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On The Hill

NEWS AND INFORMATION FOR PRIMROSE HILL PEOPLE

JUNE 2017 | ONTHEHILL.INFO



THE BARD ON THE HILL

Shakespeare with Ben Crystal

A HAPPY HIGH STREET?

The changing appearance of our high street

Summertime!

Fabulous at 40! The Summer Fair returns Saturday 10 June, 1.30-5pm in Chalcot Square and Chalcot Road

PLUS! Local author Lissa Evans, questions to the Royal Parks, all your local news and views – and more!



WIN

A Fortnum & Mason hamper!*

Getting to know you

On The Hill wants to know about you so together we can create the best magazine possible.

Please take our online survey or drop by and visit our stall at the Summer Fair on 10 June.

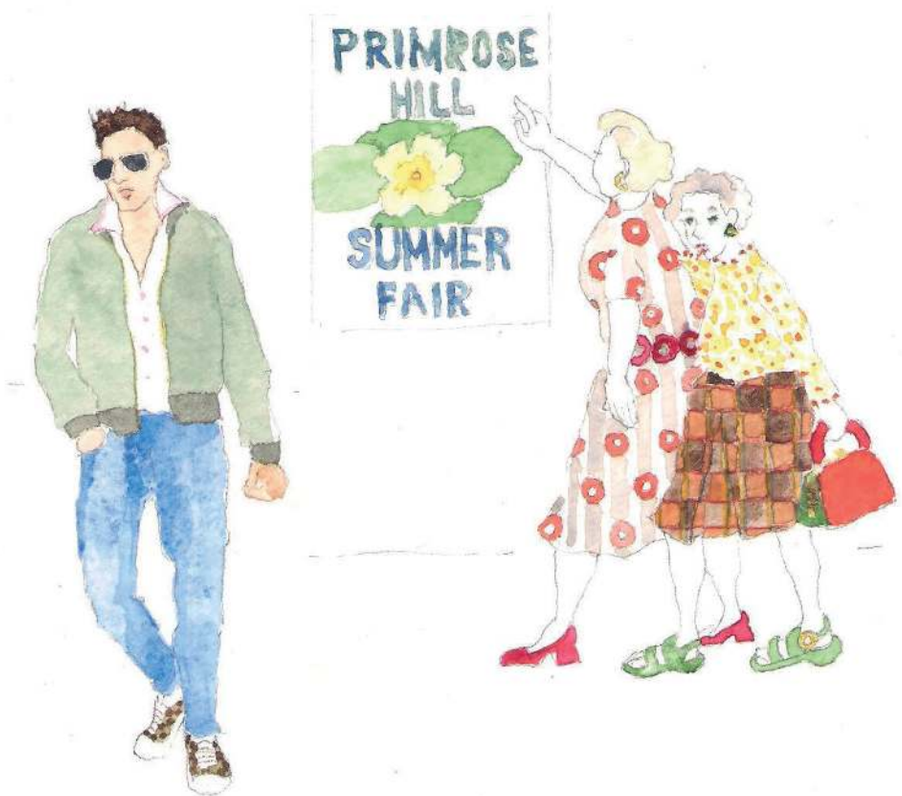
onthehill.info/survey

All participants will be entererd in a prize draw to win a Fortnum & Mason hamper generiously donated by John D Wood

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*T&Cs apply

Primrose Hill LAUGHS



"I wouldn't say no to some affair."

COVER PHOTOGRAPH BY Jason Pittock

On The Hill On The Go

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June

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Sales

£4,250,000 Freehold



Primrose Hill, NW1

A delightful 4 bedroom family house with high ceilings and a wealth of period features situated in a quiet turning in the heart of Primrose Hill Village. This charming property which has been stylishly renovated, benefits from a large open plan kitchen dining room with bi-folding doors leading directly out to a patio garden and a principal bedroom suite occupying the entire top floor with handmade wardrobes and a feature shower room.

Energy Efficiency Rating - D63

£5,350,000 Leasehold



Regents Park, NW1

A rare opportunity to acquire an elegant, Grade II Listed house set in this desirable Nash terrace on the edge of Regents Park. Set behind communal gardens this stunning home has the unique advantage of a double garage accessed via Hanover Terrace Mews. The property boasts a dual aspect drawing room with floor to ceiling windows and principal bedroom suite with a stunning en-suite bathroom and a large dressing room.

Energy Efficiency Rating - Listed Building

Lettings

£1,300* pw Unfurnished (£5,633.00 pcm)



Primrose Hill, NW3

A beautifully presented 3 bedroom family home offering an internal area of 1,872 sq ft, ideally situated for the many amenities of Primrose. This fabulous house comprises a large reception room, fully fitted kitchen with access to a patio garden, large principal bedroom with built in wardrobes and an en-suite bathroom, 2 further double bedrooms, family bathroom, guest cloakroom and off street parking.

Energy Efficiency Rating - E53

£1,450* pw Unfurnished (£6,283.00 pcm)



Primrose Hill, NW3

Offering this brand newly refurbished 3 double bedroom split-level apartment set over the second and third floor of this period conversion overlooking Primrose Hill Park. Boasting a large reception room with wooden floors leading out onto a private balcony, a separate fully fitted eat-in kitchen and guest cloakroom. Further benefits include 3 spacious double bedrooms with fitted wardrobes, ample storage and a serviced lift within the building.

Energy Efficiency Rating - D61

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

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Special thanks to all our contributors.

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

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.

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Welcome to June

Well, look at *On The Hill!* We've had a makeover! I hope you like the new look and find it improved.

June is going to be a busy month for us Primrose Hillians, with a general election on 8 June followed by the 40th Summer Fair in Chalcot Square on 10 June, where we can commiserate or celebrate as we see fit.

Shakespeare, I imagine, was a fan of rather bawdy fayres, and actor Ben Crystal gives a fascinating account of what it would have been like to be an actor in Shakespeare's company and how they would have spoken.

Lissa Evans tells us amusingly of her brief acting debut in the film *Their Finest*, starring Bill Nighy and Gemma Arterton. Lissa wrote the novel *Their Finest Hour and a Half*, on which the film was based.

Another of our local authors, Rose Alexander, reflects on her busy schedule spent teaching full-time, raising three children and still finding time to write novels. There must be something in the water here.

Events for your June diaries include the Primrose Hill Lectures, which start on 14 June; and a talk at the Library on 19 June by Caroline Moorehead on *A Bold and Dangerous Family*, the climax of her trilogy about wartime resistance.

We're putting out a plea to shop locally and help save our local high street. Read about the rent increases, closing shops and changing face of Primrose Hill. How can we continue to preserve the uniqueness of our area?

As well as the shops, we've also considered the parks, and have questioned the local policing teams and the Head of Communications and Media in the Royal Parks to provide answers to issues which affect us most.

Finally, could you take a minute and fill in our survey please (see link on page 2). We're keen to find out more about our readership and what you'd like from the magazine so we can keep eveyone happy.

Enjoy the new-look magazine, and I'll see you all at the Summer Fair!

Maggie Chambers

Fabulous at 40

Come along on Saturday 10 June to celebrate the fortieth Primrose Hill Association Summer Fair in Chalcot Square. Lots of entertainment will be available, with music, dancing, stilt walkers, face painters, Punch and Judy, a coconut shy, spin the wheel, hoop-la, stalls and raffle. Garry Trainer will be offering massages, and you can try out an electric bike from local company Propeller Bikes. Refreshments include burgers, Pimms, wines and beer, tea, cakes and ice-cream. Money raised from the day goes to PHCA to fund its activities and services for local people.

Submit your pictures for a chance to win £25 book voucher from Primrose Hill Books

Post your picture of the Summer Fair on social media with the hashtag **#PHFair** to be in with a chance of winning. Deadline noon on 11 June.

See **phca.cc/photocomp** for more details.

ISSN 20-6175

ON THE HILL NEEDS YOU

Calling all creatives, magazine lovers, and generally clever people. *On The Hill* is looking for volunteers to help us continue the quest of putting out the best local magazine there is. We know our village is awash with creative talent and media-savvy people, so come and get involved. We are always on the lookout for help with all aspects of magazine production:

Writing Editing Photography Illustration Publishing Digital Production *and many other skills!*

Please let us know you can be a part of our team by emailing us at **creative@onthehill.info**

On The Hill
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On The Street

Caroline Moorhead's new book *p 9*

Primrose Hill Police answer your questions *p 9*

Primrose Hill Lecture Series *p 10*

Q&A with local author Lissa Evans *p 11*

AND MORE



PHOTO BY Sarah Louise Ramsay

BRAIN TRAINING

Wendy MacLennan has a mission to create a teen mental health revolution. Last September she set up the Train Body Brain method, a 45-minute fitness nirvana to enable teenagers to take control of their own physical, mental and spiritual well-being. The sessions involve high-intensity interval training, positive affirmations and mindful meditation.

▶ *Continued on page 8*



Train Body Brain

Wendy explained that setting up Train Body Brain came about partly from witnessing the stress of her own teenagers, especially during the transition through secondary school. She also became aware of the epidemic of young people feeling anxious and depressed.

WORDS BY Harriet Broadway

We live in a world where it is difficult to have true images of ourselves. Photoshopped images abound, and Instagram promotes insecurity when everyone's lives seem full and exciting. There is an expectation that everything has to be perfect. Add to that the stresses of school and exams, and there is a problem: 75 per cent of mental health issues begin in adolescence, and rates of anxiety and depression amongst teenagers have increased by 70 per cent in the last 25 years.

Wendy feels a duty of care as an adult and parent to give teenagers the tools to navigate the world for themselves. She prefers some of the more positive statistics coming out of the States: the State University of New Jersey found that aerobics and mindfulness combined and done twice weekly show a 40 per cent reduction in depression, and the evidence after a Train Body Brain class corroborates this statistic.

Wendy has met with most success in schools: a recent survey reported that 100 per cent of the girls questioned would like the method to be part of the curriculum. She teaches once a week at St Paul's Girls' School, and from September will be at South Hampstead High School. Her outreach programme will make a Train Body Brain class accessible to disadvantaged teenagers who have been excluded from school or have difficult family situations, learning difficulties or disabilities. Wendy is also passionate about starting Train Body Brain Mums: she says that "it's the mums who are at the daily coalface of supporting teens. When your teenager is finding life difficult and is unhappy, it is sometimes a lonely and upsetting place to be as a mother."

Wendy is also branching out into the workplace: she has been asked by a large branding company to teach staff once a week at the beginning of the day. She feels fortunate to have had guidance from Reebok Women UK, and was invited to speak on the Reebok One stage at BeFit: London festival last month. She has also been invited to take part in Parallel London, a health and fitness forum being held at Olympic Park in September for people with disabilities.

75 per cent of mental health issues begin in adolescence

While girls readily get involved in the method, boys can also benefit and are keen. When Wendy taught Year 7 boys last term at a London boys' school, she noticed the boys were more lively and vocal during the exercises, letting off steam; and when it came to meditating, they became calm and quiet.

A typical session is 45 minutes long; it's relaxed, low-key and for all fitness levels. There's a different playlist every week, as well as a different theme: for example, the 'Self-Love Workout', the 'Abandon Anxiety Workout', or the 'Radically Resilient Workout', to name a few. The class starts with a dynamic warm-up, which includes setting an intention to get rid of any negative feelings. Students are encouraged to dedicate the workout to themselves and their well-being. This is not about school or their parents; it's time just for them.

The class proceeds through HIIT (high intensity interval training), which involves short intense bursts of exercise for 45 seconds, followed by 15-second rest intervals. Throughout the exercises, students are encouraged to make a variety of positive affirmations which change each week. Wendy hopes that by repetition one or two may stick and be of use outside of the class.

In terms of physical outcomes, the core, legs and bottom are worked on throughout the exercises; but this is not about changing the body, it's about how the body makes you feel, not look. The message is that you are perfect as you are. Wendy encourages her class to see their bodies as a friend which has feelings, instead of constantly criticising themselves. Through bends and crunches, pupils learn that when things don't go to plan we bend, we don't break.

The final part of the session, following the cool down, is the mindful meditation. Everyone lies down on their mats, the lights are turned off and soothing music is switched on. Wendy encourages everyone to become aware of their breath; they should imagine inhaling relaxation, and exhaling tension. They are guided to notice the nature of their thoughts, feelings and where they are holding any tension in their bodies. It's a powerful way to create calm, and a useful tool before an exam to get rid of the fight or flight mechanism.

Feedback from classes includes experiencing better sleep. We currently have an epidemic of sleep problems, as teenagers spend so much of their time on screens. The classes help to flood the brain with serotonin and endorphins which affect mood, behaviour and sleep.

Wendy's classes are growing in momentum. People keep coming back once they've started: mostly because they feel they're of benefit, but also because they love them.

For further information, contact:
info@trainbodybrain.co.uk
07789 692412
www.trainbodybrain.co.uk



PHOTO BY Sarah Louise Ramsay

Policing Primrose Hill

We put a number of readers' questions to the police, who are responsible for enforcing The Royal Parks' regulations.

"The Metropolitan Police hold Community Ward panels every 6–8 weeks to ensure that local policing teams are tackling the problems highlighted by park users and local residents," reports Mark Ottowell, of the Met's Territorial Policing press office. "The objective is to get information and feedback from residents, contractors who work in the parks and local council members. This is led by PC Rebecca England, a dedicated police officer who covers Regent's Park and Primrose Hill."

Panel members include local residents, users of the park, councillors and other key stakeholders. "Whilst not open to the public, any interested persons can enquire through Royal Parks Police to join a panel," says Mark. He advises concerned residents to email PC England directly. Here are the police responses to some specific questions raised by our readers:

Q: Cyclists endanger other park users by using Primrose Hill as a cut-through, even though it is technically illegal to cycle anywhere in Primrose Hill Park. There does not appear to be anyone in authority to act when there are infringements of park regulations and abusive behaviour, especially by cyclists when asked to dismount.

A: First of all we would like to reassure your readers that Primrose Hill is patrolled every day at various times between 7am and 11pm by Royal Parks officers, and between 11pm and 7am by police officers from Camden.

The Royal Parks Operational Command Unit (OCU), which is part of the Metropolitan Police Service, remains confident in providing a robust policing service that matches demand both in terms of Royal Parks crime and stakeholder reassurance.

Q: Are there any plans for controlling unlicensed personal and group trainers taking over the paths and behaving aggressively towards other users of the park?

A: Royal Parks OCU police officers will deal with any breach of Royal Parks regulations, including illicit trade and unlicensed businesses, as appropriate.

Officers are continuing to provide guidance to members of the public about Royal Parks regulations and the various licences and permissions that are required.

Q: Professional dog walkers should wear ID, but it seems they never do. Why can we not take away their licences if they do not abide by the regulations? Some dog walkers walk more than four dogs and do not control them properly.

A: As before, Royal Parks OCU police officers will deal with any breach of Royal Parks regulations, including illicit trade and unlicensed businesses, as appropriate. The Royal Parks issue the various licences and police monitor this in conjunction with staff from The Royal Parks. Any breaches found are dealt with by police.

Q: What about parties, loud radios, and noise at night times?

A: The local policing team works with the Royal Parks in a crime and disorder partnership, which includes groups such as Friends of the Royal Parks, park users and local residents to tackle parties, noise and anti-social behaviour.

The teams also undertake a number of initiatives with homelessness charities and agencies to deal with the issue of rough sleeping in the parks.

For further contact, email Rebecca.England@met.police.uk

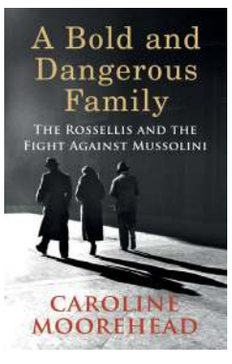
A Bold and Dangerous Family

This month, local author Caroline Moorehead OBE, FRSL will see published the third of the books she planned as a 'trilogy on resistance to dictatorship' in Second World War Europe. The first book was *A Train in Winter: An Extraordinary Story of Women, Friendship, and Resistance in Occupied France*, published in 2011; the second was *Village of Secrets: Defying the Nazis in Vichy France*, published in 2014; and the third, another three years on, is now *A Bold and Dangerous Family: The Rossellis and the Fight Against Mussolini*.

The meticulously researched books have attracted distinguished recognition, the second being shortlisted for the Samuel Johnson prize; but also, surprisingly, local vitriol from the inhabitants of the 'Village of Secrets', from different local factions vying for their own versions of the events that led to the miraculous saving of 5,000 lives, of Jews, resisters and communists.

Caroline has a distinguished record of working for human rights and serves on the board of the Helen Bamber Foundation, where she started an arts programme for refugees. She has been a persistent journalist on these issues since completing her 2005 book, *Human Cargo*, described as 'A Journey Among Refugees'.

On 19 June, Caroline will treat us to an author talk at Primrose Hill Library on the climax of her trilogy, *A Bold and Dangerous Family*. It narrates the story of Amelia Rosselli and her two sons, Carlo and Nello, who were among the first anti-Fascists to challenge Mussolini through the years of Fascist violence during the 1920s and 1930s. The Rossellis paid heavily for their views: Carlo and Nello were murdered on the orders of Galleazzo Ciano in 1937. The true and brutal story is revealed through intensive research on the papers and letters of the Rosselli family and their friends. And the trilogy may well be stretched to a fourth in the series, since Caroline is now working on a book about women partisans in the valleys around Turin...



Primrose Hill Lecture Series 2017



14 June
Louise Chester on Mindfulness
Louise Chester, the founder of Mindfulness at Work, is one of the UK's leading experts on Mindfulness and can provide answers to all your questions about this rapidly growing practice for daily equilibrium and a calmer state of mind.



21 June
Tim Marshall on the Politics of Flags
Flags: we wave them, burn them, march under their colours and even die for them. Tim Marshall, a journalist and leading authority on foreign affairs, joins us to talk about the power and politics of flags, the subject of his latest book, *Worth Dying For* (2016).



28 June
John Mullan on Jane Austen
Blushing. Illness. The weather. Just some of the topics John Mullan explores in *What Matters in Jane Austen*? (2012). On the bicentenary of Austen's death, Mullan will discuss how many seemingly inconsequential ideas illuminate pressing themes in Austen's novels.



5 July
Deborah Moggach on Adventures in the Screen Trade
A bestselling novelist whose works have been made into films, including *The Best Exotic Marigold Hotel*, Deborah Moggach also writes screenplays, including the 2005 film of *Pride and Prejudice* featuring Keira Knightley. Deborah joins us to talk about her Adventures in the Screen Trade.



12 July*
Andrew Marr on Democracy
The Brexit Referendum vote was the biggest revolt against 'things as they are now' since the Second World War. Andrew Marr will be discussing why and how it came about, and reflecting on what it means for our fragile tradition of parliamentary democracy.

*Please note: Owing to the general election on 8 June, the Andrew Marr lecture has now been moved to Wednesday 12 July. If you previously booked to come on 7 June your tickets will still be valid. If you are no longer able to attend, please contact the church office or Primrose Hill Books for a refund.

St Mary's Church,
Elsworthy Rd, NW3 3DJ

Bar open from 6.30pm.
Lectures run 7–8pm,
including Q&A.
Bookselling follows.

Tickets £12 per event, or £50 for the series. Proceeds go to St Mary's outreach work to provide for our disadvantaged youth, the elderly and a cold weather shelter for the homeless.

Tickets and further information:
www.stmarysprimrosehill.com

With thanks to our sponsors L'Absinthe, Earth and Primrose Hill Books.

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Exclusive 20% introductory offer

If you've experienced back pain, the one thing you want is to never have it again! Garry Trainer Clinic launches 'The Back Maintenance Massage'. A massage specifically designed for optimum back health.

The Clinic is offering an introductory offer of 20% off your first treatment. Simply bring in your copy of *On The Hill* at the time of treatment to obtain your discount.

To book an appointment or for further information please contact Garry Trainer Clinic on T: 0207 722 6203 E:garry@garrytrainer.com W:www.garrytrainer.com Garry Trainer Clinic, 65 Princess Road, Primrose Hill, London NW1 8JS



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Lissa Evans Q&A

If you've seen the film of *Their Finest*, starring Bill Nighy and Gemma Arterton, you'll be interested to know that the author of the original book, Lissa Evans, lives in Primrose Hill, and she came to the Library on 24 May to tell us about writing the original novel, *Their Finest Hour and a Half.*

Q: What made you so interested in this period of the Blitz?

A: When I was 14, my father was given a Christmas present of a book called *How We Lived Then* by Norman Longmate. It was a history of the home front during the Second World War, and was drawn from hundreds of diaries and personal accounts. My Dad didn't read it – as he pointed out, rather caustically, he'd lived through the era and didn't need to be reminded (he'd been a junior scientist, working on radar). Instead it was I who picked it up and read it, and re-read it, fascinated by the detail of ordinary people living through extraordinary times, coping and sometimes thriving in a world that had changed overnight. That fascination stayed with me, and as I grew up and read more widely, it gave me a sort of working knowledge of the era – almost as if I had memories of my own of the period.

Q: How did your previous career in radio and television help you write novels?

A: It's not a traditional route, to go from producing comedy to being a novelist, but I found that years of script-editing were actually a wonderful training when it came to writing prose. It gave me an instinct for when a scene should start and end, and if a story was starting to drift. A half-hour script has to be lean, and a funny line has to be precise – it's either funny or it's not: an extra syllable, a missing beat and suddenly the line doesn't work anymore. I'm always conscious of that when I'm writing, and I often speak the sentences out loud to make sure the rhythm is right (though not when I'm in the library...).

There's also a direct link between my work in TV and the plot of *Their Finest*. I wanted to explore the peculiar atmosphere behind the camera, where trivial things seem enormously important and the outside world simply doesn't exist; and I discovered that this had been no different in the 1940s, even when bombs were dropping outside the studio.

Q: The book was first published in 2009; did you hope the film rights would be picked up later on?

A: Despite the lure of its subject matter (directors always seem attracted to films about film-making), I thought that *Their Finest Hour and a Half* would just be too complicated and expensive to make into a movie, so when my agent called to say (very shortly after publication) that there were *two* producers interested, I was amazed. These two – Amanda Posey (who produced *An Education* and *Brooklyn*) and Stephen Woolley (whose enormous CV includes *The Crying Game*, *Company of Wolves* and *Carol*) – ended up joining forces, and I was lucky enough to benefit from their combined skill and experience. Though it still took six years!

Q: How do Bill Nighy and Gemma Arterton compare with the characters you'd envisaged?

A: I have an awful memory for faces, and when I'm writing my novels I never know what any of my characters look like – places, yes; people, no! Even when I actually describe them physically, I don't have much of an internal picture of their appearance. But Bill Nighy and Gemma Arterton feel exactly right to me – they've nailed their characters perfectly, and I couldn't be happier. Ambrose is possibly my favourite character in any of my novels – he is pure bile, and was a pleasure to write.

Q: Tell us about your own bit part on the film set.

A: Lone Scherfig, the director, very kindly asked both Gaby Chiappe (the screenwriter) and me if we would like to appear in the film. Gaby used to be an actress, and in *Their Finest* she does a brilliant job of playing a housewife in an informational short, promoting carrots to the masses. I am emphatically not an actress, and was very happy to hear that I was going to be a non-speaking make-up artist, hovering around in the background of a scene.



PHOTO BY Sarah Louise Ramsay



Lissa's book *Their Finest* is available now

The most enjoyable bit was being fitted for the costume. The costume and make-up departments had taken over Kentish Town tennis club, and I walked in to see rack upon rack of 1940s clothes, most of them original. Even though I'm only on screen for about three seconds, I wore a corset and a suspender belt underneath my blue dress and white overall (I was delighted to discover that I still have a waist) and was fitted for an absolutely beautiful wig, which I was tempted to take home with me.

I was extremely nervous when it came to the day. I'm in the scene where the character Ambrose Hilliard walks off set in a huff, to the shock of everyone there, so some kind of change of facial expression was needed on my part. I was terrified, though, of being too unsubtle. I think I overthought the whole thing. Thank goodness I'm barely on screen!

NEWS & VIEWS



Controversial redevelopment plans for Morrisons

The developers of a proposed major new housing development at Chalk Farm Morrisons have recently held further consultations with local residents.

Morrisons and property developer Barratt have set out plans to redevelop the area to include 700 new homes and shops to create a high-density site branded as 'Camden Goods Yard'.

The proposals were first outlined at a public meeting in November last year and local residents have expressed concern that the development is not in keeping with its surroundings. The plans incorporate 700 homes and other new commercial premises, and include seven tower blocks, with two expected to be up to 17 storeys. Local residents are worried that the tower blocks and lack of open space in the proposal would have an adverse impact on views and create stress to infrastructure and amenities.

Morrisons says that the plans are at an early stage and they will be seeking planning permission later this year, following the recent conclusion of public consultation. Barratt will be supporting the planning application, and another partner developer will be sought if this is successful. The master plan for the site is being developed by the company Allies & Morrison, who were involved in the redevelopment of King's Cross.

A Morrisons store has operated on the site for ten years, but is now following a growing trend by major supermarket companies who seek to generate significant additional profits by redeveloping their real estate portfolios. The existing supermarket was originally built in the 1990s and was managed by Safeway until 2004. The development would include a new supermarket and petrol filling station.

You can view the proposed development at **camdengoodsyard.co.uk**

Chalk Farm Foodbank

Since moving the Foodbank from Saturday to Thursday mornings, we have seen a steady increase in donations. We have had some amazing interaction with our clients. Here are some examples:

A pregnant client received additional items for her unborn child. As she left with tears in her eyes, she couldn't say thank you enough. Another client with special-needs children spent a whole week in hospital with one of her other kids. When we supplied much-needed items like toiletries, extra porridge, veg and toddler nappies, she was left stunned: "I had the worst week, this is just amazing."

An elderly man was delighted to receive fresh veg from a local allotment and a trolley to take away heavy tins. He was smiling ear to ear and filled with gratitude.

What's next?

This month, the team are running an Eat Well, Spend Less course. It's a great way to give confidence to clients or people in the community who are on a low budget. The course is free and teaches clients about nutrition, budgeting and other life skills.

How can you help? These stories and interactions happened because you donated items and time to help real people in hard situations feel loved and cared for. Thank you!

Would you like to join us and make a difference? Are you free mid-week and have a car to help pick up donations, or an allotment and want to donate fresh veg?

If so, please contact us:
info@chalkfarm.foodbank.org.uk
020 7483 3763
www.twitter.com/chalkfarmfb
www.facebook.com/chalkfarmfoodbank





Boat classroom at Primrose Hill School

Primrose Hill Primary School are expanding into a new boat classroom on the Regent's Canal. The canal boat is intended to be used for science lessons and field trips. The Canal and River Trust have granted a permanent mooring on the towpath, a 'very rare' decision for them, after receiving letters from parents and children. Headteacher Robin Warren was the son of a fisherman and has a tattoo of a ship's anchor on his arm. The school is now fundraising for the barge.

Auction valuation day

On 1 July there will be a valuation day at Primrose Hill Community Centre, similar in style to the *Antiques Roadshow* and run by Grand Auctions, a Folkestone-based company. Between 10 am and 1 pm. people may bring along anything they wish to be looked at and given an auction value. This is entirely free of charge. If you then wish to sell the item, it can be consigned to the next Grand Auctions sale.



Letter to the Editor

Dear *OTH*,

Something happened recently that really shocked me!

I regularly cycle along Prince Albert Road and have on several occasions in the past couple of years noticed a foul smell as I cycled past the bottom end of Primrose Hill park near the children's play ground where coaches park. I've often thought that there must be a drain in the area that regularly blocks up. Two weeks ago when cycling along on a dry, sunny afternoon I was overwhelmed by an unpleasant smell and saw that there was water along the kerb at the road edge. As there had not been rain for some weeks I was curious and stopped to investigate.

What I discovered was black water, toilet paper and other solids that could only be raw sewage flowing along the kerb. This was close to a parked coach. I photographed the sewage and the coach but when the driver saw me he quickly started his vehicle and drove off in haste before I could speak to him. I could only conclude he had been responsible for discharging the contents of the coach toilet onto the edge of the road.

I have reported the incident to the local council but strongly encourage anyone who passes that area to keep an eye on it and report any other incident. I also wonder if that part of the road could be made a 'no parking zone' with double white lines to force coaches to use the zoo car park? They clearly use the area to avoid parking charges.

Can anyone suggest other measures that can be taken to prevent this disgusting behaviour?

Regards

Melanie Richards

DAVID BIRKETT
Estate Agents



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An exceptional Victorian family house located in this popular terrace overlooking Primrose Hill Park and close to the shops and restaurants of the Village. The house has been uniquely modernised to combine original character and features with contemporary design.

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Patio Garden, top floor balcony

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Theresa May remains 'absolutely committed' to HS2

There was a short-lived hope, at the end of April, that the Conservatives might take the opportunity of their manifesto launch to ditch HS2. This was rumoured in the *Daily Express*, *The Guardian* and *The Sun*. Hopes, however, were no sooner raised than they were dashed by Theresa May, in an interview given to the *Yorkshire Post* on 29 April:

"We remain absolutely committed to HS2. It is a very important infrastructure project for the country. It is important that we increase capacity on this mainline and I believe that HS2 is the right way to do it. I'm very keen that we have a country that works for everyone, and that means every part of the country, and that's why we've introduced the modern industrial strategy. We've consulted on that and had a very good and positive, constructive response from business on that, because we want to ensure that in every part of the country we are identifying the benefits they have, the types of economic development that are best suited."

"How can we encourage that? Infrastructure development is a hugely important part of that; it's why in the autumn statement we were clear that we're putting extra money through to 2020 in infrastructure development."

There is no public support for HS2, even amongst Conservatives. In a survey of 1,469 party members, HS2 came 34th out of 34 in their list of priorities.



Penny Gaines, chair of Stop HS2, commented:

"The results of the Conservative home poll show a clear lack of enthusiasm for HS2, coming in last place of a long list of options. But this should be no surprise, as poll after poll have shown HS2 is not wanted.

"Looking in more depth at the alternatives polled, the respondents aren't against infrastructure spending or building new homes. But there are a lot of other ways of spending the £55 billion allocated to HS2, not just the alternatives in the poll, of nuclear power stations and schools. Other ideas include expanding digital 4G coverage, the infrastructure needed for driverless cars and building a cycling network."

The first phase of HS2 is due to open in December 2026. With the advent of driverless cars, it is seen by many to be a cause which will be obsolete as soon as it begins, in addition to the amount of disruption it will create in the region.



Work-life balance and the modern family

People who come to live in Primrose Hill are from a wide variety of backgrounds and motivations, but they all love that special something that sums up Primrose Hill village.

There is one other thing that we have in common. We are all striving to find the perfect **work-life balance.**

Modern life places many demands on us. Work and leisure time place emphasis on screens and there is the pressure of longer working hours. We work harder to buy more. All of this is done at the expense of the family and this daily quest means our relationships suffer.

The work-life balance is about understanding that all aspects of life need to be in harmony.

Alison Raphael has designed a talking therapeutic approach which can help individuals and couples to build new foundations of inner self-empowerment.

Alison practices in Primrose Hill and Herefordshire. Sessions can be face-to-face or via Skype, which is proving to be extremely effective.





Remembering Anne Griffiths

A service of thanksgiving was held for Anne Griffiths, née Stevenson, on Tuesday 2 May in St Mark's Church, which had been her church for almost fifty years.

Anne was born in Harrow-on-the-Hill, a place which always remained in her heart. She was evacuated to Scotland during the war, where she played the role of the Son of Macduff in the school production of *Macbeth* and won fame for being able to bowl overarm at cricket.

In June 1952, aged 19, she became a clerk in the office of the Duke of Edinburgh at Buckingham Palace. She had many appointments at Lord's and Wimbledon and two trips on the Royal Yacht *Britannia*.

In 1960 she left to marry David Griffiths and have five children. The family spent time in southern Rhodesia and Australia before settling in Prince Albert Road.

She returned to work for Prince Philip in 1983 as his librarian and archivist. In 2005 the Prince approached her, singing 'There is Nothing Like a Dame', and informed her she was to be made a Dame Commander of the Royal Victorian Order. Prince Philip and more than 100 members of the Royal Household attended the service and had tea afterwards with the family and parishioners in the church gardens.

Anne will be remembered by her family and friends for her selflessness, kindness and common sense. She leaves four children and eight grandchildren.



Our poisoned air: new results

Did you know that Camden is the London borough which has the most journeys done on foot? That is good news, as you breathe in double the air pollution inside a car than you do walking, even on the most polluted street. Your local green group, Transition Primrose Hill, hosted Transport for London (TfL) public health expert, Lucy Sanders, talking about 'Healthy Streets' at the Community Centre. A lively crowd heard about TfL policy to encourage active travel by making streets more attractive places to walk, cycle or just be in.

But they also heard Transition Primrose Hill's latest monitoring results for nitrogen dioxide (NO_2) locally: even sitting outside a café in Regent's Park Road, you could be breathing in over the legal limit of NO_2. Particularly worrying are the levels outside schools. The updated results are on a map in Primrose Hill Library for all to see. Diesel is the culprit, and the latest proposals from the government do not go far enough.

What can you do? Personally, leave the car behind as much as you can; the website walkit.com is a great for planning lower pollution routes. Politically, let politicians at national, London and local level know that you support determined action, such as extending a low emission zone to the North and South Circulars.

Further information available at:
camdenairaction.wordpress.com
www.livingstreets.org.uk

What's On June

NEW THIS MONTH

THURSDAY 1
Piano Recital
By Russian pianist Zherard Aymonche. PHCL. 7 for 7.30pm. Donations welcome. Details from 020 7419 6599.

SATURDAY 3
Councillor's Surgery
PHCL. 11am. No appointments needed. Contact 020 7419 6599.

Double Trouble
'Bach to baby' concert for babies, toddlers and their carers at St Mark's Church, NW1. Mary Thorneloe (flute) and Dan Watts (flute). 11am–12pm. £12. See www.bachtobaby.com.

SUNDAY 4
Open Day
At Adelaide Community Gardens Club, junction of Eton Road and Fellows Road, NW3. 1.30–5pm. Admission free. Plants, produce and liquid manure for sale. Refreshments available.

TUESDAY 6
Film Night at the Library
Persuasion (1995), starring Amanda Root and Ciaran Hinds, directed by Roger Michell. Introduced by the director. PHCL. 7.15pm. Tickets £8, in cash from PHCL or on the door (includes a glass of wine).

WEDNESDAY 7
Painting London
Talk by artist/architect Francisco Gutierrez on capturing experiences and impressions through sketches and watercolours. Open House at PHCC. All welcome. 2pm. Free.

THURSDAY 8
General election
Polling stations open 7am–10pm.

Meditation Yoga
With Ellen Emmet. PHCL. 6.30–8pm. Free. For info contact ellenemmet@outlook.com

SATURDAY 10
Summer Fair
40th Annual Summer Fair in Chalcot Square, organised by PHCA. 1.30–5pm. Admission free. Volunteers needed; please ring 020 7586 8327.

WEDNESDAY 14
St Pancras Old Church
Visit to St Pancras Old Church and churchyard, Pancras Road, NW1 1UL. Transport available. 2pm. Free. Details from 020 7586 8327.

Mindfulness
Louise Chester, founder of Mindfulness at Work, gives the first of this year's Primrose Hill Lecture Series at St Mary's Church, Elsworthy Road, NW3 3DJ. 7–8pm. £12. Tickets and info from www.stmarysprimrosehill.com

FRIDAY 16
Councillor's Surgery
PHCC. 6.30–7.30pm. No appointments needed.

SATURDAY 17
Bingo Session for over 60s
At Haverstock School, 24 Haverstock Hill, NW3 2BQ, hosted by sixth-formers. 2pm. 50p, or £3 for six games. Free refreshments and raffle. Tel. 020 7424 8366 to book.

A Capello Singing
Collaborative concert between Cecil Sharp House Choir and Alton Community Choir, led by Carolyn Robson. Cecil Sharp House, 2 Regent's Park Road, NW1 7AY. 7.30pm. £10/£6 for youths.

SUNDAY 18
Primrose Hill Opera Cabaret
Professional singers perform arias, duets and quartets in a light-hearted cross between opera and music hall. Cecil Sharp House, 2 Regent's Park Road, NW1 7AY. 6–8pm. £22. For tickets, contact www.operacabaret.org.

MONDAY 19
Library Author Talk
Local author Caroline Moorehead on her new memoir of the resistance in Italy: *A Bold and Dangerous Family: The Rossellis and the Fight Against Mussolini*. PHCL. 7pm. £2 at the door.

Camden Cyclists
Monthly meeting of the Camden branch of the London Cycling Campaign. PHCC. 6.30–9pm. Contact angela.hobsbaum@gmail.com.

TUESDAY 20
Open Mic at the Library
Perform or listen. PHCL. Free but donations welcome. Contact 020 7419 6599.

WEDNESDAY 21
Contemporary Dance
A talk from Cecilia Abdeen, includes a demonstration of Sumerian agricultural dance. Open House at the Community Centre. All welcome. PHCC. 2pm. Free. Details from 020 7586 8327.

The Politics of Flags
The second of this year's Primrose Hill Lecture Series at St Mary's Church, Elsworthy Road, NW3 3DJ, given by journalist Tim Marshall, whose latest book *Worth Dying For* is about the power of flags. 7–8pm. £12. Tickets and info from www.stmarysprimrosehill.com

Open House
Inspirational insights into mind, body and emotions from coach and mentor Jazz Singh. PHCC. 7.15–9.15pm. Free.

THURSDAY 22
Meditation Yoga
With Ellen Emmet. PHCL. 6.30–8pm. Free. Contact ellenemmet@outlook.com.

SATURDAY 24
Garden Party
At Compton Lodge Care Home, 7 Hawley Road, NW3 3RA. Admission £3 to include afternoon tea and entertainment. Details from 020 7722 1280.

Midsummer Mozart
The Camden Choir presents a programme of music by Mozart and his contemporaries. St Marys Church. Tickets £15 (students with card £10) include a programme and can be obtained online at www.camdenchoir.london or on the door from 7pm. Further details from 020 7586 5154.

WEDNESDAY 28
Café Society
Showing of Woody Allen's tribute to the 1930s, which moves between Hollywood and New York. Open House at PHCC. 2pm. Free. Details from 020 7586 8327.

Jane Austen
Distinguished academic and writer John Mullan gives the third Primrose Hill Lecture at St Mary's, Elsworthy Road, NW3 3DJ on *What Matters in Jane Austen*. 7–8pm. £12. Tickets and info from www.stmarysprimrosehill.com.

THURSDAY 29
Library Book Club
Discussing *White Woman on a Green Bicycle* by Monique Roffey. PHCL. 6.45–8.30pm. Free. For info, contact events@phcl.org.

St.mark's
Regent's Park NW1
www.stmarksregentspark.org.uk

Summer Concert Series
Come and relax and enjoy the varied programme of our splendid June concerts at St. Mark's, with refreshments provided by our garden café. Free entry.

4 JUNE
Hannes-Ebersohn – Organ
5.00pm

11 JUNE
Michael Chambers – Baritone
5.00pm

18 JUNE
Peter Jacobs – Piano
5.00pm

25 JUNE
Michael Bowden – Organ
5.00pm

PLAN AHEAD COMING SOON

TUESDAY 4 JULY
Film Night at the Library
Kind Hearts and Coronets starring Alec Guinness and Dennis Price, directed by Robert Hamer. PHCL. 7.15pm. Tickets £8, in cash from PHCL or on the door (includes a glass of wine).

FOR KIDS

MONDAY
Ready Steady Go ABC
Exploratory play, music, singing, dance and stories for babies and toddlers, 0–15 months. PHCC. 9.45–10.45am (0–6 months); 11.15am–12.15pm (6–15 months). Contact: 020 7586 5862

Circus Glory
Trapeze for ages 3–12. PHCC. 3–6.30pm. Contact Genevieve 0797 345 1603, gmonastesse@googlemail.com

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

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

TUESDAY
Monkey Music
Music and play for under 5s. PHCC. 9.30–11.30am. Classes £11. Contact Alex 020 8451 7626

Baby Yoga
Nourishing, relaxing yoga classes for babies aged 3 months to crawling. PHCL. 10–11am. Contact: info@tarasabiyoga.com

Hartbeeps Baby Sensory
PHCC. 1.30–5.15pm. Classes £8. Contact Clare 0752 868 8734

Music and Rhyme Time for under 4s
Drop-in sessions. PHCC. 4.30–5pm. £1. Contact PHCC office 020 7586 832

WEDNESDAY
Circus Glory
Trapeze for ages 3–12. PHCC. 2.30–6.30pm. Contact Genevieve 0797 345 1603, gmonastesse@googlemail.com

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

Primrose Hill Children's Choir
Fun songs and games for ages 4–11. St Mary's Church, NW3. 4–5pm. First time free, then £8 per week. Contact: www.primrosehillchoirs.com

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

THURSDAY
Mini Mozart
Musical storytime for children. PHCL. 9.30am. Contact: hello@minimozart.com

Ready Steady Go ABC
Exploratory play, music, singing, dance and stories for toddlers, 12–18 months. PHCC. 9.45–10.45am. Contact: 020 7586 5862

Pilates
Pilates for mothers and babies. PHCL. 10am and 11am. Contact: pilateswithpaulette@gmail.com

Mini Mozart for Babies
Musical storytime for children. PHCL. 10.15am. 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, tea and coffee for mums. Contact PHCC office 020 7586 8327

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

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

Music and Rhyme Time for under 4s
Drop-in at PHCC. 4.30–5pm. £1. Contact PHCC office 020 7586 8327

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

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What's On June

Circus Glory
Trapeze for ages 3–12. PHCC. 2.30–6.30pm. Contact Genevieve 0797 345 1603, gmonastesse@googlemail.com

Tatty Bumpkin
Children inspired by yoga, 0–7 years. PHCC. 2.45–3.45pm. Contact: 0793 970 185, www.tattybumpkin.com/londoncentral

Funky Dance Classes
Ages 4–16. PHCC. 4pm–6.45pm. Contact Juliet 0797 191 6174, Juliet@pittapattadance.co.uk, www.pittapattadance.co.uk

SATURDAY

Jingle Jam Music
Jazz-orientated music classes for ages 0–5 by Emily Dankworth. PHCC. 10.10–10.55 am, Jitterbugs, 0–18 months; 11.10–11.55am, Jelly Rollers, Walking to 5 years. Contact: 0790 597 9024, jinglejammusic@outlook.com

SUNDAY

Perform
Drama, dance and singing for ages 4–7. PHCC. 9.30am–1pm. Contact: 020 7209 3805

FOR ADULTS

MONDAY

ACOL Bridge Club
PHCC. 1.45–3.45pm. £3. Contact Maureen Betts 0791 944 4187

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

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

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

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

Primrose Hill Community Choir
Love to sing? Try us out! All welcome. PHCC. 7.30–9.30pm. £5. Contact Matthew 0781 723 4925, www.primrosehillchoirs.com

TUESDAY

Dynamic Pilates
Pilates class. PHCL. 9am and 10.15am. £12 per class, £100 for 10 classes. Contact: lizacawthorn@gmail.com

Gentle Pilates
Gentler pilates class. PHCL. 11.30am. £12 per class, £100 for 10 classes. Contact: lizacawthorn@gmail.com

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

Keep Fit for over 60s
PHCC. 3–4pm. Free. Contact PHCC office 020 7586 8327

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

General Yoga
PHCC. 6.30–8pm. Contact Catriona 0207 267 5675, cat.b1@blueyonder.co.uk

Laban Movement Workshop
For those interested in practising and exploring Rudolf Laban's Scales and Efforts. PHCC. 12pm–1pm. £10. Contact: 0797 053 6643, jennyfrankel.laban@gmail.com

WEDNESDAY

Circus Glory
Trapeze for adults. All levels welcome. PHCC. 1.15–2.15pm. Contact Genevieve 0797 345 1603, gmonastesse@googlemail.com

Feldenkrais
Gentle movement using the Feldenkrais method. PHCC. 6–7pm. Free. Contact PHCC office: 020 7586 8327

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

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

THURSDAY

Pilates
For mothers and babies. PHCL. 10am and 11am. Contact: pilateswithpaulett@gmail.com

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

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

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

FRIDAY

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

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

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

Thunderclap
Varied dance themes. PHCC. 7.30–9.30pm. Free. Contact PHCC office 020 7586 8327

SATURDAY

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

SUNDAY

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

Summer Teas
Served in the garden of St Mark's Church, St Mark's Square, NW1. 3–6pm each week, May to September. Contact: 020 7586 1694

CONTACT DETAILS

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

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

Please submit entries for our July issue by Friday 9 June
onthehillwhatson@phca.cc

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The Bard on the Hill

There's this geezer on the hill last night with his dog and he's shouting out, "Ons moar un tuh thuh braych". An actor. Got to be. We get a lot of them on the hill. And more often than not I can't understand a word they say. But this one I can understand. Us moles have a collective memory that goes back hundreds of years, and I swear our old dads would've understood everything he said.

WORDS BY The Mole on the Hill
PHOTOGRAPH BY Scott Wishart



And that is what Ben Crystal and his drama company is all about: how might they present Shakespeare's works for the next generation of Bard-lovers, and whether exploring the kind of space he wrote for (like our modern Globe) helps; or indeed, speaking his works how they might have sounded four hundred years ago. Is that possible? It is if your dad is David Crystal, writer, editor, lecturer, broadcaster, writer of over a hundred books on language and almost certainly the world's expert on the history and quirks of the English language.

"At school in Wales I developed a healthy dislike of Shakespeare in the classroom, but when I started acting it, it all made sense. At home I remember being surrounded by books in every room, and a playful fascination with words: we were always punning with language, as Dad was on the listen-out for the latest turn of phrase. He used to joke in his lectures that all four of his children were his data, so he was researching data as much as raising children. I suppose that was where the seed of the love of language was sown. I was raised in word, and the spoken word, at that."

Ben went on to study English and Linguistics at Lancaster University, but found that he preferred expressing his love of language not through reading or academia, but through the theatre. He went straight from university to study at Drama Studio in London. Before long he and his father had collaborated on what became a seminal work, *Shakespeare's Words*. Ben's first solo book was *Shakespeare on Toast – Getting a Taste for the Bard*. Then in 2010 *Passion in Practice* began. But before that came Complicité.

"When I was younger, I remember going to see a Shakespeare play with my father and at the interval asking, 'That was great, but why aren't they moving?' Over the last fifty years audiences had become less happy with the beautifully enunciated, declamatory style of speaking Shakespeare. At the same time physical theatre was getting more popular over here, and one of the reasons for that was Complicité, a group of actors who had trained at Lecoq in Paris. They focused on the story that your body tells, as much as the story that the voice tells. There was a lot of clown work and a beautiful, very clear discipline, a '*complicité*' between the actors."

Ben spent as much time as he could with Complicité, developing his skills and slowly realising that the way they worked was very like the way Shakespeare's company of actors once worked: "Shakespeare's actors spent twenty years together, performing 340 days a year. They would start aged about twelve or so, and most spent the rest of their working lives with the same company. No actor in Shakespeare's company would ever have had a full copy of the play. No one would have read the play from start to finish. They used cue-scripts. If you were playing Mercutio in *Romeo and Juliet*, paper was expensive and writing out the play too time-consuming. And you were dead halfway through the play so you didn't *need* the whole thing. So you wrote out your cues of when to speak, and your lines, wrapped the paper round a stick and carried around your roll (rôle) with you. You hadn't read the whole play, so you didn't know what the other actors were going to say; there was no time to rehearse properly, so you were listening, and keenly. And you were improvising the staging and having to think very quickly – which made it different every night."

Passion in Practice has proved that this style of rehearsal can work today. In 2015, and again in 2016, they performed *Pericles: Recomposed*, first with the Swedish Radio Symphony Orchestra in Stockholm, and then at the Savannah Music Festival. Each time a different company of actors met and three days later performed the play in original pronunciation, off-the-book, with a chamber symphony orchestra live-scoring the music (which was Max Richter's reworking of Vivaldi's *Four Seasons: Recomposed*). And they have now used this method all over the world.

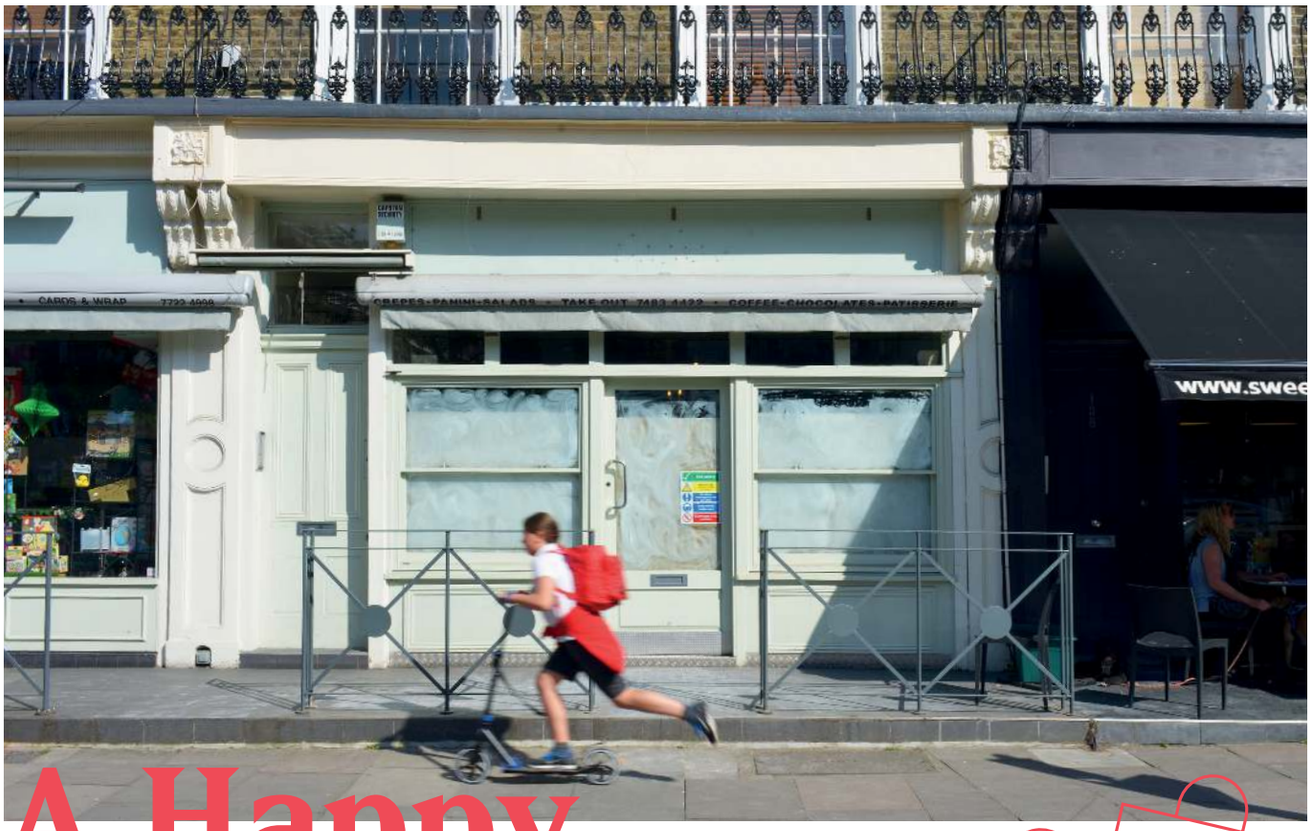
But what about the original pronunciation? How can they be sure they've got it right? "Dad's research takes us to about 90 per cent right. There are three sorts of evidence. First, rhymes. Two-thirds of the 154 sonnets don't rhyme in most modern English accents, so this means that either Shakespeare was a very bad poet or our pronunciation has changed. 'If this be error and upon me proved / I never writ, nor no man ever loved' has to be either 'prooved and looved' or 'pruhved and luved'. Second, they used to spell much more as they used to speak, so the spellings give us clues. And third, there were contemporary linguists like the playwright Ben Jonson who wrote lists of how the words were pronounced."

Ben travels the world acting, teaching, producing, giving workshops. And he is passionate about what he does. He is convinced that we are letting young people down in our schools. He would love to change the way that Shakespeare is taught, to give young people the possibility of caring for and loving Shakespeare, instead of dismissing him as irrelevant.

> "Either Shakespeare was a very bad poet, or our pronunciation has changed"

Wherever he goes, Primrose Hill stays close to his heart. "On 1 August 2001 I walked across Regent's Park with my Mum and over Primrose Hill for the first time. I can see it now. The Queen's on the left. The yellow of the pet shop. The blue of the bookshop. The pink of the deli. It was like stepping into another time and another world. But it seems that gone are the times of the Bohemian art folk. They were here. Some still are. I was probably one of the last to come and I'm still clinging on. The place has changed so much. But wherever you look, and in each generation, it is the sense of community that keeps places alive. I realise that what doesn't change dies, but I hope that the heart of this community doesn't change. I've never taken Primrose Hill for granted. Every time I walk across the bridge, I feel a weight dropping away. It's a magical place. No question."

And don't forget that Shakespeare wrote about animals: horses, hawks and hounds for the lords and ladies, and the slithery things for all that's nasty. 'All the spells of Sycorax, toads, beetles, bats light on you.' And he had a soft spot for us moles. When Hamlet is speaking to his dad, or at least to the ghost of his dad, he says, "Well said, Old Mole! Canst work i'th'earth so fast? A worthy pioneer." So he must have liked us. I suppose that geezer I heard on the hill is a bit of a mole, a pioneer.



A Happy High Street?



Our urban environments are always evolving and Primrose Hill is no different. Local businesses make a significant contribution to the unique 'village' lifestyle enjoyed by Primrose Hill residents. Micael Johnstone explores the trends driving some of the Hill's recent changes and looks at ways in which local shops and restaurants can continue to thrive.

WORDS BY
Micael Johnstone

PHOTOGRAPH BY
Sarah Louise Ramsay

Walking through Primrose Hill on a sunny day and browsing the diverse range of shops and restaurants is one of the best ways to unwind in London. The village is one of the few neighbourhoods left with bustling independent stores and no major high street chains. It's not been easy: some of the Hill's long-standing residents may remember the hard-fought battle in the late 1990s to keep out chains like Starbucks while Hampstead neighbours were losing their fight to prevent McDonald's from opening. Preserving this uniqueness is something that local residents and retailers feel strongly about. But pressures on local businesses are mounting, and empty storefronts are a daily reminder.

In recent years some long-standing independent businesses have closed, with a number of shops now standing empty and more established brands like Space NK and Cowshed moving in. Sesame and Cachao, both mainstays of the village for a number of decades, have been forced to close, with locals I've spoken to particularly missing Sesame's relaxed vibe and variety of organic options. In recent weeks the homeware store Richard Dare has changed hands, and the beauty salon Prim has also closed, leaving many of my local friends worrying whether Primrose Hill may go the same way as most other local high streets, with homogenous chain stores, interspersed with boarded-up buildings.

Property prices in London continue to outperform the rest of the country – good news for our many local estate agents plus owners and landlords, but not for business tenants who struggle to cope with large rent hikes. Significant rental increases were the final straw for many of the independent Primrose Hill retailers that have now departed the high street. Other significant challenges for local shops include the continued growth of online retail and a hike in business rates. Consumer spending is predicted to fall in 2017, with a Brexit-related rise in inflation being one factor. The British Retail Consortium has estimated that that these pressures could lead to the loss of 900,000 jobs and see 74,000 shops close over the next decade, meaning that there will be an ever greater need to offer a unique experience to customers.

Queen of shops

Mary Portas, one of the UK's most famous retail experts and a Primrose Hill resident, operates Mary's Living and Giving shop for Save the Children on Regent's Park Road. Portas is well known for her popular Channel 4 television show *Mary Queen of Shops* and has advised the government as its 'High Street Tsar'.

Shops should be charging less. Customers know how your prices compare to major retailers, so don't overcharge!

"The shift from people no longer doing such a big weekly shop also means that retailers really need to understand their local market and offer the right products at the right price; this shift favours locals," she says. "People are now aware of green issues – what we are doing to our planet – and are more aware of food waste," she continues. "They are more spend-conscious, and people are starting to spend less on retail and restaurants too."

Although Primrose Hill has some wealthy residents, Portas believes that the local shops should not fall into the trap of charging high premiums to customers. "Shops should be charging less. Customers know how your prices compare to major retailers, so don't overcharge!" According to Portas, offering a unique experience is key to success for local businesses. "I would like to see our local supermarket offering local products from local suppliers. Experience is becoming an even more important part of retail. Humans want to connect, so it's important to offer a social experience as well as expert product knowledge," she says. "People want a space to be able to just hang out, read a book and maybe listen to some music as part of the shopping experience."

Portas believes that the onus should be on the local council and central government to offer some degree of support to vital local businesses, to ensure the right mix for a successful high street. She thinks that it's time for greater intervention to protect communities. "Government needs to decide what type of country we want and intervene to protect social infrastructure. This could be done by offering business tax rate discounts for small independents, and offering rates according to turnover rather than property value to protect entrepreneurs."

Rent hikes and local support

Local resident Phil Cowan previously ran the furniture store Primrose Hill Interiors, but was forced to close when faced with a big rent increase. He has also been actively involved in campaigns to prevent the closure of other local businesses and the arrival of chain stores like Space NK. "Rents have really got out of control," he says. "Space NK is paying something like three times the market rate and this has changed the game, creating a non-level playing field. Independent businesses can't afford to run loss-making operations and therefore simply can't compete. Empty shops are also terrible for other businesses and the neighbourhood in general."

What can Primrose Hill residents do to support local businesses? 'Shop local!'

Another challenge for independent businesses is that landlords are often attracted to the higher prices they can get from converting commercial premises into homes – the loss of Triyoga Primrose Hill being a prime example. Cowan would also like to see greater power for local governments to step in to support long-standing local businesses that have particular value to their local communities.

What can Primrose Hill residents do to support local businesses? "Shop local!" says Cowan. But there are things that retailers and restauranteurs should be doing too. "It's important that businesses listen to their customers and evolve to meet their changing needs. Specific product expertise and knowledge helps create a bespoke customer service and a unique experience." And how about the internet? "An internet presence is essential and provides a low-cost way of achieving the scale that the likes of Space NK can achieve by having so many stores."

"Why do the shops sit empty for so long? Unrealistic rent expectations?"

Forward-thinking landlords

And what about the role for business landlords? Well, it seems that some are more forward-thinking than others. Tony Evangelou, owner of a number of premises on the high street, including the now empty Cachao, was approached to give a property-owner perspective, but did not respond to the request.

Matt Storey, landlord of Press Boutique on Erskine Road, was more forthcoming. Storey and his family live above the shop and have a personal stake in ensuring that the community retains its unique, diverse identity. "Because we live above the shop it's important that we find a business and business owner which fit with us, the family," he says. "After all, we share a building together and we're going to be neighbours. Ultimately any tenant–landlord relationship is commercial at its core. But it doesn't have to stop there. To get the best out of any relationship, you have to have regular, open and honest discussion on both sides."

Storey admits to finding the increasing number of empty premises in the neighbourhood and issues with squatters "depressing". "It's the old

Mary Portas' three top tips for local businesses

1. Don't overcharge: offer the right products at the right price.

2. Customer experience is vital: offer expert product knowledge and insights.

3. Give people a social experience: humans want to connect!

And a question from Mary to our readers:
What type of shops do you want to see come to Primrose Hill? What do we need? Help us reach out to potential new retailers! Get in touch via editor@onthehill.info



Mary Portas with local shopkeepers

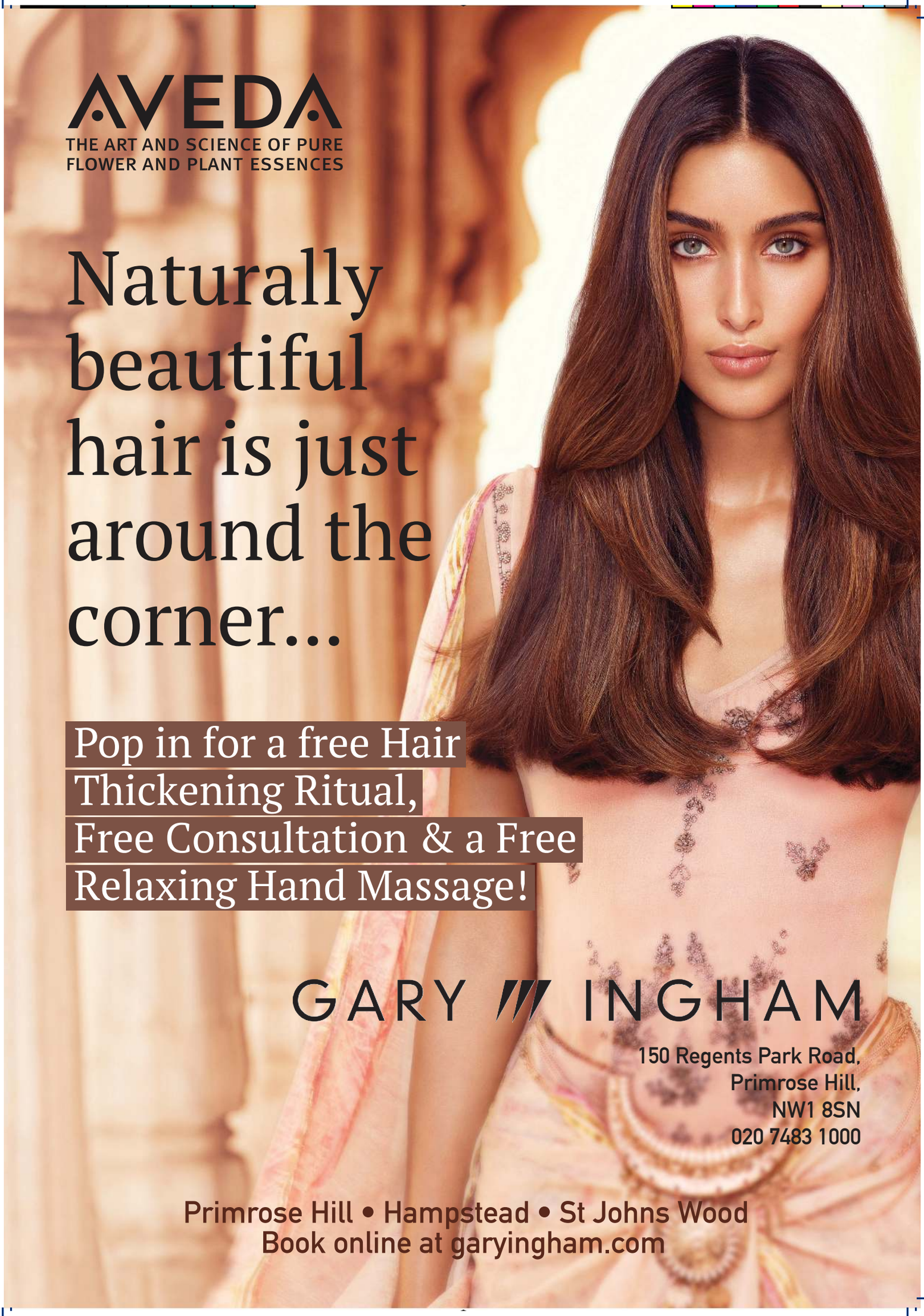
"The bottom line is, if you want a vibrant high street, you have to shop in it!"

broken windows theory," says Storey. "Empty buildings look uncared for and ultimately have a negative impact on the whole area. The old William Hill betting shop has been empty for as long as I can remember. Given the length of time it's been sitting there, is anybody really surprised that squatters moved in? So, I suppose the question is, why do the shops sit empty for so long? Unrealistic rent expectations?"

But surely a property owner has a right to get the best return on their investment? "Landlords generally get a lot of bad press," he says. "In some cases, I suspect this is justified. At the end of the day landlords have made the investment to buy, taken on the risk, and often have mortgages to pay on those properties. They have to make a return on that investment. The challenge, however, is striking the right balance on that return."

Storey feels that local residents also share the responsibility for ensuring that businesses remain viable. "I often hear people locally bemoan the loss of shops, but how do you, the community, shop? As a nation, the percentage of what we spend online increases year on year. The bottom line is, if you want a vibrant high street, you have to shop in it!"




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Park Life

David Lennon asks Christian Lockyer, Head of Communications and Media at the Royal Parks, to answer questions about Primrose Hill from *On The Hill* readers



Q: What can be done about litter, especially at weekends, both in the fields and around the bins, which attracts pests and vermin?
A: Our message has always been that if a bin is full, then we ask the public to take their rubbish home with them. We have 24 fixed litter bins and seven movable 1,100 litre bins during the week and weekends that serve the hill sufficiently. It's only during hectic and busy weekends, prompted by hot weather, that supplementary bins are required.

At busy weekends we do temporarily increase the number of 1,100 litre bins to aid litter control, since they are not always necessary and are unsightly to leave out on a permanent basis. We also increase the number of staff at those busy weekends to scavenge litter left lying in the parks.

We avoid placing 1,100 litre bins at all gates of Primrose Hill since it attracts fly-tipping of domestic waste and worse: painters' and decorators' spoils. When the parks are saturated with visitors, it becomes physically challenging to get around the parks with a vehicle in the normal way, limiting the ability to empty bins as frequently as is ideal.

We catch up with cleaning the parks the following morning, starting at 5am and aiming to be completed by 8am Primrose Hill is open 24/7 and there is cover for bins and scavenging until lighting-up time (which is 30 minutes after sunset).

Q: Are you considering recycling bins for bottles and tins?
A: With regard to recycling, all the waste collected in the parks is later sorted and separated.

Q: Will the proposed new cafe at the play area threaten the amount of green space, by requiring some areas to be paved over? The formal planning application was to be submitted in early August 2016. What is the current position?
A: Planning permission has been granted. We are now at the design stage, which will give us likely costs as part of the wider project plan.

Q: Football games seem to be totally unregulated and leave dog walkers and children with no proper grass area to walk and play on. There was a time when the Royal Parks allowed only regulated football, and none when it was raining or the ground was soggy. Now they play in the rain and on muddy ground.
A: We are not aware that this is a widespread issue. However, there was an issue towards the end of last year which has now been resolved. A junior football team uses the large flatter area to the west of the summit at weekends, which we feel works comfortably. There was also, until recently, another children's football tuition school which used to be based on the flatter area to the south of the Hill, also at weekends, but it grew to such an extent that we felt it had outgrown the space; it has since been moved to Gloucester Green in Regent's Park.

We cannot lose sight of the fact that we welcome millions of visitors each year (about 2.7 million on Primrose Hill), all here for their own reasons to enjoy the parks. We pride ourselves on keeping the parks open all year round for the public's enjoyment, but expect them to respect and look out for each other.

Any other issues concerning enforcement of the park regulations for cyclists, dog walkers, personal trainers, large parties, loud radios and noise at night times are a police responsibility. See 'Policing Primrose Hill' on page 9.

To contact the Royal Parks:
0300 061 2030
CLockyer@royalparks.gsi.gov.uk

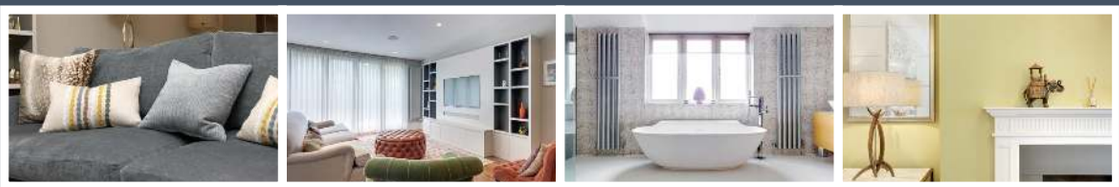
"We welcome millions of visitors each year (about 2.7 million on Primrose Hill)"



PHOTO BY Sarah Louise Ramsay

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The Write Stuff

I met Rose Alexander in the deli café one Sunday morning, where she looked happy to be relaxing over a leisurely coffee. We talked about how she manages to write novels as well as having a full-time teaching job and three children.

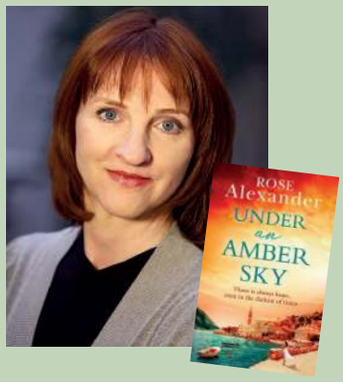
As told to Doro Marden

"I am permanently exhausted! I retrained as a teacher, thinking that it would give me more time to write, but I didn't realise how utterly exhausting teaching is. You need the holidays to recover, as schools apply such pressure to produce good results. I always wanted to write, but I worked for 15 years in television, and then as a freelance magazine journalist. Then I got to the point where I thought, 'If I want to be an author, I have to write a book!'

My first novel, *Garden of Stars*, took me five years to write. I used to get home by 6pm and give myself two hours concentrated writing while my husband cooked the kids' tea. I now try to write one full day at a weekend and as much as I can in the holidays. The school gives me two weeks' unpaid leave a year, but I still rely on having a supportive family.

I got lots of rejections, but eventually two publishers wanted the novel; I decided to go with HarperCollins, who subtitled it across the front cover: 'A gripping novel of hope, family and love across the ages'. Then their blurb said: 'As Sarah Lacey reads the scrawled handwriting in her great-aunt's journal on a trip to Portugal, she discovers a life filled with great passion, missed chances and lost loves – memories that echo Sarah's own life.'

They published it in July 2016 only as a Kindle edition, but I am happy with digital, as people will take a punt on an unknown author if it doesn't cost much, and an ebook can't be lent around, or sold secondhand, or remaindered. I then built my own website, with photos of the places in the book; my real reason for this was being a TV person, I'm very visual, and it annoyed me that adult books don't have pictures. I now get hits from all over the world: Russia, US, the Philippines, Brazil – I'm obsessed with Google Analytics! By the end of January the novel had sold nearly 6,000 copies.



My next book, *Under an Amber Sky*, took much less time to write, only six months. You just need a little germ to get you started: *Garden of Stars* was inspired by a radio programme I happened to hear, about still births and babies taken away; whereas for the second book, someone in the staff room mentioned a story about an island in Montenegro, and it all fell into place. It comes out as a Kindle edition in May 2017.

Now it feels as if I've turned on the tap and have too many ideas! I even wrote most of a thriller while we were on holiday in the summer. My next step is to see if anyone wants to make my novels into films. Yes, I would like to write full-time, but I also like the security of a teaching job – I can't see a robot replacing me!"

www.rosealexander.co.uk

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Joan Miró, *Untitled*, 1980, lithograph

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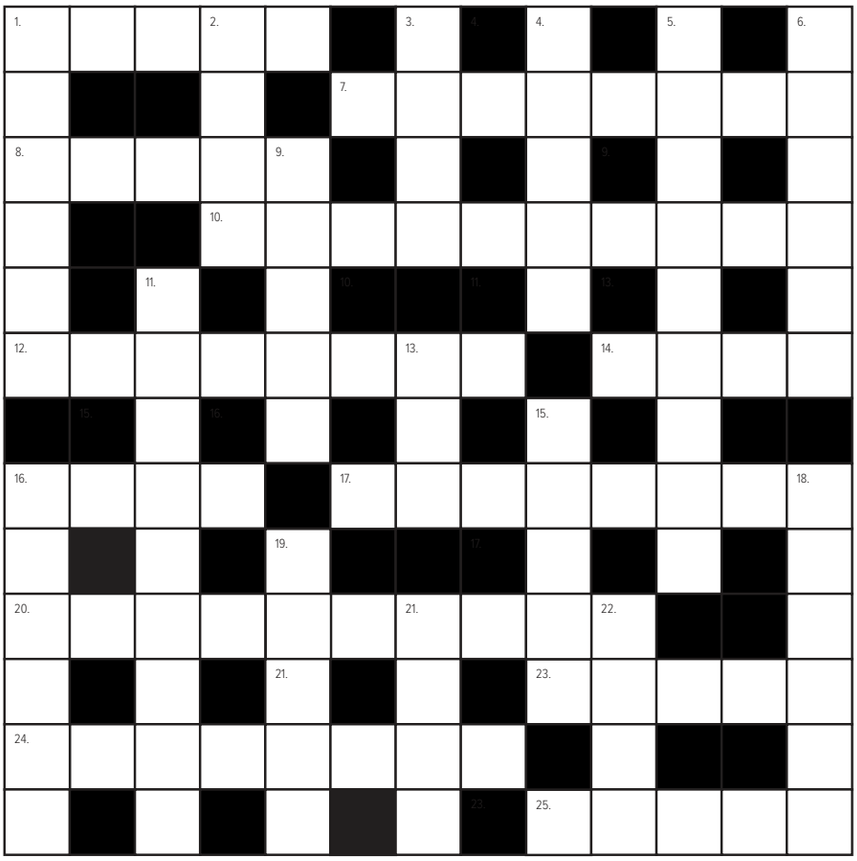
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Phil Rogers, *Yunomi; tenmoku and nuka glaze*, 9.5cm x 8cm

Crossword

Our *On The Hill* crossword is especially designed by Dick Bird and many questions are topical to Primrose Hill. Have a go – it's good for your brain cells! ***Answers on page 29.***



ACROSS

1. Quiet! (5)
7. Conifer (4,4)
8. To send elsewhere, or transfer (5)
10. Local green activists (10)
12. Leftish paper (8)
14. Unsightly (4)
16. Pay increase for Lower Merton (4)
17. Party alert (8)
20. Local road for a royal (4,6)
23. Mother's advice (3,2)
24. Students (8)
25 Local lane for a royal (5)

DOWN

1. Primrose time (6)
2. Outfit (4)
3. Resident of Regents Park (4)
4. House for sharp folk (5)
5. Location of Our Lady of Hal (9)
6. Tiny (6)
9. Buy and sell (5)
11. JC brasserie (9)
13. Stove (3)
15. What's the thing? (5)
16. Dashing (6)
18. Up the hill and back? (6)
19. Farm tube? (5)
21. Clown (4)
22. Herb (4)

A Fairytale for NW1

By Susan Greenhill



PHOTOGRAPH BY Jason Pittock

Mr. Punch won't stay in his tent
the fair is so much fun,
he entered his wife in the dog show
and wasn't surprised when she won.
Toby, his loyal, hairy hound
was quite put out by her win,
ran away to the moon with the cat and the spoon,
now everyone's searching for them.

Bored with croquet, the Queen of Hearts
has a go on the coconut shy,
the Wizard of Oz has waved his wand
so the weather stays warm and dry.
Fed up with a factory of chocolate
Charlie eats burgers instead,
Cinderella is scanning the stalls,
I need more glass slippers, she says.

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keturahbrownltd@gmail.com
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personalshopper@zoeandmorgan.com
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Su 12.00–18.00
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NW1 8TN
020 7586 8327

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F 09.00–18.00

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FROM Lemonia

Moussaka

With the summer holidays in our midst, transport yourself to the Aegean with this classic recipe from Lemonia. Can be prepared family-style using a 15"×10" ovenproof dish, or in smaller dishes for individual portions.

1. Peel the aubergines and courgettes and slice lengthways into ½" slices. Place in a colander, sprinkle over a pinch of salt and allow to rest for 30 minutes to remove bitterness, wiping away any excess moisture with kitchen paper.

2. Thinly slice the potatoes. Heat olive oil in a pan and separately fry the sliced potatoes, aubergine and courgettes, in batches if necessary. Rest the vegetables on kitchen paper or in a colander to drain any excess oil.

3. In the same oil, briefly sauté the lamb mince. Add the onions and garlic and stir for around 5 minutes on a medium heat. Pour in the wine and stir for a further 2 minutes. Add the tomatoes, herbs and spices, season with salt and pepper to taste and simmer for 30 minutes until the lamb is tender. If the mixtures starts to get a little dry, add some water to the pan.

4. To make the béchamel sauce, melt the butter in a saucepan and, using a wire whisk, mix in the flour over a moderate heat. Continue whisking vigorously until the mixture starts to froth. Remove from the heat and continue whisking whilst adding the cold milk. Return the pan to the heat and slowly add the beaten eggs, whisking constantly to prevent curdling. Season with the nutmeg, salt and white pepper to taste. Remove from the heat, stir in half of the cheese and leave to cool slightly.

5. Preheat the oven to 375°F/170°C. In your dish (or dishes), build single layers of potatoes, then aubergines, then courgettes. Spoon all the meat mixture over the courgettes. If there are any vegetables left, layer them over the meat. Spread the béchamel sauce evenly on top, sprinkle over the remaining cheese and cook for 1 hour. Check after 45 minutes: if the top is starting to brown, cover loosely with foil for the last 15 minutes.

6. Remove from the oven and allow to cool for at least 20 minutes before serving.

Ingredients (serves 6–8)

Moussaka:

- 2–3 medium aubergines
- 2–3 medium courgettes
- 2 medium potatoes
- Olive oil for frying
- 1 lb lean lamb mince
- 2 medium onions, coarsely chopped
- 2 cloves garlic, finely chopped
- 4 large tomatoes, peeled and diced
- ½ cup wine
- Small bunch of dill, chopped
- 2 tbsp fresh parsley, chopped
- ½ tsp thyme
- ½ tsp oregano
- ½ tsp cinnamon
- Salt and pepper

Béchamel sauce:

- 6 tbsp butter
- 6 tbsp plain flour
- 3½ cups cold milk
- 2 eggs, beaten
- 1 cup good quality hard cheese, grated
- Grated nutmeg
- Salt and white pepper

Wine pairings by Bottle Apostle
Because what is moussaka without a glass of red wine?

Flor De Maio, Mayflower (2015), £10.00
Messaya, Le Colombier (2014), £15.80
Ciconia, Herdade San Minguel (2015), £10.40

Lemonia, 89 Regent's Park Road,
www.lemonia.co.uk
www.bottleapostle.com/primrosehill
(see Marketplace 30 for more details)



PHOTO BY Sarah Louise Ramsay







Regents Park Road, Primrose Hill NW1

A 3 bedroom garden flat for sale

A 3 bedroom garden flat located in a blue period house opposite Primrose Hill Park. The property is 1049 Sq Ft, has its own entrance and a private garden. The property is well configured with the 21'10 x 11'9 reception room overlooking the garden, a separate kitchen, 2 double bedrooms, a further single bedroom and 2 bathrooms. EPC:D. Approximately 97.5 sq m (1,049 sq ft).

Leasehold

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belsizepark@knightfrank.com
020 8022 6087

Guide price: £1,200,000
KnightFrank.co.uk/BSZ160225

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Hello, Primrose Hill!

Come and join us at the 40th Primrose Hill Community Association Summer Fair on Saturday 10 June, 1.30–5pm

June 2017



Submit your pictures for a chance to win a £25 book voucher from Primrose Hill Books

Post your picture of the Summer Fair on social media with the hashtag **#PHFair** to be in with a chance of winning. Deadline noon on 11 June. See **phca.cc/photocomp** for more details.

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