THE CLIMATE CRISIS ISSUE

# On The Hill

NEWS AND INFORMATION FOR PRIMROSE HILL PEOPLE

JUNE 2019 | ONTHEHILL.INFO

## ENVIRONMENTAL EMERGENCY – OUR PLANET IN CRISIS

Micael Johnstone rallies for action on climate change



Produced by Primrose Hill Community Association



# Before it's too Late

by Susan Greenhill

Help save the planet for your children's children,
think about what you can do,
eat less meat, use less heat,
their future is up to you.

Natural resources are finite,
we all need to play our part,
repair instead of throwing away,
begin today, don't delay – just start.

Global warming is melting the ice
pity the penguins and polar bears.
Forest fires kill animals and trees
and it's all our fault – not theirs.

We all ought to try to save water,
aim to re-use and recycle,
do you have to fly or go by car?
Far healthier to walk or bicycle.

Turn off lights and computers at night,
help find a climate change solution,
we could see stars in the sky again
if it wasn't for light pollution.

**www.soundcloud.com/susan-greenhill-poetry**

# On The Hill On The Go

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# June 2019

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# Sales

020 7043 4433

## £1,450,000 Leasehold



### Chalk Farm, NW3

A beautifully presented 4/5 bedroom garden maisonette forming part of a handsome period residence located on the borders of Primrose Hill and Chalk Farm. This stunning apartment with its own front door comprises on the raised ground floor, 3 double bedrooms all with built in wardrobes and a luxurious family bathroom. The garden level incorporates a further double bedroom, a study/fifth bedroom, a shower room, a circa 20 ft reception room and a stunning kitchen/ dining room that leads on to a well presented south facing garden.

Energy Efficiency Rating - C74

5 2

## OIEO £4,000,000 Freehold



### Primrose Hill, NW1

An outstanding 6 bedroom house offers approximately 2906 sq ft of grand and well-proportioned accommodation, comprising a spacious kitchen, a stunning reception room with access to a balcony which leads directly down to the circa 42 ft garden. A sweeping staircase with a glass atrium leads you to the first floor with 2 stunning bedrooms and the upper floor hosts 2 further bedrooms, a family bathroom, a second kitchen and a mid-level cloakroom. The lower ground floor comprises 3 bedrooms, a bathroom and a guest cloakroom.

Energy Efficiency Rating - F27

4 2

# Lettings

020 7043 3333

## £1,450* p/w Unfurnished (£6,283 p/m)



### Belsize Park, NW3

An impressive and contemporary garden apartment located along a beautiful tree lined street in Belsize Park. The property comprises of a large reception room, an open-plan kitchen and dining room, 3 double bedrooms, 2 bathrooms (1 en-suite shower room) and a patio courtyard extending to a 66 ft private South facing lawn garden with its own pizza oven. The property also benefits from wooden floors throughout, a separate studio which is fully insulated, with its own bathroom providing a diverse working space or further accommodation.

Energy Efficiency Rating - D59

3 2

## £1,500* p/w Un/Furnished (£6,500 p/m)



### Camden, NW1

A remarkable lateral ground floor apartment with a magnificent circa 550 sq ft terrace. This bright and spacious apartment spans over 1650 sq ft and comprises a large open plan kitchen/reception room leading directly onto the terrace, a principal bedroom with a luxurious en-suite bathroom, a further 3 double bedrooms, a shower room and ample storage throughout. Other features include 24 hour porterage, communal garden, bike storage and a gym.

Energy Efficiency Rating - B85

4 3

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.

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

www.phca.cc



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

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**Cover**
PHOTOGRAPH BY Sarah Louise Ramsay

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# Welcome to June

Let's look on the bright side. If we keep going as we have been doing, civilisation as we know it won't be around in thirty years, according to Swedish schoolgirl Greta Thunberg. We may then look back on these Brexit days with fond nostalgia as we try to survive in our flooded, polluted and over-heated city. Many of us have been wandering around with our fingers in our ears for far too long, so this month we have a special climate crisis issue to try to rally some action.

Without wanting to ruin your day, unless we act now we may face floods, droughts and power cuts. Schools, hospitals and transport systems could break down. Food supplies would be threatened. Already thousands of Londoners die every year because of air pollution. With raised temperatures, the over-heating in buildings and tubes would become unbearable.

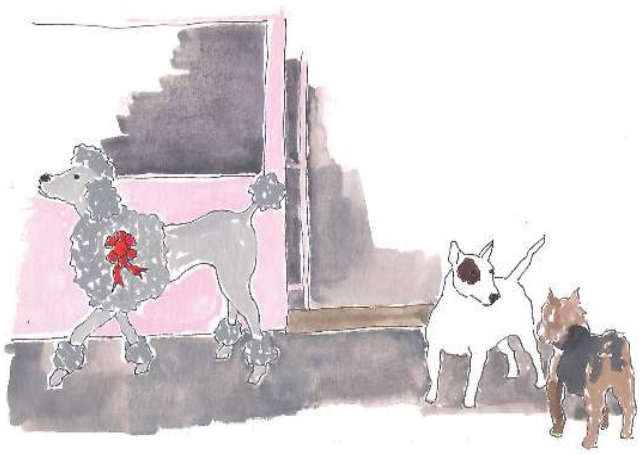
There are ways we can have an impact, but ultimately big businesses and governments need to change their way of operating. We can drive less, not leave engines running, eat less meat and buy locally produced food, cut down on energy use, consume less, and vote for candidates who have a strong climate change policy. And doff our caps to Doro Marden and Sarah Brook (our front cover stars), who were arrested at the recent Extinction Rebellion protests. Micael Johnstone gives the lowdown inside, and further ideas on how to do our bit.

Before we're washed away on a tide of destruction, there are plenty of enjoyable things to do locally which won't take their toll on the environment. There's a highly recommended pop-up café in the Primrose Hill Community Centre to try out, and of course the Primrose Hill Community Association Summer Fair on 8 June in Chalcot Square. Look forward to seeing you all there!

*Maggie Chambers*

Look out for this symbol throughout the issue to find a curated series of poems by local residents inspired by the fight against climate change.

## Primrose Hill LAUGHS



*"She's been a complete pain since the dog show on Sunday."*



Adelaide Community Garden Club

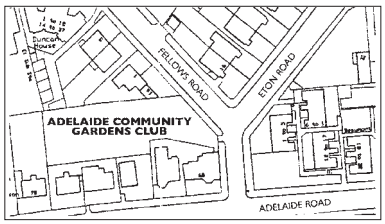
# GARDEN OPEN

## Sunday 9th June 2019

**1.30 - 5.00pm**

**PLANTS, PRODUCE AND LIQUID MANURE FOR SALE**
**REFRESHMENTS AVAILABLE**

**ADMISSION FREE**
**PLEASE BRING YOUR OWN BAGS**




**The Adelaide Community Gardens Club is at the junction of Eton Road and Fellows Road at the rear of 68 Adelaide Road London NW3**

# One Day I'll Join Them

By Susan Sciama

2019.
In traditionally damp England
impossible not to revel
In blue skies, warm air,
beneficent sun.
Our minds know it's eerie
when February feels like July
our hearts open
to delicious, visceral,
unexpected
gratification.
Only 12 years left
to avert disaster
a tipping point
for nemesis –
we ponder this
while lounging on a beach.
"Can't believe it."
Too much for distracted minds to grasp.

Thank you to the protesters
holding hands, pouring red paint blood
outside 10 Downing St.
Thank you to the school-strikers
in 100 countries.

Fierce urgency of youth –
with more future left
to mourn.



# On The Street

Extinction Rebellion Experiences *p 8*
Tower of London Ravenmaster *p 9*
PHCA News & Information *p 11*
Summer Fair Wellbeing *p 12*
AND MORE




## Extinction Rebellion Experiences

*Continued on p 8* ▶

PHOTOGRAPH BY Sarah Louise Ramsay

# Extinction Rebellion Experiences

By Doro Marden











Cindy Palman

Do you think that the 'extinction' in Extinction Rebellion refers to the 1 in 5 British mammals under threat? Are you a mammal? I am afraid – and by that I mean that I really feel terror – that it is humans, including my children and grandchildren, who will not survive.

Runaway climate change will lead to dire consequences including worldwide food shortages in the next ten years, and we shall all be affected wherever we live. It is not just climate change that is the problem; it is ocean acidification, deforestation, toxic pollution, rising sea levels, loss of biodiversity – what scientists call The Anthropocene (the age of damaging human impacts on the planet).

Over the last decade I have marched, written letters, signed petitions, given money, been involved with Camden Air Action and with Transition Primrose Hill doing things at a local level, but *nothing* seems to get the message over to politicians and the public that the human race is in peril. When I first read about Extinction Rebellion (XR) back in the autumn I felt relieved and energised.

**XR HAS THREE DEMANDS:**

That the media and government tell the truth about climate change and what is likely to happen.

That the UK reduces carbon emissions to zero by 2025 (even this will not prevent catastrophic changes because of feedback loops; for example, melting ice means less reflection of heat and warmer oceans).

That a citizen's assembly is set up to guide any government on how to achieve this reduction in a fair way (citizens' assemblies are groups of ordinary people selected by lot, like a jury, to be representative and make recommendations based on questioning experts).

XR's amazing uprising on the streets did not just happen spontaneously. An extraordinary amount of thought and psychological insight went into it – for example, see Professor Jem Bendell on 'deep adaptation to the climate tragedy' (link below).

In Primrose Hill we started with the talk 'Heading for extinction and what to do about it' at the Library back in February. One of our speakers was a young woman who had given up her job to work full time for XR (the first of many such, all super-impressive, that I have met). Then in March ten people attended a non-violent direct action training day where we learned about legal rights, role-played being arrested and responding to abuse, worked out our beliefs about damage and disruption and how far we would go (only two of us were ready to be arrested) and much more. From this we formed an 'affinity group' with assigned roles, such as coordinator and well-being person.

In the run up to 15 April we got together a couple of times, once to make dead canaries out of playdough – there was a call out to make them because of the Irish prime minister saying, "If we were in a coalmine we'd be up to our waists in dead canaries."

I am not a natural rebel, and to walk out across Oxford Street holding a banner to stop traffic was frightening. But as the days wore on I got used to dancing in the street and sitting on the tarmac. I trained as a legal observer, spent two nights out from 11 pm to 6 am and was at the London Stock Exchange action. Being arrested for obstruction in Parliament Square with Sarah Brook on Easter Sunday was not so frightening: we knew what to expect, and were warned several times so we could have got up and left. I was carried off by four policemen as I shouted at the tourists taking photos, "I'm doing this for my grandchildren!" Very luckily we were taken to West End Central police station, not miles away. When I was released at 5 am I was met with chocolate cake by XR volunteers including lovely Natalie, a lawyer from Manchester, who had been running the kitchen in Parliament Square where we helped chop vegetables.

XR representatives have now met government and opposition politicians to talk about our demands. But make no mistake, we shall all have to support each other to change our way of life in unimaginable ways, whether to reduce our carbon emissions or to cope with the consequences of not doing so.

Extinction Rebellion:
**https://rebellion.earth**

Dr Jem Bendell on 'deep adaptation':
**www.jembendell.wordpress.com**

INTERVIEW

# Tower of London Ravenmaster

*Children from Haverstock School's young journalists interview Christopher Skaife*





Plenty of people have entered the Tower of London and never left. We could feel the spirits of the past lingering nearby as we walked through the huge wooden and iron gates. Scary!

Christopher Skaife is now the Ravenmaster at the Tower, after being a soldier for 35 years. He's very jolly, but we sensed he has memories too. The red stripe on his uniform trousers symbolises the bloodshed of war.

The myth is that the country will fall if the ravens fly off! The Ravenmaster's job is to keep them from going.

Christopher loves his ravens, but his wife isn't so keen: "When I told her there was a baby raven coming to live at our flat, she shouted: 'Wot!'"

Poppy the baby raven playfully pecked at our feet as Chris explained that his wife had red toenails and Poppy used to peck them; so the colour red has a warm, happy feeling for Poppy. We're sure that Chris's wife must have come to love Poppy by the time she left their flat.

Ravens are the most intelligent of birds, with an IQ equivalent to a seven-year-old – this means they can read simple books!

At bedtime the ravens line up to go into their night boxes, just like we do before class – otherwise there is chaos. There is a real pecking order: Poppy as the youngest goes last. Perhaps Poppy feels vulnerable and doesn't want the other ravens to attack her, so she keeps close to Chris and even swings from his tunic tail as if he was her father!

Being the Ravenmaster has its ups and downs. Munin the raven didn't get along with Chris. Chris told us how Munin hung perilously high up on the White Tower weather vane while he was attempting to put her to bed! She flew away for weeks, was spotted at the Greenwich Observatory and was eventually caught by a man in his garden.

Perhaps after her adventures Munin was ready to come home. Sadly, she died last year, aged twenty-two. We're sure that Munin and Chris had respect for each other by the end.

Chris's ambition is to breed baby ravens at the Tower. We hope he does, because we want to help! His book *The Ravenmaster* published by Fourth Estate Press is brilliant.

Thank you, Chris, for letting us interview you and introducing us to Poppy.

Interview by Year 7s: Tyler, Nazifa, Sirin, Millie, Fateha and Nasim




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# POSTCARDS FROM PRIMROSE HILL




When I first saw this postcard, I couldn't figure out where exactly the image was taken. It clearly says that it's Primrose Hill, but I didn't recognise it at all. I know that a fountain was erected on the Hill in 1864, but it has now disappeared. And I do not recognise the houses either, as there are no buildings like that near the Hill today. It was the 1894 old Ordnance Survey map that provided the answer: the fountain was located in the south-west corner of the park and the houses were in Ormonde Terrace; sadly they no longer exist.

@old_primrosehill_postcards



# News & Information

from Primrose Hill Community Association

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



## PHCA Summer Fair 2019

Around this time of year things get very hectic for the Community Association: alongside our usual array of activities and events, the high point is the Summer Fair in and around Chalcot Square. This year the Fair is on Saturday 8 June from 1.30 pm to 5 pm. The opening parade leaves the Community Centre at 1.15 pm prompt, led by the Paraiso School of Samba, and arrives in Chalcot Square at 1.30 pm to declare the Fair open.

As well as the samba school, the musical performances include The Scratch Band, The Rock Choir, Catherine's Ballet (for children, in the Community Centre) and Pitta Patta dance (contemporary dance for up to 13-year-olds, in the Community Centre).

Other entertainment includes Punch and Judy, cheerleaders, a stilt walker, many traditional sideshows, such as a coconut shy and spin the wheel, and children's funfair rides. Following the success of Wellness Corner last year, it will again offer reflexology, yoga, etc.

The Community Association will run an information stall, an auction of prizes donated by local businesses, a raffle, books, toys and games, bottle tombola, new/nearly new gifts and two plant stalls.

For refreshments, our regular team of volunteers will run a Pimm's stall and bar, the Ready Steady Go nursery's stall will sell locally made cakes, tea and fresh coffee, and you can browse and taste your way through a range of other delectable food options.

If you'd like to volunteer to run a stall, a sideshow or help set up, please contact Mick Hudspeth on 020 7586 8327 or at info@phca.cc.

## Pop-up Cafe

Have you heard about the new pop-up café on the mezzanine floor of the Community Centre? Local resident and volunteer Mary-Ann Smillie and her wonderful helpers are offering mouth-watering soups, salads, coffee and homemade cakes. It opens on Tuesdays, Wednesdays and Thursdays from 11 am to 3 pm. Do come and meet your friends here, at the most affordable and congenial cafe in town!




WELLBEING

# Al Fresco Yoga and Reflexology at the Summer Fair

**Take some time to relax at the Summer Fair on 8 June . . .**



London's outdoor yoga scene is bigger than ever this summer, with classes across the capital from the Serpentine Pavilion to the rooftop of the Shard. But nothing quite beats Primrose Hill .

We are delighted to be hosting our own al fresco yoga with Dr Kiki Morriss from Primrose Hill Yoga leading gentle sessions to inspire, relax and rebalance you beneath Chalcot Square's beautiful canopy of trees. All ages and abilities are welcome.

Jade Yoga have provided eco-friendly mats for the event and a Primrose Hill Yoga organic cotton tote bag will be given to everyone taking part.

Find Kiki at **primrosehillyoga.com** or **Instagram.com/kikimorriss**.

And why not treat yourself to a reflexology treatment with Judith Burrows. Judith will be offering 20-minute taster sessions, which will make you feel relaxed and rebalance body, mind and soul!

By working on the reflex points on the feet, the body's own healing processes are stimulated to help you come back to a natural state of balance and wellbeing. **www.judithburrowsreflexology.com**

07900 153 289.

To make your afternoon of pampering complete, Garry Trainer will be returning to offer short massages to relieve tension and rejuvenate your back. **www.garrytrainer.com**

**Donations will go to the Primrose Hill Community Association.**



## Letter to the Editor

Dear Editor,

I've been participating in the recent Extinction Rebellion climate change demos in London, and I've been blown away by the impressive organisation, dedication, love and creativity manifested over so many days by this new movement.

There were many highlights, including chanting while stopping traffic with my Primrose Hill affinity group at Marble Arch on the first day. Seeing extraordinary acrobats and serving dahl and rice to multitudinous rebels was very exciting, but for me the quirkiest moment was at the Pink Boat in Oxford Circus, which became a truth-telling and party hub.

One night it was quite late I was standing at the outer circle of the dancers after being warned to move by a policeman, when I saw a beautiful young woman with a baby strapped to her front, enjoying the spectacle. She seemed to be by herself. I said she was brave to come with her baby and she told me she had come from outside London because "This is a historic moment and I want him to see it." The baby was happy and interested. He held one of my fingers as his mother and I talked. She said, "All the terrible things are going to affect him if we don't stop it, he's so young."

I said, "You look pretty young yourself," and she said, "I'm 22."

We listened to rousing music, watched the dancers, the otherwise friendly police arresting people to encouraging calls from the crowd, and then it was time to go home.

I felt very moved by this encounter, which crystallised for me the aching need for our world to change.

**Susan Sciama**




# Primrose Hill Designer Sale

The Primrose Hill Designer Sale has taken place every Christmas for 18 years, and last year saw the first ever summer sale. It was a great success, and so they're holding another one at St Mary's on 15 June.

The event provides the opportunity for independent artists to showcase their crafts/designs in an environment that brings together community, shoppers and artists under one rather fabulous roof. It also raises money for St Mary's outreach projects in and around north London and the cold weather shelter scheme, which offers beds to homeless people over the winter. A whopping £11,600 was raised at the Christmas sale last year.




Saturday 15 June, 10 am to 6pm (suggested donation £2)

St Mary's, Elsworthy Road, NW3 3DJ

**@primrosehilldesignersale**




'GIRL ON THE HILL' from the Timeless Series & other works are also for sale from the website

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You can see some of Christina's portraits displayed on the walls of Greenberry's Restaurant 101 Regent's Park Road, Primrose Hill

# NEWS & VIEWS

## Harriet Kelsall Goldsmith wins Apprentice of the Year



And the awards keep on flowing to Primrose Hill jeweller, Harriet Kelsall . . .

Will Lander, a goldsmith at Harriet Kelsall Bespoke Jewellery, has been awarded the prestigious Apprentice of the Year title by the Goldsmiths' Company in London.

He was chosen because of his commitment and enthusiasm as an apprentice, as well as being a talented goldsmith and a wonderful ambassador for the jewellery trade.

Will graduated last year after a five-year apprenticeship learning traditional goldsmithing skills. While still an apprentice, he worked as a member of the in-house workshop team at Harriet Kelsall Bespoke Jewellery. Once graduated, he chose to remain at their workshop and is now honing his skills and gaining more experience. Will was also recently awarded a gold medal in the Goldsmiths Craft and Design awards and was a medal winner at the World Skills UK award.

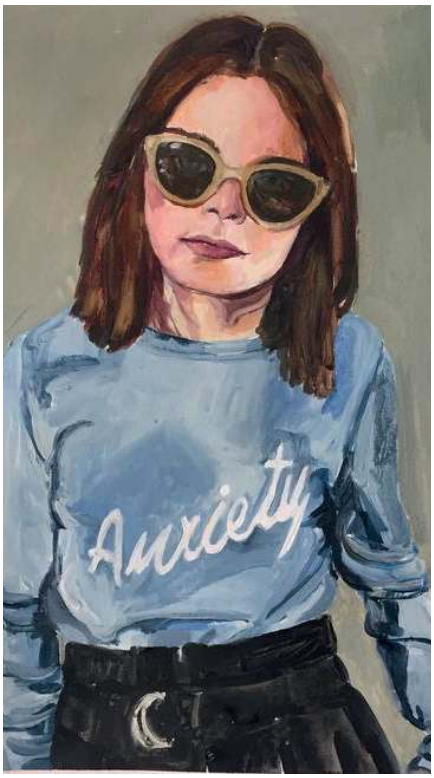
Will was delighted to receive this award, modestly saying, "I am very happy to have been chosen for this title and surprised as the other apprentices in my year group are amazingly talented."

Will's medal was actually designed by another of Harriet's team, their new apprentice Maisie, who won a competition to design the medal while studying a foundation course at the Goldsmiths Centre. This medal was the one presented to Will at the award ceremony!

Goldsmiths' apprenticeships date back 800 years. Apprentices are 'bound' to their 'master'– in Will's case this was Harriet Kelsall – to oversee their development as well as promising to keep them 'sober and upright'! During his final year, Will worked on his masterpiece: a stunning primrose-inspired pendant set with over 100 diamonds and inspired by the opening of the company's studio in Primrose Hill. Graduation brings with it the title of Freeman of the City of London with ancient rights such as the ability to drive sheep over London Bridge!

Harriet Kelsall said, "We are all very proud of Will; he has worked very hard and is a talented goldsmith. As a company we champion traditional hand-making skills – so important at a time when computer-aided design and overseas manufacture are closing workshops all over the country."

Congratulations from *OTH*, and remember to keep sober and upright, Will!




## Art for Sale in Adam Simmonds

Local artist Jennifer Louise Martin is exhibiting some of her work for sale at Adam Simmonds. Her paintings are from a series of small portrait works on paper featuring opticals, which explore texture, colour, pattern and gesture through the application of paint.

Jennifer is available to take commissions at jennifer@jenniferlouisemartin.com.




## Thank you to Olga and Eddie

Olga Cardona Lenis and Eddie Caveney have been involved with Primrose Hill Community Association in an official capacity since 2006. Olga has been their cleaner and key-holder, while Eddie often helped and filled in for Olga, together with their son John-Alex. Olga hails from Colombia and has written a book in Spanish about her life experiences. They retired at the end of May and the Community Association held a celebration for them with wine, tea and a small spread. We'd like to thank them and pass on our best wishes for a healthy and happy retirement.



# Destruction of Trees in Adelaide Road Nature Reserve

A walk down Adelaide Road in early April would have been shaded by a thick row of mature trees lining the woodland area next to the nature reserve on the railway embankment. The same walk a week later was very different. Network Rail swiftly and with no consultation attached yellow condemned labels on all but two of the mature trees along a stretch of around 250 metres and promptly started to chop them down. The whole operation was started and executed so quickly that people did not have a chance to intervene.

The reasons for this action by Network Rail, who own the land, is that the trees were 'too near the road and could cause accidents with vehicular traffic, therefore putting pedestrians at risk too'. All trees within 2 metres of the boundary wall were removed. These particular trees were unusual in that while providing a rich arboreal host to many varieties of established ivy and other climbing plants, they were important habitats for birds and insect pollinators like bees, and especially one beetle species which was previously thought to be extinct in the UK until it was rediscovered on Adelaide Road.

Although Network Rail claim that the cull was an exercise in health and safety, it does beg the question whether the trees could have been sensitively trimmed back so as not to interfere with traffic (which is Network Rail's practice elsewhere). However, delving deeper it is strangely coincidental that the area in question is earmarked for use by HS2 as a construction site compound and ventilation shaft, should the project go ahead. HS2 Ltd have been approached for comment and responded that it is a Network Rail issue.

Unfortunately the ship has sailed and the trees are gone, but there are still some others left which must be protected. If you would like to do something active, please contact Councillor Luisa Porrit (Belsize Ward) at Luisa.Porrit@camden.gov.uk or MP Keir Starmer at Keir.Starmer.MP@parliament.uk, and demand that they make efforts to prevent further destruction of this vital green lung.




# Bid for the Ring!

Our Library has been given a treasured box set of Wagner's *Ring* on vinyl. It is a full set of the operas with Sir Georg Solti conducting. But since the Library does not have a record collection, we are offering it to the highest local bidder, in aid of Library funds. Send in your bid by 15 June to events@phcl.org.

## Letter to the Editor

Dear Editor,
With no strings attached . . .
Where Fitzroy meets Regent's Park Road,
Stands Marion House, my abode,
Neither Regency Man,
Nor Fitzrovian,
I'm a Marionette à la mode.

Yours faithfully,
Howard Richards




# Quiet Hour at Morrison's for Autistic Shoppers

Morrison's have introduced a 'quiet hour' to allow shoppers affected by autism to shop without having to deal with undue noise and bright lights. Between 9 and 10 am every Saturday the lights will be dimmed, music turned off, tannoy announcements stopped and the volume on self-service checkouts turned down low.

The scheme was created with input from the National Autistic Society, which says that people with autism find supermarket shopping an anxious experience.

# What's On June

## NEW THIS JUNE

### TUESDAY 4 JUNE

**Film Show at the Library**
One of the very greatest cinematic achievements, *Three Colours: Red,* starring Irene Jacob and Jean-Louis Trintignant, directed by Krzysztof Kieslowski. PHCL. 7.15pm. £8 in cash, including a glass of wine, in advance at PHCL or on the door.

### WEDNESDAY 5 JUNE

**Open House**
'Mother Magdalen Taylor, The Saint of Soho' by Paul Shaw. PHCC. 2pm. Free.

**Appalachian Songs Workshop**
Explore Appalachian ballads and narrative songwriting in this workshop led by Naomi Bedford and Paul Simmonds. CSH. 2.30–4pm. £5 or free for ticket-holders to the evening performance.

**Appalachian Songs Performance**
Naomi Bedford and Paul Simmonds, accompanied by Ben Walker, revise and revive some of folk song's most loved ballads. CSH. 7.30–9.30pm. £15 adult, or £10 under 26s.

### SATURDAY 8 JUNE

**Primrose Hill Community Association Summer Fair**
Starting off with a street parade from the Community Centre to Chalcot Square. Side shows and stalls along Chalcot Road, including food, drink, ice-cream, etc. Chalcot Square will offer Punch & Judy, coconut shy, cheerleaders and our wellness corner. Come along for a fabulous family fun day, 1.30–5pm.

**Find Your Folk!**
An afternoon of folk music sessions and workshops for all; beginners and experienced musicians both welcome. CSH. 1–5.30pm. £30, or £24 for concessions and youth.

### SUNDAY 9 JUNE

**Youth Dance Showcase Ceilidh**
An evening of energetic and inclusive dance performances for young people. CSH. 5.30–8.30pm. Free (booking required).

### WEDNESDAY 12 JUNE

**Open House**
TBA. PHCC. 2pm. Free.

### THURSDAY 13 JUNE

**Library Author Talk**
Kim Sherwood on her prize-winning novel, *Testament*: an uplifting story that arises from the testimony of a Hungarian painter after his forced labour in the Second World War, his survival of the death camps and his life in England as a refugee. PHCL. 7pm. £2 at the door.

**Sharon Shannon with Seckou Keita**
Legendary Irish accordionist Sharon Shannon is joined by Senegalese kora master Seckou Keita for a spellbinding collaboration between two exceptional musicians. CSH. 7.30–9.30pm. £26.50, or £10 under 26s.

### FRIDAY 14 JUNE

**Lie down and Listen at St Mark's Church**
6.30pm: doors open, welcome drinks and snacks served by Rude Health. 7pm: meditation, mindful movement and lying down concert of meditative music by Pärt, Glass, Vasks, Monk performed by top choral ensemble Genesis Sixteen and pianist Christina McMaster. 8pm: post-concert hot chocolate and mingle. Tickets £35, available at https://tinyurl.com/y2z7rmfe

### SATURDAY 15 JUNE

**Royal Free Music Society summer concert**
Together with Antara, a Parisian choir, we will perform early and recent music including Tallis, Palestrina, Rutter and Chilcott. St Mark's Church, NW1 7TN. 7pm. £12 on door or £10 in advance from www.ticketsource.co.uk/rfms, tel 07801 278 365

**Garden Party**
With live jazz from Jill Keating. Compton Lodge, 7 Harley Road, NW3 3BX. 2.30pm. £2.50.

### WEDNESDAY 19 JUNE

**Open House**
Full Circle: Becca Dove on a Camden initiative with a new approach to helping others. PHCC. 2pm. Free.

**Rowan Rheingans: Dispatches on the Red Dress**
An intimate and personal one-woman show exploring memory, identity, joy, sorrow, trauma recovery, birdsong, war and waltzes. CSH. 7.30–9.30pm. £14 or £10 under 26s.

### FRIDAY 21 JUNE

**Midsummer Music Festival**
A creative day of folk music for disabled young people. CSH. 10.30am–2pm. Free (booking required).

### SATURDAY 22 JUNE

**Summer Concert**
The Camden Choir performs music from the Spanish and Italian Renaissance at St Mary's, NW3 3DJ. 7pm. Tickets £25 to include buffet meal, available from choir members or on the door. www.camdenchoirlondon.org.uk

### SUNDAY 23 JUNE

**Family Barn Dance**
Bring the entire family and take part in lively dances from Britain and beyond in a supportive and fun environment! CSH. 6–8pm. Free (booking required).

### TUESDAY 25 JUNE

**Midsummer Daytime Ceilidh**
A friendly and fun afternoon of barn dancing, cake and conversation for people with mobility issues and Parkinson's. CSH. 1.30–4pm. £5.

### WEDNESDAY 26 JUNE

**Open House**
*Never Let Me Go*: film based on the novel by Nobel prizewinner Kazuo Ishiguro. PHCC. 2pm. Free.

### WEDNESDAY 26 JUNE

***The Way Is Clear***
Launch of new album by singer-songwriter and guitarist Elliott Morris, with influences ranging from folk and roots to rock, pop, blues, country and jazz. CSH. 7.30–9.30pm. £12, or £10 under 26s.

### SATURDAY 29 JUNE

**The Copper Family**
Renowned for their repertoire of traditional music, The Copper Family's songs are rooted in the Sussex downlands and have been treasured and handed down through generations. CSH. 7.30–9.30pm. £15, or £10 under 26s.

**Primrose Hill Choirs Summer Concert**
Popular and classical songs from four choirs. St Mary's, NW3 3DJ. 6–8pm. £10 cash, under 13s free. primrosehillchoirs.com

## DATES FOR THE DIARY

### TUESDAY 2 JULY

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

### 23 JUNE TO 1 SEPTEMBER 2019

**Regent's Park Music Festival**
Live music at the Regent's Park bandstand on Sundays and Bank Holiday Mondays. 12.30–5.30pm. Free. Contact info@regentsparkmusicfestival.org.uk, www.regentsparkmusicfestival.org.uk

## FOR KIDS

### MONDAY

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

**Ready Steady Go ABC**
Exploratory play, singing, dance and stories for babies and toddlers 6–18 months, with Aaron. PHCC. 9.45–11am. Contact 020 7586 5862

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

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

### TUESDAY

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

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

### WEDNESDAY

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

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

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

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

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

### THURSDAY

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

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

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

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

### FRIDAY

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

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

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

### SATURDAY

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

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

### SUNDAY

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

## FOR ADULTS

### MONDAY

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

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

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

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

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

**Trauma Release Exercises**
Drop-in class to release chronic tension patterns and return the nervous system to balance. PHCC. 4–5.30pm. £15 per class, or 5 for £50. Contact Tim Kirkpatrick, www.back2base.co.uk

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

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

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

## TUESDAY

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

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

**ESOL Class**
Learn English at the Library. PHCL. 12noon–1pm. Free. Contact jojarrold@gmail.com

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

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

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

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

## WEDNESDAY

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

**Yoga Gently**
Release tension, calm the mind, and gain a sense of ease in your body. A deeply restorative class for all levels; beginners welcome. PHCL. 10–11am. Suggested donation £5. Contact Emma 07808 526 265, ebaudey123@btinternet.com

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

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

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

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

**Moving into Confidence**
Discover and enjoy your body moving. Realise the importance of movement and release, to create flexibility and balance within. Includes mindfulness and somatic awareness. All welcome. PHCL 10–11am. £10 drop-in. Contact Ginny Bradley, 07894 033324, ginny@ginnybradley.co.uk

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

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

## THURSDAY

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

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

**Narcotics Anonymous**
PHCC. 1.30–3.45pm. Free.

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

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

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

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


The Regent's Consort & Players

Fauré
Requiem

Bach
Cantata 140 'Wachet Auf'

Handel
Organ Concerto No. 5

Sunday 16th June 6.30pm
With Reception in the garden

Michael Bowden, Conductor
Gabriel Harley, Organ
Helen Lilley, Soprano
Guy Pelly, Bass

St Mark's Church, Regents Park
NW1 7TN
Nearest tube Camden Town
Tickets £15 (£10 concs.) including refreshments
Book online at:
Eventbrite/TheRegentsConsort
Fauré Requiem, or in church.


## FRIDAY

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

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

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

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

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

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

## SATURDAY

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

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

## SUNDAY

**Hopkinson's Bar**
Meet for a drink with your neighbours. All welcome. PHCC. 12–3pm. Contact 020 7586 8327

## CONTACT DETAILS

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

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

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

**Please submit entries for our July issue by Friday 7 June onthehillwhatson@phca.cc**

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# PRIMROSE HILL ENTREPRENEURS

**Local entrepreneur Petar Savic talks to some of the start-ups and small businesses running from Primrose Hill. This month he meets Simon Glass from Qodeo.**



## HOW DID YOU DECIDE TO BECOME AN ENTREPRENEUR?

I have always been entrepreneurial. Both my parents ran their own businesses in the law and optics. I set up the first ever profit-making magazine at the Cambridge Union in the 1980s, when we were Children of Thatcher! I founded and ran a global performing arts agency from London in the 1990s (*The Times* newspaper called me 'an established producer' at 27). I worked in banking for a period, had the idea for Qodeo, and jumped!

## WHAT DID YOU WASTE THE MOST TIME ON, IN THE BEGINNING?

Admin. Just try dealing with banks as an entrepreneur. And I'm a former banker!

## WHAT IS YOUR COMPANY QODEO ALL ABOUT?

Qodeo is a platform that matches investors (private equity and venture firms) with entrepreneurs of all stages and sectors worldwide. In spite of a few bumps globally like Uber's listing, etc, $100bn was invested worldwide just on early-stage businesses last year. Backing entrepreneurs creates social and economic capital.

## HOW DIFFERENT IS YOUR COMPANY TODAY FROM WHEN YOU FIRST STARTED?

We have evolved from a database into a matching platform. A bit like dating, but for funding. Our subscribers told us that they wanted solutions (ie funding matches), not data. Only 10% of people are data wonks. It's like 90% of folks who buy a BMW don't look under the hood, but just want the good driving experience!

## WHAT WAS THE BIGGEST CHALLENGE YOU FACED?

Ironically, probably raising funds – why we set up our business – and HR.

## HOW DID YOU GET FUNDED?

A long story! But our original funding came from people I had done business with. Several significant entrepreneurs that my old bank turned down backed us! It was actually the old president of St Catharine's College, Cambridge (a mentor, Dr Little) who suggested that as a fellow geographer in 'alternative assets' we might see the world – and funding ecosystems – the same way! I've always loved geography and it affects how I think daily.

## WHAT IS THE BEST RESOURCE FOR PEOPLE WHO WANT TO DIVE IN DEEPER IN INVESTING?

Of course, via Qodeo. But individuals should whet their appetites as angel investors, maybe via crowd-funding and getting to know the scene. London has so many great entrepreneurial events, like Startup Grind!

## WHEN DID YOU KNOW THAT YOU HAD AN IDEA WORTH 'BETTING EVERYTHING' ON?

You have to have self-belief, but probably when we kept hearing of the market need to bring more efficiency and transparency to venture capital, we saw the market need. And this convinced investors to come on board, including former Prudential and Man group chairman, Sir Harvey McGrath.

## YOU RECENTLY CAME BACK FROM A USA TOUR. CAN YOU TELL US MORE ABOUT THAT?

I met with our own company's backer and partners there. Part of Qodeo's differentiation is how we source data that drives our platform. We work with 30-plus leading business schools worldwide to do this. I met with a number up the east coast, and Harvard's venture guru, Professor Josh Lerner.

## WHAT'S THE BEST PIECE OF ADVICE YOU GOT?

Good question! Actually, the same for dating as for business. Don't be desperate and sometimes walk away!

## WHO IS YOUR ROLE MODEL, AND WHY?

I'm not sure I have one, but possibly our own backer, Sir Harvey McGrath. He is totally loyal and gives back to the community in a raft of social initiatives.

## WHAT ARE YOU CURRENTLY WORKING ON?

Launch of our upgraded service in the autumn. The first time we will charge our users – freemium, ie free and/or from just £10 per month. Plus, closing our own funding round (nearly there), building our team, tech and research.

## WHAT'S YOUR CONNECTION WITH PRIMROSE HILL?

I went to school nearby at UCS. Then, when I had just broken up with a girlfriend, I went with an old UCS chum to the Princess of Wales pub. It seemed best not to try to venture to my then home. I woke up the next morning and went to Regent's Park Road to the old Polish café (now Ripe Kitchen). It was a cold, crisp autumn day. And I said, 'This is where I want to live.' That was in 1992; I bought my flat and still love it!

## WHERE CAN PEOPLE FIND YOU ONLINE?

**www.qodeo.com**
Twitter: @qodeo
**www.youtube.com/watch?v=aRmIwbb6j8s**
**www.linkedin.com/in/simon-glass-a829a4**

# Summer Music Festival at St Mark's

By Annabel Price





Many readers will know the church of St Mark's, or the 'zoo' church, as it has been affectionately called ever since the Reverend Hugh Stuckey had the idea in the 1930s of hosting garden tea parties in the churchyard for people visiting the zoo. Readers will be familiar with its imposing steeple and perhaps also its breathtaking interior by Sir Ninian Comper, which was rebuilt after catastrophic bomb damage during the war. But perhaps fewer will know of the high-quality music that goes on each week at St Mark's, where the professional choir led by organist Michael Bowden sing everything from Lassus to Lauridsen. Since the 1960s, with the arrival of the Reverend Michael Dean and organist Geoffrey Hanson, St Mark's has maintained a small professional choir and successive musical directors have continued in this tradition of high musical standards.

Since 2014, St Mark's has hosted a Summer Music Festival throughout June, showcasing the talents of its own choir and organist, Michael Bowden, but also featuring free concerts given by young aspiring artists and more established ones.

The Festival director, Michael Bowden, in his 10th year as organist of St Mark's church, and sixth year of the Summer Music Festival, says: "We wanted to throw open the doors of this wonderful church to share our enjoyment of great music in a fantastic space by offering free concerts of both secular and sacred music. The highlight of the festival on 16 June will be a sumptuous affair with a wine reception in the beautiful gardens and the ever-popular Fauré *Requiem* and Bach's *Cantata 140* with orchestra and chamber choir, The Regent's Consort and Players. We hope many members of the local community will come who perhaps do not consider themselves 'churchgoers' simply to enjoy good music in this magnificent building."

Each Sunday at 3 pm we will be treated to a free recital: the series begins on 2 June with the vocal ensemble Imperial Gentlemen, all young singers from Imperial College; pianist Peter Jacobs will offer us Scarlatti, Haydn and Schubert on 9 June; the highlight concert will take place on 16 June at 6.30 pm featuring Fauré's *Requiem* (there is a ticket charge for this concert); then on 23 June the 3 pm concert series continues with young bass Guy Pelly and tenor Justin Soriano presenting solos and duets by Schubert, Quilter, Finzi and Fauré; and the festival concludes on 30 June with Michael Bowden playing the organ with video relay. The concerts are informal, lasting less than an hour, and visitors are encouraged to pick up a cup of tea at the church garden café and bring it into the cool of the church while they are entertained.

With the regular 10.30 am Sunday morning services offering some of the finest works of twentieth-century English composers Kenneth Leighton (whose centenary is this year), Vaughan Williams (who lived locally), William Walton, Lennox Berkeley and Brian Kelly – there is something for everyone.

For more information, visit **www.stmarksregentspark.org.uk/music**.

Bookings for 16 June can be made in advance at **www.eventbrite.co.uk/e/the-regents-consort-faure-requiem-tickets-59695247091**.


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# Primrose Hill Lecture Series 2019



**5 June**
**Gill Bennett on** Spies, Lies and Disinformation

Gill Bennett OBE is a leading authority on secret intelligence in the UK. Formerly Chief Historian of the Foreign and Commonwealth Office, she has worked closely with twelve Foreign Secretaries under six Prime Ministers, from Edward Heath to Tony Blair.

In 1988 Gill was granted full access to UK intelligence archives to investigate the historic case of the 'Zinoviev letter' used by opponents of Ramsay MacDonald to stir up a 'red scare' in the British media. Her 2018 book *The Zinoviev Letter: The Conspiracy that Never Dies* brings the investigation up to date, and was listed as one of *The Telegraph*'s History Books of The Year.



**12 June**
**Andrew Marr on** Democracy: Is British Politics Broken?

Andrew Marr is one of our best-known political commentators. Formerly editor of *The Independent*, he was, from 2000 to 2005, Political Editor of the BBC. He continues to present BBC1's flagship current affairs programme *The Andrew Marr Show* and Radio 4's *Start the Week*.

A Primrose Hill local, long-standing friend of St Mary's and now patron of our youth work, Andrew returns with a timely lecture on the fragility of parliamentary democracy. If British politics is indeed broken, what can we do to mend it?



**19 June**
**Isabella Tree on** Wilding: The Return of Nature to a British Farm

Isabella Tree is an award-winning author, travel writer and environmentalist. Her latest book *Wilding – the Return of Nature to a British Farm* tells the no less urgent story of our own countryside under threat from intensive farming.

Shortlisted for the Richard Jefferies prize for nature writing, *Wilding* tells how she and her husband handed their Sussex farm back to nature, renewing the ecosystem and creating a beacon of bio-diversity where rare and vanishing species flourish. In this thought-provoking lecture, Isabella argues that it is possible to feed an overcrowded planet while leaving space for the wild, and shows how quickly a 'hands off' approach can restore land and wildlife.



**26 June**
**Daniel Rosenthal on** Dramatic Exchanges: The Lives and Letters of the NT

Daniel Rosenthal is an author and journalist whose definitive work of stage history, *The National Theatre Story*, won the 2014 Theatre Book Prize. His new book *Dramatic Exchanges: The Lives and Letters of the National Theatre* is a magnificent collection of off-stage dramas drawn from the correspondence of some our best-known theatrical stars.

In conversation with with Michael Frayn and Michael Blakemore, Daniel delves into the mores and motivations of directors, actors and actresses in an evening of readings and reminiscence. Covering some of the most celebrated productions of the last half-century, his lecture offers a privileged glimpse behind the scenes at the South Bank.



**3 July**
**Nicci Gerrard on** *What Dementia Teaches Us About Love*

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

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



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

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

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

All lectures at St Mary's start at 7 pm. Tickets will be on sale later this month at £12 per lecture (£10 concessions), or £60 for the series (£50 concessions).

Proceeds go to St Mary's outreach work to provide for our disadvantaged youth, the elderly and a cold weather shelter for the homeless. **www.stmarysprimrosehill.com**



PHOTOGRAPH BY Sarah Louise Ramsay

# Returning to Work after Having Children

By Nicola Manasseh

**Negar Afshar has been a management consultant and transformational coach to team members of large companies for over ten years. She has never been afraid to speak her truth; in fact she says that it could get her into trouble when she was working in the financial and banking industry.**

More recently, as mother of a three-year-old girl, she has become passionate about helping parents who want to resume work after taking time out to be with their children. "It's very easy to lose your confidence when you have been out of the workplace for a period of time," she explains, "and I meet mothers who are over-apologetic about wanting to go back to work. Being a parent, in my opinion, is one of the hardest and most fulfilling jobs. I think it is totally okay to want to transition back into work even if you have small children."

In order to help clients who feel that they may have forgotten their work capabilities after spending months or years dealing with nappies, kids' activities and school runs, Negar reminds mothers that parenthood gives you many important skills. Her list includes creative thinking, communication, patience, negotiation, delegation and increased instinctiveness.

Negar is thankful for the online tailor-made work programmes that allow mothers like herself to resume their careers after having children. She acknowledges that for some mothers it is a necessity to have a salary, whereas for others it is about fulfilling their need to achieve goals, have financial freedom and experience 'me time'. She sees first-hand that some parents feel guilty about going back to work, especially if they need to employ nannies who they fear may not share their values, or will be the only ones home on weekdays to say goodnight to their children. Negar says, "If you can't get rid of the guilt, then you need to manage the guilt by admitting that your work is healthy for you because you really want to do it. You are developing yourself and fulfilling your passion."

Negar's own mother was an Iranian political writer who was even imprisoned for having the viewpoint that all people have a right to choose how to live their lives. She taught her daughter that thousands of years ago Iranian women led armies and were celebrated artists and doctors. When Negar was six years old the Iran–Iraq war started and her mother took her and her older sister to London. Their father joined them a year later.

Though she felt loved by her parents, Negar's upbringing was one of 'hand-me-downs and earning gifts'. To this day her mother remembers that she never managed to buy Negar the Barbie house that she had yearned for as a little girl. Negar wants her own child to know about the value of things and to help in the home as a motivation to earn toys. She is proud that her daughter aged two tells her when she has finished with a toy and is ready to recycle it.

As a successful life coach, career woman and the main parent to her daughter, Negar can be both detached and empathetic. She comes across as somebody whose female–male energy, or yin–yang, is beautifully balanced. She is strong and determined, yet gentle and open-minded. She manages the situation of living alone with her daughter by not focusing on the negatives, like "that moment when your child has fallen asleep and you're looking forward to a cup of tea but then realise that you've run out of milk". Instead she has a list of positives, like learning to trust in her independent parenting style and experiencing the strong community spirit of Primrose Hill where she lives. When Negar is asked what advice she would give to single mothers, with her eyes shining and her smile large she replies: "Single mothers? Well, let's start by changing that label. How about 'solo mumpreneurs'?"

For more information about Negar's coaching services, visit her website at **www.negarafshar.com**




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# ‘They’re Justified and they’re Ancient, and they Like to Roam the Land …’

by Phil Cowan



So sang Tammy Wynette with the electronic band The KLF on the 1991 hit from their album, *The White Room*. Tammy may not have been singing about bees in the song, but I’ve always interpreted the words as a powerful metaphor for science, species and civilisations in their quest to co-exist on this earth.

Research suggests that the first bees emerged during the Cretaceous period around 120 million years ago. Modern humans are by comparison newcomers to the party, having come out of Africa as recently as 200,000 years ago. The bees are therefore old and successful hands at the game of being a cog in the machine of life. Humans are just learning the ropes, and their inexperience in dealing with planetary health issues appears to be showing.

Besides being a symbol of industriousness, bees have often been used as a mirror for society, appearing frequently in cultural references throughout our history. They feature in literature, poetry, song, film, theatre and art.

William Shakespeare noted in *Henry V* (1599):

*For so work the honey-bees,*
*Creatures that by a rule in nature teach*
*The act of order to a peopled kingdom.*

Albert Einstein is reputed to have said, “If the bee disappeared off the face of the globe then man would only have four years of life left. No more bees, no pollination, no more plants, no more animals, no more man.” The evidence as to whether this is a bona fide quote from Mr Einstein is conflicting; but if he didn’t say it, he should have!

The world of cinema saw Bette Davis confront her co-star Anne Baxter in the 1951 classic movie *All About Eve* and proclaim witheringly “We’re in a beehive pal, didn’t you know it? We’re all busy little bees, full of stings, making honey night and day – aren’t we honey?”

On a musical note, Nikolai Rimsky-Korsakov wrote ‘The Flight of the Bumblebee’ in 1900. While his composition described the journey of a solitary bee, it could also be interpreted as a prediction of the present catastrophic decline in pollinators.

The impact that bees and their pollinator chums have on our daily lives is quite phenomenal. Did you know that they pollinate nearly 80% of the world’s plants, including over 90 different staple food crops? Three-quarters of everything you eat is directly or indirectly thanks to the work of bees.

The statistics show that one-third of pollinator species in the UK are in serious decline, with a significant number under threat of extinction.

Widespread use of damaging pesticides in intensive farming, climate change, increasing electromagnetic radiation from mobile devices, and change of land use are all factors that have conspired to cause this threat to these vital members of our ecosystem.

If we want to reverse the situation, we must first learn how to become a ‘bee-charmer’. There are some very simple and rewarding steps we can take to be bee buddies.

Gardens, window-boxes, flat roofs, bin-store tops, pavement tree-pits or any other free spaces can be urban havens for bees. Planting a range of nectar-rich shrubs, perennials and annuals will create a constant feeding and pollination destination from early spring to late autumn. Bee magnets such as ragged robin, cowslip, common poppy, snowdrops, crocuses, lavender, geraniums, sweet peas, sage, thyme, rosemary, fruit trees and bushes will attract pollinators happy to hang out, as well as helping to lay your own table.

If you are lucky enough to have a lawn, save yourself the trouble of cutting it and encourage buttercups, dandelions, daises and other wildflowers to thrive. It looks better, it’s a lot less work and you’ll soon have a buzzing bee bonanza!

An irresistible meal of nectar in the right place will get a bee travelling at speeds of 1520 mph, which is all the more impressive given that they emit no toxic diesel particulates or $NO_2$!

Avoid harmful pesticides, as they are most certainly bee-killers and won’t do your family or pets any good either. It is most unfortunate that Camden Council is still using glyphosate (Roundup) weedkiller in public places, in spite of claims by the World Health Organisation that the product is ‘probably carcinogenic’ and has been the subject of multi-billion-dollar lawsuits in the USA. If you think Camden should seek a more environmentally responsible approach to this issue, sign the petition at the end of this article.

There are many positive initiatives underway to improve our bee populations here in the capital. Just next door in Brent, the council has recently started work on a ‘bee corridor’ 7 miles long, which will stretch through 22 of its green spaces, providing over 50,000 $m^2$ of newly planted wildflowers to attract pollinators and boost local ecosystems. I hope that Camden will look at this project and take inspiration. We have the existing green spaces, and the Camden Highline, which is due to open on disused railways in the borough, would seem an ideal component site for our own bee corridor.

The drastic and rapid decline in our pollinators is happening right now, and immediate action needs to be undertaken by everyone at every level from national governments through local authorities, to communities and individuals. Every small action can make a difference, as the bees have most emphatically proved. Let us aim to reverse this dangerous ecological juggernaut that undoubtedly threatens the very existence of our species.

Sir David Attenborough recently said, “Whatever our technological achievements, we are still fundamentally reliant on the Earth’s resources to survive.”

**@Primrose_Phil**

**www.change.org/p/camden-council-follow-other-councils-and-stop-using-roundup-weedkiller-in-camden**
**www.littlegreenspace.org.uk**
**www.camdenfoe.org**
**www.transitionprimrosehill.org**
**www.sos-bees.org**
**www.rebellion.earth**

# An Evening of Brexit Debate at the Princess of Wales

By David Lennon

Change UK held an informal gathering at the Princess of Wales in mid-May where Chukka Umunna, ex-Labour and Stephen Dorrell, a former Tory Minister, explained that they had come together because of their shared belief that "none of today's political parties are fit to provide the leadership and direction needed by our country."

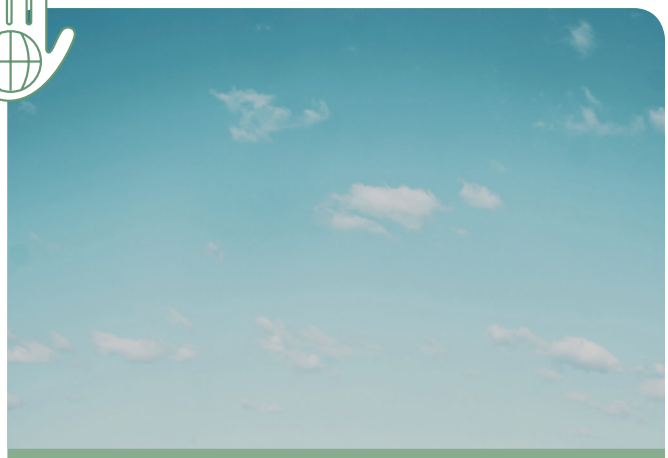
Their mission, Umunna said, is to "look beyond Brexit and change our broken politics".

He also made it clear that though this particular meeting was on the eve of the elections to the European Parliament, the focus of the new party was on the next general election. He forecast that the Conservatives, regardless of who their leader is, will not be able to get their Brexit bill through Parliament and there will be a general election within a year.

The meeting was introduced, hosted and chaired by Lawrence Santi, who together with his wife Karen, has been a keen advocate of the People's Vote campaign.

There was a lively debate after the formal speeches with many local residents expressing their support, and also stressing the need for unity among the parties advocating Remain and a second referendum.



# Locality

By Russell Butler

If you sit for an hour in Chalcot Square
You might think the world is a peaceful place
And with a sunny afternoon to spare
You might just believe in the human race

But invisible to your placid eye
The air that you breathe is helping you die





# ENVIRONMENTAL EMERGENCY

## OUR PLANET IN CRISIS

BY MICAEL JOHNSTONE

**With its tranquil streets and beautiful green spaces, Primrose Hill can seem like a bubble, shut off from the outside world; people love the area because of its parks and tree-lined roads. But with climate change and the natural world making headlines in recent months, more and more people are recognising the need to take action.**

**It is human activity in our environment that has resulted in severe climate change. Human-induced greenhouse gas emissions are leading to extreme weather events around the globe, including catastrophic storms, flooding and droughts. We are experiencing hotter and more extreme weather, including the slightly surreal heatwave in February. The global picture is even more alarming, with the devastating fires sweeping around the world, from Greece, Spain and Portugal to California and Australia. The past four years have been the hottest since records began, and 20 of the hottest were in the last 22 years. Levels of carbon dioxide in the atmosphere have not been as high for at least 3 million years – a period when sea levels were 10–20 metres higher.**

## HOW WORRIED SHOULD WE BE?

An alarming United Nations report by the world's leading scientists described human society as under threat as a result of environmental damage. The natural ecosystems that support us are at risk of collapse. Nature is being destroyed at a rate thousands of times higher than the average over the past 10 million years, with a million species at risk of extinction. The last time we had a similar situation was when an asteroid hit the earth 66 million years ago.

I asked climate change expert Dr Celine Herweijer, who grew up in Primrose Hill, why she wanted to spend her life working on environmental issues. "I initially studied oceanography at undergraduate level and the first time I had a lecture focusing on the impacts of greenhouse gases on our climate I knew there was nothing else I could focus on. Once you know about climate change there isn't really any point in working on anything else.

"We have 12 years until we hit 1.5 degrees of global warming, beyond which scientists say the more dangerous impacts of climate change start to take hold," she says. "At the current rate we'll hit 4–6 degrees by the time my four-year-old son is a pensioner. There will be no coral reefs by the time he's going on his honeymoon. Just to be clear, 4–6 degrees is an uninhabitable world. The world's coastal cities will have gone and half of the world's species will be extinct. What this means is that in the next couple of decades we need a radical transformation of all our industries, our cities, the way we move around and how and what we consume. But the good news is that it is all doable. We just need the political and business leadership."

I ask her why governments haven't acted sooner. "The fact that greenhouse gases cause global warming has been clear since the 1960s, and it took 21 annual international United Nations climate negotiations before final agreement on a global climate deal (in Paris in 2015). It's hard to get 197 countries to agree, and without America it doesn't work."



"WE HAVE 12 YEARS UNTIL WE HIT 1.5 DEGREES OF GLOBAL WARMING, BEYOND WHICH SCIENTISTS SAY THE MORE DANGEROUS IMPACTS OF CLIMATE CHANGE START TO TAKE HOLD"

Donald Trump has said he's pulling out of the global climate agreement; despite this there are still some good news stories. A large number of major US states, such as California and Colorado, and major cities such as New York, have announced ambitious climate change policies and carbon reduction targets. All of the major candidates running against Trump next year are calling for ambitious new national climate goals and have been discussing a 'Green New Deal' to create thousands of jobs by rebuilding crumbling infrastructure and transforming energy systems. It is increasingly clear that the costs of acting on climate change and investing in a sustainable future are eminently affordable, and are far less than the costs of dealing with the consequences of inaction. A recent report by the UK's Committee on Climate Change recommended that the UK should amend its current target of cutting emissions by 80% by 2050 (under the Climate Change Act) to net zero by 2050. The report estimates that doing so would amount to a cost of 1–2% of annual GDP.

## THE FUTURE IS GREEN

In London our Mayor Sadiq Khan has moved to bring in some significant changes, such as introducing the Ultra Low Emissions Zone to reduce pollution from road traffic. Our local MP Keir Starmer is also a strong advocate for proactive environmental policies. Cutting traffic on our roads helps cut greenhouse gas emissions and also reduces the devastating health impacts of air pollution, which kills thousands of people a year in the UK's major cities, as well as harming children's physical and mental development. Other cities are going further and looking at banning cars altogether. Edinburgh has just introduced a trial




scheme and other European cities such as Oslo and Amsterdam will soon be car-free. The private sector often outpaces governments when it comes to investing in climate change, and hundreds of the world's biggest businesses are now committed to using 100% renewable energy.

"For a long time people thought that transforming would come at a big cost to the economy, as they didn't think that clean energy markets could compete," says Celine. "One of the big changes in recent years has been the success of these markets and other innovations such as electric cars. However, even now, governments are moving nowhere near fast enough. Current commitments since the Paris Agreement are only halfway to where we need to be. New renewable electricity from unsubsidised wind and solar is now cheaper than coal in most countries."

The hottest UK summer since records began was just last year, and I ask Celine about the impacts of climate change on London and Primrose Hill. "London is a coastal city and one of the key risks for us is flooding," she says. "We'll also see more and more heatwaves like the sweltering summer we had last year, when Chalcot Square was a dust bowl. In a few years that will be the norm. Water shortages will be much worse in the summer, and we'll have much more intense and damaging winter storms. The UK is going to be spared the worst impacts. Those who live in sub-Saharan Africa and small island states will be forced to flee from conflict and climate disasters, so we'll see more pressure from immigration."

What would a clean future for London look like? "Let's imagine we're in the 2040s," says Celine. "The cars and buses on our streets will be all self-driving, connected and electric. People won't own cars, or indeed most of the things we take for granted in our everyday lives – instead they will share and rent them. Everything will be designed to be durable and recyclable. Our whole city will be connected – homes, offices and the electric grid all 100% clean. The technology growing our food will be fundamentally different, meaning we need to use much less land. Meat will be a luxury and plants and artificial meats will form a much larger part of our diets. By tackling climate change we will also have tackled the air pollution crisis that's afflicting London families."

### LOCAL ACTIVISM

The young people's strikes and Extinction Rebellion protests in London plus some popular David Attenborough TV shows have gone a long way to raising awareness of the situation. Primrose Hill resident Doro Marden spent a night in police custody after being arrested at the Extinction Rebellion protests (see p 8), and I asked her what made her want to take part. "It was hearing the budget in the autumn with no mention of climate change, and also the Government's decisions to expand Heathrow and not to support the Swansea Tidal Lagoon – announced on the same day!" she says. "When I first read about Extinction Rebellion, I felt relieved and energised."

Doro is encouraging others to join the protests. "Everyone is welcome and there are lots of roles for people who don't want to be arrested! I trained to be a legal observer, which was fascinating, and all kinds of artists and performers are needed too. I still wake up in the night with terror for my children and grandchildren, but at least I am doing something." Would she do it again? "Yes, though being arrested again might mean more serious consequences, which I would have to consider carefully."

Extinction Rebellion has succeeded in bringing climate change to the public's attention, and it seems that our political leaders are finally acknowledging the seriousness of the problem. The UK Parliament is the first in the world to have passed a motion declaring an 'environment and climate emergency'.

It's hard not to be alarmed by the unfolding environmental crisis and thoughts of a dystopian future. Our lost connection to the natural world has led us to the brink of a humanitarian and planetary crisis. People are waking up to the idea that tackling climate change is an urgent priority, and the only way to ensure a pathway to the future.

## ACTING ON CLIMATE CHANGE

### WHAT CAN YOU DO?

**Individual action can make a big difference. Here are the 7 best ways to reduce your own environmental impact:**

Switch to a renewable energy provider – ideally 100% renewable gas and electricity.

Insulate your home – getting rid of drafts will make a big dent in your energy bills.

Move to LED lighting and get a smart meter to help monitor your energy consumption.

Eat less meat. The livestock industry is a major source of greenhouse gas emissions.

Ditch the car – use public transport, cycle or walk when you can.

Try to fly less, and purchase carbon offsets when you do.

Buy less stuff – invest in better-quality products that will last.

# Everyman

By Lizzie Allen

A petri ballet with a prayer
the helix secrets all laid bare
And just like that, we splice in life
While in real-time we take the knife
to all that life sustains

Across the land, an abattoir
We gouge a most horrific scar
Rapacious hunt for cheap palm oil
Our living lands full-choke recoil

A terrible miracle the human race
Create and ruin with equal grace
And when we stare God in the face
What will remain behind?

So Elon Musk will walk on Mars
Abramovich will buy more cars
And we get fat on battery farms
while Saudis buy our precious arms
And while our oceans gasp for breath
Our governments all peddle death

A terrible miracle the human race
Create and ruin with equal grace
And when we stare God in the face
What will remain behind?
So the Amazon shrinks and dies
as Bezos jets across our skies
I wonder, does he not look down
and see the gold upon his crown
What price he paid for it?

And as we click and buy his stuff
we fail to see the biggest bluff
is on us
It's rough
to think
how deluded we've become.

While Bill bills himself the next
messiah
the population grows even higher
It's not more human beings we need
the problem's our rapacious greed

It's not enough to wipe our eyes
while gobbling up more hormone pies
and shake our angry balled-up fist
at each well-heeled philanthropist

It's not just them taking the piss
It's us
It's Everyman



# The Wrong Day for a Lemonade Stand

By Amalya Boz and Sophia Fox

It was a warm, sunny day, but the sky began to turn grey. Our stand was beautifully set up with cakes on one side and lemonade on the other but, sadly, it began to rain. Then hail! It poured on everything. Suddenly, lightning struck! That was when my friend and I knew that we had picked the wrong day for a lemonade stand. We ran inside covering ourselves with anything we could find, thinking about how we had found ourselves in a mess like this.

After about fifteen minutes, it looked as if the sun had chased the clouds away. We doubted the weather, but took a bold decision and stepped outside. We set everything up again and a few customers came asking to buy one slice of cake. Soon enough, we had a customer buying seven slices! We looked at each other and thought that we had done pretty well. A few minutes later, we were completely out of cake and cupcakes. When we finally thought we had sold nearly everything, we went inside and tidied away.

Later on, we counted up our money and found out that we had made £107.38. I was shocked. I could not believe that we had made that much. We had decided to give our money to a charity called War Child. War Child helps educate, protect and stand up for the rights of children in war. You can find out more at **www.warchild.org.uk**.

# Doctor, do I Drink too Much?

By Dr Simran Kaur

Well, according to the **CAGE** questionnaire displayed here, if you're scoring 2 or above, your drinking is excessive and problematic.

Have you ever felt you should **C**ut down on your drinking?

Have people **A**nnoyed you by criticising your drinking?

Have you ever felt bad or **G**uilty about your drinking?

Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (**E**ye-opener)?

### Why is excessive drinking bad for you?

Excessive drinking can lead to problems such as digestive disorders, disturbed sleep, headache, lethargy and change of judgement prompting more risky behaviours including substance misuse, hazardous sexual behaviour, injuries and even violence. In the long term, problematic drinking can spark dependence, mental health problems, liver problems, cardiovascular disease and certain cancers.

In a recent publication by the WHO (not to be confused with the band!), 1 in 20 deaths are alcohol-related. In fact, 24% of adults in the UK regularly drink over the recommended guidelines for safe drinking.

### So what is considered to be 'safe' drinking?

New advice from the department of health states that unit guidelines are now the *same* for men and women. Both are advised not to drink more than 14 units of alcohol per week, no more than 3 units in any one day and to have at least 2 alcohol-free days a week.

### What about if you're pregnant?

Pregnant women, or women trying to conceive, should not drink alcohol at all. If they do choose to drink, they should drink no more than 1–2 units of alcohol once or twice a week and should not get drunk.

### How quickly is alcohol removed from the body? Can I have a drink if I'm driving?

In general, alcohol is removed from the bloodstream at the rate of about a unit per hour. However, this can vary from person to person depending on age, size, how much food you've eaten, etc. The advice would be if you're driving and you don't want to put yourself or others in danger, don't drink.

### How much alcohol do my drinks contain?

This is an area of confusion for many. To keep it simple, a unit of alcohol is 10ml of pure alcohol. The list opposite shows how different drinks weigh up.

Surprising, right? In a recent poll by the British Heart Foundation, only 1 in 8 correctly identified the units of alcohol presented to them in different drinks. What's particularly concerning is that 54% of these people actually underestimated the number of units.

### But isn't alcohol good for you?

Anecdotally, some studies have suggested that drinking a small amount of alcohol actually protects the body against conditions such as heart disease, stroke and diabetes. Confused? Well, in actual fact the evidence for this theory is rather uncertain and the risks of drinking most likely outweigh any potential benefits.

### Everyone's a bit more health-conscious these days; are people starting to drink less?

The answer is yes! Trends *are* changing. In recent years, the overall amount of alcohol consumed in the UK and the proportion of people drinking has fallen. This trend is especially marked amongst younger drinkers. It's thought that an increase in the popularity of 'wellbeing' and 'mindfulness' has contributed to this.

### So what should I do if I'm concerned about my drinking?

In a nutshell, if you think your drinking habits are a problem, make a concerted effort to *cut down*. Pay a visit to your GP to discuss options. After all, prevention is better than cure.

## ONE UNIT
OF ALCHOHOL
IS EQUIVALENT TO:



**½ PINT**
REGULAR
BEER/CIDER



**½ SMALL**
GLASS OF WINE



**1 SINGLE**
MEASURE OF
SPIRITS



**1 SMALL**
GLASS OF
SHERRY



**1 SINGLE**
MEASURE OF
APERITIFS

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www.chalkfarm.foodbank.org.uk

# Pride Loaf

1. Preheat your oven to 180˚C.
2. Cream together the butter and sugar, and in a separate bowl mix together the plain flour and baking powder. Add one egg to the butter and sugar and then add a third of the dry ingredients and then add another egg. Repeat this sequence with 30-second intervals (this will add more air and make the cake fluffy). Add the yoghurt. In a separate bowl mix together the milk and the vanilla extract, then slowly add it to the final cake mix.
3. Divide the mixture into 5 or 6 bowls and use different food colourings to colour them.
4. Line a loaf tin with baking paper. Add the different coloured cake batters and swirl the colours together with a cocktail stick. Bake for 45 minutes.
5. To make the icing, cream the butter until smooth then slowly add the icing sugar until you have a thick buttercream. Mix in the milk and vanilla extract.
6. Take the loaf out the oven and leave to cool. Spread with the icing and decorate with edible silver beads or sprinkles.

**Ingredients**

*For the cake:*
300 g unsalted butter
300 g caster sugar
265 g plain flour
3 tsp baking powder
70 ml milk
2 tsp vanilla extract
3 large eggs
2 tbsp fat-free yogurt
Food colourings

*For the icing:*
300 g icing sugar
225 g butter (at room temperature)
2 tsp vanilla extract



RECIPE BY Caia Collis
PHOTOGRAPH BY Sarah Louise Ramsay

# Hello, Primrose Hill!

Who was having a clear out at St Paul's School car boot sale?



Denise, Cinda & Fatmire



Max & Ruth



Camilla & Alex



Claire & Lorna




Ted, Harvey, Leon, Aylan & Felix



Sophie & Tom



Sima



Stuart, Alan & Tom




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# In a cloud computing, wireless world, there are still those who want to put down roots

Rather good estate agents

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