ON THE HILL

FREE

SUMMER 2026



Xandra Bingley on her new book and Primrose Hill life

PLUS

Marcus Davey bids farewell to the Roundhouse

AND

The Fair in the Square

PRIMROSE HILL COMMUNITY ASSOCIATION

"My eternity ring is uniquely designed for me
to capture the colours of nature,
because gardening is part of who I am."

- *Catherine*

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HARRIET KELSALL
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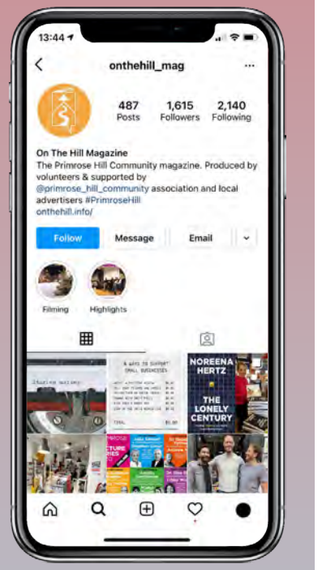
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On The Hill On The Go

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ON THE HILL
PRIMROSE HILL COMMUNITY ASSOCIATION

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SUMMER 2026

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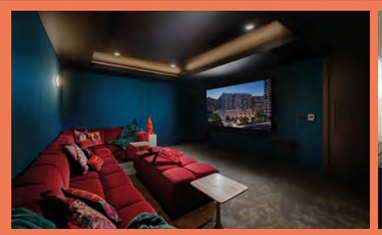
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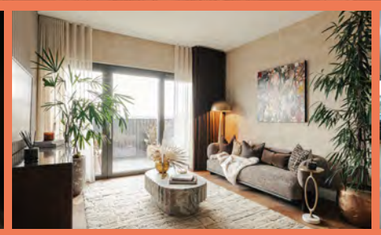
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PRIMROSE HILL COMMUNITY ASSOCIATION

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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Sarah Louise Ramsay

ISSN 20-6175

Editor's Letter



Welcome to Summer

The first lovely day of the year was marred by more stabbings on Primrose Hill, with one young man losing his life and another injured. Our thoughts go out to the family and friends of Finbar Sullivan. A neighbourhood meeting was held with the team at Mary's to try to understand how young people can be supported and how we can better protect our community. Mary's work closely with young people who have slipped through the net, to try to reduce violence and save lives. Please support the work they do as they're our best defence against the knife crime which is blighting our area: **info@maryscharity.org**

Positive news is that the Royal Parks' security company Magenta will now be present in Primrose Hill Park from 5pm until late. In terms of how we can be further involved in the safety of our area, Eleanor Sturdy has written an article about community policing and Neighbourhood Watch on pages 7 and 8.

After the formation of the Primrose Hill Community Association, neighbours have come to know one another in ways which may not have been possible before. See page 11 for upcoming events and details of how to get involved. The Summer Fair, held annually in Chalcot Square, is one of the events they organise and the social highlight of the year. The fairs have been running in one form or another since 1978, and you can read about the fun that's been had on page 20.

I hope to see you all in Chalcot Square on the afternoon of Sunday 14 June, to enjoy live music and drink a glass of Pimm's in the sunshine.

Have a great summer!

Maggie Chambers



Sourdough Sophia has arrived in Primrose Hill.

What started as a simple idea of flour, passion, and a belief that great bread brings people together, has grown into something we're incredibly proud of.

Today, it's a community of bread lovers, regulars, and neighbours who come back for more than just the bread. They come because they know that slow, proper baking is always worth the wait.

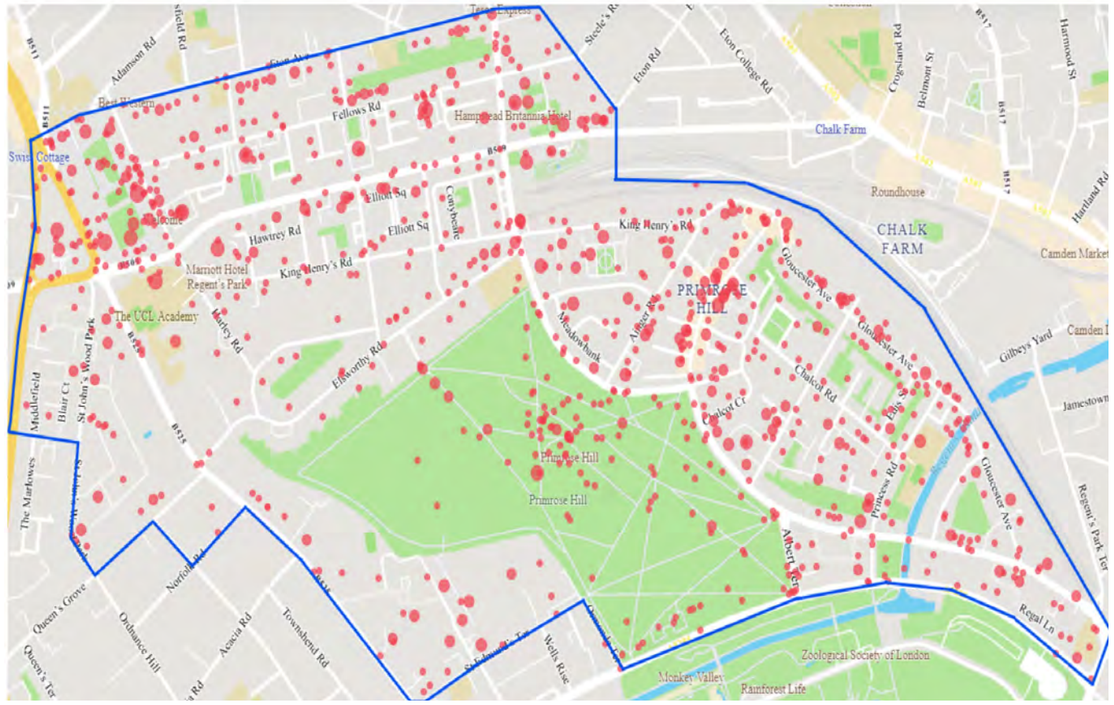
That same community is now here in Primrose Hill. Come and find us at:
138 Regent's Park Road, NW1 8XL.

sourdoughsophia.co.uk | @sourdoughsophia



ON THE STREET

The Streets of Primrose Hill (p8)
Press Tote Bag Quiz (p10)
New Primrose Hill Councillors (p12)
Gallery44 (p13)
AND MORE



The red dots indicate incidents of crime reported during 2025.
Detailed categories are shown in the table on p 8.

The Streets of Primrose Hill

News and statistics from our Safer Neighbourhood Team

Continued on p 8 ▶

The Streets of Primrose Hill – and the Case of the Improbable Lamborghini

By Eleanor Sturdy

It started with a Lamborghini. Not the sort of car you expect to find tucked away in the communal garage of a Primrose Hill council block – and certainly not the sort you ignore. One sharp-eyed resident thought the same, and her instinct set off a chain of events that helped our local police disrupt a stolen-car operation right here in the neighbourhood.

Stories like this are a reminder of how much our area benefits when residents speak up. Our Safer Neighbourhood Team – who cover the large stretch of Camden from Swiss Cottage to Parkway – walk the busiest streets most days, focusing on the pockets where reports tend to cluster. Crime levels in Primrose Hill are low compared with the rest of Camden, but even one incident can shake someone's confidence. That's why local knowledge and community eyes are so powerful.

The team, led by PS Paul Beckley (replacing PS Joe Panton whose expert leadership has shifted to Kentish Town) works closely together, although the past year has seen them pulled into Central London at weekends to help police major protests. Like many wards across the city, we've felt the impact when officers are needed elsewhere.

Yet neighbourhood work remains at the heart of what they do. The Lamborghini case showed how a simple question from a resident – "Isn't that car a bit unusual for this place?" – can spark an investigation. Careful checks and evidence gathering soon revealed that thieves were using the garage as a temporary storage point before exporting stolen vehicles abroad. It was one small but meaningful disruption in a much bigger fight against organised crime.

Every report, no matter how small, helps the police build a clearer picture. Sometimes what you see won't be a crime – just something that feels off. But passing it on enables the team to judge priorities and use their limited time wisely.

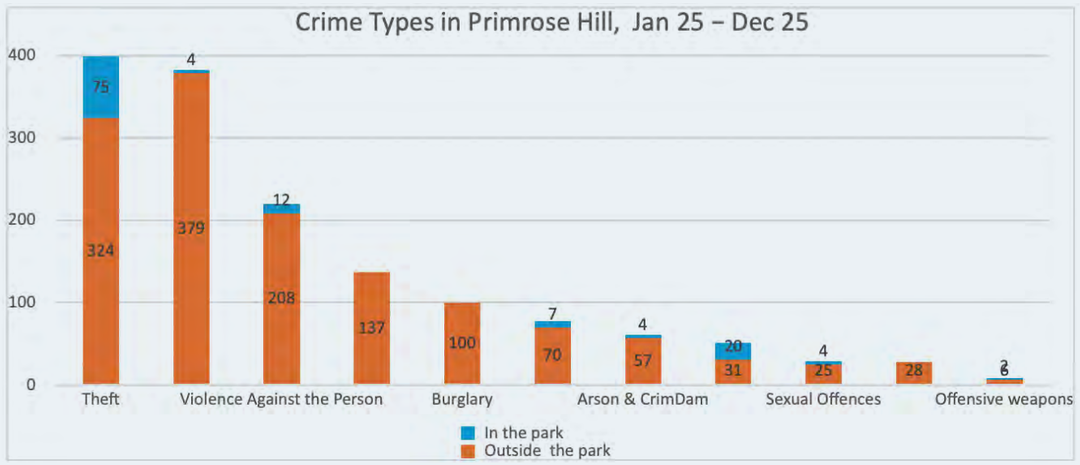
Right now, the local priorities are:

- **Tackling nuisance behaviour**, especially around school finishing times and in shared spaces like tower blocks, towpaths and car parks.
- **Improving cycling and e-scooter safety**, including discouraging pavement riding and unsafe use in parks and open spaces.
- **Reducing thefts**, especially in cafés, pubs, shops and busy outdoor spots.

If you'd like to meet the team, share a concern or simply hear the latest updates, you're warmly invited to come to the next open meeting. You can reach them at **SNTEK-PrimroseHill@metpolice.uk**, or sign up for local policing news at **metengage.co.uk**.

Neighbourhood Watch is separate from the police but is a national scheme that advises groups in local crime prevention. There are a number of groups already set up in Primrose Hill. Go to **www.ourwatch.org.uk/support-our-work/find-my-local-scheme** to search for your nearest or join the scheme and set up a group for your road.

Together, we can keep Primrose Hill not just safe, but connected.



Primrose Hill Tote Bag GIVEAWAY!

Melanie Press from Press on Regent's Park Road has kindly offered to give away 20 limited edition Primrose Hill tote bags. The artwork is printed on both sides and features landmarks including the Shard, BT Tower, Chalcot Square and Camden. The bag is made from sustainable cotton canvas and has two interior pockets.

In order to win one of the bags, we devised a quick quiz to test your knowledge of Primrose Hill – and how thoroughly you read *OTH*! The first correct entries received by **editor@onthehill.info** will win a bag!



1. Match the shop to their main product:

Press	Primo	Bens	Harriet Kelsall
Jewellery	Fashion	Italian produce	Fruit and vegetables

2. How many pubs are there in Primrose Hill?
3. In which year did Primrose Hill station close?
4. What was the original name of Regent's Park Road?
5. How many external, public gates surround Primrose Hill park?
6. Which animal used to graze on Primrose Hill?
7. Primrose Hill used to house a tea room. What happened to it?
8. There are blue plaques for two women in Primrose Hill. Who are they?



Postcards from Primrose Hill

A busy street scene looking north in Camden High Street, from about 1904. On the left is a delivery cart of Teetgen & Co. (a tea merchant) loaded with Huntley & Palmers biscuit boxes.



It's parked outside the shop at number 221, located on the corner of the High Street and Inverness Street. The buildings on the right, north of Camden Town tube station, sadly have all been demolished. For years the open-air market was based here; now Buck Street Market has been built on this site, using multi-coloured stacked containers where vendors supposedly sell sustainable and ethical goods. At least the Bucks Head pub further up the road still stands, on the corner of Buck Street.

@old_primrosehill_postcards

DINNER SERVED THURSDAY – SUNDAY

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NEWS & INFORMATION

PRIMROSE HILL COMMUNITY ASSOCIATION

from Primrose Hill Community Association

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

The death of Finbar Sullivan on Primrose Hill was tragic and has brought the Primrose Hill community together to focus on preventative measures to stop anything like this happening again. There are conversations going on behind the scenes on taking action. We are lucky to have Jason Allen and his team at Mary's, who work tirelessly in the area to support young people at risk. We offer our sincere condolences to Finbar's family and friends.

The Community Centre now has Safe Haven status. Safe Havens provide a safe space for women and others at risk, to help support them in moments of vulnerability or with practical help:

- Providing a friendly face and reassurance
- Calling the police or family or friends
- Giving directions or public transport information
- Access to telephone, toilets, water, WIFI, charging leads for phones

Our recent jumble sale was packed with buyers looking for bargains, and as well as recycling heaps of stuff, we managed to raise £2,000 in the process. We have been working with 'Think and Do' to have conversations around reducing waste and sharing possessions. They held a successful Street Swap at the Library and a Fixing Workshop at the Community Centre.

On 23 June we are showing the film of the National Emergency Briefing on likely effects of climate breakdown; we aim for it to be a springboard for local emergency planning, for example on heatwaves and flooding.

We held a recent talk on 'The Later Years' by Sir Peter Thornton, who has produced a simple and comprehensive guide to organising the rest of your life, which proved highly informative and popular.

Two days later we had a full house for the local elections Hustings, where candidates from Labour, Conservative, Lib Dem and Greens were represented, from which we learned much about their promised policies.

The Primrose Hill Summer Garden Party in Chalcot Square will take place on Sunday 14 June from 2–5pm. You can enjoy local musicians playing throughout the afternoon, arts, crafts and a magician for children, free sandwiches, cakes and other refreshments.

There will be a Neighbourhood Nosh volunteer recruitment table there, so if you are interested in volunteering, please have a chat with the team, or get in touch via mick@phca.cc

Our Memory Singing Circle is open to anyone who is suffering from a neurological disorder. It's free of charge, and carers or supporters are more than welcome to attend.

Open House puts on a varied and interesting programme of events every Wednesday at 2pm, always followed by tea and cake. Preceding that, our 'by donation' café is open to all from 10am to 2pm every Wednesday. Both are very friendly groups and you will be made most welcome.

The Community Centre continues to offer many free or cut-price activities, including:

- Zumba Gold
- Qi Gong
- Sadie Yoga
- Chair Yoga/Pilates
- Narcotics Anonymous x 2
- Monthly Art for the Mind
- Life Drawing

The Primrose Hill Community Library offers a good programme of free or by donation community activities and events. On Mondays there is Rhyme Time in the morning, and in the early evening Board Games for adults. Every Tuesday morning is children's ballet, and on the first Tuesday in the month is the Film Show (this is chargeable as film licences are expensive). On Thursdays there are Bridge sessions, and every third Friday special music events. There are also occasional author talks by local writers.

To find out about Library events, do subscribe to their newsletter: **phcl.org/subscribe**. Or to find out what's going on at the Community Centre, sign up to the free weekly bulletin at **www.phca.cc/subscribe** or to become a member go to **https://app.joinit.com/o/phca**

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Primrose Hill Ward in the Local Elections

Following the local elections in early May, Primrose Hill has a new set of Labour councillors:



Dan Corby
Dan attended Primrose Hill Primary School and has spent most of his life in the area. He is now an Assistant Headteacher at a local state secondary school and works to make sure young people are able to achieve their potential. Previously he ran his own small business.



Lauren Kieles
Lauren is a Primrose Hill resident who works in Camden for an anti-prejudice education charity where she leads national campaigns against hate crime and prejudice. She champions a cleaner, greener and more inclusive Primrose Hill through community engagement and interfaith initiatives.



Suleiman Osman
Suleiman is a local resident, passionate about the Primrose Hill and wider Camden community. He is a resident in the Chalcots and tenant activist, and campaigns for better quality housing for all. He is proactive in raising local issues, listening to residents and making sure their concerns are heard

A NEW GALLERY AND ARTIST RESIDENCY IN PRIMROSE HILL: GALLERY44

A new cultural space has quietly taken root beneath a Primrose Hill townhouse. Gallery44, founded by local resident Jino Murad Greenwood, is a hybrid gallery and artist residency created to support emerging artists and bring contemporary exhibitions into a lived-in neighbourhood setting.

Previously home to Jino's design studio, the space has been reimagined as a programme-led gallery with a simple rhythm: residencies, open studios and intimate exhibitions that invite the local community to see work in progress, not just finished works on white walls. Gallery44 is designed to feel approachable and personal: a place where you can encounter contemporary art up close, meet the people behind it and experience the energy of a working studio within the neighbourhood.

Gallery44 launched during Frieze Week 2025 with its inaugural exhibition, Stasis by Raya Kassisieh, marking the start of a residency-led programme rooted in Primrose Hill. Looking ahead to 2026, Gallery44 will present a deliberately cross-disciplinary programme: a painter's residency, a writer-in-residence and a sculptor working with metal, alongside a sculptural musical performance in the summer project. The year will culminate in a major exhibition during Frieze Week 2026, bringing the residency programme into dialogue with London's wider art calendar.

Gallery44 is led by founder Jino Murad Greenwood, with Jino's brother, Ari Murad, as Director of Media, capturing the residency process and exhibitions through film and storytelling to build an intimate archive of the programme as it unfolds.

"I wanted Gallery44 to feel like a genuine addition to Primrose Hill," says Jino. "A space where artists can think and make, and where our community can step in, informally, curiously, and feel part of something cultural happening on their doorstep."

www.gallery44.co.uk | @gallery44london



Image: Ari Murad



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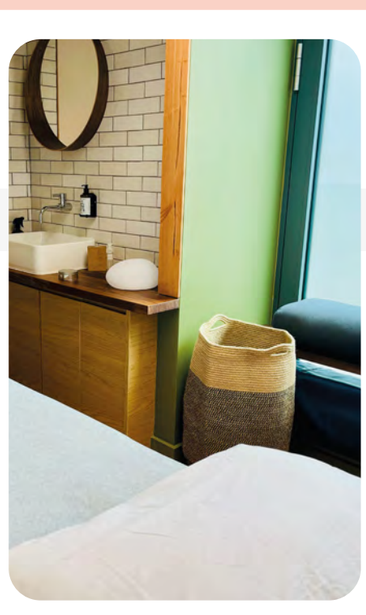
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Vigil for Finbar

A vigil was held for Finbar Sullivan on Primrose Hill at the end of April. His parents spoke of how they wished the event to be a demonstration for love against hate and knife crime. It was a powerful and emotional gathering of unity, love and peace where a minute's silence was observed, songs were sung, ballons were released. Suggs from Madness read a poem he'd written for Finbar and sang 'It Must Be Love'.





Park Security

In a welcome boost to public safety, the Royal Parks' security company Magenta will be present in Primrose Hill Park from 5pm until late. As well as helping to enforce the by-laws such as no barbeques, and no loud amplified music, the security guard on duty has already helped to break up a fight and call an ambulance for a wounded man. This adds eyes and ears to our ward police team efforts as they work closely together. It's a very practical and long requested addition to the policing arrangements as the park can be the scene of incidents that need police assistance. We also hear that the toilets will be open later, much to everyone's relief...

Low-waste living arrives at Primrose Hill Community Library

A new community initiative is available at Primrose Hill Community Library, bringing household essentials and sustainable swaps to Saturday mornings – all from a rescued British Library book trolley.

Re-Phill will run from the reception area, or just outside if the weather allows, offering a range of products to help reduce single-use plastic. Visitors are invited to bring their own clean containers, or purchase reusable glass bottles, choose what they need, and pay only for what they take.The aim is to make low-waste living simple, affordable and part of everyday community life. By placing household refill options at the heart of the community, sustainable choices become easier and more visible. If you're passing the library on a Saturday morning, look out for the book trolley – now stocked with soap instead of stories. **Further information can be found at rephill.co.uk**



News & Views

Press joins the move against light pollution



In the last issue of *OTH,* we featured a short article about light pollution in Primrose Hill. The article asked that more businesses follow the example of Savills and turn their lights off at night to save energy and prevent unwanted light pollution. As Doro Marden mentioned in the article, over-illuminating also has impacts on wildlife and even plant cycles. Artificial light reduces pollinators' visits to flowers by over 60 per cent. As a result of the article, Melanie Press from Press on Regent's Park Road has now asked her electrician to place a timer on the shop window lights. Let's all join Melanie to ensure light in Primrose Hill is in the right place at the right time!

Regent's Park Music Festival

Regent's Park Music Festival marks a decade of free bandstand concerts with musical theatre, opera and classical music. The bandstand concerts run every Saturday and Sunday from June 21 until September 20.
'Music in the Secret Garden' is a unique weekend (from 10 July) in the walled garden of St John's Lodge. Regent's Park Music Festival is a charity run by volunteers and supported by financial donations from local businesses and individuals. This allows the festival to keep the secret garden ticket prices at a very modest £15.

Anyone interested in getting involved can find details at **www.regentsparkmusicfestival.org.uk** where tickets will be on sale.





Happy 10th Anniversary to London Sound Project!

London Sound Project is a community-run choir, formed by Sam Sommerfeld (musical director) and committee, which started out with just twenty singers but now has reached up to 75 members and are operating a waiting list. They have a mix of people from the north London/Camden community and perform gigs with a fantastic pro band of musicians.
It's a group of friendly and fun people who have a great time rehearsing and working on contemporary bespoke arrangements for their gigs throughout the year.
For more information, visit **www.lsp.london** or **@LDNSoundProject**

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What's On June 2026

TUESDAY 2 JUNE
Film Show: A Beautiful Mind, introduced by Dame Celia Hoyles
PHCL. Doors open 7.15pm. £8 including a glass of wine. Tickets at phcl.org/filmshow

SATURDAY 6 JUNE
Feldenkrais Workshop
Unpacking Posture–Breathing into Posture. PHCC. 10.45–12.45pm.

SATURDAY 14 JUNE
Summer Garden Party
Join us for the Primrose Hill Summer Garden Party: live music throughout the day, tea, cake and sandwiches, Pimms and beer, stalls and a raffle, children's activities including a magic show. Chalcot Square. 2pm–5pm.

MONDAY 15 JUNE
Art for the Mind
A free service funded by Right at Home for the over 60s. Carers and family members welcome. PHCC. 2–4pm.

WEDNESDAY 17 JUNE
Book Club
PHCL. 7pm. Check website for details of the book, phcl.org. Free.

FRIDAY 19 JUNE
Gig at the Library
PHCL. Doors open 7.15pm. £5 online, £6 on the door. Tickets at www.phcl.org/gig.

TUESDAY 23 JUNE
National Emergency Briefing Film
A film about the likely effects of climate breakdown, aimed to be a springboard for local emergency planning, for example on heatwaves and flooding. PHCC. 7pm.

MONDAY 27 JULY–FRIDAY 31 JULY
A magical summer holiday Neverland adventure for children aged 4–10, filled with drama, dance and singing, storytelling, arts and crafts. Join Peter Pan, the Lost Boys and Tinker Bell for 5 days of confidence-building fun, ending with a joyful final performance for family and friends.
More info: https://www.perform.org.uk/holiday-courses/peterpan.

KIDS

MONDAY
Ready Steady Go Beginners
A gentle introduction to pre-school activities for ages 1–2 years. PHCC. 9.15–11am. Contact 020 7586 5862.

Ready Steady Go
Pre-school education and activities for ages 2–3 years. PHCC. 9.30am–12.30pm. Contact 020 7586 5862.

Rhyme Time
Library Rhyme Time for under-5s. PHCL. 11–11.30am. Suggested donation £2. Contact 020 7419 6599.

Circus Glory
Trapeze for ages 2½–16. All levels welcome. PHCC. 2–7.15pm. Contact Genevieve 07973 451603.

Board Games
Come along to the Library for our board game evening. Bring your own or join in with one that we have. PHCL. 6pm. Free.

TUESDAY
Ready Steady Go
Pre-school education and activities for children aged 2–3 years. PHCC. 9.30am–12.30pm. Contact: 020 7586 5862.

Monkey Music
Music and play for under-5s. PHCC. 9.45am–12.15pm. Contact 020 8451 7626.

Ballet
Introductory ballet sessions for children, using storytelling and imagery to teach the basics of dance. PHCL. 10–10.30am. Suggested donation £2. Contact lilykourakou@hotmail.com.

Hartbeeps
Multi-sensory music movement and drama classes for infants and toddlers. PHCC. 2–5pm. Contact clarelouise@hartbeeps.com.

Chess Club
Every other Tuesday (9 and 23 June). PHCL. 6.30pm. Free and open to all ages and abilities. Check Library website for more details.

Science Club
FREE Science Club. PHCL. 4pm–6pm. Contact Fatima at 07383688459 to book your child's spot!

WEDNESDAY
Ready Steady Go Beginners
A gentle introduction to pre-school activities for ages 1–2 years. PHCC. 9.15–11am. Contact 020 7586 5862.

Ready Steady Go
Pre-school education and activities for ages 2–3 years. PHCC. 11.30am–12.30pm. Contact 020 7586 5862.

Circus Glory
Trapeze for ages 2½–16. All levels welcome. PHCC. 2–6.45pm. Contact Genevieve 07973 451603.

Primrose Hill Children's Choir
Exciting performances, fun singing. St Mary's NW3 3DJ. 4.30–5.30pm. primrosehillchoirs.com. Contact: maestromattheww@yahoo.co.uk

THURSDAY
Ready Steady Go
Pre-school education and activities for ages 2–3 years. PHCC. 9.30am–12.30pm. Contact 020 7586 5862.

Mini Mozart
Musical story time. PHCL. 9.30–11.10am. Book at www.minimozart.com.

Catherine's Ballet
Nursery and primary ballet classes for ages 3–7 years. PHCC. 4–5.30pm. Contact 020 8348 0262, info@chalkfarmschoolofdance.co.uk or chalkfarmschoolofdance.co.uk.

First Class Learning
Maths and English tuition. PHCL. 3.30–6pm. Contact primrosehill@firstclasslearning.co.uk

FRIDAY
Ready Steady Go
Pre-school education and activities for ages 2–3 years. PHCC. 9.30am–12.30pm. Contact 020 7586 5862.

Circus Glory
Trapeze for ages 2½–16. All levels welcome. PHCC. 3–7.30pm. Contact Genevieve 07973 451603.

SATURDAY
Perform
Drama, dance and singing for ages 4–12 years. St Paul's CE Primary School. 9.30–11am (4–7s) and 11.15am–12.45pm (7–12s). Contact 020 7255 9120 or enquiries@perform.org.uk.

Tales with Tracy
A fun and educational session featuring a well-loved children's book, enhanced with props, expressive character voices, interactive storytelling and singing for under-5s. PHCL. 11–11.30am. £3.

Family Dance Sessions
PHCC. Under-5s: 10am. Ages 5–11 years: 10.50am. Ages 12–19 years: 11.45am. Contact info@icandance.org.uk

SUNDAY
Perform
Drama, dance and singing for ages 4–12 years. PHCC. 10am–11.30am (4–7s) and 11.35am–1.05pm (7-12s).

What's On June 2026

ADULTS

MONDAY
Board Games
Come along to the Library for our board game evening. Bring your own or join in with one that we have. PHCL. 6pm. Free.

Chilled Strings
Beginners' orchestra rehearsals. PHCC. 6.15–8.45pm. Contact sueandhercello@gmail.com.

Primrose Hill Choir
Love to sing? All styles of music, all levels welcome. PHCC. 7.30–9.30pm. Contact maestromattheww@yahoo.co.uk.

Voices on the Hill Choir
A community choir singing soul, blues, pop, jazz classic songs. Everyone welcome. PHCL. Mondays, term-time, 7:30–9pm. Contact voicesonthehillchoir@gmail.com for free taster.

TUESDAY
Pilates
Dynamic sessions 10.15–11am; gentle sessions 11.30am–12.15pm. PHCL. £15 per class, £120 for 10 classes. Contact patricia-pilates.com.

Laban Explorers
A small, eclectic group of actors, singers and dancers meet once a week, term-times, online and in person. PHCC. 12.30–1.30pm. Contact jennyfrankel.laban@gmail.com

Zumba Gold
Zumba class for seniors looking for a fun, modified, low-intensity workout, made easy with simple-to-follow steps. PHCC. 2.30–3.15pm. £3 per session or free for benefit claimants. Check PHCA website for details.

Memory Singing Circle
Singing and socialising sessions aimed at people with dementia or other neurological conditions and their carers. PHCC. 3–5pm. Check PHCA website for details.

Morris Dancing Class
All welcome, no experience required. CSH. 6.30pm. Book online.

Chess Club
Every other Tuesday. Free and open to all ages and abilities. PHCL. 6.30pm. Check Library website for more details.

Fellows Singers
A local chamber choir with a wide repertoire across the centuries, styles and languages. PHCL. 7.30–9pm. Contact 07901 555 785 or jeremy@jeremylewison.co.uk. More information at fellowssingers.com

Qi Gong
Introduction to mindful movement and conscious breathing. Every Tuesday 5.30–6.30pm. PHCC. Free for the general public. Contact ChiKungGuy@icloud.com for more info.

WEDNESDAY
Wellbeing Cafe
Cafe space and warm bank serving delicious home-made soup and cake, tea, coffee, jacket potatoes and more. PHCC. 10am–2pm. Pay what you can.

Open House
Talks, museum and gallery visits, films and more, always followed by tea. PHCC. 2–4pm.

English Folk Dance Club
Fun for dancers of all abilities and none. No partner needed. PHCC. 7.30–9.45pm. Contact camdenfolkdance@yahoo.com.

London Sound Project Choir
A friendly community-led choir in North London, performing contemporary songs with a pro band, open to all (18+). PHCL. 7.15 9.15pm. More info: ldnsoundproject.co.uk.

THURSDAY
Silver Swans Ballet
Ballet classes for over 55s. PHCC. 11am–12pm. Contact katie@primrosehillballet.co.uk.

Gentle Pilates
Gentle but effective Pilates class. PHCL. 12.30–1.30pm. £15 per session. Contact jane_seal@hotmail.com.

Narcotics Anonymous
Support for people with narcotics problems. PHCC. 1.30–3.45pm. Free. More information via NA helpline 0300 999 1212.

Primrose Hill Community Orchestra
A symphony orchestra for all strings and woodwinds. PHCC. 2–4pm. £10. Contact sueandhercello@gmail.com.

Hatha Yoga and Sound Bath
Classes taught by Corall Friedman, a 200-hour qualified Hatha yoga teacher. PHCL. 6.30pm. By donation. WhatsApp Corall for more info: 07916876970.

A Day of Discovery – Valuation Day
Join the specialists from Sworders Fine Art Auctioneers for a complimentary valuation day. PHCL. Last Thursday of every month. 10am–3pm.

Bridge Club
Advanced session 6–8pm. PHCL. Contact jojarrold@gmail.com.

Life Drawing
All levels welcome; friendly group. Please bring your own materials. PHCC. 6.30–8.30pm. £12 card, £10 cash. Follow on Instagram @lifedrawingph. Just drop in or sign up online at meetup.com/Primrose-Hill-Life-Drawing-London.

FRIDAY
Aerial Pilates
PHCC. 10–11am. Feel stronger and more flexible with the support of an aerial sling. Contact Pieta at pieta.ruckkeene@gmail.com.

Chair Yoga for Seniors
PHCC. 2.45–3.45pm. Free. Register at www.phca.cc.

SATURDAY
Primrose Hill Market
St Paul's School playground, Elsworthy Road, NW3 3DS. 9.30am–2.30pm. Contact www.primrosehillfoodmarket.com.

Narcotics Anonymous
Support for people with narcotics problems. PHCC. 5.30–7pm. Free. More information via NA helpline 0300 999 1212.

SUNDAY
Sunday Bar
Primrose Hill Community Bar, a chance to meet neighbours over discounted drinks and play pool. PHCC. 12–3pm.

CONTACT DETAILS

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

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

Cecil Sharp House (CSH)
2 Regent's Park Road, NW1 7AY
Contact: 020 7485 2206
www.cecilsharphouse.org



HEALTH AND LONGEVITY

BY NEETHA LOBO FROM THE PRIMROSE HILL SURGERY.



Living in Primrose Hill, we are fortunate to have one of the best 'pharmacies' in London right on our doorstep: the high street. From the Saturday farmers' market to our local grocers, the tools for a healthier life are all around us.

As a functional health coach at Lanserhof at the Arts Club and the founder of Hampstead Nutrition Practice, I have seen how the right food can act as a powerful signal to our bodies: guiding how we think, how we age and how we handle stress.

I am now delighted to be joining Primrose Hill Surgery (NHS) for 8 hours every week, starting in April. My goal is to move beyond generic advice and help our community find practical, science-backed ways to use food as medicine.

What matters most to our community?

In our neighbourhood, health is often about more than just 'eating well'. It is about maintaining our vibrant, active lifestyles as we get older. Here are the three pillars we will be focusing on at the surgery:

1. Longevity and the 'power' of protein: We are seeing a major shift in how we view ageing. It is no longer about losing weight; it is about maintaining muscle and bone density. For those over 40, protein is not just a nutrient, it's a requirement for staying independent and strong. The goal is to shift focus to 'bioavailable' proteins and resistance to frailty.

2. The gut-brain connection: Living in a fast-paced city can take a toll on our nervous systems. We now know that our 'second brain' in the gut dictates much of our mood and concentration. The goal is to use high-fibre plant diversity and the SMASH principle (Sardines, Mackerel, Anchovies, Salmon and Herring) to fuel our focus and calm our minds.

3. Navigating the midlife shift: For the many women in our community navigating perimenopause and menopause, nutrition is the foundation of hormonal resilience. The goal is to use magnesium, healthy fats and targeted nutrients to stabilise energy and preserve muscle mass, support bone density and improve insulin sensitivity during this transition.

Food first pharmacy

You don't need a specialised clinic to start; you can find your 'hero foods' at our local market and high-street shops.

SMASH fish: Fresh catch from the market to protect your heart and brain.

Leafy greens and berries: Local grocers' staples for antioxidants and sleep-supporting magnesium.

The 30-plant rule: Try to pick up one 'new' vegetable every time you shop; your gut microbiome thrives on diversity.

Come and say hello

Nutrition is never about perfection or strict rules. It is about small, meaningful changes that help you feel better every day. I am honoured to support the Primrose Hill community in this new capacity.



I have left a 'Top 10 High Street Hero Foods' guide at the surgery reception. Please feel free to pick one up when you are passing by.

If you would like to explore how nutrition can support your specific health goals, please speak to the surgery reception to book a consultation.

Neetha Lobo

BSc (Hons) in Nutritional Therapy (expected June 2026), Level 4 Diet and Lifestyle Educator Award (Cert. ION), MBA. Current research focus: Nutritional Assessment and Potential Micronutrient Deficiencies in Individuals Using GLP-1 Receptor Agonists.



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- Protecting your property
- Inheritance tax planning
- Mortgage solutions

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T. 07747 022257
E. jeremy.duke@quilterfa.com
W. quilterfinancialadvisers.co.uk

Your home may be repossessed if you do not keep up repayments on your mortgage.
The value of pensions and investments can fall as well as rise and you can get back less than you invested.

FAIR IN THE SQUARE

BY MAGGIE CHAMBERS

A quick glance at the programme for the 1980 Primrose Hill Community Association Summer Fair in Chalcot Square suggests that residents were made of sterner stuff than we are now. The fair ran for the entire weekend and took the theme of a Victorian sporting event. Attendees ran the 50 or 100 yards dash, egg and spoon race, three-legged race, sack race, wheelbarrow race, balancing bean bag race and took part in 'throwing the welly'. Kept in reserve, in case you weren't completely shattered, there was also a five-a-side football competition. Forty-six years later, the most that's asked of us is that we cross a patch of grass to pick up a Pimms and a cupcake.

The start of the fair's current incarnation began on a breezy afternoon in June 1978, when a troupe of drum majorettes led Father Christmas (don't ask) and some Spanish dancers into Chalcot Square. The Primrose Hill Community Association had recently formed and they needed to fundraise for the home promised to it: the old piano factory in Hopkinson's Place. There were donkey rides, Bash the Rat, and Name the Doll (Primrose of course). A children's tug o' war was always a hit, as was the long-running Punch and Judy show. For a number of years the Paraiso School of Samba's Dancers and Band opened the fair by way of a procession up Chalcot Road, which was always a spectacle. In recent years the fair has moved from Saturday to Sunday, and the stage is now in the centre of the square rather than on Chalcot Road.

Primrose Hill has a long history of hosting fairs, and did so before our houses were even built. A fair was held twice a year, at Easter and Whitsun, in the gardens of the old Chalk Farm Tavern. From there it spilled out into neighbouring fields, and was much more of a bawdy affair than we have today. Attractions included 'The French dwarf that could shave himself with his toes' and 'a child with two heads'. One of the many visitors to the fair was Charles Dickens, who attended in 1852 and wrote a description of it in the leaflet 'Household Words': "It was an anomalous, irregular-shaped patch of broken ground resembling a dust heap on a large scale somewhat; bounded on the north by Primrose Hill, on the south by the Railway Bridge, on east and west, and on all intermediate points of the compass, by unfinished houses and fantastic traceries of scaffold poles."

The fair this year will be held on Sunday 14 June. We can't guarantee anyone will be available to shave themselves with their toes, neither will 'throw the welly' be on offer, but it'll be a fun afternoon nonetheless, and an opportunity to spend time with neighbours.

Primrose Hill Fairs/Festivals held Since 1978









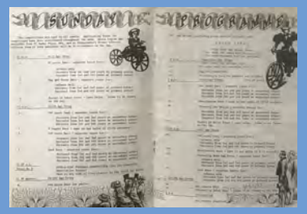












1978	Olympics
1979	Sports Day
1980	Sports Day Victorian Theme
1981	20 Years of Summer Festivals
1982	A series of events during July
1983	Wild West
1984	Circus
1985	Primrose Hill on Sea
1986	Summer Festival
1987	The Roaring Twenties
1988	Around the World
1989	Primrose Hill at Sea
1990	Festival of Summer
1991	Festival Razzmattazz
1992	Frolics in Chalcot Square
1993	Festival and Art Exhibition
1994	Fun in the Sun
1995	Clowning Around
1996	Island in the Sun
1997	Pirates of Primrose Hill
1998	Jamboree in Chalcot Square
1999	Summer Serenade Festival
2000	Midsummer Music
2001	May Day May Day
2002	International Fair
2003	25th Birthday Party
2004	Primrose Hill Country Fair
2005	Primrose Hill on the Move
2006	Primrose Hill Island of the Arts
2007	Primrose Hill Goes Tropical
2008	The Magic of Primrose Hill
2009	Primrose Hill in the Pink
2010	Write on Primrose Hill
2011	Trains/Railways
2012	Primrose Hill Community Association Fair
2013	Primrose Hill Community Association Fair
2014	Brazil Theme
2015	Summer Fair in Chalcot Square
2016	Fair in the Square
2017	40th Primrose Hill Community Association Summer Fair
2018	Primrose Hill Community Association Summer Fair
2019	Primrose Hill Community Association Summer Fair
2020	NO FAIR
2021	NO FAIR
2022	Royal Garden Party
2023	Mad Hatter's Tea Party
2024	Summer Garden Party
2025	Chalcot Square Garden Party
2026	Primrose Hill Summer Garden Party

A Grade One Director in a Grade Two Listed Building

By the Mole on the Hill



Image: John Williams

Grandad, is that a giant beehive down there?

No, lass. That's the Roundhouse.

Well, I can see it's round, but it's a bit big for a house.

That's because it's **the** Roundhouse. Down there they have the best gigs, great plays, circuses and all kinds of events. And loads of young people get involved in creative stuff there.

On 1 June this year, Marcus Davey CBE will have completed 27 years as artistic director of the Roundhouse. This is his opportunity to 'take a bit of time out.'

"It's been so intense for so long that now is the right time to try something else, time to let someone else take over. Not that I don't love it. And in a sense that is why I decided to leave – because I love it so much and I never want to get to the place where I don't love it. I love meeting the young people, and seeing the progress they make. And the Roundhouse is in a really strong position now, so it's a good time to go."

School was not easy for Marcus. He was bullied, and it didn't help that his hair started falling out when he was fourteen; nor did the fact that he was in the bottom set and that his parents were teachers. One summer the family swapped houses to live in Edinburgh when the festival was on.

"My great aunt bought tickets for Mahler's 2nd Symphony with Simon Rattle conducting the CBSO. I'd never heard Mahler before, and it was amazing. This led to more music, and I was good at sport so it built my confidence; before long I was Director of Arts at the Dartington Trust."

At the time the Roundhouse was a dump. It was barely safe, but Torquil Norman, an entrepreneur who had made his fortune out of children's toys, saw its potential and bought it. He contacted Marcus and they talked through his plans. The result? After three interviews and at the age of 31, Marcus became Artistic Director of the Roundhouse with five people in the office. The fact that the Roundhouse is now an outstanding centre for the arts is entirely due to Marcus and the team he put together.

"This is the best project ever. We now have 200 full-time staff, 500 freelance staff and 200 volunteers. I am so privileged to have been able to do this for so long. This is a centre for transforming young lives. It is about non-formal learning and active participation in the arts."

Those who visit the Roundhouse to see performances will probably be unaware of what is under their feet. When the derelict railway shed was first taken over by the Roundhouse Trust, the underground space was filled with compacted ash that had been tipped out of the steam engines. Considering that the shed for turning round the engines was only used for about ten years and had to be abandoned because the new engines were too long for the turntable, there was a colossal amount of ash and debris that had to be dug out by hand. What is left are beautiful Victorian brickwork arches that support the weight of the building; above them is a series of workspaces, fully equipped for creative use by young musicians and theatre workers.

Marcus was fully involved in the restoration work. Indeed, he was working with a brush and shovel clearing the approach that the public would use when he was summoned to the front of the building. He was given a key and told there was something wrong with the door. He was somewhat irritated when the key worked perfectly. He was then told, "You have now opened the Roundhouse" and he went out to be greeted by all the staff and to celebrate with champagne.

The public is also probably unaware that all the profits from ticket sales go to fund the work the Roundhouse does with young people. The creative team work with over 11,000 young people aged 11-30 every year. To date over 100,000 young people have been helped with training and work experience and many have gone on to fame and fortune.

In his time as Artistic Director, Marcus has curated an extensive artistic programme, commissioning leading international artists, hosting major music acts and festivals and appointing Daniel Kaluuya as Associate Artistic Director. This April, Roundhouse Three Sixty Festival returned and the Roundhouse came alive with unique performances and unmissable collaborations.

It seems appropriate to include here some information about the Young Creatives Commission, which was launched after a year-long national inquiry into how to widen children's and young people's access to arts, culture and the creative industries. It will draw on lessons from sport to explore how similar approaches could be adapted to widen participation in arts and culture, with a focus on boosting opportunities for young people aged 10-25, particularly those from underrepresented backgrounds.

In 2026, the Roundhouse celebrates 20 years since reopening as a youth charity and multi-arts space, offering affordable opportunities across music, performance, broadcasting, film, spoken word, dance and entrepreneurship, and access to professional studios for creatives aged 13–25 from as little as £1 an hour.

We wish Marcus all the best with his new endeavours. He will be replaced by Jenny Mollica, Chief Executive of the English National Opera since 2023.

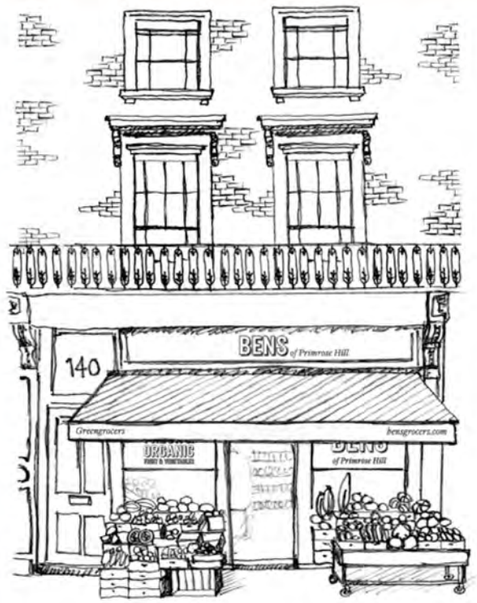
www.roundhouse.org.uk

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Xandra Bingley



Xandra Bingley's latest book, *Ways of Telling,* with an introduction by Margaret Atwood, has recently been published. Here, Xandra interviews herself!

Photography by Sarah Louise Ramsay

Q. Why do you live in Primrose Hill?

A. I first saw Primrose Hill from the top of the then No 74 bus in 1969. I was going to the zoo with my small son and I was a very unhappy single mum. I thought maybe if I live near that lovely hill I'll feel a bit better. I searched for a flat for three months. One day an Estate Agent showed me another I didn't like. I said no thanks I'll come back next week. He said there is one flat in Elsworthy Terrace but it isn't available for three months and at present it is four bedsitters and you can't go inside. He lifted me up so I saw over the park wall into the garden and the big windows and paid him a month's rent that day. I've loved it for fifty-seven years.

Q. What has changed since 1969?

A. People in my road were less well off. Nurses and teachers and residents rehoused by Camden lived here. Now millionaires own whole houses. I don't remember any racial problems.

Four years ago the father of a Jewish family in my road told me a man crossed the road to spit at him. That's not good. People enjoying the park are more mixed since it was open during Covid and that is good. Furry dogs being walked wear knitted or plaid coats nowadays that seems weird perhaps because I grew up on a farm. Dog poo was everywhere when I first lived here and the hill is cleaner and more cared for now. Cameras on the front of houses have stopped burglaries. Tables on pavements outside cafes and in fact cafes didn't exist and are great but the price of a cup of coffee or an apple is crazy high now. In 1970 I asked a lady in England's Lane hitting her small child to stop and she hit me and I don't think that happens now there is more Camden support for families.

Q. Did you feel unsafe?

A. I'd never walk across the hill in the dark then. I was burgled five times in the first three months. One day four children had their hands in my basement kitchen window bars reaching for the fruit bowl. I said only one each and each child grabbed an apple or an orange and ran off. One night I came home late. My flat looked a chaotic mess and I thought tomorrow I'll have a big tidy up till I saw bedroom drawers open and clothes thrown on the floor and dialled 999. A policeman arrived who lived next door.

He sat down at the kitchen table put his head in his hands and cried. I said whatever's happened and made him some tea. He wept you know my wife Jeanie is doing Weight Watchers. I said yes, she is doing so well and he wept I liked her big and she is different and she is out somewhere now I don't know where. After a while I said shall we look for fingerprints. I had almost no furniture and nothing to steal. The burglar smashed a wooden jewel box with a hammer to break into a secret drawer and threw what he'd found on the floor, my Pony Club badge, my PAL Club badge and my baby teeth I kept in a little leather box. Regents Park Road was quite a dreary street and traffic sped down it across the bridge to Chalk Farm to head for the City. Lemonia was a pub, the small grocery store didn't smell too good, there was a car repair garage, two butchers and a bank and a very tall lady kept a button shop.

Q. Did you go to work?

A. I tried to be a lawyer, a poet, a journalist and failed then miraculously I got a job at *The New Review Literary Magazine* in Soho above a strip club and then at Jonathan Cape wonderful publishers. I took the tube from Chalk Farm and sometimes coming home I'd be with a weeping mum who couldn't get her pushchair on the single-decker 31 bus, so I bought forty postcards and sent one a week to London Transport asking for a double-decker 31 bus and one evening there it was. I thought now I know how power feels.

Q. Did you work at home?

A. I started a Literary Agency when I remarried and had a baby girl. I put a wooden box outside the door and every day between five and thirty manuscripts were inside it to read and to assess if any could be a publishable book. Maggie our *On The Hill* editor worked with me for a while. My authors liked walking over Primrose Hill.

Q. Is Primrose Hill a friendly place?

A. Very much. I met my dear friend Doro in Yoga For Pregnant Ladies in the Community Centre forty-four years ago and our daughters are still great friends. If my daughter Charlotte mother of four and I go by St Paul's Primary School she says best school in the world mum. Friends and I have breakfast together after early church on Sundays at St Mary's and I've worked as a volunteer at Mary's Youth Centre in the church. I love the words in the old St James Bible that Phil our Vicar reads in the early church service and I've just become godmother to a mum who comes to early church with her husband and their lovely one year old daughter. I light a candle in church for any friends having hard times and for myself if life is difficult. I'm sure it helps.

Q. Do you wish anything around Primrose Hill would change?

A. I wish we had a toilet for the children to use who play team football on the pitches on the north side of the hill so they don't have to use the bushes where people walk dogs or just walk. And I wish our local different communities with different incomes and different cultures spent time together.

Xandra Bingley's latest book, *Ways of Telling* is available at Primrose Hill Books.

La Petite Borie



Thirty years ago, we Primrose Hillers came across La Petite Borie – and fell in love with it. Sadly, now we must sell.

Is another local family looking for the perfect second home in the south west of France?

Call John 07956 460511 for details and more pictures.



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Primrose Hill Community Library

Spend the summer in the sun with a good book! The Primrose Hill Community Library has plenty of new acquisitions for you to work your way through. Enjoy!

Paperbacks

Mona Awad
Bunny

Michael Arditti
The Tribe

Fredrik Backman
My Friends; Anxious People

The Secret Barrister
The Secret Barrister: Stories of Law and How It's Broken

Charles Beaumont
A Spy Alone; A Spy at War

Mark Billingham
What the Night Brings

Lee Child
The Hard Way

Michael Connelly
Nightshade

Claire Douglas
Local Girl Missing

Emily Henry
People We Meet On Vacation

D. B. John
Red Star Down

Sarah J. Maas
A Court of Mist and Fury

Lisa Jewell
Don't Let Him In

Jess Kidd
Murder at Gulls Nest



Ian Leslie
John & Paul: A Love Story in Songs

Sanam Mahloudji
The Persians

Oisín McKenna
Evenings and Weekends

Jessica Mitford
Hons and Rebels

Sara Nisha Adams
The Reading List

Lesley Pearse
The Girl with the Suitcase

Rebecca Perry
May We Feed the King

Lisa Ridzen
When the Cranes Fly South

Leïla Slimani
A Country of Others

David Szalay
Turbulence

Andrew Taylor
A Schooling in Murder

Paul Theroux
The Vanishing Point

Danielle Valentine
The Dead Husband Cookbook

Sarah Wynn-Williams
Careless People

Nussaibah Younis
Fundamentally

Asako Yuzuki
Hooked

Hardbacks

Julian Barnes
Departure(s)

Belle Burden
Strangers

Gisele Pelicot
A Hymn to Life

Children's

Tadatoshi Fujimaki
Kuroko's Basketball Vol 3 & 4 in one

Nathanael Lessore
What Happens Online

Sam Sedgeman
Forbidden Atlas

Jamie Smart
Megalomaniacs: The Invasion Begins!

Sue Wallman
I Know You Did It

'Primrose Hill has gone to the dogs . . . Rover is running Neighbourhood Watch.'



LIVE AND ONLINE

Venue
St Mary's Church
Primrose Hill
Elsworthy Road
London NW3 3DJ

Cost
£15
£10 concessions/online

Tickets
eventbrite.co.uk and
Primrose Hill Books
NW1 8XL

Doors & bar open
6.30pm

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St Mary's Primrose Hill



7PM WEDNESDAY 3RD JUNE
Sara Wheeler
IN CONVERSATION WITH
Simon Jenkins
Jan Morris – an extraordinary life





7PM WEDNESDAY 10TH JUNE
Jeremy King
IN CONVERSATION WITH
Tracey MacLeod
Inside Britain's top restaurants





7PM TUESDAY 16TH JUNE
Nell Frizzell
IN CONVERSATION WITH
Esther Freud
100 Years of Hampstead Ladies' Pond





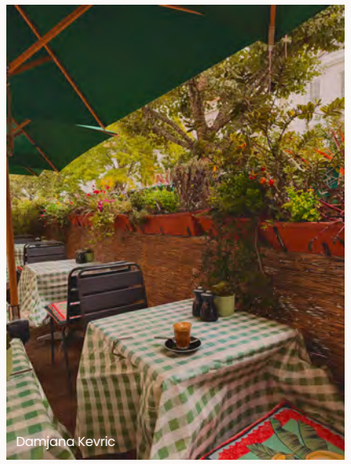
7PM WEDNESDAY 24TH JUNE
Nicholas Crane
The Secret History of Britain's Footpaths

PRIMROSE HILL **LECTURE SERIES** 2026

PICTURES FROM PRIMROSE HILL

Thank you to Pat Snell and Damjana Kevric (@primrosepanorama) for the summery street scenes of Primrose Hill; Katie Lord for the Puli (@primrosethepuli); Nichola Bunzi for the grey heron; Snoops for the early May tree shadows and Sadia Azzouz for the amazing skies and old car.

If you have any photos of the area which you'd like to share, please send them to **editor@onthehill.info f**or possible inclusion in our next issue.


Damjana Kevric

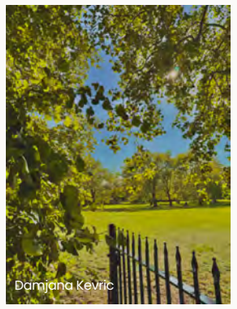


Damjana Kevric


Damjana Kevric

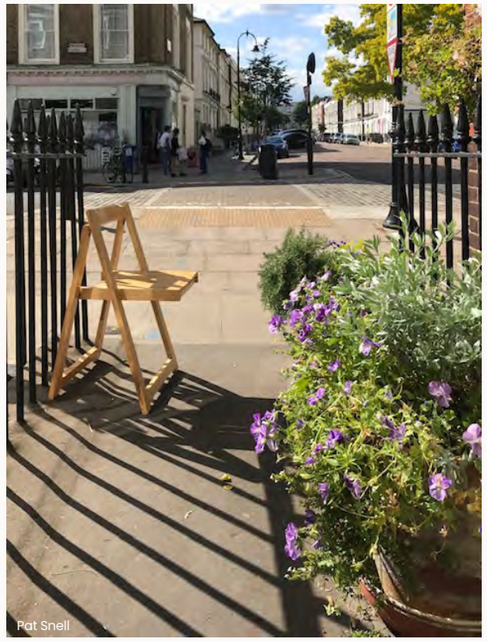

Damjana Kevric


Snoops


Damjana Kevric


Katie Lord


Nichola Bunzi

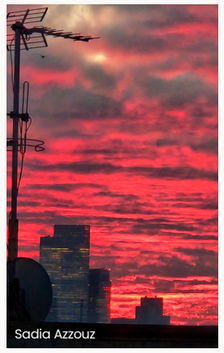

Pat Snell


Pat Snell



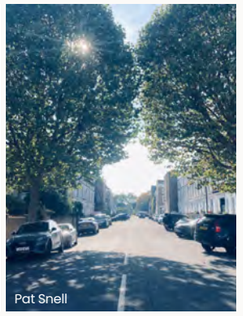
Sadia Azzouz

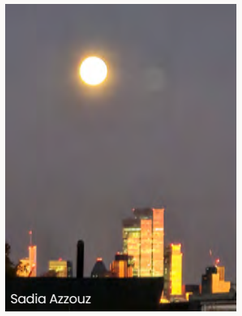

Pat Snell


Sadia Azzouz


Sadia Azzouz


Sadia Azzouz


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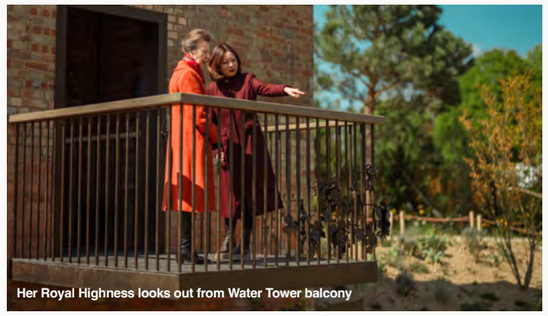
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Hello, Primrose Hill!

Her Royal Highness The Princess Royal opened The Queen Elizabeth II Garden in The Regent's Park on 21 April, marking what would have been Queen Elizabeth II's 100th birthday.
Created by The Royal Parks charity in collaboration with HTA Design, the new two-acre, climate-resilient garden is a living tribute to the life and service of our longest-reigning monarch. It features a wildlife-supporting circular pond and a central flower garden planted with species significant to Queen Elizabeth II, including her favourite flower, lily of the valley, which featured in her Late Majesty's coronation bouquet.


Corgi in the iron work


Her Royal Highness looks out from Water Tower balcony


Josephine Jackson, first female Head Gardener meets current Head Gardener, Fiona Packe,


The Blacksmiths Water Tower


Her Royal Highness meets Josephine Jackson, first female gardener at The Royal Parks


Her Royal Highness The Princess Royal meets The Regents Park horticultural team


Her Royal Highness was presented with a gilded metal rose crafted for the occasion by the Blacksmiths



The Royal Highness unveils The Queen Elizabeth II Garden

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