonging that Primrose Hill engenders in its residents.

The other term often used to describe the distinct 'otherness' of Primrose Hill is 'The Island' as the parks, railway and road closures have created real physical isolation from surrounding areas. There are only three points of access into the area by vehicle: Gloucester Avenue and Albert Terrace from the south and east and Primrose Hill Road from the north or west. Other 'villages' in London do not have such distinct boundaries.

In a way the great charm of Regent's Park Road is that it is not a high street or, as Americans might say, main street. The bridge closure has created a road and shopping area free of through traffic without the need for pedestrianisation. As such I would think it is incredibly rare, if not unique, and therefore finding a generalised adjective for it is not really possible. High Street or Main Street are not really correct; Regent's Park Road is correct, but the majority of it is residential so it doesn't describe the commercial section between the park and the bridge; and 'shopping area' doesn't work because much of it is now cafes and restaurants, not shops. 'Commercial area' is correct, but there are other commercial areas in Princess Road, Chalcot Road and Gloucester Avenue, so you have to end up with 'main commercial area' before you have a correct description; and who would say 'I am just popping up to the main commercial area of Primrose Hill'!!! Thankfully, as I am in Regent's Park Road and at the northern end of the 'main commercial area', I can just say I'm popping 'along the road'.

David Birkett F N A E A

Dear Editor

I read the recent article on HS2 with interest. Surely, this lengthy analysis carried out by the House of Lords shows the futility of the project. Will the new government grasp the opportunity this report has given them and put an end to this unpopular scheme?

Sam Davies

Dear Editor,

I understand that the Royal Mail is trialling Sunday parcel deliveries in Primrose Hill, and I have been asked to say what I think about this on www.sundaydeliverysurvey.com.

It's convenient, of course, but in the long run is it in the interests of society that Sunday becomes ever more indistinguishable from other days? It is presumably not a coincidence that most world religions espouse a day of rest, but a recognition that people are healthier living within an ordered framework. Who knows how therapeutic one day a week without shops and businesses, perhaps too without traffic, might be for Primrose Hill?

Yours,

Victoria Gordon

From the September issue we will be awarding a prize for the star letter on this page. Get writing!

Email your letter to onthehillletters@phca.cc or send to: Letters at OTH, c/o PHCA, 29 Hopkinson's Place, NW1 8TN



Hello Primrose Hill

Early Morning Primrose Hill People



THIS is an appreciation of some of the 'ordinary' people who work in Primrose Hill. Unless you're an early riser, you wouldn't know them.

Milk does not come from bottles! It is delivered to doorsteps at dawn by cheerful Peter who floats around.

Another Peter is the genuine road-sweeper who has seen much more than 'what the butler saw' in the 23 years he's cleared our gutters with just a cart, a broom and a brush – no vuvuzuela noise machines for him, not even in the autumn. He's out in all weathers early, always cheerful and friendly, fit, tanned and tireless.

Maria at Yeoman's is out early to help Philip unpack the van full of flowers. She packs veg boxes for Manna and others, and delivers round the village in a trolley. Their day starts well before most 'islanders' have their muesli. She is a vivacious lady, hard-working, funny and fashionable.

The dustbin boys are out early, too.

Mr P and Mr R in the newsagent's are sorting papers and delivering the day's news in time for the Today programme at 7am.

Other characters are the silent pigeon man who carefully goes through black bags round the village in search of rich pickings, while a few desperate pigeons demolish Odette's leftovers.



Popular John and his beloved dog Missie hasn't been sitting outside Shepherd's since March. As I mentioned in my letter in the May issue, at last this courteous army veteran has a flat; he turned down previous offers because Missie wasn't welcome. People stop to say hello. A lady gave him a jar of money at Christmas-time: imagine what £80 meant to them! John had never claimed social security or received help from the army and slept in the basement of tower blocks. He now plans to do a computing course and will come back to thank people who were kind to him in Primrose Hill.

Always there are early dog-walkers. One morning I said "Hello, Dog!" and was cheered when a growly voice replied "Hello, Lady!"

These are some of the real people I meet and celebrate on my daybreak sorties to the papershop, whose lights are a welcoming sight.

From my window I watch the sky change from black to navy, turquoise and blue or grey. I reflect that this day has never happened before and won't come again, and I send some of the precious peace from Primrose Hill to parts of the world that need it.

Then I do the circle: Fitzroy Road, the Village, back along Regent's Park Road where I say: "Hello Hill, Hello Peter and Peter, Hello Papermen, wave to the dustbin cart, Hello Yeoman's, wave to the pigeon man, Hello Day."

Hello is sometimes more than a word.

As I pass the sleeping houses, I say hello to the people I know; maybe it's you. I love Primrose Hill, our jewel.

Margaret Leibbrandt

Hello Primrose Hill

17th May Street Fair



Brian Perry,
Linda Perry &
Sydney Perkins
"The Dancing Elvises"



Fiona & Chris

Maxine & Nick Leslau



Rafi, Sirine Saba & Frida



Katherine Sykes & Ann Stepien





Jo Barnett & Karen Santi



Darren Strowger & Sadie Frost



Hilde Sivertsen, Anne-Lise Ljunggren
& Michele Hier



Lilias Buchanan, David "Spooky" Churchyard & Ryan Connolly



Nancy & Otto

See more pictures from the festival on our website www.onthehill.info



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www.g-h.co.uk
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