On The Hill

NEWS AND INFORMATION FOR PRIMROSE HILL PEOPLE

MARCH 2019 | ONTHEHILL.INFO

REFUGEES WELCOME?

How we can help refugees in our community

BOUJO HAKE: SLOW FASHION

Underwear with heart



OH! YOU PRETTY THINGS

Sophia Langmead talks about her art

Produced by Primrose Hill Community Association



YOUR STORY

DESIGN

Reflect your unique story in a piece of one-off bespoke jewellery

www.hkjewellery.co.uk

Certified to Fairtrade Standards

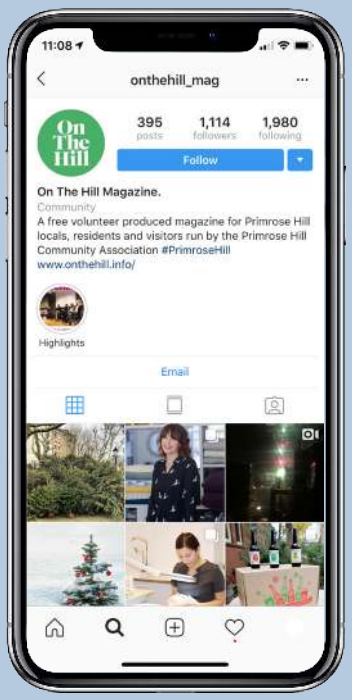
Hertfordshire Jewellery Centre
+44 (0)1462 790 565
hertfordshire@hkjewellery.co.uk
North Barn, Fairclough Hall Farm,
Halls Green, Herts, SG4 7DP

Cambridge Studio & Shop
+44 (0)1223 461 333
cambridge@hkjewellery.co.uk
6/7 Green Street, Cambridge,
Cambridgeshire, CB2 3JU

London Studio & Shop
+44 (0)203 886 0757
primrosehill@hkjewellery.co.uk
69 Regent's Park Road,
Primrose Hill, London, NW1 8UY

On The Hill On The Go

Keep up with the latest news and happenings on our social media channels.



@onthehill_mag

@onthehillinfo

@onthehillinfo

On The Hill
onthehill.info

March 2019

CONTENTS & PREVIEW









Editor's Letter
05

On The Street
07
Fine Arts College, Neville Jason, Haverstock journalists and Diana Athill

What's On
16
Things to do in March

Primrose Hill Entrepreneurs
18
Charlotte Simone reinvents the scarf

Refugees Welcome?
19
Refugees at Home and Welcome Syrian Families are doing their bit to ease the crisis

BOUJO HAKE: Slow Fashion
20
Underwear with heart

Primrose Hill in the 1940s–1950s
22
David Edwards remembers our shops as they used to be

Oh! You Pretty Things
24
Sophia Langmead talks about her art

Aerial Pilates
27
Pilates with a difference at Primrose Hill Community Centre

Cartoon
28

Marketplace
29
Contact details for local services

Primrose Hill Eats
30
Nutella Cookies by Collis Bakes

Poem
31

Hello, Primrose Hill!
32
Burns Night



‘Spring’ by Arthur Rackham

This allegory of springtime with a barefoot woman surrounded by blossoms was auctioned in December 2018 by Christies in New York. The painting went for $5,250, which was at the higher end of its estimate.

The painting doesn’t appear to have ever been exhibited or published. Notes accompanying it give it the title ‘Spring’ and show that it was painted in Primrose Hill Studios. Arthur Rackham lived there in 1905/06, after renting out studio space in the building.

The painting is pencil and watercolour on illustration board and is framed. It was painted around 1905 and signed by Arthur Rackham. It originally belonged to Mrs Lucy Stephens, who was an artist and fellow resident of Primrose Hill Studios, and the picture was obtained from her descendant.

The Team

Editor
Maggie Chambers
editor@onthehill.info

Editorial Group
Dick Bird, Doro Marden, Phil Cowan, Pam White, David Lennon, Mole on the Hill, Micael Johnstone, Andrew Black

What's On Editor
Julie Stapleton

Social Media and Website Editor
Jason Pittock

Subeditors
Brenda Stones, Vicki Hillyard

Photographer
Sarah Louise Ramsay
www.slrphotography.co.uk

Cartoonist
Bridget Grosvenor

Design
Luke Skinner
agency-black.com

Advertising Sales
Melissa Skinner
07779 252 272
melskin@hotmail.co.uk

Gabriela De La Concha
07500 557097
gabriela@phca.cc

Special thanks to all our contributors.

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

www.phca.cc

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

MIX
Paper from responsible sources
FSC® C017574

This product is made of material from well-managed, FSC® certified forests and other controlled sources

onthehill.info

Cover
PHOTOGRAPH BY Sarah Louise Ramsay

ISSN 20-6175



Welcome to March

When my son was very small and was annoyed with me, he would chant, "Mummy in the bin, Mummy in the bin." So I was touched to look out of our living room window recently and see the bin lorry is now championing 'love'. It turns out we could send loved ones a Valentine's message which would be emblazoned on the side of the weekly rubbish collection. Who said romance is dead?

If you tried to go and get sozzled on Valentine's Day, you may have realised it's getting trickier to find a drink round here. Too many good places have closed. There was even a scare this winter that the Lansdowne had packed its bags and left us, but thankfully it's still here, albeit in a shinier version of its old self. L'Absinthe is a huge loss, bringing as it did a bit of French charm to our streets. Every morning saw me racing past on the school run, shouting "*Bonjour*" and feeling vaguely chic and European. Well that's all gone out of the window now. It's time to acknowledge my roots and discard the beret in favour of a flat cap.

Another treasure has been lost with the death of local resident Diana Athill. Diana was born in 1917 during a WW1 Zeppelin bombing raid in Kensington and died recently, aged 101. Four years ago, at the age of 98, she published her gloriously titled book of memoirs, *Alive, Alive Oh!* Xandra Bingley, who was fortunate enough to be her friend, remembers her in this issue.

If living past 100 is your aim, the Primrose Hill Community Centre offers a variety of exercise classes to help you reach your goal. Gravity is cast aside in the Aerial Pilates class which runs on Fridays. Have a look through the range of classes on offer in *What's On*.

Maggie Chambers

PRIMROSE HILL COMMUNITY CENTRE
29 Hopkinsons Place,off Fitzroy Road, NW1 8TN

JUMBLE SALE

Saturday 23rd March 2019

11am to 1.30pm

CLOTHES GALORE,
BRIC-A-BRAC,
BOOKS,
TOYS & GAMES,
REFRESHMENTS

All Proceeds go to the Community Centre

£1 entry, U16's free

PRIMROSE HILL COMMUNITY CENTRE
29 Hopkinsons Place,off Fitzroy Road, NW1 8TN

On The Street

Celebrating the life of Neville Jason *p 9*

Primrose Hill Postcards *p 10*

PHCA News & Information *p 11*

Interview: Dr Oswald Fernando *p 12*

AND MORE



Fine Arts College

Continued on p 8 ▶



Fine Arts College

A stone's throw from Primrose Hill, you often see groups of interesting-looking students in Starbucks or on the corner of Primrose Hill Road and Englands Lane. The college they attend is nearby, tucked away behind wrought-iron gates. Fine Arts College has an enviable reputation as a school that draws out students' individual talents. Alongside a full academic curriculum, it offers an exceptional range of art-based subjects – including fine art, textiles, film, photography and graphic design – with students' work in these disciplines being recognised by institutions such as the Royal Academy of Arts.

The college environment allows students to grow, both academically and creatively. Many come from other schools which may have stifled them by offering too prescriptive an approach. Fine Arts College lets students experiment until they find what fires their creativity and what they excel at. Their ethos is rooted in the belief that, with the right encouragement, students can flourish academically and creatively. The school prides itself on being able to identify and nurture talent. Small class sizes, outstanding teaching and excellent pastoral care all make this possible.

The college has been recognised for its achievements by winning a number of national awards from The Good Schools Guide.

The Principal, Candida Cave, trained at the Ruskin School of Art in Oxford, and then took an MA in History of Art. She is also a playwright and painter so has all the right creative credentials. Candida founded Fine Arts College in 1978 with the artist Nicholas Cochrane. It started life as a specialist sixth form college for Art and Art History with just 20 pupils; numbers grew and in 1982 a full Arts and Humanities A level curriculum was added. By the early 1990s a GCSE programme was in place, and the college was thrilled to welcome its first Year 9 pupils last September – a natural entry point to prepare for GCSEs.

Its founders saw the college as a bridge between school and university, a place that encouraged self-discipline and self-motivation, and this philosophy is still in evidence today. As Cave points out: "The informal nature of relationships between staff and students strengthens high expectations and encourages a rigorous approach to work."

Outstanding teaching and facilities

The style of teaching is based on informal but enthusiastic discussion. The students at Fine Arts College are fortunate to be taught by staff who, as well as being highly experienced educators, are often distinguished musicians, artists, film-makers, writers and actors in their own right. Facilities at the college rival those at leading universities; a cutting-edge new home for Fashion and Textiles has opened, and the Media and Film Studies departments are in a former interiors shop on Englands Lane. Classes are kept small, and the teaching atmosphere is informal and collaborative. It's this open, energising atmosphere, believes Cave, which inspires a love of learning that extends well beyond formal exams and into adult life.

Students get to make the most of their proximity to London art galleries, theatres, exhibitions and film centres, as well as Art History visits to Paris, Florence and Rome.

The college hosts musical and dramatic recitals throughout the year and students' short films are shown at the local Everyman Cinema. Art students take part in an annual art exhibition.

The GCSE department provides a broad and balanced curriculum. Beyond the academic, the college provides personal development, sports and talks by outside speakers. All students have access to a personal tutor.

At A level the College offers over 20 subjects and there is no restriction on how these are combined. Students are encouraged to choose subjects which are tailored to their strengths. Achievement is high across all subjects.

Additionally, there is a post-A level Portfolio course which allows students to prepare for an Art Foundation course or Art degree.

Entry to the college is based on academic and creative potential, rather than prior academic performance. The process varies slightly at GCSE, A level and Portfolio stage, but references from previous schools and an informal interview play an important part.

The college helps students make the right connections between their studies and future careers. There are regular talks for students and parents with a range of visiting speakers. Virtually all students progress to higher education, including Russell Group and US universities, and elite art colleges such as Central Saint Martins and Parsons School of Design in New York. Leavers find work in a huge variety of careers, such as film, fine art, fashion, creative writing, acting, media and academia.



Principal, Candida Cave

Neville Jason: Actor, Resident Activist and Lover of Primrose Hill

By Valerie Solti



Ormonde Terrace – once a row of Edwardian houses, now converted into Bauhaus-style flats – sits on the west-side path of Primrose Hill. It is a harmonious and very special part of the Hill which runs behind an avenue of trees. If you pass this way you will notice a brass plaque dedicated to the actor Neville Jason. Neville was a very passionate supporter and lover of Primrose Hill, and was responsible for the sensitive restoration of the entrance to Ormonde Terrace, where he lived with his wife Gillian. It was he who persisted with the local authorities to rebuild the wall where Ormonde Terrace joins the main road. Neville died before the restoration works were completed, but the new wall is a perfect testament to Neville's life and his achievements.

On a cold November day many of us gathered by the wall to celebrate Neville's life. Neville was an actor and renaissance man whose life was dedicated to the British theatre. He worked in all the mediums: theatre, radio, television and film. One of his greatest contributions is the outstanding recordings he made reading Tolstoy, as well as the entire works of Proust. They are a beautiful and valuable endowment for students and lovers of Russian literature, as well as a much needed resource for the Blind Society.

Neville and I were students at the Royal Academy of Dramatic Art. He was a very good actor (and handsome). I met him and Gillian at the Royal Opera House in 1965; my husband, Georg Solti, was conducting the controversial production of Schoenberg's *Moses and Aaron* in which Gillian and Neville were playing Israelites. They were wonderful friends, always a joy to be with, full of life and new ideas, particularly in the field of the visual arts.

Together they created the Gillian Jason Gallery of Contemporary Art, and lived in their beautiful minimalist apartment looking out onto the Hill. Through their window could be seen the branches of a tree inhabited by a family of crows. Mrs Crow would patiently sit on her nest of eggs to produce the generations of crows which are still resident on the Hill, hopping around like smaller versions of the ravens in the Tower.

If you are passing the wall, do stop for a moment and look at Neville's plaque; say thank you for all his efforts to make Primrose Hill the place we all enjoy today. He and Gillian were the most delightful friends, and the best memento of all for me personally is a pale blue corduroy hat which I wear on cold and gloomy days. If you are on the Hill and spot a scatty-looking woman with three dogs wearing a pale blue trilby hat, that's me in Neville's hat.

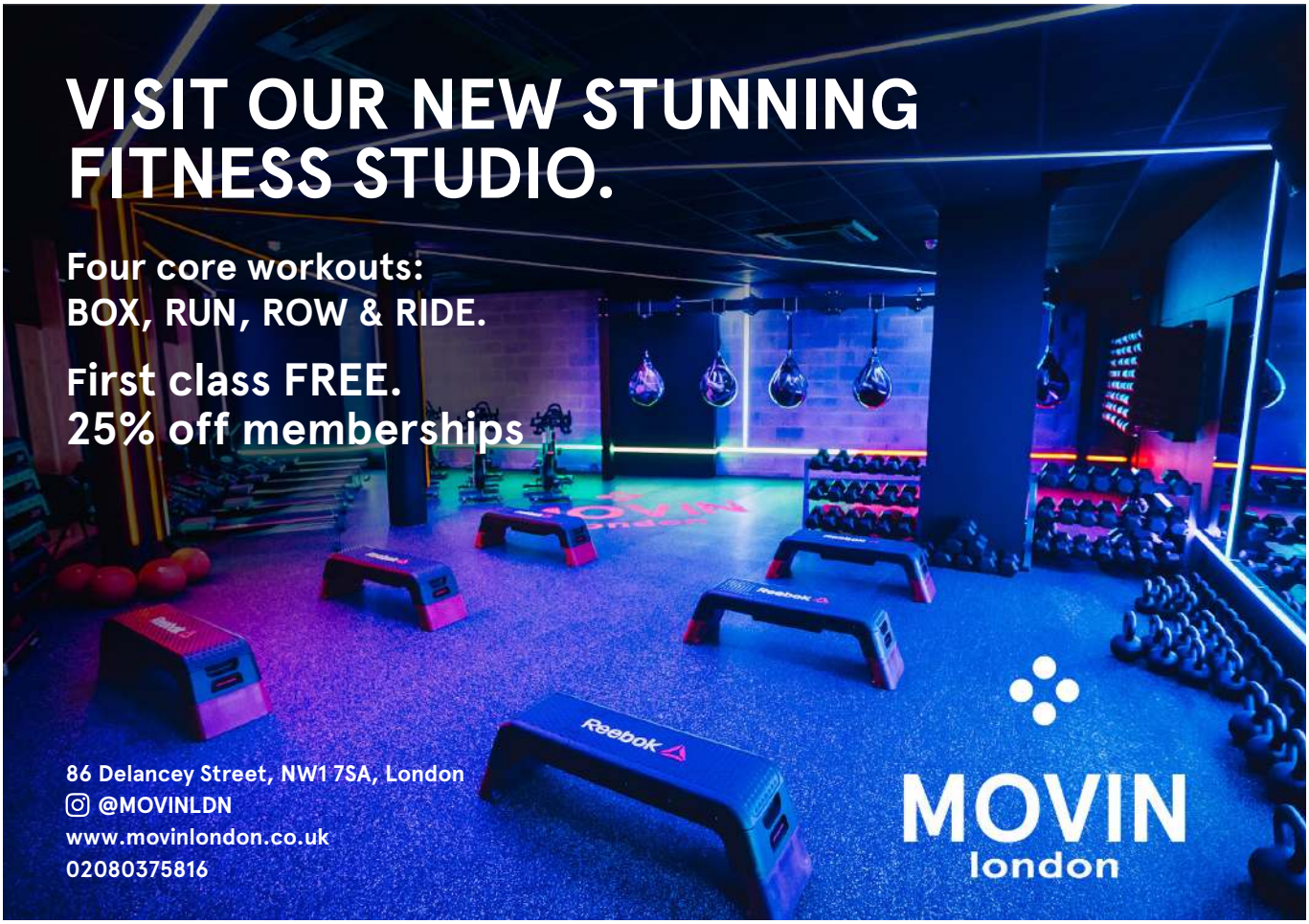


POSTCARDS FROM PRIMROSE HILL



On Wednesday, 16 November 1905, at 9 o'clock in the morning, 23-year-old Daisy Dickson wrote to her mother, Emily: "Isn't it a pity that '22' is out of it?" And she was right: number 22, Regent's Park Road, where the family lived, sadly fell just outside the frame of this picture postcard. Had the photographer aimed his lens just a little more to the left, it would have been included in this lovely street view. We're looking in the direction of where the road meets Gloucester Avenue. The tower in the centre is where Cecil Sharp House now stands.

@old_primrosehill_postcards



News & Information

from Primrose Hill Community Association

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

Donor Party

All those who made donations to the Primrose Hill Community Centre fundraising appeal were invited to a celebration evening on Tuesday 26 February.

The money raised enables us to keep the Community Centre in Primrose Hill for another 25 years. Over 300 local residents contributed a total of £267,277.54 – well over the target.

The invitation-only event was an opportunity to say thank you. We also unveiled the Donor Board, which bears the names of all contributors, and will continue to be displayed at the Centre for at least 25 years.

Events Committee News



The Events Committee has been up and running for eight months and is starting to build a varied programme. So far they have put on a successful opera recital, a Village Disco and a Burns Supper.

Joanna Reeves from iLoveprimroseHill wrote an account of the evening on her website. Here is an abridged version:

"The Burns Supper was a lot of fun with a flamenco dance to bagpipes, 'Wee Jock' performing a powerful rendition of 'Tam O'Shanter', and an excerpt from *Braveheart*. The Toast to the Lassies was delightful; and former Bond Girl, TV presenter and entrepreneur Catherine McQueen replied with a Toast to the Laddies in the form of a charming poem she had written herself. Sharleen Spiteri dropped in to read 'A Winter Night', justifying her ownership of a school Burns Certificate."

The Teenage Brain (18/19 May) is planned as a weekend of talks and workshops as part of Mental Health Awareness Week, and we are looking for collaborators with expertise in the area (including teenagers). Other plans in the pipeline include a community Supper Club, a William Blake festival, an English wine event and a parfumier event, amongst other ideas.

If any of these spark your interest, or indeed if you are a performer or have an event idea of your own, please contact Tim Kirkpatrick at events@phca.cc.

We are keen to showcase local talent in all its guises, and to create inclusive events which serve the breadth of our community.

Because #communitymatters.

Summer Fair

The date of this year's Fair is Saturday 8 June and we are now starting to plan for it. If you would like to join the organising committee, or help on the day or in the lead-up to the Fair, please get in touch (contact details below).

We would be very grateful for any donations (no electricals or furniture), particularly good-quality books, bric-a-brac, bottles, gifts, etc. These can be brought to the Primrose Hill Community Centre office at any time.

info@phca.cc, 020 7586 8327

Forthcoming Events

Some dates for your diary:

- **23 March**
  Jumble Sale (see ad on p 6)
- **5 April**
  Village Disco
- **18/19 May**
  The Teenage Brain Weekend
- **17 May**
  Top of the Hill Quiz
- **8 June**
  Primrose Hill Summer Fair
- **4 October**
  Village Disco 2

Quality care in your home for **independent** living.

Locally based in Primrose Hill, PillarCare's friendly, experienced team have been helping people live as independently as possible in their own homes since 1999. Our fees are fully inclusive with care service provision 365 days a year. To find out more call 020 7482 2188.

Care Packages

- Live-in Care
- Hourly Day Care
- Hourly Night Care
- 24 Hour Care



PillarCare enquiries@pillarcare.co.uk pillarcare.co.uk

INTERVIEW

Dr Oswald Fernando: Consultant Surgeon

Children from Haverstock School's young journalists interview Dr Oswald Fernando, Consultant Surgeon at the Royal Free Hospital.



Dr Oswald Fernando (Ossie) is extremely dedicated, with the focus of an eagle after a rabbit. He is also very resilient, courteous and sensitive about people's feelings, as he told us:

Q: Can you recount any memorable organ donation episodes?

Dr Ossie: I got a call from a hospital in Basildon in Essex who had a man brought in after a brain haemorrhage. The hospital were certain he would not survive. So I took a nurse, an assistant, myself and all the instruments, but I still felt I had to talk to the donor family. Back then there were no kidney transplant coordinators. I will never forget this: the donor's mother and father were there, and his wife; they had only been married two weeks … a tragedy. Subsequently I got in touch with the donor family and they were so kind and generous. They said, "At least we know that part of Paul is still alive." I still remember it.

Q: How did you practise your surgical work on anyone before doing the first major operation?

Dr Ossie: Well, we didn't have anybody to practise on! So when we were doing the first operation, it was a question of seeing how it worked and then continuing to refine the procedure.

Q: How did you get to be a surgeon?

Dr Ossie: I had biology as one of my subjects at school and had dissected animals: rats, frogs, earthworms and even the nervous system of the cockroach. Those experiments helped. I found that my hands worked well. When you do the first operation, clearly you are nervous; but you have a teacher with you, and he makes sure that you don't do anything dangerous that harms the patient.

Q: Tell us about kidney rejection.

Dr Ossie: The first drugs we used had side-effects that were worse than the benefits of the operation. Then gradually we realised that we could reduce the dosage of the drugs. We now have new drugs that are much, much better; they still have side-effects but these are quite rare, and using someone who is well-matched means that you can use much smaller doses. It was a process of learning, and it has taken 20 to 30 years.

Dr Oswald Fernando's enthusiasm laid the foundation for pioneering transplant work within the NHS at the Royal Free Hospital and the Hospital for Sick Children at Great Ormond Street. His son was so inspired that he is a kidney and liver transplant specialist too.

Thank you, Dr Ossie, for giving us these unique insights.

Interview: Shayann and Anisah, Year 9

Structuring and extra words: Atiasha and Emma, Year 7; Yusuf, Year 10; Shamarke, Year 11.

Remembering Diana Athill

By Xandra Bingley

Diana's windows looked over Primrose Hill from her cousin Barbara's tall house. There she wrote her books and paid no rent in 30 years: "I suppose I just stopped asking ..." Barbara said. How many writers would love such family generosity. Money was an irrelevance to Di. It flew by her. Her precious book cheques from Granta got lost. She paid car insurance of £4,000 for years. It was words not numbers in her mind. And all her machines had lives of their own. Bluey, her small car, bumped into our street cars. "Oh no, do look, someone has driven into poor little Bluey." "No, Di, that was you." We just gave up and smiled. Fiction writers do tell fibs. It's only making up stories. But Di wasn't a novelist. She said to me: "I will never write fiction. I can't be someone else."

She was so herself. At fifteen she knew she did not believe in God. At sixteen she knew she would vote Labour in her country Conservative family. Her duchessy voice seemed to expect someone else to do the something she needed done. On her last holiday in Scotland I watched four men she had never seen before lift her up and over and into a fishing boat as she smiled graciously. And she was lovely fun. One day in her car she'd forgotten her hearing aids yet again and I bellowed "Can you hear me?" "Oh yes, darling. I can hear you rather well today. Some days it's just burble burble ... burble." Coming back from her first big literary festival, Di said: "I had a rather surprising last question from a lady who said, 'Miss Athill, how is it at your great age your complexion is so fine?'" "What did you reply?" I asked. "Thank you, it's Max Factor." Di raised an arm in an arabesque and gazed up at her fingers, standing in our street.

"Oh darling, you've done something terrible," she said on the telephone the morning after I'd cleared rotten things out of her fridge when she was unwell. "You've thrown out Hannah's pâté she takes her pill with." Hannah was a small white poodle. "Well, it was growing whiskers." "Oh, I know." Di said. "That pâté was older than God." The best phrase ever for old food!

Aged 100, Di was writing something. "What is that?" "Oh *Vogue* magazine have commissioned me to write 2,000 words about clothes. I'm enjoying it very much. And I hear they pay £4 a word." Leaving Primrose Hill was awfully sad for her, and as we came down the steep five flights for the last time, Di stopped and looked up at the three of us. Oh dear, I thought, she's going to say she can't do it. But she asked us, "Are my love letters there?" Her teenage great-nephew held up a white plastic shopping bag. "Yes, Di, they're in here."



Di wrote and talked about death rather affectionately. Her own dying was a miracle, so her beloved nephew Phil told me. "Big trees outside the window. A lovely incredibly tranquil room. It was so gentle. We were transfixed. Amazing. Like a fairy story. I felt so proud. Like watching the first steps of a child. One of the loveliest things I've ever done," he said.

FINE ARTS COLLEGE

Offering the full, broad academic curriculum complemented by a wide range of creative subjects for boys & girls from the age of 13

OPEN DAYS

TUESDAY
18TH JUNE 2019
11am

GRADED
OUTSTANDING
BY OFSTED

020 7586 0312

www.hampsteadfinearts.com

ISA INDEPENDENT SCHOOLS ASSOCIATION Accredited Member

DUKES EDUCATION

Fine Arts School is a part of Dukes Education



NEWS & VIEWS



UCL Academy Career Fair is a Huge Success

Young people leaving school are faced with a great diversity of career choices, as was indicated by the number of stalls at the first UCL Academy Careers Fair. Over 45 high-profile organisations attracted 400 students and parents for an inspiring evening. Choices ranged from the creative (acting, writing and jewellery-making) through to the armed forces, IT, teaching and – tantalisingly – careers in the space industry. The Chair of Governors, Professor Lucie Green, urged students to be open to new ideas and to think creatively about their future. Former pupil Adam Nightingale, now studying A levels, found the evening helpful in his search for a career. "It's helped me to narrow down what I'd like to do in the future. There's a lot to think about, especially as university is now so expensive. There are different training courses and routes into jobs, so it's good to learn about the options available."

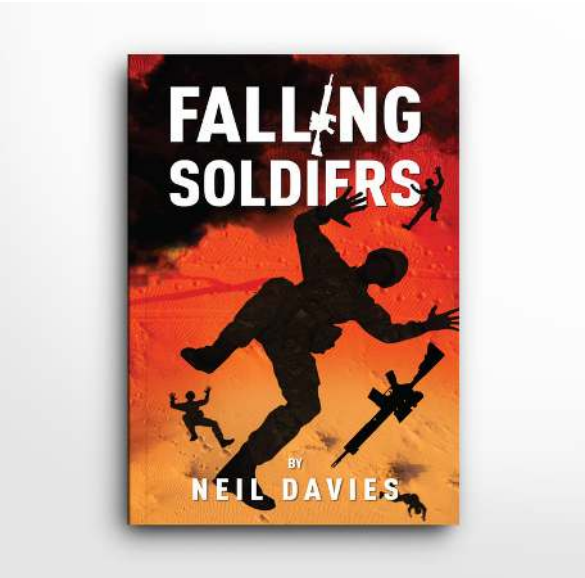
Heading for Extinction and What to Do about it

More than 30 people spent a couple of hours at the Library on a damp Saturday evening hearing about approaching catastrophe and ecological crises caused by human impact on the planet. One sobering statistic is that of all the mammals on earth, 60% are livestock, 35% are humans, and only 4% are wild animals. We are in danger of 'feedback loops' which could accelerate climate change, for example less Arctic ice means less reflection of heat back to the atmosphere and more ocean surface to absorb heat. There is a 5% chance of warming by 5°C if we carry on with business as usual – the speaker asked if we would put our grandchildren on a flight if we thought there was a 1 in 20 chance of it crashing.

Extinction Rebellion is a new international movement which is advocating non-violent civil disobedience with the aim of causing enough disruption to make governments change track and achieve zero carbon emissions by 2025. More information at **https://rebellion.earth**

Oldfield Residents' False Eviction Orders

More than 200 residents at the Oldfield Estate have received letters demanding money or else eviction. Central and Cecil Housing Trust sent the letters in error after a systems change. The Trust apologised for the mix-up, but many residents were left anxious and bewildered by the demands.



Falling Soldiers

Neil Davies is a former member of the Parachute Regiment and was discharged from the forces suffering from post-traumatic stress disorder (PTSD). He now does voluntary work at the St Pancras NHS Veterans' Mental Health Clinic and with the soldiers' Arts Academy. He's written a novel, *Falling Soldiers*, which deals with the issues of PTSD and losing limbs. Veterans find it hard to adjust to life after military service – Neil himself witnessed torture as a teenager – and as a result many find themselves in a struggle with alcoholism, drug use, homelessness and, increasingly, suicide. Neil has lived in the Chalk Farm estate for 40 years and his novel is a thriller with much of the action taking place in this area.





I've Bin Watching You

Primrose Hill residents were offered the opportunity to send their loved ones a Valentine's message with a difference – on the side of our bin lorry. This puts a whole new twist on the phrase 'You've been binned'.



Mission Invertebrate

Mission Invertebrate is a project launched in 2017 by London's Royal Parks (which include Primrose Hill and Regent's Park) to help discover, celebrate and protect nature's unsung workforce living in our parks. The project has now been given £725,000 from the People's Postcode Lottery to continue its work. Our parks are home to important populations of invertebrates, such as bees, dragonflies, worms, spiders and beetles, which play a critical role in the parks' ecosystems as pollinators, recyclers and as food for birds and small mammals. **www.royalparks.org.uk/get-involved/missioninvertebrate**



A Cover Girl is Born!

Matthew Wright and his wife Amelia featured on the front cover of *OTH* last month, along with a bump – which has now materialised as their baby daughter, Cassady Frances Wright, born on 25 January. A very auspicious start for her! We send them our congratulations.

Letter to the Editor

Dear Editor,

Gloucester to Chalcot,
He cycled a lot,
Crescent to Crescent,
Always so pleasant,
Please stay here, AB,
Don't recycle to C.

Yours faithfully,
Howard Richards

What's On March

NEW THIS FEBRUARY

TUESDAY 5 MARCH

Film Show at the Library
Fifth anniversary gala.Monty Python's *Life of Brian*, starring Graham Chapman, John Cleese, Michael Palin et al, directed by Terry Jones, introduced by Sir Michael Palin. PHCL. 7pm, £8, in cash, including a glass of wine, in advance at PHCL or on the door.

WEDNESDAY 6 MARCH

Open House
TBA. PHCC. 2pm. Free.

WEDNESDAY 13 MARCH

Open House
Tudor Allen examines the fascinating history of Swiss Cottage, its development, buildings, institutions and famous residents. PHCC. 2pm. Free.

SUNDAY 17 MARCH

Family Barn Dance
Bring the entire family and take part in lively dances from Britain and beyond in a supportive and fun environment. CSH. 3–5pm. £7 adult, £5 child, £2 under 2s.

Youth Ceilidh
A fun, friendly social event with energetic live music from top bands. All aged 12–19 are welcome. CSH. 6–8pm. £6.

WEDNESDAY 20 MARCH

Open House
PHCC. 2pm. Free.

Angela Carter and Folk Song
This lecture explores how Angela Carter's intimate knowledge of folk song influenced the subject matter of her novels and short stories. CSH. 7.30–9pm. £8.

THURSDAY 21 MARCH

Aly Bain and Phil Cunningham
Having toured together to packed concert halls across the world, Aly and Phil continue to charm audiences with their stunning music and on-stage charisma. CSH. 7.30–9.30pm. £20, or £10 for under 26s.

SATURDAY 23 MARCH

PHCA Jumble Sale
Lots of quality clothes, bric-a-brac, books, toys and games, accessories and refreshments. PHCC. 11am–1.30pm. £1 entry.

Camden Clog Workshop Day
A full day of fun workshops in the Pat Tracey style of Lancashire clog dance. CSH. 9am–4.45pm. £25 in advance, or £20 concession.

WEDNESDAY 27 MARCH

Open House
Screening of *On the Waterfront*, directed by Elia Kazan and starring Marlon Brando. PHCC. 2pm. Free.

SATURDAY 30 MARCH

America!
Popular and traditional American songs. Primrose Hill Choirs, London Classical Choir. St Mary's NW3 3DJ. 6pm. £10, under 13s free. 0781 723 4925.

TUESDAY 2 APRIL

Film Show at the Library
Dance With a Stranger, the local crime that changed the nation, starring Miranda Richardson and Rupert Everett, directed by Mike Newell. PHCL. 7.15pm. £8, in cash, including a glass of wine, in advance at PHCL or on the door.

FOR KIDS

MONDAY

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

Ready Steady Go ABC
Exploratory play, singing, dance and stories for babies and toddlers 6–18 months, with Aaron. PHCC. 9.45–11am and 11.15am–12.30pm. Contact 020 7586 5862

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

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

TUESDAY

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

Hartbeeps Multi-Sensory Sound Journeys
Multi-sensory classes for mums and their little ones. PHCC. Baby Bells 2pm; Baby Beeps 3pm; Happy House 4pm. Classes from £9.50. Contact clarelouise@hartbeeps.com

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

WEDNESDAY

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

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

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

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

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

THURSDAY

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

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

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

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

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

FRIDAY

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

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

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

SATURDAY

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

SUNDAY

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

FOR ADULTS

MONDAY

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

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

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

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

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

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

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

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

TUESDAY

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

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

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

Aerial Yoga
Exercise your posture, flexibility, and strength with Elena as you are suspended above ground in a yoga hammock! PHCC. 1.30–2.30pm. Contact aerialwithelena@gmail.com

Keep Fit for over 60s
PHCC. 3–4pm. Free. Contact 0207 586 832

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

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

WEDNESDAY

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

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

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

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

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

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

THURSDAY

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

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

Narcotics Anonymous
PHCC. 1.30–3.45pm. Free.

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

Kriya Yoga
Yoga class. PHCL. 7–8pm. For joining class and price, contact kriyayogauk@btconnect.com

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

What's On March

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

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

FRIDAY

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

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

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

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

SATURDAY

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

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. 12–3pm. Contact 020 7586 8327

CONTACT DETAILS

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

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

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

Please submit entries for our February issue by Friday 8 March onthehillwhatson@phca.cc



Advertise your club, group or event with *On The Hill*

Submit your details to **onthehillwhatson@phca.cc** to be featured and reach 35,000 Primrose Hill residents and visitors each month



On The Hill

onthehill.info

PRIMROSE HILL ENTREPRENEURS

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



WHAT DID YOU DO BEFORE YOUR ACCESSORIES LABEL?

I dabbled in fashion internships at university, I worked at *Vogue* magazine and Topshop, but once I graduated from college I went straight into working for myself.

WHY DID YOU DECIDE TO BECOME AN ENTREPRENEUR?

I didn't decide to be an entrepreneur, and I certainly didn't see myself as a business-minded individual. I just had an idea and I wanted to give it a go! I am now five years in and learning and growing my business day to day; I can't wait to see where we take it.

WHY DO YOU LIKE BEING AN ENTREPRENEUR?

I like being in charge of my time, my schedule and the opportunities that lie ahead. It's great to be able to follow my gut and make up my own rules.

WHY DID YOU DECIDE TO LAUNCH A START-UP?

Before starting Charlotte Simone, I studied at New York University, but I spent my freshman year of college in Paris. I studied Literature and Art, but fell in love with fashion and the pastries instead! The women in Paris are beautiful and I was inspired by the effortless style of Parisian women and their ability to build an outfit around a single accessory.

One day, my head turned on the streets of Paris when I saw a beautifully dressed lady all in black wearing a huge statement scarf. It was in that moment that I realised I wanted to reinvent the everyday scarf, an accessory I felt was still left untapped. Seeing a gap in the market I designed the 'Popsicle', which has become our signature scarf; the rest is history.

WHAT ARE YOUR BIGGEST CHALLENGES?

As the brand continues to grow, we are constantly challenged by the ever-changing marketplace and consumer wants and needs. A growing brand means evolving production needs, categories and the need for constant product. This past season when we launched knitwear, we had to source new factories for a new category we had never produced before. While this is an exciting time, I want to make sure that the Charlotte Simone client always has the best, so it's a self-inflicted pressure. On the flipside, the biggest reward is seeing Charlotte Simone in the wild. It still feels like a shock when I see someone strutting down a high street in London wearing one of our scarves.

"Building your own brand, you really have to eat, sleep and breathe it"

HOW DID YOU GET FUNDED?

I got an initial loan of £10,000 from my father so that I could start making my accessories in the NYC Garment District. When I got my first big order from Bloomingdales, I used the money to fund myself moving forward in addition to paying my dad back, of course! No one saw me for the first eighteen months of my start-up. I worked extremely hard. I went door-to-door to every buyer in town to get my brand off the ground running. It's taken a lot of late nights and rough roads to get where I am, but I'm so happy to be here.

DO YOU HAVE ANY ADVICE FOR OTHER PEOPLE LOOKING TO TRY A START-UP?

My advice would be to surround yourself with people who you love and trust. Building your own brand, you really have to eat, sleep and breathe it; and it's key to find people who share and support your vision.

WHAT ARE YOU CURRENTLY WORKING ON?

I'm currently working on sales for my AW19 collection. We launch our next season in September and it's my biggest yet, so I'm working on securing department stores and boutiques to hold my new line.

WHAT DO YOU LOVE ABOUT PRIMROSE HILL?

I have a sausage dog called Harold, so I spend a lot of time in the park. I love to walk; it really clears my head and I find it therapeutic.

WHERE CAN WE FIND OUT MORE ABOUT YOUR BRAND?

My website is where you can shop my whole collection. I'm also stocked in London retailers including Harrods, Harvey Nichols and Liberty, and of course our local Primrose Hill treasure Anna in Regent's Park Road.

www.charlottesimone.com



Refugees Welcome?

By Doro Marden

"Hassan was a good lad; he stayed with us for 8 months until he got permission to stay. We feel strongly that spare rooms should be used! When our granddaughter moves on we shall definitely have another refugee 'guest'," a couple who are long-time residents of Fitzroy Road in Primrose Hill told me.

Refugees at Home is an organisation that find hosts for asylum-seekers who would otherwise be on the streets. Once an asylum claim is successful, people have just 28 days to find somewhere to live, get a job or their benefits sorted and open a bank account. For most, this is impossible: 80% of refugees are destitute, and they can't get their lives together if they are sleeping in a graveyard. One host said, "The first guests I hosted were a Sri Lankan couple; she was 7 months' pregnant and would have been sleeping rough if Refugees at Home had not stepped in."

Sara Nathan, one of the founders, has hosted 16 people so far. To be accepted by Refugees at Home, the guest must have references, a case worker and a plan for resettlement. The first placement with a host is no longer than a month, which can be extended if all is going well. The average length of stay is 70 nights, and some last for over a year. Some people 'guest share', meaning a guest can transfer between two houses if a host is going away or having family to stay. There are also 'host hubs' so that hosts can meet each other. Sara says that she has learned so much from her guests: "It really is two-way; we are a kind of humanitarian dating agency!"

Sara will be present after the film showing at the Open House at Primrose Hill Community Centre on Wednesday 27 March at 3.30 pm to answer any questions without obligation.

If you don't have the room to host, you can still be involved with a new NW3-based charity called Welcome Syrian Families, which has been set up to be a Community Sponsor for Syrian families coming from a refugee camp via the Home Office's Vulnerable Persons Resettlement Programme. Formed in summer 2018, their group of supporters consists of more than 30 people from a variety of backgrounds, including doctors, lawyers, journalists, teachers, refugee workers, office workers, carers, novelists and actors. They are actively looking for more members in north-west London who feel they can to contribute their time or skills to this initiative. Arabic speakers are especially welcome, but anyone interested in befriending a family should get in touch.

Most importantly, they are looking for a landlord or landlady who can provide a self-contained property of two, three or four bedrooms at a reasonable rent, coverable by housing benefit, for at least two years.

"The benefits are two-fold: the owner receives rental income and the knowledge that they've helped a vulnerable family fleeing one of the worst conflicts of modern times"

The benefits are two-fold: the owner receives rental income and the knowledge that they've helped a vulnerable family fleeing one of the worst conflicts of modern times; while the family benefits from a safe home for the first time in years and gains ongoing support from Welcome Syrian Families.

Writer Anj Parker, who is a founder member, told me how good it felt to be actually doing something: "This part of London has always been a haven for refugees, and this feels like the biggest crisis of our time. We've already got to know so many more people and groups in the area who have been really supportive – community cohesion has been advanced before the family has even arrived!"



To find out more about hosting a refugee through Refugees at Home: **www.refugeesathome.org**

To find out more about Welcome Syrian Families, or if you have a possible property:
www.welcomesyrianfamilies.org
Email:
welcomesyrianfamilies@gmail.com

Just Giving:
www.justgiving.com/fundraising/welcome-syrian-families-hampstead

BOUJO HAKE: Slow Fashion





BOUJO HAKE was created and launched in Primrose Hill. In Gloucester Avenue, to be precise. It took some time for the animated, neighbourly chat to become an idea, for the idea to be explored and then grow into a full-time project, but in November last year, Nadia Boujo and Kathrin Hake launched their initial capsule collection.



BOUJO HAKE produces underwear and luxury basics. Styles are beautifully minimalistic, materials of the finest quality (mostly organic cottons), with emphasis put on the fit and comfort. The founding principle is that true sensuality comes from people themselves, and that people are their best selves in simple, skilfully cut pieces made from exceptional materials. This is traditionally a male design principle, I'm told, and indeed many designs hint at this sense of gender neutrality.

Kathrin and Nadia were frustrated at the extremes they observed in underwear: on the one hand, overly sexy, intricate designs; on the other, the poorly fitting styles from high street brands; and, of course, the more classic

yet often frumpy designs of household name brands. They dreamt of quality, pared-back designs that fit beautifully, putting the focus on the wearer, not the garment.

Though their pieces are often described as minimalistic, they both agree that minimalism doesn't entirely encapsulate the brand. Their clean aesthetic has heart, and each creation, whilst decidedly contemporary, draws inspiration from past decades.

Says Nadia, "We grew up in different worlds, yet had an overridingly similar style – if we ignore the dodgy fashion choices (and Kathrin's perm). White vest tops, crop tops and T-shirts, along with dungarees, were a constant. I was wearing them in Willesden Green and Kathrin in Essen, a German coal mining town."

This nostalgia is evident. Take the Grandpa Vest, which was directly inspired by a vest Nadia kept and still wears, some 40 years on, from her beloved Grandpa, a surgeon from the Wirral who had impeccable dress sense. The vest has stood the test of time, largely due to the quality of its cotton, which is luxuriously soft and drapes perfectly when worn. It has got better with age.

"Our Grandpa Vest will do the same. It is the opposite of disposable fashion. It's important for us that our garments have longevity," says Kathrin.

BOUJO HAKE is about thoughtful, slow fashion. The two founders are fascinated by the history of garments, and understanding why designs are a certain way. For example, the gaping armholes in the Grandpa Vest: these were an original design decision at the time, as it meant they were less likely to be soiled by sweat and so could be washed less frequently.

Also key to the brand is a sense that the meaning of sexiness has shifted, so that today it is more driven by women than ever. It is all about the natural female silhouette; about giving breasts support and utter comfort, allowing them to be their intrinsically sexy selves. Gone are the days of 'Hello Boys!' Wonderbra adverts, when breasts were lifted, hoiked and strapped into place.

Sustainability is such an overused word nowadays, but it is an integral part of the BOUJO HAKE brand; it also explains why it has taken so long for the brand to come to fruition. The garments are made in the UK at factories that protect the environment and respect their workers. Sustainability also means minimal packaging, so minimal wastage. Packaging is 100% recycled and 100% biodegradable, using recycled coffee cups.

Kathrin, an experienced designer who has worked in womenswear for 25 years,



"Sadly, the fashion industry is still far away from where it should be, with most people not realising the extent of the problem"



says, "Sadly, the fashion industry is still far away from where it should be, with most people not realising the extent of the problem. And there are some brands who use sustainability cynically. What is positive is that attitudes are changing; slowly, but it's happening."

Nadia adds: "Sustainability has to be a part of all brands nowadays, and many younger brands are creative in what that means to them, with upcycling being one of the biggest trends. It's inspiring to see what is out there, but equally unsettling to see what brands proclaim they're doing versus the reality if you scratch the surface."

Beside Kathrin's fashion expertise is Nadia's 15 years of marketing, communication and development experience in the arts sector. They seem to make a complementary team, so do they divide and conquer?

"At the moment we hold hands at every stage," says Kathrin. "We discuss and dissect every miniscule detail together, from the designs to the finance, marketing and photography. We both have a tendency to over-think, over-analyse. But what's lovely is that it's clear when one of us has to take the lead, simply because of our skill sets."

One final question: What is it like running a business with your neighbour and a close friend?

"What do you want me to say?' says Nadia. "She's standing right next to me! Seriously, though: we see each other every day almost without fail, our kids are close, and we vaguely like each other's partners so we socialise together too. It's intense but it truly works, well helped by the fact that we both have opinions and don't shy away from a 'debate'. Put it this way, I'm not yet at the stage where I'm contacting Peter at Savills, and we give thanks every day to Primrose Hill for aligning our stars and bringing us together!"



Geo. Corbett – Grocery & Provisions, 154 Regents Park Road

PRIMROSE HILL IN THE 1940S–1950S

BY DAVID EDWARDS

I remember the 1940s in Regent's Park Road when all the shops had big blinds fitted. Most were sign-written with the name of the shop, and their purpose was to keep the shop cool in summer. If it was raining they also provided cover along the street. If on a half-day it started to rain and a shopkeeper had forgotten to pull his blind back in, my Grandpa, who ran a grocer's, might well do the job using the long blind-pole from behind the shop door. He would also keep a look-out for young lads who liked to jump up and swing off the arms of the blind.

I recall that as a measure to repair bomb damage the shops were refitted sometime after the end of the war. I was very excited as this meant an end





David Edwards on his tricycle

to the wooden shop front. We had a big glass window fitted and Grandpa chose maroon paintwork and a cream fascia with 'Geo. Corbett – Grocery & Provisions' written in script on it. Next door, Mr Welsh chose green with red piping and had the inscription 'Oil, Colour & Domestic Stores'.

Beside our till (another thing that would be worth a fortune now) there was a Bakelite socket. It had once powered the till, but Grandpa now hand-cranked it. It was a big maroon job with buttons in rows for the amount to be rung up. It had pounds, shillings and pence, and then three-farthings, a halfpenny and a farthing. I used to see what was the highest amount I could ring up. I think it may have been £99, 19 shillings and 11 pence three-farthings. I'm not sure about the £99 – it may have been £9; after all, you'd need a mighty big bag to cart off £99-worth of food in those days! I doubt whether anyone's grocery bill could have come to more than £3 then.

Anyway, each time I passed the till I'd stick a finger in the Bakelite socket for a shock. It was 220 volts DC, so I don't suppose I was getting the full whack or else I'd have been flat on my back. But it highlights the dangers that lurked in ordinary households, which we are more alert to today. Certainly there was no earth in the sockets. In our flat at the top of the house there was only one wall socket: a great metal-clad thing with a fat rubber wire feeding it and a Rubik's Cube of adapters coming out of it to feed the electric fire, the radiogram and the TV. Mum used to iron from an unearthed adapter that fitted into the overhead light!

Yes, we did have TV. My dad saw a TV in Mr Wilson's shop up the road that worked on DC current. In fact, our Pye TV was one of the first to work on both AC and DC. Dad had to put a scratch on the plug to make sure it was plugged in the right way round. If you put it in the wrong way the telly smoked. Once a year Dad put the plug in the wrong way for a short time as we found it seemed to go better after a smoking session! Despite the screen being only 9 inches, the 'works' were contained in a box about the size of a modern-day kitchen unit. On both Coronation day and Cup Final day, our little lounge was rammed with uncles and mates of my parents who came in to watch the TV. I felt very important then.

What got us converted to AC current was some legislation about keeping cold food in the shops. Nowadays they would need a refrigerated display counter. Our old butter cooler was redundant. I never knew how it worked, but water ran down the sides (I think) into a galvanised trough beneath the base. It was glass-sided to show the produce a really nice piece of equipment. Anyway, it had to go. Big expenditure was called for and a cold cabinet ordered. But first men came and dug up the pavement and switched us onto AC current. When the fridge came it was so big it would not fit through the door. Grandpa had to take off the door and cut a bit from the door frame to get it in. After a while Grandpa got tired of having to bend down to slide the fridge doors open and shut. They were too low to be practical. So the butter, bacon, margarine and fats stayed in the old cooler which had done the job for years, and our old cold counter displayed a great selection of tinned goods! I don't think anyone got ill from this method of storing their eggs and cheese, but of course we were a lot tougher and resilient in those days – you had to be.

"EACH TIME I PASSED THE TILL I'D STICK A FINGER IN THE BAKELITE SOCKET FOR A SHOCK"

Quite a few of the houses in the area had no electricity at all. For listening to the radio these homes had an accumulator. This was a small lead-acid battery that you took to Mr Wilson's shop a couple of doors down for him to recharge. He had a high shelf where rows of customers' accumulators sat charging. Below that was a row of wooden drawers where all manner of mysterious radio tools and spares were stored. He also owned the shop next door where he sold cycles. If you wanted anything from next door he had to come out and unlock the shop.

In truth, that soon after the war, I don't think there were any new bikes to be had, so the stock was probably second-hand. But there was an intriguing window display of tools, pumps, chains and brake bits that held my attention for many minutes as I wandered off towards school each day. I recall the lengths my mum went to get me a bike. You had to put your name down with another mother who had a child reaching the stage when they needed a bigger bike. There was one little fairy cycle that practically every child in Primrose Hill had learned to ride on!


HAPPY AS A CLAM
M/A
J/A



OH! YOU PRETTY THINGS

THE ART OF SOPHIA LANGMEAD

BY YLWA WARGHUSEN

PHOTOGRAPH BY SARAH LOUISE RAMSAY

The day when *On The Hill* meets local artist Sophia Langmead at her studio in the heart of the village, the rain is constant and the wind turns umbrellas inside out. But once inside it is another world: a warm, friendly space filled with treasures. Sophia herself is open, easy to like and in possession of a kind of uncompromising honesty.

She creates dreamlike miniature worlds in bell jars which are truly extraordinary: delicate flowers, the petals of which are made of pages from old books of poetry; all the animals encountered over a lifetime of travel (giraffes, elephants, but also the tiny spiders in the earth below), commissioned by a husband as a present for his wife; a carousel complete with flying horses, decorated with ribbons and flowers all resting on a base of intricately folded pages from antique books. Then there are the boxes: leaping deer; a fantasy landscape with cut-out figurines and notably the hearts; a series of works of mesmerising symmetry and beauty made from advertising proofs for match boxes. Sophia cites the American artist Joseph Cornell (1903–72) as an inspiration. His work of boxed assemblages created from the objects he found in antique shops and thrift stores gained him worldwide recognition, with the surrealist movement claiming him as one of their own. There are also echoes of Cornell's work in pop art and installation art. Like Cornell, Sophia loves the unexpected juxtaposition of everyday objects, a parrot wearing a chic hat, for instance. "I like this sense of the absurd. I create fantasy worlds." Every diminutive detail is painstakingly extracted with a scalpel, then folded, glued and mounted with wire. Here Sophia is in good company, as witnessed by the increasing popularity of miniatures in recent years, fuelled by the use of social media and a longing for calm and control in a chaotic world. Nature is what inspires Sophia the most: flowers, insects, feathers. "About ten years ago I went to stay with my ex-boyfriend, Robert Plant, in the Welsh hills for the first time. I was convalescing from surgery, and staying there for a couple of weeks to get better. But I was so smitten by the wild beauty of the nature and landscape, the wildlife and the sometime bleakness that I couldn't rest. I felt totally inspired and energised. I couldn't stop making things, whether outside dragging slate all over the hills trying to build sculptures, or painting and drawing inside after it got dark, into the early hours of the morning. I feel that same energy and stimulation whenever I return there." The first work she created was 'Spring', a miniature world of spring flowers, tender leaves and birds in a box, created as a gift for Robert, who missed spring in the UK as he was always on tour. He introduced Sophia to the Green Man festival, which provided the inspiration for the pagan 'Maypole' jar. Making gifts for loved ones is something Sophia has done since childhood.

In addition to the work in bell jars and boxes, Sophia also creates pictures with messages such as 'Now Wash Your Face' and 'The Drinks are on the House'. These have a totally different feel to her other work, being tongue-in-cheek, bordering on naughty. The messages are displayed on a background of patterned decorative paper which Sophia orders from traditional bookbinders. Some come in vintage frames. "I find the slightly ruder messages work better this way; it softens them somehow," Sophia says of one of her best sellers, 'For Fuck's Sake'. The 'saucy ladies' often featured are from old 1920s advertising cuts and naughty French illustrations and, with the glitter lettering, they evoke the era of burlesque and show girls. There is a repertoire of classic pictures always in stock, in addition to which Sophia also takes orders for bespoke designs. "Some couples or families have their own sayings that hold a special meaning for them, so it's fun to have a picture made." She herself often takes inspiration from songs for the words and lyrics on her pictures.

"I LIKE THIS SENSE OF THE ABSURD. I CREATE FANTASY WORLDS"

It is interesting comparing these racy pictures with the poetic purity of the boxes and bell jars: they are in complete contrast. She admits it can sometimes be challenging to combine the engrossing artistic process of making the bell jars with that of making the pictures, which are more commercially viable. As the bell jars and boxes are so labour-intensive and take a minimum of five weeks to complete, they are made on commission only, often as wedding presents or birthday gifts. After receiving a commission, Sophia first spends considerable time doing research. "I sometimes get completely enthralled by the subject."

There is a definite Victorian aesthetic to Sophia's work, especially the fascination with collecting and displaying objects. Sophia shows me a box displaying beautifully coloured seashells that she gathered on a beach in Wales. Another contains butterflies pinned neatly on the pages of an old botany book; but there is no taxidermy here. "They are not real, that would be too horrible. I cut out images of butterflies from vintage *Observer's* books instead."

Sophia trawls antique markets and shops for books, battered old boxes and other ephemera that can be incorporated into a work. Kempton Park is a firm favourite. She collects objects and saves them for later use. Nothing goes to waste; she tries to find a use for every part of her antique finds. "I like to give them a new life," she says, showing me an example where the side of a box has been lined with old rulers. When a book is sourced, the cover and back are utilised as well as the pages. It is respectful of the object's history. Customers can view Sophia's work on her eponymous website as well as her Instagram page. The latter, especially, is a practical way of accessing new clients: when a customer posts a picture of a purchase, the effect is instant, leading to more enquiries and often more orders. Sophia likes the immediacy of it, allowing her to come in direct contact with the customers.

Trained as an actress, Sophia first came to London at the age of 24. She worked in TV and theatre before becoming a full-time artist around four years ago. Primrose Hill has been a constant base; Sophia clearly feels at home among the many artists and creatives in the area, many of whom are owners of her work. Locally she likes going to Greenberry Café and Primrose Hill Books and she is excited that Sam's Café is set to reopen in the early summer at new premises on Regent's Park Road. She works on commissions for restaurants and hotels as well as private individuals. A mural of a French landscape was a focal point in local favourite L'Absinthe, now sadly closed. When it is time to leave and step into the real world again, I wish I could take a small piece of Sophia's inspirational art with me. Perhaps we all have space in our lives for a perfect, miniature world.

sophialangmead.com
instagram.com/sophialangmead



Aerial Pilates at Primrose Hill Community Centre

Primrose Hill Community Centre has lots of exercise classes on offer, to suit all levels. If you're feeling adventurous, why not try Aerial Pilates? Pieta Ruck Keene runs through its health benefits.

Aerial Pilates is a mix of stretches, strengthening exercises and balances. Unlike regular Pilates, it is done with the support of a hammock/aerial sling, which allows participants to perform various poses that may be difficult to do on the ground but are made easier in mid-air. It's fun and acrobatic, and here are ten reasons why Aerial Pilates is great for you:

Full-body work-out: While the aerial sling supports your body, it also provides an unstable surface that challenges stability and works the deep muscles that keep us upright and aligned.

Physical and mental health focus: Aerial Pilates gives you a chance to spend an hour concentrating on movement with no head space for anything else. Each class finishes with meditation, allowing the mind to slip into a rest-and-digest mode training the brain as well as the body.

Active flexibility: Gravity is taken out of the equation, letting you stretch and release your joints even when suspended just a foot off the ground.

Healthy back: We move the joints in the spine in all directions, sending nourishing synovial fluid to each part of the joint. Under suspension the back also unloads from gravity and is given space and length.

Core challenge: To stabilise, invert, breathe fully, flow with precision in class all put heavy demands on the cylinder of support/core.

Helps you feel great: Aerial Pilates gets your heart beating faster, which tells your body to release endorphins and other mood-boosting chemicals that help you feel more energetic.

Improves balance: Each class starts with standing Pilates work. We use the slings either to support us as we lift to our toes and stand on one leg, or to create perturbations that work our core stability further.

Aids digestion: Exercises such as 'stomach massage' increase blood flow to the abdomen and pelvis. Encouraging participants to breathe fully and release abdominal tension also thwarts constipation.

Immune boosting: Full-body movements encourage lymph to flow throughout the body, keeping our immune system supported.

Improves mental clarity: Inverting or going upside down reverses the direction of blood flow in the body and sends more blood and oxygen to the brain.

For details of classes, see What's On on p 17, or contact Pieta on 07726 721791. **www.circusbodies.com**



"He's hoping to catch the Primrose Hill crime wave"

CAT DAL INTERIORS

Contact us to book a free design consultation
info@catdalinteriors.com
0207 485 4646
catdalinteriors.com
Full service interior design & development

Marylebone Town House 2018

Marketplace



Thank you to all our contributors!



To advertise your business in Marketplace contact melskin@hotmail.co.uk

OnTheHill
onthehill.info

Beauty & Wellbeing

1 SHAMPOO HAIR & BEAUTY SALON
63 Regent's Park Rd, NW1 8XD
020 7722 9594
alinashala@hotmail.co.uk
Tu–Sa 09.00–18.00
Su 10.00–16.00

Eating & Dining

2 GREENBERRY CAFÉ
101 Regent's Park Rd, NW1 8UR
020 7483 3765
info@greenberrycafe.co.uk
Tu–Sa 09.00–22.00
Su–M 09.00–16.00
www.greenberrycafe.co.uk

Home

3 CAVE INTERIORS
29 Princess Rd, NW1 8JR
020 7722 9222
georgina@caveinteriors.com
M–F 09.30–17.30
www.caveinteriors.com

4 PRIMROSE INTERIORS
55 Regent's Park Rd, NW1 8XD
020 7586 6595
info@primrose-interiors.com
S–F 10.00–17.00

Specialist

5 PRIMROSE HILL DENTAL
61a Regent's Park Rd, NW1 8XD
020 7722 0860 / 07845 0088 240
primrose.dent@gmail.com
M, W, F 09.00–17.00
Tu, Th 09.00–20.00
Sa 09.00–13.00

6 PRIMROSE HILL BUSINESS CENTRE
The First Business Centre in the World
110 Gloucester Avenue, NW1 8HX 0207 483 2681
info@phbcoffices.co.uk
M–F 09.00–18.00

Fashion & Jewellery

7 HARRIET KELSALL
69 Regent's Park Road, NW1 8UY
020 3886 0757
M–Sa 10.00–18.00
Su 11.00–17.00
www.hkjewellery.co.uk

Community

8 PRIMROSE HILL COMMUNITY CENTRE
29 Hopkinson's Place, Fitzroy Rd, NW1 8TN
020 7586 8327

9 PRIMROSE HILL SURGERY
99 Regent's Park Rd, NW1 8UR
020 7722 0038
M–W 09.00–18.00
Th 09.00–12.30
F 09.00–18.00

10 PRIMROSE HILL COMMUNITY LIBRARY
Sharples Hall St, NW1 8YN
020 7419 6599
M 10.00–18.00
W 13.00–19.00
F 10.00–18.00
Sa 10.00–16.00

11 POST OFFICE
91 Regent's Park Rd, NW1 8UT
M–Su 06:00–22:00

12 CHALK FARM FOODBANK
Revelation Church
c/o Chalk Farm Baptist Church, Berkley Road, NW1 8YS
0207 483 3763
Th 10.30–12.00
www.chalkfarm.foodbank.org.uk



Nutella Cookies

1. Preheat the oven to 180°C.
2. Cream together the butter and sugar, then add the egg.
3. Mix the flours together, then add them to the egg mixture.
4. Add the vanilla extract and Nutella.
5. Line a baking tray with parchment paper. Divide the dough into different shapes and sizes and place on the tray. Add sprinkles if you like.
6. Bake the cookies until golden brown – roughly 10 minutes for small cookies, 25 minutes for medium ones and 30 minutes for large cookies.
7. For the filling, mix together Nutella and fluff and either use it to ice the cookies or sandwich it between two small cookies.
8. Then, of course, enjoy!

Ingredients

- 200 g butter
- 300 g caster sugar
- 1 egg
- 250 g self-raising flour
- 120 g Nutella
- 80 g plain flour
- 1 tsp vanilla extract

Filling

- 100 g Nutella
- 150 g fluff (marshmallow spread)

PHOTOGRAPH BY Sarah Louise Ramsay
RECIPE BY Caia Collis



Time Trials

A poem by Russell Butler

We are three tribes who live on Primrose Hill,
Perhaps three different races
We rightly bear each other no ill-will
But we move at different paces.

Joggers, dog-walkers, and the trudging old:
Dog-walkers dogged, the joggers grimly bold,
The old – content, let them pass, knowing they
Too will have to come to a halt one day.

ARE YOU RETIRED? IN PART TIME EMPLOYMENT?

WOULD YOU LIKE TO PURSUE NEW ACTIVITIES & INTERESTS, LEARN NEW SKILLS, MEET LIKE-MINDED PEOPLE AND MAKE NEW FRIENDS?

U3A
UNIVERSITY OF THE THIRD AGE



The Old Town Hall, 213 Haverstock Hill, Hampstead NW3 4QP
020 7692 5440 u3alondon@gmail.com www.u3alondon.org.uk

U3A IN LONDON

Hello, Primrose Hill!

While Europe's eye is fix'd on mighty things,
The fate of empires and the fall of kings;
While quacks of State must each produce his plan,
And even children lisp the Rights of Man;
Amid this mighty fuss just let me mention,
The Rights of Woman merit some attention.

Robert Burns

Burns Night at the Primrose Hill Community Centre

PHOTOGRAPHS BY Petar Savic













