On The Hill

NEWS AND INFORMATION FOR PRIMROSE HILL PEOPLE

MARCH 2018 | ONTHEHILL.INFO



CECIL SHARP HOUSE

Rachel Elliott takes us behind the scenes at the English Folk Dance and Song Society

JENNIFER LOUISE MARTIN

We talk to the local artist about her work and children's art classes

PRIMOSE HILL IN WW2

David Edwards remembers playing on Primrose Hill bombsites

Produced by Primrose Hill Community Association



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March 2018

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Sales

020 7043 4433

£399,950 Leasehold



Primrose Hill, NW8

An outstanding raised ground floor, corner aspect studio apartment with direct views over Primrose Hill forming part of a prestigious development on the borders of Primrose Hill & St Johns Wood. This highly sought after property is flooded with natural light comprises a large studio room and separate shower room. Other benefits include an onsite porter, high ceilings and ample storage.

Energy Efficiency Rating - E54

0 1

£1,875,000 Leasehold



Primrose Hill, NW1

A stunning 3 bedroom house forming part of a luxurious development in one of Primrose Hill's premier locations and also benefiting from underground parking. This fantastic house offers an outstanding kitchen/Reception Room, principal bedroom with en-suite bathroom, 2 further en-suite bedrooms, 2 terraces and a utility room.

Energy Efficiency Rating - B85

3 3

Lettings

020 7043 3333

£1,000* pw Unfurnished (£4,333 p/m)



Primrose Hill, NW1

A charming mews house offering open plan living and set within a secluded gated mews just off Regents Park Road. The property has been finished in a contemporary style and comprises a spacious reception/dining room incorporating an integrated kitchen with French doors opening to a shared courtyard, principal bedroom with an en-suite shower room and private balcony, second double bedroom with an en-suite bathroom and a guest cloakroom.

Energy Efficiency Rating - C72

2 2

£3,500* pw Unfurnished (£15,167 p/m)



Primrose Hill, NW1

A stunning and recently refurbished family house comprising 4 reception rooms, spacious fully fitted eat-in kitchen, principal bedroom with a dressing room and en-suite bathroom, 4 further double bedrooms, 2 further bathrooms and a well-manicured private garden. This family home has been decorated in neutral tones boasting wooden and parquet flooring and further benefits from modern and contemporary fixtures and fittings.

Energy Efficiency Rating - D55

5 4

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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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180 x 240cm
Acrylic on canvas
2011
www.jenniferlouisemartin.com

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Welcome to March

If you've seen *Darkest Hour* and want a taste of the 1940s, then stand outside Space NK and look at the lamp post in front of you. The chips in the metal show where a WW2 bomb landed in Primrose Hill. David Edwards, who lived in the area as a boy, has written his memoirs of the time, and we will be serialising them throughout the year, starting this month.

Also new this month is the first of a series on local entrepreneurs. It's inspiring to read of creative new businesses in our area, such as Lorna Bladen and Enterprise Nation. Anna Dé Dreams is another new endeavour which we welcome to Primrose Hill.

On the subject of inspirational, our front cover this month is a painting by Jennifer Louise Martin. Jennifer is a hive of creativity, for as well as being a local artist, she runs a range of art workshops for children.

The legendary Cecil Sharp House has been providing song, dance and music-making for many years. It's also a great venue for parties and has a café. Rachel Elliott, the Education Director, takes us behind the scenes and touches on the state of the arts in education.

Now you've come through Veganuary, are you maybe feeling a little healthier for it? Then why not take on board Meat-Free Monday or eat out at the local restaurants which are taking part throughout March? Further details are inside.

For the rest of the week, drop into our new restaurant, Differenza, and indulge yourself with some well-sourced and authentic Italian food. And try the Easter cupcake recipe which Primrose Bakery has provided for us.

Your Book of the Month for March is Ian Ridley's *The Inner Circle*: a thriller set right on our doorstep in Regent's Park.

And as usual we bring you all the local news and views from our area.

Enjoy!

Maggie Chambers

On The Hill Needs You!

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

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

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

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On The Street

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Primrose Hill Postcards *p 10*

Primrose Hill to Hollywood *p 12*

AND MORE

Differenza

Get acquainted with Primrose Hill's newest restaurant.

Continued on p 8 ▶



PHOTOGRAPH BY Marc Mordant

Differenza

By Maggie Chambers

The best food and wine from Italy – in Primrose Hill



Antonio at Billingsgate Market | PHOTOGRAPH BY Marc Mordant

Antonio Cerilli, the manager of Differenza, is passionate about sourcing the best possible ingredients. The restaurant's meat is sourced from an organic farm near Stonehenge, the fish comes fresh from Billingsgate market and the pasta is made with organic flour and Italian eggs. The lentils are from Umbria and the desserts are all home-made. When I showed up for lunch, Antonio was excited to have just received a batch of fresh pesto from Italy.

Lunch is an *à la carte* menu from which you can eat amazing foods for a very good price. I tried a starter of buffalo mozzarella (which was the best I've tasted in a while), and some small plum tomatoes from Italy with a plate of *pane carasau*, a warm crispbread from Sardinia. The recently arrived pesto was served with pasta and left a clean, elegant taste. Antonio recommended a Gavi to accompany it. The ragu was perfect, especially with a softly spiced red such as Primitivo from Puglio, and I had just enough room for a melt-in-the-mouth tart cooked by chef Mario Bruno.

Antonio grew up on a farm outside Rome. His mother still makes bread with a thick crust which retains its freshness, and the restaurant will soon be introducing bread ovens. He believes in healthy eating – that is, eating to feel good and not just to fill ourselves – and he's a big campaigner for preserving the environment and helping artisans. His philosophy is to use only simple ingredients, but of the best quality possible. The aim is to have 70/80% of their food sourced organically.

Wine is Antonio's other passion; he was once a professional sommelier. Every month the restaurant holds a wine dinner consisting of four courses. January's dinner paired wines with calamari stuffed with artichoke, cod served with polenta, home-made ravioli filled with beef and truffle sauce and braised Dexter ribs. There were five white wines to sample, and two red, and all went perfectly with the food. It is taste-bud heaven with the added advantage of no hangover as the wines are of such good quality.

The wines are all from Italy and tend to be from age-old vineyards. Antonio finds that organic wines without chemicals help the flavour to open out. He sources wines from an ancient vineyard near Mount Etna, and another where vines grow around Umbrian trees.

Future plans for the restaurant include opening for breakfast and providing a take-away menu. They are already very community-minded and have donated food to the homeless sleeping in the cold weather shelter across the road in St Mary's church.

Antonio told me he has always been fascinated by science, and this is evident in the way he pairs his food and wine. "That is when food becomes art," he tells me.

Be grateful, as it seems we have some genuine Italian alchemy right on our doorstep.



Anna Dé Dreams

By Angela Kane

'I live to make you smile.'

This is the mantra of Anna Dé, inspired by the track of one of her favourite musicians, Jamie Lidell. She recently launched her event business, Anna Dé Dreams (pun intended!), that specialises in wedding and party planning. Anna is inspired to make your celebration dreams come true.

A self-confessed romantic, Anna truly understands just how significant certain life events can be. Central to the philosophy of Anna Dé Dreams is the importance of the personal touch. To Anna, weddings, engagements and anniversaries are all celebrations of life and love. Art, fashion, parties, travel and spending time with loved ones are all personal passions of Anna, and she channels this into creating bespoke events for you.

Born in north-west London to an Indian father and an English mother, with Irish and Scottish roots, Anna has always straddled multiple cultures. Some of her earliest memories include being in awe of the beautiful and ornate Indian wedding invitations that would come through the post, and the excitement this would generate. Perhaps this has something to do with her love of special occasions, from the anticipation phase to the actual day. Speaking with Anna, it became apparent that she would like to replicate this feeling for her clients, getting involved in everything from building excitement around their event to creating a flawless experience on the special day.

With an academic background in International Relations and European Studies, Anna embarked on a career in International Consultancy. This served to enhance her already cosmopolitan outlook: her career has taken across the world, to cities like Brussels and Washington, DC. With the rise of globalisation and technology, we live in an increasingly interconnected world. As a result, celebratory occasions have taken on different trends. Anna's global exposure and international lifestyle have allowed her to keep her finger on the pulse. With an appreciation of celebration styles across different cultures, the perspective she brings is invaluable.



Anna in Chalcot Square | PHOTOGRAPH BY Lars Christiansen

Though Anna has enjoyed a successful career in consultancy, she felt a yearning to express herself creatively. She often found herself helping friends to organise events in her free time. In 2017, a conversation with a friend led to an initial seed being planted, and by the end of the year, Anna decided to take the plunge. She trained with the UK Alliance of Wedding Planners (UKAWP), and fell completely in love with all that party planning entailed. Her love of styling, sense of fun, natural dreaminess and passion for organisation seemed to come together perfectly for this role.

Anna Dé takes pride in her ability to create a smooth experience for her clients, allowing them to relax and enjoy the process. Equipped with her 'dream team' of top suppliers and consultants, Anna describes her own role as the composer: to ensure that all the elements of an event come together seamlessly to create a magical experience.

Based in the heart of Primrose Hill, Anna is always amazed at how the area has managed to retain its 'village feel', despite being located so near to the heart of central London. Having moved here some years ago, she has immersed herself in local life, and feels proud to be part of the local community. You can find her having brunch at Greenberry, enjoying a glass of wine at The Engineer, or taking in the view of London from the hill.

www.annadedreams.com

A self-confessed romantic, Anna truly understands just how significant certain life events can be.



Anna with Harriet at Harriet Kelsall Bespoke Jewellery
PHOTOGRAPH BY Lars Christiansen

POSTCARDS FROM PRIMROSE HILL



Beautiful St Georges Square (now Chalcot Square) around 1905. The image was taken from Chalcot Road, looking in the direction of Berkley Road. On the right, you can just about make out, hiding behind the trees, numbers 31, 32 and, located on the corner of the square, number 33. On the left there is a clear view of numbers 34 and 35.

The postcard was written and posted in September 1905 by Annie Jane Knowles, a 43-year-old butcher's wife who lived at 20 Princess Road with her husband Thomas and her children Florence, Alfred and Winifred. According to the 1901 census, they shared the house with four boarders and another family: Percy and Elizabeth Sprague and their four children. By the time of the 1911 census, it seems that they could afford the whole house: the Spragues had dissapeared by then, and only two boarders remained. Their 23-year-old daughter Florence is listed as working as a schoolmistress, so this extra income might have helped with covering the costs.

@old_primrosehill_postcards

St Mark's Regents Park
presents a "Come & Sing"

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MESSIAH

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SATURDAY 24TH MARCH

2pm rehearsal for 6pm concert

Singers of all parts are invited to join the choir of St Mark's Church, conducted by Michael Bowden for a rehearsal at 2pm followed by a performance, with organ accompaniment at 6pm.



Participating singers **£10** to include tea after the rehearsal. To book a singing place, Google: "Eventbrite St Mark's Come and Sing Messiah" or email stmarkscomeandsing@gmail.com

Audience-only tickets **£10** to include a glass of wine, available on the door

INTERVIEW

David Bradley: Actor

Children from Haverstock School's journalism course interviewed actor David Bradley.



David Bradley with Yousuf

We were honoured to join the MCM Comic Con Press Panel in October 2017 to meet the very talented actor, David Bradley. He is known for his Laurence Olivier Award for Harold Pinter's *No Man's Land* in 2009. However, we remembered him as the Hogwarts evil caretaker, Argus Filch, in *Harry Potter*:

"You 'orrible kids ... Look at the mess you've made. Out! Out!"

We were surprised to see how friendly and kind he was towards us, and he even took a selfie with Yousuf!

DB told us: "When the BBC approached me about recreating and playing the oldest Doctor Who, I almost bit their hand off! However, I did feel a great deal of responsibility, portraying the Doctor for the William Hartnell fans in the Christmas Special."

We asked: What was it like to work with Peter Capaldi?

"Peter Capaldi was brilliant to work with, but there was a natural rivalry between us. He greeted me with the words:

'Hello. Let me show you around MY Tardis!'

"When my relatives visited the set, he rushed to greet them before I could get to them:

'Would you like a tour around the best Tardis?'"

On several occasions the different Doctors do regenerate in time and space and meet, especially when there are Daleks and cybermen about to take over the world.

This made us wonder, could the oldest Doctor return and work with the first female Doctor, played by Jodie Whittaker?

It was strange that in the Christmas Special, the actress playing his assistant, Claudia Grant, was barely used. We wondered, could the reason be that she is coming back?

We knew that David Bradley would 'bite' the BBC's hand off to play the character again, but was it really feasible? When asked, there was a huge silence.

Then DB said: "The newest Doctor and the oldest Doctor meeting in space and time would bring together two totally different eras, with the attitudes of their time. This would create conflict, and conflict is central to any great drama."

We still don't know, and we'll watch the new *Doctor Who* series for clues, but we really hope that the first Doctor returns. Thank you, David Bradley.

Doctor Who will be broadcast on BBC One in the autumn.

Yousuf (Y9), Shamarke (Y11), from Haverstock School; and Joshua (Y10) from Stormont House School

Plant Power: Meat-Free Mondays in March in Primrose Hill

Did you know that an estimated 2,000 people a week in the UK are converting to meat-free diets, and vegan food sales have increased over a thousand-fold in the last year?

Transition Primrose Hill are trying to make eating vegetarian and vegan meals fun and easy, while giving our local restaurants a boost on quiet nights. After all, Primrose Hill boasts the oldest vegetarian restaurant in London, Manna in Erskine Road. We want to be at the forefront of the new trend towards vegan/vegetarian/flexitarian diets by helping more people enjoy eating meat-free meals.

The popular hashtag #MeatFreeMonday has inspired us to create our own initiative. Every Monday in March, restaurants, pubs and cafes in Primrose Hill will be offering a special vegetarian or vegan meal. Participating eating establishments will be listed and widely promoted on social media, and there will be a competition for the best vegetarian or vegan menu item. Diners will be encouraged to share photos of their meals on Instagram, and there will be a prize for the best photograph.

Local vegan enthusiast Sasha converted from being vegetarian three years ago, persuaded by her carnivore chef husband Miro who watched the documentary 'The Earthlings' and stopped eating animal products straight away. 'It has been a fun project for us, visiting the vegan markets: Hackney Downs is the best, and the Fat Gay Vegan blog is great. My favourite cookbook at the moment is *Vegan* by Jean Christian Jury; it goes round the world and has recipes for all kinds of comfort food.'

The Forest Green Rovers recently hit the headlines as the first vegan football team, and top tennis player Novak Djokovic has recently opened a vegan restaurant in Monte Carlo. He says, "I do eat fish occasionally, but other than that it's all plant-based, organic living foods. I'm not saying that's the way everyone should eat each body has its own needs and preferences but I have found this to be the lifestyle that gives me the most success on and off the court."

As Zen master Thich Nhat Hanh has said, making the transition to a plant-based diet may be the most effective way for an individual to have an impact on climate change. One acre of land can yield 11,000 kilos of potatoes, but only 110 kilos of beef. Nearly a third of greenhouse gases come from eating meat and from raising cattle, more than cars, planes, and other forms of transport put together.

At the time of going to press the Princess of Wales, The Queens, Primrose Bakery, The Engineer, Lemonia, the Lansdowne, Greenberry, L'Absinthe and last but not least Sylvia's Diner, the Oldfield Lunch Club, have all signed up to do special vegan or vegetarian menu items on Mondays in March. See **onthehill.info** for more great offers in the pipeline.

Primrose Hill to Hollywood

Leonardo Shaw

Primrose Hill has seen its fair share of movie crews, careering around with their trailers and props. Although they can cause traffic jams, for all the strife, it is fun to try and poke your head through the crowd to see if there are any famous actors in the neighbourhood. It's great that the place we choose to live is also the place where so many of the world's film-makers choose to set their stories. Some of these crews have gone on to create... well, not always masterpieces, but definitely some fun films. Here are just a few of the best.

Leonardo Shaw is a 15-year-old Primrose Hill resident who has lived his whole life in the area. He is a film buff who loves all kinds of films, whether or not they are made in Primrose Hill.



Paddington and Paddington 2

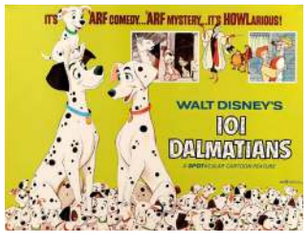
Anyone local to Chalcot Square might have come across Hugh Bonneville and his furry friend filming round the crescent. These family-friendly ventures were adored by many and truly embraced the pantomime-esque story involving a little bear from Peru.



The Lady in the Van

If you cross under the railway and over the canal, before you get to Camden Market, you will come round another famous crescent, Gloucester Crescent. This street used to be home to playwright Alan Bennett and an eccentric lady living in his driveway. After many different interpretations of the book, 2015 brought the story to the silver screen.

Filming in Alan Bennett's old house, Maggie Smith and Alex Jennings took us on a crazy journey spanning fifteen years. Not only did this film attract unanimous praise, but we are lucky to be able to revisit the scenic crescent on our way to the tube.



101 Dalmatians

A literary and film classic, *101 Dalmatians* has captured the hearts of children and adults alike. Up at the top of Primrose Hill, Pongo and his wife Perdita barked a call for help to find their missing pups. Many a time has a passing tourist waited through the bitter cold evening in an attempt to hear the starlight barking. However, it does not exist. Oh well ... you win some, you lose some.



Bridget Jones: The Edge of Reason

This guilty-pleasure chick-flick was embraced by a generation of young flamboyant Brits and went on to inspire two very popular sequels. Our local scene is the opening dream sequence in the second of the trilogy. It entails our heroine skipping and dancing around on the top of Primrose Hill. This iconic viewpoint epitomises the the peace of the hilltop contrasted with the backdrop of crazy bustling London city.

From *Paddington* to *Bridget Jones*, our village seems to represent a peculiarly British vibe, and it's clear that Hollywood has picked up on Primrose Hill showcasing the best of Britain. Perhaps one day we can truly claim to be the Hollywood of Europe.

NEWS & VIEWS



January Open House

Weaving the strands of family history, with the wider experience of Canada's First Nation Cree people, Melody Thompson spoke at Primrose Hill Community Centre in January. Melody, who took part in a Canadian Truth and Reconciliation process with the aim of healing the wounds of a policy which separated Cree children from their families and culture, talked about the impact across several generations of her family. She is actively involved in efforts to bring this history to greater prominence.

Open House regularly stages events at the Community Centre. There is an activity (film, talk or performance) followed by tea, cake and chat. Events are free. See What's On (p16) for details.
Tracey Mitchell

Studio Acca

Welcome to Studio Acca at 148 Gloucester Avenue.

They are a Japanese hair salon with professional experience from both Japan and London, allowing them to create a style best suited to their client's lifestyle. They only use products which are gentle to the hair and scalp, and colour treatments contain minimum ammonia to give the maximum results. Drop by and create a 'new you' with them.



Lost and Found

Found: a silver ear-ring (see photo). Also a tasselled necklace and a beaded bracelet.

Contact **editor@onthehill.info** for details.

Surgery SOS

Patients of Primrose Hill surgery in Primrose Hill Road were shocked to see an auction sign above the door to the reception at the end of January. The family who owned the premises sold to The Hacking Trust, with the assurance that they specialised in letting to doctors and vets. No sooner had the contract been signed, but before completion, they were marketing the building to the highest bidder. At the time of going to press we do not know who the next purchaser is.

The Primrose Hill Patient Participation Group organised a meeting at the library on 30 January, and over 40 people attended. Dr Abanti Paul, the only partner at the moment as Dr Jane Lim has recently retired, told the meeting that NHS England and the Camden Commissioning Group were being supportive, and a statement was read out reassuring patients that continuity of care was expected.

The Patient Participation Group is working to list 99 Regents Park Road as an 'Asset of Community Value' with Camden Council. Email **primrosehillppg@gmail .com** to be added to the mailing list. Fuller notes of the meeting are on the surgery website: **www.primrosehillsurgery.co.uk/ppg.aspx**





Nick Clegg rallies anti-Brexit forces

Sir Nick Clegg, the former deputy prime minister, urged opponents of Brexit to fight to reverse a decision that he said he would do so much hard to the country's young people.

In a rousing speech delivered to a packed hall at Fleet Primary School, Sir Nick called MPs of all parties to hold the government to account for its failure to deliver on the promises made during the referendum campaign for more spending on the NHS and a host of new trade deals. "Democracy without accountability is not democracy," he said.

He warned that Brexit would make it impossible to fix the funding crisis in the NHS as the economy would continue to leak of millions of pounds.

This was the latest sell-out event organised by Open Britain Hampstead. They will be holding a free, open meeting at 7pm on Thursday 8 February at Fleet Primary School to help formulate the next steps in our campaign to highlight the negative impact that Brexit will have on local people's wellbeing, job prospects and health services. *Phil Thornton*

The Oldfield Estate Staff Cuts

The Oldfield Estate on Fitzroy Road is owned and managed by Central and Cecil Housing Trust, a sheltered housing scheme for over 200 residents, all with varying degrees of abilities and disabilities. Some are confined to their rooms while others have less complex needs; all, however, depend on the support and guidance of staff who help co-ordinate the care packages and day-to-day requirements of the residents. The staff are mainly well-thought-of and trusted by the tenants, yet despite this the Trust has decided to dismiss all six front-line staff in one fell swoop.

This came as part of a restructuring exercise, which has been done with no input from Oldfield residents. As rumours of the dismissals got out, a meeting was convened by Central and Cecil, in which they then officially informed residents about the staff dismissals. Director of Services, Yvonne Atkinson, could give no clear answers to any of the questions posed to her, except to say that staff had been interviewed for their own jobs, but because the specifications of the job had changed they had not been successful and they would be able to apply for the jobs again when they are advertised.

The staff have a great working knowledge of the estate and particularly of the residents, they are fully versed in the intricacies involved in people's levels of care and support needs, so how Central and Cecil aim to provide any continuity, and fulfil those support needs with an all-new staff team remains to be seen. Cllr Pat Callaghan has requested a meeting with the CEO of the organisation, Julia Ashley, to raise the concerns of her Oldfield constituents.

Letter to the Editor

Dear Editor,

As an octogenarian, who, during my all-too-frequent moments spent idling in Oldfield, assembled this limerick:

To ease scare of human, robot, exchange,
Shepherds might have a self-service, top-of range,
We'd call it The Bowie,
Would greet "Welcome Howie",
Then sing, "Please take your ch-ch-change".

Yours faithfully,
Howard Richards

Running the London Marathon for Cancer Research

I'm running the London marathon (ARRRGGGGHHHHHHHHH) this year and I'm hoping to get a few quid in donations. It's for Cancer Research UK (I actually work there).

So Running isn't really my thing and before this I hadn't run for a long time. I did a 10k in 2011 and then stopped running. I'm not sure why I haven't used that to learn that maybe I don't like running much, but sometimes your brain forgets, doesn't it? Perhaps that's why some people drink on a hangover day. I have worked at Cancer Research UK for a long time – about eight years now (I'm like the Ken Barlow of Cancer Research UK) and I've seen some amazing people do some amazing things there. I thought it was about time I did some real proper fundraising to help raise money for all these amazing things we do and the only way I know how to impress people is by really unappealing challenges. No one's ever keen to fund a person's jolly up to Mt Kilimanjaro are they?! A marathon seemed like just the thing. No one can deny the seeming horror of running for five hours, can they? It's just not natural.

When I got the place I felt a bit sick and wondered if I could backtrack. One silent tear fell down my face as I realised that I would actually have to do this. Ok, that last bit is an exaggeration, but certainly I *felt* like crying. Then I cleared my sad little head and remembered that I couldn't dither because I had to start raising the £2000 target. God! How?! Well that's why I'm coming to you, the lovely people of Primrose Hill. We are all affected by cancer in one way or another at some point in our lives. EVERY penny counts and will help fund life-saving research into cancer. Please donate anything you can towards this very worthy cause, at: **uk.virginmoneygiving.com/CeriEames**



Here are some pictures of me so you can see what I look like when I run. I think we can all agree other people look more attractive when they exercise. Hopefully this demonstrates how dedicated I am to the horror of marathon training. And maybe if you see me running past, you can throw some water on me to cool me down.

Thank you.

Ceri Eames



What's On March

NEW THIS MARCH

SATURDAY 3 MARCH

By popular request 'Have Your Magic Healing' of Primrose Hill presents another workshop to destress, and rebalance.

PART 1 – 'CHAKRADANCE'
As recommended by Deepak Chopra
A guided therapeutic dance practice with visualisations, and beautiful music. A dynamic moving meditation.

PART 2 – SOUND HEALING
Discover the healing powers of sound. Enjoy a blissful healing gong bath, with drumming, channelled voice, and tuning forks to honour and empower you.

2.15–5.45pm

Highgate Library, Civic & Cultural Centre, NW5 1HB.

Contact Nicole for full details:
Haveyourmagic@gmail.com
www.haveyourmagic.com

SUNDAY 4 MARCH

Youth Ceilidh
A fun, friendly social event for 12–19 year olds, with energetic live music from top bands. CSH. 6pm.

TUESDAY 6 MARCH

Film Show at the Library
Touch of Evil (1958/1998), the restored version of the pulp-town classic, directed by Orson Welles, introduction by Walter Murch. PHCL. 7pm. £8, includes a glass of wine, in cash, in advance at PHCL or on the door.

WEDNESDAY 7 MARCH

Open House
Regent's Canal Walk. Meet 2pm by The Engineer, NW1 8JD, for a canalside walk.

Author talk
Katie Ruth Davies talks about her latest YA book set in Georgia. PHCL. 7–8pm. Suggested donation £2.

TUESDAY 13 MARCH

Exhibition opening of the Golden Thread Project
With performances from the Arcadia 78RPM DJ Orchestra, King Toad (Peter Lloyd), Jonny Hannah, and Sharp's Folk Club. CSH. 6.30pm.

WEDNESDAY 14 MARCH

Open House
The Silk Route. Illustrated talk by Graham Francis on his travels. PHCC. 2pm. Free.

Evening Open House
Planning and the Built Environment. PHCC. 7.15pm. Free.

THURSDAY 15 MARCH

Community Contact Session
An opportunity for individuals to speak to police officers, receive crime prevention advice, report crime or be signposted to services provided by other partner agencies. PHCC. 2–4pm. Free.

Author talk
James MacManus, managing director of the *Times Literary Supplement*, on his sixth novel, *Ike and Kay*, about the infamous romance between Eisenhower and an ambulance driver in the Blitz. PHCL. 7pm. £2 at the door.

SATURDAY 17 MARCH

PHCA annual jumble sale
Quality clothes, bric-a-brac, books, toys and games, accessories and refreshments. PHCC. 11am–1.30pm. £1 entry.

SUNDAY 18 MARCH

Family Barn Dance
Bring the entire family and take part in lively dances from the British Isles in a supportive and fun environment. CSH. 3pm.

TUESDAY 20 MARCH

Open Mic
PHCL. 7–9pm. Suggested donation £3. Contact events@phcl.org

WEDNESDAY 21 MARCH

The Ghostly Crew
A fascinating exploration of ghost lore in folksongs by Paul Cowdell. CSH. 7.30pm.

Open House
Quilts: From Utility to Art. A slide talk featuring antique and contemporary quilt artists, by Linda Seward. PHCC. 2pm. Free.

TUESDAY 27 MARCH

A Celebration of Carpenter Folk Online
40,000 Miles in Quest of Tradition. Performances by the Cecil Sharp House Choir, the Mearns Singers, London Youth Folk Ensemble with members of New Camden Jazz Ensemble and more. CSH. 7pm.

WEDNESDAY 28 MARCH

Open House
Maudie. Film drama based on the life of Canadian folk artist Maud Lewis. PHCC. 2pm. Free.

PLAN AHEAD COMING SOON

TUESDAY 10 APRIL

Film Show at the Library
High Hopes (1988), Slice-of-life comedy about changing London, directed by Mike Leigh, PHCL. 7.15pm. £8, includes a glass of wine, in cash, in advance at PHCL or on the door.

FRIDAY 18 MAY

Top of the Hill Quiz
Plan ahead for the 15th consecutive Top of the Hill Quiz evening, with a mixture of taxing questions and silly ones. Recruit a table of up to 8 neighbours, or just come yourself and join in with a team. PHCC. £10 per person (includes a glass of wine). Book your team in early on 0207 586 8327.

FOR KIDS

Ready Steady Go ABC classes
Fun and educative groups for toddlers and babies aged 6–18 months with their parents and carers. PHCC. 9.30–11am. £120 per term (pro-rated when joining), trial classes available. Contact 020 7586 5862 to register or for more information

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



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

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

TUESDAY

Hartbeeps Baby Sensory
Multi-sensory class of mini music productions for the very young. PHCC. 1.30–5.15pm. Classes £8. Contact Clare 07528 688 734

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

Music and Rhyme for under 4s
Drop-in sessions. PHCC. 4.30–5pm. £1. Contact 0207 586 8327

WEDNESDAY

Ready Steady Go Yoga
Baby and Me, age 6 weeks–9 months, with Lily. PHCC. 9–10am. £60 for 5 weeks (first class free). Contact yoga@readysteadygo.org to register or for more information

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
Learn to sing, enjoy fun songs and games. Ages 4–11. St Mary's Church, NW3 3DJ. 4–5pm. 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

All-ages Chess Club
Join us for a game of chess. PHCL. 6.30pm. Free. Contact 020 7419 6599, events@phcl.org

THURSDAY

Mothers and Babies Pilates
Want to tone your limbs, flatten your tummy and strengthen your pelvic floor? PHCL. 10am and 11am. Contact pilateswithpaulette@gmail.com, facebook.com/pilateswithpaulette

Drop-in for under 4s
Drop in and take part in a variety of activities. PHCC. 11.15am–1pm. £2.50 to include snack, tea and coffee for mums. Contact 020 7586 8327

Music and Rhyme Time for under 4s
Drop-in at PHCC. 4.30–5pm. £1.
Contact 0207 586 8327

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

What's On March

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

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

FRIDAY

Mothers' Mornings
Meet other mothers 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

Jingle Jam Music
Music classes with a jazz flavour. Babies of 3 months to walking at 10.10am; walking to 5 years at 11.10am. Contact Emily Dankworth 07905 979 024, www.jinglejamkids.co.uk

SUNDAY

Drama, dance and singing classes
A unique mix of drama, dance and singing 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

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

Bridge Class
Beginners/intermediate. Join us in the Library for a game of bridge. 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 Community Choir
Love to sing? Try us out! All welcome. PHCC. 7.30–9.30pm. £6. Contact Matthew 0781 723 4925, www.primrosehillchoirs.com

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

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

Trauma Release Exercises (TRE)
New drop-in class to release chronic tension patterns and return the nervous system to balance. PHCC. 4–6pm. £15 per class, or 5 for £50. Contact Tim Kirkpatrick, www.back2base.co.uk

TUESDAY

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

Keep Fit for over 60s
PHCC. 3–4pm. Free. Contact 0207 586 8327

Laban Movement Workshop
To practise and explore Rudolf Laban's Scales and Efforts. PHCC. 12–1pm. £10. Contact 07970 536 643, jennyfrankel.laban@gmail.com

Morris Dancing
Learn lively Cotswold Morris dancing with handkerchiefs and sticks, led by tutor Andy Richards. No experience necessary. CSH. 6.30–9pm.

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

General Yoga
PHCC. 6.30–8pm. Contact Catriona 020 7267 5675, cat.b1@blueyonder.co.uk

Hatha Yoga
An open-level class combining mindful flow with alignment-based instructions and breathing techniques. PHCC. 1.30–2.30pm. Contact Emma 0780 855 3599, emma.lecoeur@gmail.com

WEDNESDAY

Pilates
With Pelin Adlan. PHCL. 10–11am. For prices contact happilates111@gmail.com

Feldenkrais
PHCL. 10.30–11.30. For prices contact info@somaticcircles.com

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

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

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

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

THURSDAY

Pilates
All abilities welcome. PHCC. 8–9am. £12 drop in or £60 for 6. Contact Sue Johnson, 0781 513 0883, suejohnson22@hotmail.com

English Country Dancing
Learn English country and ceilidh dancing with tutor Mike Ruff. Musicians welcome to join the band led by Ian Cutts. No need to bring a partner, no experience necessary. CSH. 7.30–10pm.

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

Narcotics Anonymous
PHCC. 1.30–3.45pm. Free.

Mother and Baby Postnatal Pilates
Activate your pelvic floor, tone your tummy, strengthen your back and improve your posture. PHCL. 11am. Book your place on the next course at pilateswithpaulette@gmail.com, Facebook.com/pilateswithpaulette/reviews

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

Pregnancy Yoga
An open level class helping mums-to-be to stay healthy in mind and body during pregnancy. PHCC. 5.15–6.15pm. Contact 07808 553 599, emma.lecoeur@gmail.com

Primrose Hill Yoga
Strengthen, stretch, relax and re-energise. PHCC. 5.30–6.30pm. £11 drop-in, £50 for series of 5, student and unemployed discount available. Contact carolineshawyoga@gmail.com

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

FRIDAY

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

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

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

Dynamic Pilates
Strengthen core, prevent back pain and improve posture. All levels and abilities welcome. Own mat needed. PHCC. 8–9am. Contact Natalie 0770 954 3581, natalienicollfitness@gmail.com

SATURDAY

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

SUNDAY

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

CONTACT DETAILS

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

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

Please submit entries for our April issue by Friday 9 March

onthehillwhatson@phca.cc

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

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PRIMROSE HILL DURING WW2

BY DAVID EDWARDS

We lived at 154 Regent's Park Road, Primrose Hill. My grandfather had a shop in the terrace that led up to the hill. The front of the shop was boarded up with rough sawn boards salvaged from bomb-damaged houses, and if you were not careful you could get splinters from them. A small bomb had exploded on the kerb outside the shop and blown out the fronts of both our shop and the hardware shop next door. The owner had evidently come downstairs and looked at his shop in chaos. There were tin-tacks in the broken jar of pickles, soapflakes in the putty and the pails, and kettles full of mothballs. I remember feeling a bit aggrieved that our shop had only a pane of high-level glass, whereas the ironmonger had found quite a big bit of glass to repair his shop window, which allowed him to put up a small window display.

Up and down the main line from Euston, either side of the tracks were bomb sites. Our house was about 300 yards from the railway, and my dad said that the Germans must have been pretty accurate in their bombing to be able to fly so high over their target. Our basement was just one room, made over by St Pancras Borough Council into a shelter, lit only by candles that you took down with you. Workmen had installed sheets of corrugated iron against the ceiling and propped up the roof with steel posts. There was a panel low down in one wall which came away, and behind it was an emergency shaft that took you up to the street via a manhole. Frankly, I am often amazed at what was accomplished in such a short period of our history, when we were short of both men and materials. Grandpa did not reckon much to the shelter. He said that if a bomb hit the house it would fall down onto the manhole so that you wouldn't be able to get out anyway.

On the night the bomb fell, Grandpa was down at Chalk Farm Underground station sheltering there. My mother and I were asleep in one of the upstairs rooms. When the bomb hit, my mother told me she'd lain across my cot to shield me from the blast. Amongst the other damage from the bomb was that it broke the lid of a cut-glass decanter that had been a wedding present to my mum and dad. In spite of everything else that upset my mum, I don't think she ever forgave the Germans for that!

The bomb chipped great lumps of granite from the kerb and from the base of the iron lamp post. The kerb stones have been replaced, but you can still see the scars on the lamp post. All around the area there were bomb sites. It is odd, isn't it? In 1946 the term, 'bomb site' was in common parlance. Now, seventy years later, you hardly hear it. The bomb sites were the equivalent of today's adventure playgrounds, all provided courtesy of Herman Göring. The boys who lived closest to the sites claimed them for their own. You sort of had to have their permission to play on them. Camps were established on them and many happy hours spent in play. Health and safety were unheard of then!

The biggest site, reputed to have been blown up by a parachute mine, was between King Henry's Road and Oppidans Road. A huge area was devastated. We played in the ruins of rubbish-strewn stairs and musty cellars, and chucked bricks into the remains of ornamental ponds that had once been features of cultivated gardens.

Here and there some sites were cleared and cellars turned into emergency water supplies. The walls were coated in thick bitumen and low walls built around the outside from salvaged bricks. A wooden door was set in the wall and the initials 'EWS', standing for 'Emergency Water Supply', were painted on the door. This gave the fire brigade water when the mains were fractured.







There was a young lad in my class at Princess Road Primary School (now Primrose Hill School) who had the same birthday as me. He was the son of the BBC music conductor Eric Robinson and was called Drury. One day on the way home from school he stopped to play on a bomb site and was killed by some falling masonry.

There were other dangers. A boy, older than me, called Peter Brown, used to walk around for as long as I can remember with his ears bandaged. He was injured whilst playing with a phosphorus bomb that he and two friends had found. The other two lads were killed. Mum always said never to pick up anything we found on Primrose Hill, but of course we did.

There had been a gun battery on Primrose Hill. The guns had been removed and squatters had moved into the old army huts. Grandpa was a bit wary of squatters, thinking they might pinch things when in his shop, which was typical of the attitude that abounded in those days. Anybody you were not sure about was a dodgy type. But as far as I can recall, most were ordinary folk who had been bombed out of their homes and were victims of the war.

The shelters and ammunition stores around the gun emplacements were a super playground, although you had to be wary of all the barbed wire that was strewn about. Like the bomb sites, they smelt a bit. There was an enormous concrete well in the centre of the site which we always said was the base of a big gun. But in reality I suspect it was for a rangefinder or something like that. Around this centre pit were the remains of the bases for other guns. There may have been four or more. All that remained were the cut-off bolts that had held them in place.

To us kids the pit seemed very deep, but it was probably only about five feet deep. It was accessed via a trapdoor and a ladder, and the game was to send someone down into the pit and not let him back up the ladder.

Places on Primrose Hill had been turned into allotments (Dig for Victory) and we had one. We knew people who worked at nearby London Zoo and Grandpa could get dung from there for the allotment. Rumour had it that he had elephant dung for his marrows and giraffe dung for his runner beans. The allotments remained there for several years after the war.

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PRIMROSE HILL
ENTREPRENEURS

Local digital start-up entrepreneur Petar Savic talks to some of the start-ups and small businesses running from Primrose Hill. This month he meets Lorna Bladen.



TELL US ABOUT YOURSELF.

I was simply never interested in working for a big corporate machine, perhaps because my family always ran their own small businesses. I landed a fast-paced job when I first moved to London, working on a national enterprise campaign called StartUp Britain, an initiative to increase the levels of start-up activity in the UK. At the time of launch in 2011, becoming your own boss was seen as pretty risky, but steadily over the years the entrepreneurial appetite in Britain has exploded. In 2017, over 600,000 people became their own boss – how great is that?

IS ENTREPRENEURSHIP A VIABLE CAREER PATH?

Absolutely, and there's so much support to access! Profit is the lifeblood of any business, but we are seeing more people becoming self-employed or starting a new enterprise not just because of the uncapped earning potential, but often because they can craft a career that is more creative, satisfying and aligned with their individual values.

I'm now working at the UK's most active small business network, Enterprise Nation. We run over a hundred events a year as well as offering practical online support, and I adore meeting dynamic start-up business owners from all walks of life. One thing that always strikes me is that they never have any regrets about leaving the traditional 9 to 5. They all appreciate the fact that whatever happens, they are in charge of their own destiny.

While it's undeniable that a lot of graft is needed to make any business a success, good support is there, which is why so many people turn to Enterprise Nation for daily support and a friendly community of like-minded individuals.

WHAT'S YOUR CONNECTION WITH PRIMROSE HILL?

I moved to Primrose Hill in 2016 and I just adore it. I probably live in the smallest place in the village, but I don't care because the area is so welcoming and vibrant.

I can have had the longest, hardest day at work, but turning around after the short walk up the hill to see that stunning London skyline can instantly turn my frown into a big smile! I'm also extremely proud that our village doesn't look like every other high street: it's delightfully dotted with lovely independent shops and cafes run by entrepreneurs; and I hope that never changes.

TELL US ABOUT YOUR OWN VENTURE, LUNA EVENTS.

I have my own miniature side hustle, which is called Luna Events. It's still evolving, but I see it as a one-stop shop for people to discover wellness, career and lifestyle events that can help them live their best life.

I love offline experiential events and seeing groups of people getting together. I ran my own Valentine's party at St Mary's church in Primrose Hill last February. The event raised money for a mental health charity, and I'm keen to do another one this year in the local community. Watch this space and get involved!

I'm always on the look-out for like-minded people, so please feel free to write to me at lorna@enterprisenation.com



Primrose Hill Past

Susan Greenhill

I thought I saw Ted Hughes the other day,
brooding on a bench outside the library.
Perhaps it was just a trick of the light,
or too much sun or heat, but
strolling the streets of Primrose Hill
oft-times I think I see,
half hidden in a doorway, in a café,
or in the dark shade of a tree,
the spirit of a long-dead resident.
Do others see them too, on their way to the shops,
or sauntering across the park to the zoo?
As the swings creak and squeak
in the children's playground, Sylvia Plath
sitting beside the sandpit, pen in hand?
Artist William Roberts painting outside Lemonia,
Roger Fenton snapping local celebs for the *Ham and High*
a far cry from the Crimean War.
And isn't that Laurence Olivier declaiming:
'To be or not to be', while striding
to his drama school nearby?
Do I see history prof AJP Taylor
reading behind that shimmering wet window?
And the fellow with the Father Christmas beard
is surely Friedrich Engels, opening his front door
to welcome his old comrade Karl Marx.
While across the road, not going gentle into the Queens,
the diminutive figure of Dylan Thomas
over from Delancey Street to talk poetry with Yeats.
If the dead remain with us, live alongside us,
what better place to be – for all eternity than Primrose Hill.

www.soundcloud.com/susan-greenhill-poetry

The Parishes of The Hill invite you to keep Holy Week with them for 2018

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

St Mary's Primrose Hill
Elsworthy Road, NW3 3DJ
www.stmarysprimrosehill.com

25th March (Palm Sunday)		
10 AM		The parishes unite on the top of the Hill with the Bishop of Edmonton for Blessing of Palms and Procession to St Mark's for The Palm Sunday Eucharist
29th March (Maundy Thursday)		
7.30pm	St Mark's	Eucharist of the Last Supper *Music:* Communion in C Minor WOOD Tantum Ergo DURUFLÉ
8.00pm	St Mary's	Eucharist of the Lord's Supper with Watch until midnight *Music:* Missa L'hora passa - Viadana, Ubi caritas – Gjeilo, Tantum ergo – de Severac, Nolo mortem peccatoris – Morley
30th March (Good Friday)		
10.00am	St Mark's	Children's Service *(Both Parishes welcome)*
12 noon		Stations of the Cross
1.30pm		Solemn Liturgy Passion (St John) *Music:* VITTORIA, Reproaches VITTORIA, Miserere ALLEGRI Ad te levavi PALESTRINA
4.00pm		Evening Prayer
12 noon	St Mary's	Three Hour Service (followed by hot cross buns) *Music:* The Liturgy of the Passion according to St. John – Victoria Miserere mei – Byrd, What wondrous love – Traditional Shaker, Populo meus - Victoria, Agnus Dei – Morley
31st March (Holy Saturday)		
10.00am	St Mary's	Church Cleaning and creation of Easter Garden
7.30pm	St Mark's	Vigil and First Mass of Easter
1st April (Easter Sunday)		
5.30am	St Mary's	Dawn Vigil & First Mass of Easter *(followed by breakfast)*
10.30am		Procession & High Mass Music: Communion in E DARKE Hallelujah (from Messiah) HANDEL
8.00am	St Mark's	Said Eucharist
10.30am		Sung Eucharist Music: Mass in F MOZART Sarabande for an Easter Morning HOWELLS with strings



PHOTOGRAPH BY Sarah Louise Ramsay

Cecil Sharp House

By the Mole on the Hill

Us moles have a good relationship with the folk singers you get down at Cecil Sharp House. You hear them up here. 'I wish I was a mole, I'd tear that mountain down.' And even when they're on about mole-catchers they come out on our side. You know the story. The mole-catcher catches the farmer up to his frolicks with his wife. 'I'll make you pay dearly,' says the mole-catcher, 'for tilling my ground and the money it'll cop you no less than ten pound.' 'Ten-pound,' says the young fellow, 'That I don't mind. It only works out about tuppence a grind.'

Rachel Elliott, now Education Director at the English Folk Dance and Song Society, is aptly named: just like Billy Elliott, she left Gateshead in north-east England when she was thirteen.

"I went to study at a residential ballet school fully funded by the Gateshead Metropolitan Borough council, probably the last one to benefit before the Thatcher cuts put paid to all that. I went on to study for three years at the Rambert School of Ballet and Contemporary Dance, and I worked in dance until I got the job at the English Folk Dance and Song Society (EFDSS) in 2008."

Her very first job was with Focus On Dance in the 1980s, which brought her to Cecil Sharp House for rehearsals. Since then she has lived in Camden and done much of her work here. For sixteen years she taught dance in Great Ormond Street Hospital, worked for London Contemporary Dance Trust at The Place in Bloomsbury and across the UK, and has taken contemporary dance to every special school in Camden.

"I worked with Green Candle Dance Company, directing a show for hospital wards. We had four dancers and a musician and the performance was sensitive to the confined space. Our aim was to bring colour, joy and relaxation to the children and involve them in some interaction. I studied British Sign Language and did a lot of work with deaf young people, including directing the Deaf Dance Summer School at Sadler's Wells for nine years."

For the past ten years Rachel has been Education Director at EFDSS. It was a new post that gave her responsibility for music education as well as dance education.

"My biggest challenge was the music side. I had always sung the traditional songs of the north-east. Just get me started and I'll sing you 'The Lampton Worm' or 'Cushie Butterfield', but I had to get to grips with the way music is organised the music curriculum, the music education hubs in local authorities and national music organisations and I had to learn how to work with them."

EFDSS owns the building on Regent's Park Road, which houses its specialist Vaughan Williams Memorial Library (VWML), and many activities take place there. They have adult, youth and family activities; numerous regular classes for accordion, banjo, guitar and other folk instruments, morris and English country dancing; there is the seventy-strong Cecil Sharp House Choir with a waiting list for new members; popular monthly family barn-dances, youth holiday courses and ceilidhs.

However, EFDSS is not just a jewel in Camden's crown. It is the folk arts development organisation for England. The stress is on English folk traditions, although there are many overlaps and interconnections with dance and song from Scotland, Ireland, North America and beyond.

"Of course we work with schools. At the moment we have a big project with Essex Music Services, working in primary and secondary schools uncovering Essex folk songs. Our London Youth Folk Ensemble has a joint project with Camden Music's New Camden Jazz Ensemble combining jazz and folk; and there will be two performances: one at LSO St Luke's and one at Cecil Sharp House on 27 March to celebrate the collection of James Madison Carpenter joining our online digital archive. The free evening will also feature our choir, a choir from Scotland, songs and archive film."

Of her many achievements while at Cecil Sharp House, Rachel is most pleased about setting up the National Youth Folk Ensemble. Arts Council England funds, among other national youth music and dance organisations, the National Youth Orchestra, the National Youth Choir, the National Youth Jazz Collective, the South Asian Youth Music Organisation and now the National Youth Folk Ensemble, which is led by its inaugural artistic director, the inspirational fiddle player Sam Sweeney.

So everything is going with a swing at EFDSS, but there are still concerns about the arts in education. "It is very worrying. Music and the arts in general are being squeezed out of the curriculum because of the EBacc [English Baccalaureate]. Schools are trying to channel their pupils into the approved subjects, so many dance, music, drama and art teachers are the first to go when there are cuts. It degrades the status of these subjects. This is crazy when you think how important our creative industries are to the economy. But we are fighting back, and as an organisation we have supported strong representations to the government. The only way you can ensure that all young people have access to the arts is if they have a strong presence as part of the curriculum in state schools. We work closely with Camden Music, and are lucky to have such a brilliant service in the borough, but they are constantly up against it. We're also partners with Camden Dance Development Group, who still manage to have a schools dance festival every year at The Place; and as part of that, we currently have a morris dance project at St Paul's School. It takes ten years to build up a strong arts tradition in a school. It can be destroyed in one term."



PHOTOGRAPHS BY: top left and bottom: Roswitha Chesher; top right: Rosie Reed Gold

"Music and the arts in general are being squeezed out of the curriculum"

A depressing story, but Cecil Sharp House is thriving. If you want to revisit the 1960s, drop in to Sharp's Folk Club on any Tuesday. There is no cloud of cigarette smoke, but apart from that it is nostalgia all over again. The beautiful perma-garden is looked after by a team of Camden volunteers; the whole building has been refurbished, and with a lift now installed it is wheelchair accessible, and the welcoming café is open to everybody. Kennedy Hall has been done up and has a new dance floor and curtains; and the Ivon Hitchens mural has been cleaned and restored. And don't forget that this is where EFDSS has hosted, without a hiring fee, many of the Primrose Hill Community Association and the library's celebrated fund-raising events.

Us moles'd love to see some Morris dancers and folk singers up on the Hill. As long as they don't sing about mole-catchers.

To view Cecil Sharp House's programme of events go to: **www.cecilsharphouse.org**

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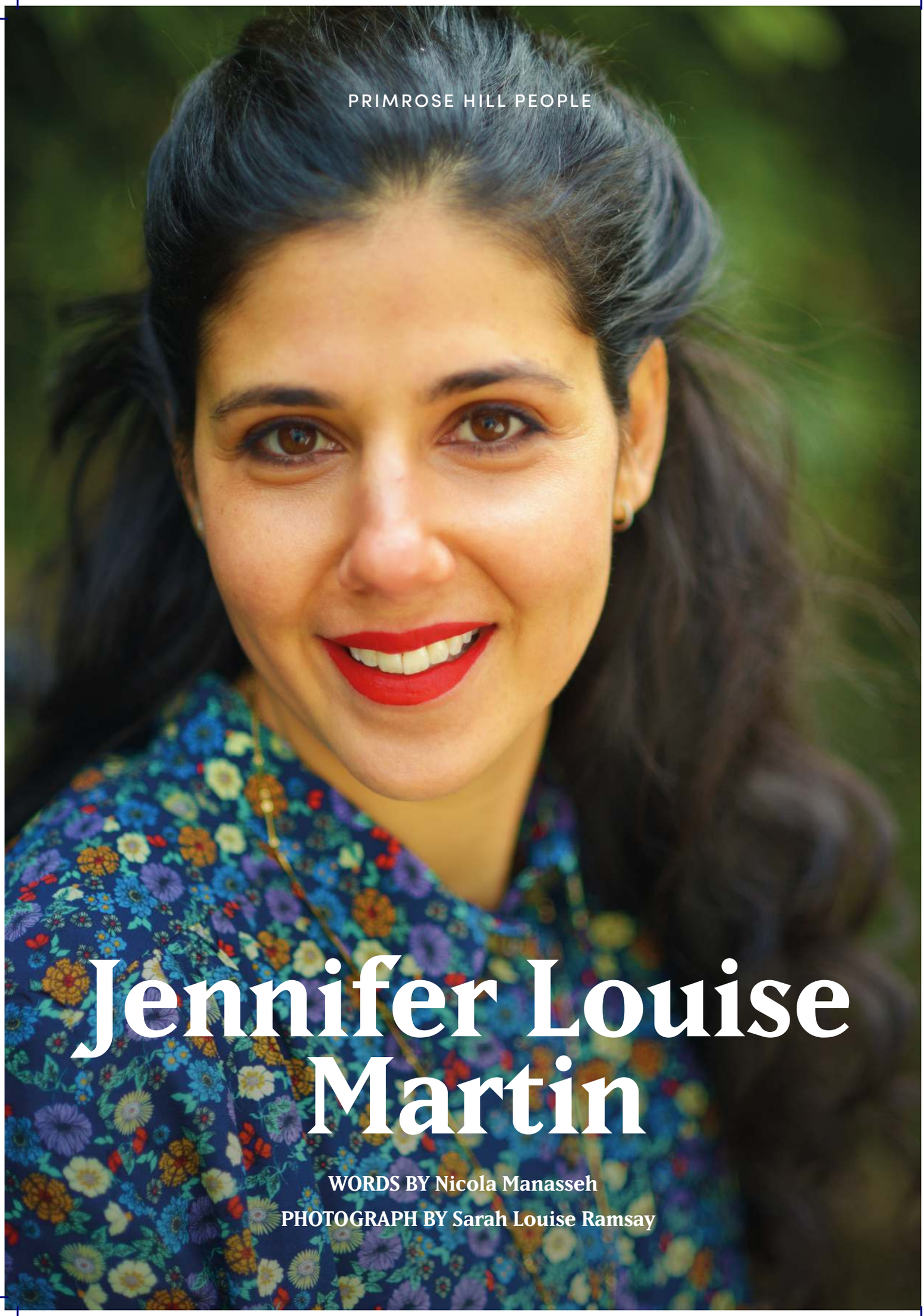
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Ken Matsuzaki, *Yohen Teoke Water Container*



Sonia Delaunay, *La Femme au Paravent*, 1924, hand coloured pochoir



Jennifer Louise Martin

WORDS BY Nicola Manasseh

PHOTOGRAPH BY Sarah Louise Ramsay

It is not the accuracy of Jennifer Louise Martin's portrait paintings that make them remarkable, but her ability to evoke the personality and the mood of her subjects. Recently discovered by the model and writer Laura Bailey on Instagram, Jennifer was commissioned to do a series of thirty paintings of famous people, including Sophia Loren, Britt Eckland, Claudia Schiffer and Erin O'Connor. In her eleven-year career as an exhibiting artist, Jennifer has only ever done two male portraits (Michael Caine and David Hockney), because she is mainly interested in the psychology of the female. In many of her paintings she uses images from fashion photography to provide herself with figures and faces that are then transformed by paint (acrylic or oil), fabric and whatever material is calling to be collaged.

Critics of her work readily point out how Jennifer is curious about the contrast between the beauty and perfection of photographed models and actors and the reality, beyond filters: that nobody is perfect, that it is OK to be flawed. One of the questions that her work provokes is about how much women need to change their natural look (whether with make-up or the extreme of plastic surgery) in order to feel good or be socially acceptable. Jennifer may express the conflict between nature and nurture with female figures that are faceless, or others that have disproportionate features. Titles of her paintings include 'Beauty is an Affliction' and 'Through the Mist'. Her 2007 exhibition at the Milo Gallery in LA was aptly named 'Perfect Illusion' and her 2013 show at the Strand Gallery in London was called '(Re)Fashioning the Gaze'.

Despite her blessed life as an artist who has experienced international success, and despite her interest in fashion models and glossy magazines, Jennifer is a genuine and grounded person. "My work is about connecting with the viewer," she explains, "I want to communicate. Through painting I have a voice, and I really believe that it is good for the soul." She also describes painting as cathartic, and when in the past she suffered from anxiety, the canvas was her best friend with whom she could express her feelings, meditate and motivate herself. There is a whole range of emotions conveyed within her paintings. Though you may see sadness or dejectedness in a certain female subject, Jennifer's choice of colours will make such a painting also feel dynamic. She believes that every colour has its own properties, and says that at present she is being drawn to pink, which she feels is a calming colour. It is no surprise that with a degree in psychology and neuroscience from Leeds University, a Fine Art degree from Central St Martins, and being a qualified art teacher, she is now looking to train as an art therapist. "I feel like I express my interest in the subconscious mind by painting with a lot of layers. I also want my work to live in the now – like the way that I include paint drips."



Through the Mist. 275 x 180cm acrylic, spray paint and velvet on canvas (2017)

"Through painting I have a voice, and I really believe that it is good for the soul."

It was at the age of fifteen that Jennifer, with the encouragement of her art teacher, realised she had a talent and love for painting. As a young adult her parents urged her to get a 'real' job, but she went to America, took up residence in a dodgy part of downtown LA, and did her first eight big-sized portraits. To this day she remembers the advice of a friend who told her to go outside her comfort zone and be fearless. It was then in her first ever exhibition that she sold a painting for $2,000. The cold winter months working in her parents' garage had paid off. These days Jennifer has a studio space in London Bridge, whilst living with her husband in Primrose Hill.

Energetic and creative as she is, Jennifer's work continues to evolve. Her latest interest is in knitting, and she has just started a free weekly group for aspiring knitters. "Knitting is fashionable now, and did you know that you can actually knit with your fingers?" She describes how the group meets in a local pub, and just last week an experienced knitter discovered them and offered her help. Designing prints on knitted jumpers is one of Jennifer's artistic ambitions, and she says that her dream project would be to create her own knitwear range, selling in Liberty. Certainly the images and patterns in many of Jennifer's paintings seem wearable. She has a masterful use of colour, and she captures the glamour of the fashion world without glossing or varnishing over reality. Two of her artistic influences are Peter Pilotto and Marlene Dumas.

When it comes to giving advice to people who would like to be artistic or to see the spiritual value of painting, Jennifer insists that it is important to listen to your instinct. "If your work doesn't come from within or connect to yourself, it will feel meaningless." Just as she collects 1960s and 70s fabrics, patterns, wallpaper swatches and looks around vintage shops for inspiration, she says that the best way to get started on a canvas or piece of paper is to go to a shop and find one or two things that fill you with joy. It could be a florescent green chalk from an art store, or a second-hand picture frame that you want to decorate. Then it is all about enjoying the process of making and not judging the result. "Art is subjective," declares Jennifer, "you have do it for yourself. And you can't give up, even if you don't like what you produce. I always prefer the work I haven't created yet."

As a qualified art teacher, Jennifer also runs Saturday and holiday art workshops for children. Do take a look at the children's art in the Gallery at the site www.art-buddies.com and be prepared to be amazed.

www.jenniferlouisemartin.com
@jenniferlouisemartin
@artbuddieslondon



And breathe...

By Paulette Pollock

When we breathe, we know we are alive. You take about 1,000 breaths an hour, which equates to almost 8,760,000 a year. Should you live to 100, that is almost 900 billion breaths! But are they full, nourishing breaths, or shallow ones at the top of your chest!?

Breathing better has a positive influence on numerous aspects of our lives. It can give us better digestion, improved circulation, stronger immune function, enhanced cardiovascular health, more energy and can calm our minds. It's an automatic process that we take for granted ... until perhaps we have a blocked nose. But did you realise that your posture will also impact on how you breathe?

Often people breathe in the upper chest, with the tummy and ribs not moving at all. To clarify, you do not breathe into your tummy. You breathe into your lungs, which are protected by your ribs at the top and sides, and encased by your diaphragm muscle at the bottom. As you inhale, this dome-shape muscle contracts and flattens, pushing the liver and other organs down into your abdomen; this is why the tummy swells. So please STOP holding in your tummy, as you are impeding your breathing.

For the diaphragm to be able to contract fully, you need to be in neutral alignment maintaining a good posture. Let's try it:

1. Sit on the edge of a dining chair, feet flat on the floor, knees hip-width apart, spine vertical, shoulders relaxed and head drawn back. You need to sit directly on your sit bones, so gently rock/tilt your pelvis forward and backward rolling over the bones (found under your bottom!). Your lower back will arch and then flatten. The point between these two ranges of movement should be your neutral pelvis and you will feel like you are perched 'on' your sit bones.

2. Take a long inhale though your nose, and feel where the air moves your body.

3. Exhale through your mouth and relax.

4. Now slouch forward and breathe. You might observe that your ribs only move at the back.

5. Then lift your chest up towards the ceiling and breathe. Now you might feel only movement in your upper chest.

6. Return to neutral posture and put a hand on each side at the bottom of your ribs. Take a few breaths 'into your hands' and feel how much movement there is laterally in your ribs.

7. Move your hands onto your tummy and take some more breaths. By touching these areas we give the brain a direction towards which to target muscle movement.

I hope you notice that by being in neutral alignment you can expand your ribs 360° without the restrictions brought by poor posture or holding the tummy in. Practise this each time you sit down, and especially if you are feeling anxious or stressed.

For further information, please check out **facebook.com/pilateswithpaulette** or email me at **pilateswithpaulette@gmail.com** to find out how I can improve your posture and breathing.

BOOK REVIEW

The Outer Circle

By Ian Ridley

Primrose Hill has long been a favourite destination for film-makers (*see p 12*), but it also crops up in books, notably *The Folks That Live on the Hill* by Kingsley Amis and *Primrose Hill* by Helen Falconer.

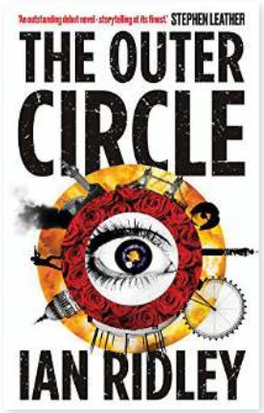
Now former sportswriter Ian Ridley has written *The Outer Circle*, set, as the name suggests, in Regent's Park, with much of the action occurring in Primrose Hill. It's a page-turning thriller which manages to reach beyond events and raise hard-hitting questions, both on a personal and political level.

Set in the days immediately after the London Olympics, when the city is basking in self-congratulatory glory, a terrorist attack occurs at the London Central Mosque in Regent's Park. The following day, a reciprocal attack happens in the park itself. The events plunge London into chaos and uncertainty.

The book highlights the cultural highs and lows of present-day Britain as it follows the story of five individuals caught up in the events in very different ways.

The Outer Circle is Ian Ridley's first novel, but as a sportswriter he wrote the bestselling *Addicted* with the former Arsenal and England captain Tony Adams, which was shortlisted for the William Hill Sports Book of the Year award; and he's also been a sportswriter for *The Guardian, Daily Telegraph, Observer* and *Mail on Sunday*. In 2007 he was named Sports Journalist of the Year.

Television credits include the Sky One drama series *Dream Team*, and he's currently writing a film script on the world champion boxer Darren Barker, based on the biography on which he collaborated, *A Dazzling Darkness*.



The Outer Circle is available now from Primrose Hill Books.

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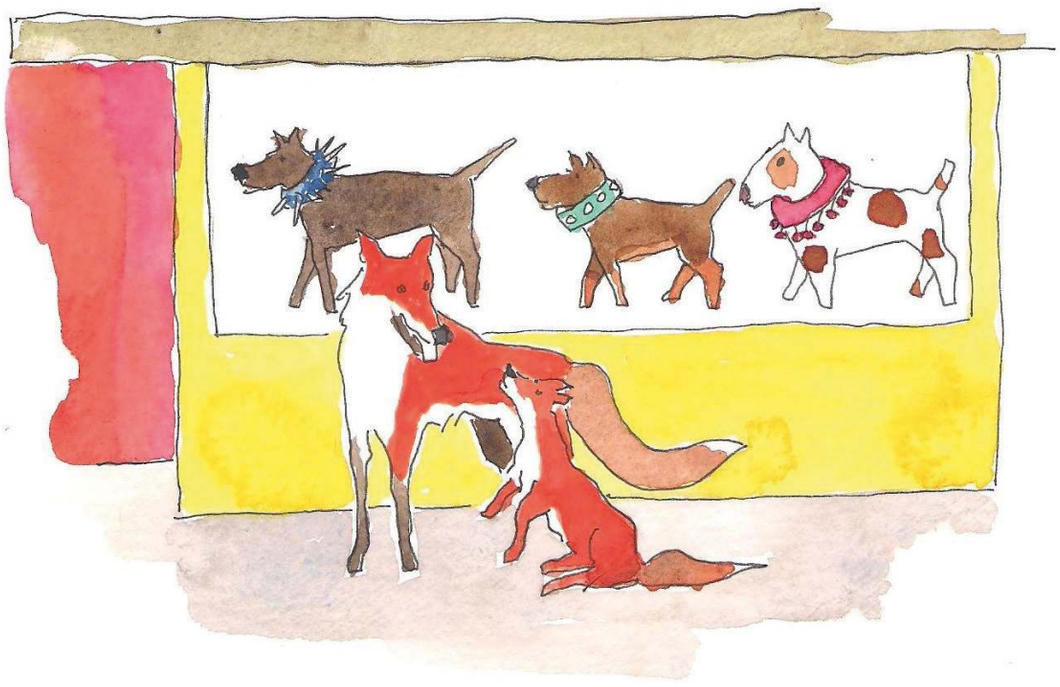
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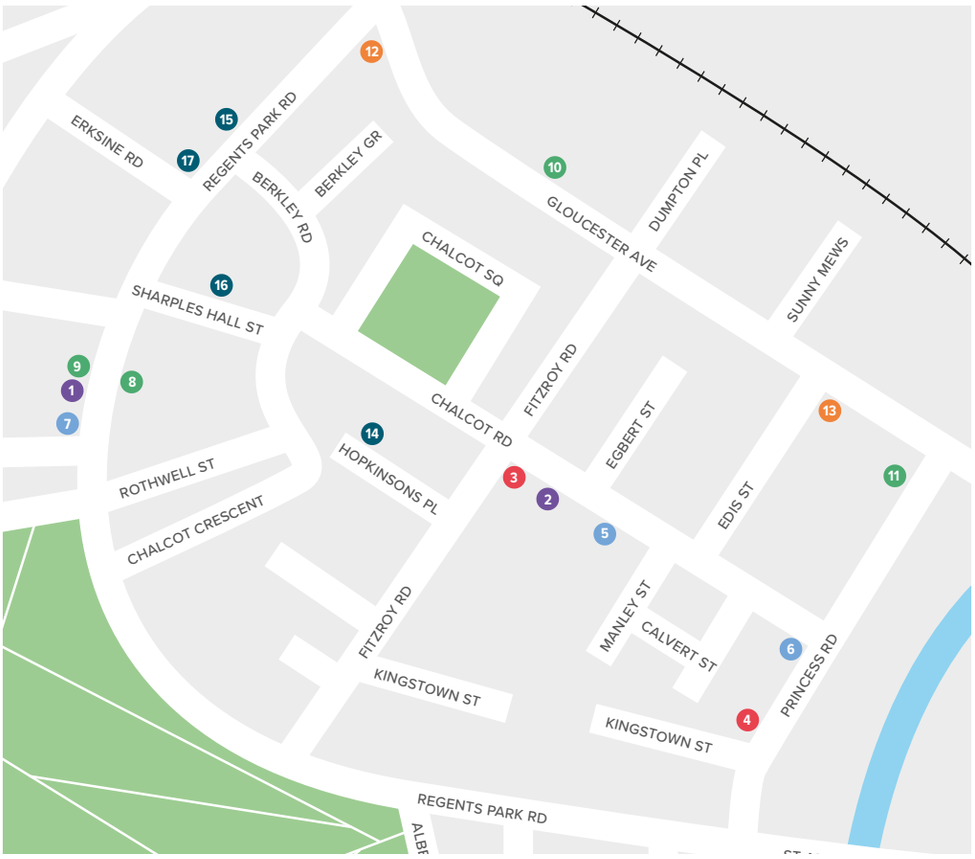


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Mars Bar Crispy Nests

These are an extremely rich Easter treat, hugely popular with adults and children alike. They are not really cupcakes, but are incredibly easy to make and look great with Easter decorations. It is surprisingly hard to resist eating more than one, but they can be stored in an airtight container for up to three days.

1. **Line your chosen muffin tray(s) with cupcake cases.**
2. **Melt the butter and golden syrup in a saucepan over a low heat, stirring constantly. Add the Mars bar pieces and keep stirring until just melted. Remove from the heat and gently stir in the cornflakes until coated, taking care not to crush them.**
3. **Press a spoonful of the mix loosely into each cupcake case and leave them to cool and set.**
4. **To make the icing, melt the chocolate, either in a microwave (taking care not to burn it) or in a glass bowl over a pan of simmering water, until smooth and of a thick pouring consistency. Leave to cool slightly.**
5. **In a large mixing bowl, beat together the butter, icing sugar, milk and vanilla extract until smooth; this can take a few minutes with an electric hand-mixer. Add the melted chocolate and beat again until thick and creamy.**
6. **Once the nests are completely cool, spread a small amount of buttercream icing on the centre of each nest and add your decorations.**

Ingredients
(makes 10 regular or 30 mini cupcakes)

For the nests:
- 50 g unsalted butter (at room temperature)
- 2 tbsp golden syrup
- 260 g Mars bars, chopped into 1 cm pieces
- 150 g cornflakes

For the icing:
- 130 g good-quality dark chocolate (70% cocoa solids)
- 170 g unsalted butter (at room temperature)
- ¾ tbsp milk (at room temperature)
- ¾ tsp good-quality vanilla extract
- 190 g icing sugar, sifted

To decorate:
- Easter chicks or rabbits, or small chocolate eggs

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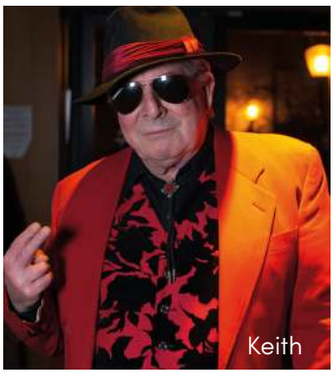
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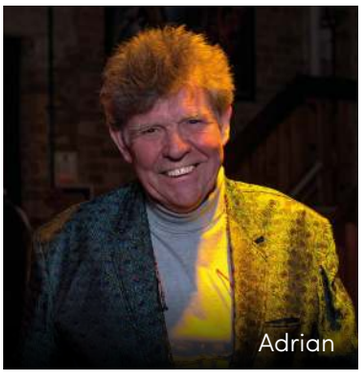
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