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ON THE HILL

News and information for Primrose Hill People

www.onthehill.info

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In this issue: **The X Factor –** Five answers from four mayoral candidates **PH Eats –** A traditional French recipe
PH People – Hello, Tina



Who will take his crown?

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Editor's Letter

Welcome to our May edition

This is the month with the X factor. No, nothing to do with a popular television programme, but everything to do with the election of the **London Mayor**. We sent David Lennon on a mission to approach the candidates of the top four political parties and quiz them on five top issues of specific interest to Primrose Hill. So this made a double feature article, which we hope you will find of considerable interest.

With fear and trepidation we launch a new map for the **Market Place** page. Why the apprehension? Well, when we launched OTH there was just a bit of criticism about our map. It was our fault. Labelled as a map of Primrose Hill Village, it was somewhat misleading. It was intended to be a map that located the key businesses. Some might say, quite rightly, that it has taken us rather a long time to address the problem, although we did retitle the map. So let's hope the new version goes down well. No doubt we will hear back from you if that is not the case! As part of the redesign we have also introduced category listings for the businesses in Market Place, to give more information to our readers. Again, we hope you like it.

And there's more. Meet **Tina Nardo**, our local lollipop lady; try out the traditional French fish recipe in **Primrose Hill Eats**; see the second subject of Jurgen Kehn's Super Seniors project; and read about the plans for the **Summer Fair** in Chalcot Square, and how you can get involved.

Enjoy your May Bank Holidays.

Janet



Janet Reuben
Managing Editor

Preview

Inside front cover: PH Wellbeing
Read about the F.A.S.T. code for speedy treatment of strokes, and why Andrew Marr is a strong supporter of ARNI.

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This publication is created by the community and for the community of Primrose Hill on behalf of your local charity, the Primrose Hill Community Association (PHCA). We hope you enjoy it. www.onthehill.info

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The X Factor

With the election for the London Mayor upon us, we identified five pressing issues that relate specifically to Primrose Hill. We sent out David Lennon to get answers and responses from the candidates of the four main parties. Before placing your 'X' on the ballot paper, we thought you should hear their views.

1. Planning policy – what are your plans to protect local and community assets?



Caroline Pidgeon
Lib Dem

Liberal Democrats opposed the legislation that allowed the conversion of offices to homes. In my manifesto I have reiterated the party's opposition to the use of permitted development rights to convert commercial property to housing without going through the normal process of obtaining planning permission. Developers would like there to be no rules whatsoever, so they can do what they like. Relaxing planning regulations would not boost completion rates.



Sian Berry
Green Party

Small businesses all over London are being priced out or evicted from their premises because the freeholder can make more money redeveloping the space as flats, and it's all the worse in places like Primrose Hill where property values are sky-high. As a Camden councillor I have experience of fighting to save business premises, shops and my local pub in Dartmouth Park. As Mayor I would protect existing employment and small business space and exempt as many areas of London as I can from the Government's permitted development rights, allowing offices to be converted into residences. I'll also make sure that new developments include workplaces as well as homes, and help businesses displaced by regeneration plans to have the right to return at the same rents.



Sadiq Khan
Labour

The changes the Government are making to planning laws are having a negative impact on our communities. I'm very concerned by the decision to allow offices to be converted to residential units without planning permission. This has led to local businesses and valuable office space being replaced by residential developments that often have no affordable housing.

If I'm elected Mayor I'll amend the London Plan so that there is stronger protection for small businesses, and I'll deliver new spaces for small businesses within new residential and mixed-use developments. I'll also work with London's businesses and councils to bring in protection from permitted development rights, and I'll make the case to Government that London needs greater powers to protect its valued local businesses and assets.



Zac Goldsmith
Conservative

The best way to preserve the special village character of places like Primrose Hill is to give local people a real say in planning decisions. As part of my Action Plan for Greater London, I will issue new planning guidance within 6 weeks of taking office. This will make it clear that I will give the maximum possible weight to genuine community consultation.

To ensure that new development is in keeping with the character of a community, I will also appoint a Chief Architect for London. My Chief Architect will drive high quality design in every development on public sector land and will also hold developers to account.

AD

2. How do you plan to mitigate the effect of the Housing Association 'right to buy' legislation in places like Primrose Hill?

This government and previous governments have been very weak on housing, and I do think they are trying to kill off social housing as we know it. The right to buy for housing associations is just wrong. Right to buy is just stripping out decent housing. Leaving house building to private developers and the market is a mistake, as a lack of supply forces up prices and benefits developers. I very much fear for the future of social housing under this Conservative government. I would introduce a new land-use class category for 'Affordable Housing' to enable councils to protect land for that purpose, ensuring developers are clear from the outset what is acceptable in planning terms. This means that land values better reflect wider social and economic priorities of boroughs

Housing Association right-to-buy is a catastrophically destructive policy which will reduce the stock of affordable housing, and accelerate the process of social cleansing in affluent areas like Primrose Hill. Greens have been in the forefront of the opposition to the Tories' Housing Bill, which is trying to bring this policy in, and as Mayor I would set up a not-for-profit housing company which would help self-builders, co-ops, housing associations and small developers construct homes on small parcels, boosting the supply of affordable housing right across London.

I'm very concerned that extending the right-to-buy to housing association tenants in London without proper plans for replacing social housing will lead to a hollowing out of the capital. Places like Primrose Hill are also going be vulnerable to the Government's plans in their Housing Bill to force councils to sell off 'high-value' council homes on the open market to the highest bidder.

I've opposed the Government's Housing Bill in Parliament and I put down an amendment to guarantee that every housing association home sold under right-to-buy would be replaced with a new home for social rent in the same local area. To be meaningful, replacement guarantees need this kind of clear commitment to new like-for-like homes being built in the local area.

The Tories, including Zac Goldsmith, voted against my amendment in the House of Commons, but the Bill is still going through the Lords, and I hope it will be amended there. But even if a guarantee of local replacements does not make it into the final Act, I will work closely with housing associations to voluntarily provide local replacements for social housing lost through the right-to-buy, so that the mixed communities we have across London and in areas like Primrose Hill are not lost.

The only way to solve London's housing crisis is to close the gap between supply and demand. That's why I have committed to double house building to 50,000 a year by 2020.

As Mayor I will work with Housing Associations all over London – including in Primrose Hill – to give them the land and powers they need to build more homes for Londoners. As a mayoral candidate, I have already secured a commitment from the Government where every high-value council house sold as part of the extended Right to Buy will be replaced with two new affordable homes.

Housing Associations have told me they will also be able to deliver a two-for-one replacement of any homes they sell under the new Right to Buy, provided they have access to the necessary land. To provide that access, I will work with Government to secure the transport links we need to make it viable for house-building something only I can do by protecting TfL's investment budget, unlike my Labour rival Sadiq Khan whose £1.9 billion budget black hole would put it all at risk.

AD

3. HS2 – A straightforward Yes/No question: Are you for or against HS2 in principle?

In principle I support HS2. High-speed rail has enormous potential, but the current proposals for HS2 fail to properly address the effects it would have on local communities and London's existing transport network; so the next Mayor needs to work with them to ensure the impact on London is minimised in Camden and particularly around Euston.

Against. The Greens have opposed HS2 from the outset. We support high-speed rail in principle because it should improve Britain's transport system, reduce road and air traffic and help cut carbon emissions. But HS2's very high speed makes it more damaging than it needs to be in the countryside, and the effect on huge parts of Camden will be devastating.

Yes, I am in favour of HS2: it will bring great benefits, both for London and the rest of the country. But I understand the concerns that have been raised in Primrose Hill and across Camden. It can be all too easy to focus on the wider benefits of large infrastructure projects like HS2 and neglect the impact on those who live closest to the scheme.

We cannot simply ride roughshod over people's quality of life and livelihoods and there are still some big questions that need asking and details that should be reconsidered. For instance, while the scheme could benefit from having a central London terminus, I am not convinced that it should be at Euston. The vast cost of bringing the line to Euston, both financial and in terms of the impact on residents, has yet to be justified. I believe we should continue to explore other options, including Old Oak Common.

I am not against HS2 in principle and I believe it will improve transport connectivity with a welcome new link between London and cities like Birmingham, Manchester and Leeds. Its impact also goes wider than simply improved transport, as in London it will help to unlock 24,000 new homes and create 55,000 jobs at Old Oak Common.

But I'm a lifelong localist, and I believe HS2 can only succeed if there is proper mitigation of the impact on local communities and the environment. I have met with local residents, campaigners and representatives affected by HS2 to hear their concerns, and I believe that local people must be heard before any final decisions are made.

AD

4. Cycle Superhighway and the impact on Regent's Park?

I support the proposals for the CS11 and recognise the many benefits that they will bring to pedestrians, cyclists and bus users, as well as improvements to the public realm.

I am pleased that the scheme will create a safe cycling route between Swiss Cottage and the West End. However, I do have some concerns about the scheme.

It is regrettable that some bus routes will be slower as a result of the changes, so I urge Transport for London to do everything it can to mitigate this phenomenon, including measures to speed up these routes in other locations.

I am very aware of concern among local residents that traffic displacement caused by the scheme could lead to increased congestion, journey times and pollution in some areas, so I have recommended to Transport for London that these are looked at closely to consider what steps could be taken, perhaps outside this scheme, to ameliorate the effects. I have also suggested to TfL that given the aspects of CS11 that require more detailed consideration, it may well be necessary to carry out a second round of consultation.

I've worked in transport for many years and so I know that what works when you're trying to get more people cycling is to make it safe, with proper space on quality cycle infrastructure. This is how Amsterdam and Copenhagen (which weren't at all cycling havens originally) transformed themselves and now put London to shame when it comes to how many people of all ages cycle. I've guaranteed funding to complete Transport for London's current cycling vision and superhighway plans, and the impact of CS11 on Regent's Park will be overwhelmingly beneficial. It will make it a much safer and more pleasant place to walk as well as cycle, and will be a wonderful opportunity to introduce many more people to the joys of safe and convenient cycling as the best way of getting around London.

I'm in favour of cycle superhighways in London. We have got to make cycling easier and safer for Londoners. But we need to learn the lessons from what's worked and what hasn't worked with previous schemes.

The proposals for CS11 from Swiss Cottage to the West End – which I know are very controversial – have been out for public consultation. It is really important that the Mayor listens to all the views and concerns expressed by residents during the consultation, and if changes are needed to the plan, then they should be implemented.

I want to make cycling easier and safer in London. It's already doubled under Boris, and my Action Plan will double it again. For me, the question is not if we accommodate cycling and make it safer, the question is *how*.

I recently spoke at a packed public meeting on the Cycle Super highway Scheme 11 in St John's Wood, and heard strong feelings from residents throughout the evening. I am very clear that changes of this scale on London's roads need community consent. If elected I will ask TfL to demonstrate clearly that they have taken a holistic look at the combined impact of HS2 construction and other developments on pollution, local buses and the school run.

I expect the Cycle Superhighways to do a great job, but policy needs to be based on evidence, and if residents' fears about congestion are borne out, then we will have to look again. We need a cycling programme that works for everyone.

AD

5. Air quality issues in London

Air pollution causes huge health problems, leading to over 10,000 premature deaths per year. My manifesto will deliver a big switch to pollution-free electric vehicles, a healthy increase in walking and cycling, and achieve higher clean air standards.

I will speed up the introduction of the Ultra-Low Emission Zone by two years – starting in 2018 rather than 2020 – with additional charges for polluting vehicles. By 2024 small and medium-size diesel vehicles will not be able to enter this zone, which will be expanded to cover London inside the North and South Circular roads. Also by 2024 I plan to introduce charges for diesel vehicles in the Low Emission Zone to deter usage and promote a shift to cleaner vehicles. I would want to increase the number of electric single-decker buses and expand the planned trial for double-decker electric buses so that all new replacement buses will be fully electric, while hybrid buses will be modified to operate on electric power for more of their journeys. The shift to electric taxis will be speeded up.

All of these plans and many more can be seen at http://www.londonlibdems.org.uk

Air pollution is a problem throughout London, including my council ward in Highgate and everywhere with high levels of traffic – so of course that also means Primrose Hill. It causes 9,500 premature deaths a year in London and the time for half-hearted efforts is very much past. London has seen too many delays under Boris Johnson – including ludicrous schemes like trying to glue the pollution to the roads – and we need a new Mayor with a comprehensive plan to bring our air within legal limits as soon as possible, using every tool at our disposal. In the short term, if I'm elected Mayor, I will immediately exclude the most polluting cars, vans and lorries from central London. I will cancel road-building plans and oppose all airport expansion and speed up replacing diesel buses with hybrids and electric vehicles. In the longer term, we need a truly effective new Ultra Low Emission Zone, much stronger car-free policies built into the London Plan, and a new electric car charging network with at least 25,000 charging points for cleaner vehicles, including the new taxis.expanded to cover London inside the North and South Circular

London is also one of the world's most polluted cities. Too many of our family and friends are suffering from London's filthy air and we need to act now. I have lived here all my life and have never smoked, but I now have adult onset asthma.

I want to be the Mayor who makes London one of the world's greenest cities, and our most pressing environmental challenge is cleaning up London's air. So many pollution hotspots in the city are around schools, exposing our children to dangerously polluted air and putting them at greater risk of respiratory conditions.

We need to act now and I have set out a host of measures in my Manifesto, including embarking on a major tree-planting programme across London, setting a target of only buying clean electric or hydrogen buses from 2020, and consulting on extending the Ultra-Low Emission Zone.

Air quality has got so bad that that the effect on life expectancy is equivalent to 10,000 deaths a year. This is unacceptable and we must take action.

So my Action Plan for Greater London will clean up London's air. As Mayor I will double cycling, massively increase the amount of solar power we generate, clean up London's bus and taxi fleet, consult with communities on strengthening the Ultra Low Emission Zone and make it much easier to drive an electric vehicle. This includes creating an electric car version of Boris Bikes. I've been an environmental campaigner for twenty years, and this is an issue that matters to me. As Mayor I want to make London the cleanest big city on earth.

In the interests of impartiality, we list the candidates in the order that they responded to David.
Here is the list of the other candidates, in alphabetical order:

David Furness, British National Party
George Galloway, Respect
Paul Golding, Britain First
Lee Harris, Cannabis Is Safer Than Alcohol
Ankit Love, One Love Party
Sophie Walker, Women's Equality Party
Prince Zylinski, Independent

Date of the election: Thursday 5 May
Polling Station: Primrose Hill Community Centre, 29 Hopkinson's Place (off Fitzroy Road), NW1 8TN
Opening hours for voting: 7.00 to 22.00

G&H

Hill Diary

...Horses thronged the streets, and chomped and whinnied in the mewses. Their sound and smell were everywhere, but now no more. Even the King's Troop, which until recently would exercise to the surprise of Gloucester Avenue of a morning, has stolen away to new hay in Woolwich...



History is such a vanishing act. Frank Kelsall's recent lecture at the Community Centre on the building of Chalcot Square reminded me how long it is since I saw a horse in Primrose Hill. For the first hundred years of our existence, most vehicular traffic was horse-drawn. Horses thronged the streets, and chomped and whinnied in the mewses. Their sound and smell were everywhere, but now no more. Even the King's Troop, which until recently would exercise to the surprise of Gloucester Avenue of a morning, has stolen away to new hay in Woolwich. And at the other end of the scale, I hear that the rag and bone man who travelled the same street has died, and his horse-drawn cart is no more.

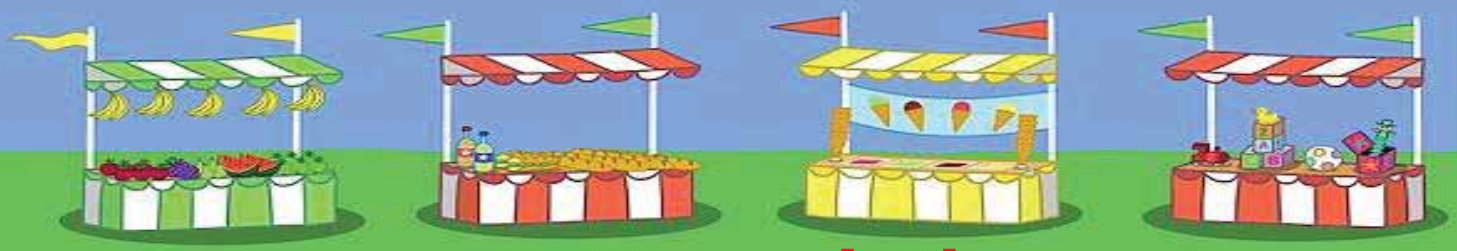
His bell and distinctive cry have gone too, as have most London street cries: like the winkle and shrimp man whom Claire Daglish, who grew up in Manley Street, remembers calling out at teatime on a Sunday in the early 1940s. Even the Evening Standard profferers at Chalk Farm Station no longer shout. Perhaps the traffic is just too noisy for claiming attention that way, or maybe we are just more sophisticated at responding to marketing messages. We get plenty of practice.

Times change, but history is not good at recording what times sounded like. Are we really noisier than we were? For a start, fewer people live in Primrose Hill now than at any time in the past. Fewer children play in the street, or can be heard playing the piano in their houses, for that matter. Speed bumps quieten boy racers. Vehicles are certainly more numerous but possibly also better maintained and combust more discreetly. The bus trundling over the railway bridge from Chalk Farm along Regent's Park Road can't have been that quiet. The piano factories in Hopkinson's Place and Spencer Court (now Utopia Village) would have been noisier than today's occupants. And though the railway still clickety clacks along its way, that's nothing to the breezy tooting of the steam trains as they descended into Euston, or their heavy puffing as they heaved their way up to start their journey northwards. The bell on Primrose Hill School no longer rings twice a day, and I haven't heard carol singers for years.

So what are we left with? Builders, seagulls, and an amplified bass throbbing next door. Oh, and more builders.

Dick Bird

Primrose Hill Community Association



Summer Fair in Chalcot Square

Saturday 11th June

1.30-5pm

We need your help!

Calling all Volunteers to help out before, during and after for a range of tasks from working on stalls to setting up.

We are also looking for donations; bottles for tombola, unworn/ new clothing

Contact PHCA: 020 7586 8327 or info@phca.cc

Primrose Hill Community Association, 29 Hopkinsons Place, off Fitzroy Road, NW1 8TN

Z&M

Primrose Hill People

Hello Tina.



Photography Lars Christiansen

Why did the mole cross the road?
So that he could talk to the lollypop lady, of course.

LOLLYPOP LADIES ARE HUMAN

ZEBRA CROSSINGS

The first ones started working outside primary schools in 1967. The safe crossing with the yellow globe had been introduced by Leslie Hors-Belisha in 1934; and the black and white striped zebra crossings, so named by Jim Callaghan, appeared in 1949. Subsequent species were given the names of birds: pelican, puffin and toucan.

The Primrose Hill lollypop lady is Tina Nardo. She has worked at Primrose Hill Primary School for thirty-five years – but we won't reveal her actual age, because the children are always asking her how old she is, and she prefers to keep it a secret. Her roles in the school have included classroom assistant, lunchtime supervisor, first responder (that's first-aider to you and me), special needs assistant and assistant caretaker.

"When I started, there were two schools and two headteachers. Mrs Router was in charge of the infants and Mrs Mawson was head of the juniors. Then the two were combined with one head, Mrs Hestor. She was followed by Brian Melling, Kaushi Silva, Jane Hunter, Paul Campbell and now Robin Warren. Paul moved things around a bit. Now all the administration is on the ground floor: the office, the library, the dining room and kitchen and the staffroom. Upstairs you have a hall and classrooms on each floor."

And therein lies a story. The 1870 Education Act decreed that there should be compulsory education for all children, and in 1871 London passed by-laws enabling the Act to become a reality, which meant that the School Board had to build new schools for 112,000 children. Edward Robert Robinson was the architect entrusted with this task. He created the 'sermons in brick' that are still to be seen around London. By 1873 twenty-eight schools had been completed. The Princess Road Board School was opened in 1886 with 900 pupils. Typically, the schools were 'three-decker' – a design

These new schools had separate classrooms, arranged round a hall, each classroom with its own teacher. Walk into Primrose Hill School today and you will still see this arrangement.



William Bussey



reflecting their three divisions of pupils: infants on the ground floor, older girls and boys taught separately on the second and third floors.

Up till then schools were designed with very large classrooms in which several groups could be taught simultaneously by teacher-monitors, who were thus more easily supervised. These new schools had separate classrooms, arranged round a hall, each classroom with its own teacher. Walk into Primrose Hill School today and you will still see this arrangement

But before the children enter the gate they have to be escorted safely across the road by Tina. "I love the children. Over the years there may have been a different ethnic mix, but not so much as you might think. To me a child is a child. My job is to see them safely across the road, but there is more to it than that. I know every child and their parents. I am there to welcome them, and they always have a smile and give me a 'Hello, Tina."

...children today are not given enough freedom to explore. It's the health and safety culture, and it's not just in schools. We were free to play outdoors. The only thing that people told us not to do was play on the bombsites.

Tina was born and brought up in Bermondsey in the post-war years. "It was lovely. Never any trouble. In my opinion, children today are not given enough freedom to explore. It's the health and safety culture, and it's not just in schools. We were free to play outdoors. The only thing that people told us not to do was play on the bomb-sites. My Nan and Granddad lived just across the road from us, and my brother and I went to school in Tower Bridge Road. When my Dad came out of the army, he became a driver picking up fruit and veg from the docks and delivering to local tradesmen. My Mum worked in an orthopaedic corset factory."

After Tina left school, her first job was in a cork factory – but she could have had her pick of dozens of factories. Bermondsey was thriving. It was the centre of the leather industry; and they say a sixpence was a 'tanner' because that was the cost of a hansom cab from the City to Bermondsey. The Alaska leather factory was a huge employer of women, and the Metal Box Company was big. There were numerous timber merchants and

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foundries. It seemed that everything a community needed was made in Bermondsey. All gone now, of course.

So what kind of cork factory was it? If you mention cork, what do you think of first? Wine bottles, probably. But it wasn't that kind of factory. Cork trees only grow in SW Europe and NW Africa, and even today Portugal produces half the world's cork and the bulk of the stoppers for wine-bottles are still made there. So Tina's factory was probably started by William Bussey, who moved to Bermondsey from Nottingham in 1882. Cork was imported and split in the factory. Probably the sheets of cork were then passed on to other factories. To make what? Floor tiles and noticeboards, for instance; but cork is also used for cricket balls, the joints of woodwind instruments, badminton shuttlecocks, the inside of pith-helmets, fishing floats, the handles of fishing rods and the handles of conductors' batons.

So that was Tina's life in Bermondsey then. "My Mum lived on in Bermondsey until she died in 2012. We could see when we went to visit her that it was nothing like it used to be. We never had any trouble when we were little. But now it's all police sirens and boys getting into trouble."







After her first job, Tina moved to different companies, usually working in the office and the switchboard. There was no shortage of work in those days. "I worked in a travel-agents, making reservations. Then with a quantity surveyor near Carnaby Street. This was in the 1970s, which was a brilliant time. We had one incident when one of the boys was given money to put on a horse in the Grand National, but he thought it had no chance so he put it on another horse. Of course the original one went and won, and the poor boy was so scared he didn't come into work for three days. Then I went to the Mirror Group, where I met a few celebrities – Billy Fury, Cilla Black. But I missed the Beatles. This was fifty years ago."

Tina then married and moved to Ainger Road, to a flat that was taken over by Circle 33. They started a family, a daughter and son, and moved to Chalcot Road. The children went to Auden Place Nursery and then on to Primrose Hill School, until the family moved to Belsize Park.

And so time goes on. Morning and afternoon, every school day Tina is there with her lollypop. "I like the parents and I like the children, so it's easy to relate to them. The job suits me. I've worked with children so long that it's automatic."

The Mole on the Hill

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Oval bottle, Punch'ŏng



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GARY INGHAM

What's On

Dates to put in your May diary

TUESDAY 3

Film Show at the Library

The Japanese post-war classic: Rashomon, (1950), starring Toshiro Mifune, director Akira Kurosawa. PHCL, 7.30pm. £8 including a glass of wine.

WEDNESDAY 4

Open House: Recital

A classical programme from Patricia Wheeler mezzo-soprano and Geoffrey Whitworth on piano. Followed by tea and cake. PHCC. 2pm. Free. Contact: 02075868327

THURSDAY 5

Primrose Hill Community Library Presents

An evening when Joan Bakewell and Sue MacGregor interview each other. Cecil Sharp House, 2 Regent's Park Road, 7.30pm, doors open at 7.00pm, admission £15.00 includes a glass of wine or soft drink. Tickets available from Primrose Hill Books, NW1 8XL, or online at www.primrosehillbooks.com *All proceeds to benefit Primrose Hill Community Library*

FRIDAY 6

Beside the Wave Presents: Thirteen Falmouth Grads from six decades

Pop by to see paintings by contemporary artists at this very exciting exhibition, running until 9th June. Beside the Wave Gallery, Chalcot Rd, NW1 8LS.

'Top of the Hill' Quiz

The 13th Annual 'Top of the Hill' quiz. A fun evening with a mixture of taxing questions and silly ones. PHCC. 7pm for 7.30pm start. £10 includes a glass of wine. Recruit a table of up to 8 neighbours, or just come yourself and join in with a team. Numbers are limited. Contact: 020 7586 8327

SATURDAY 7

Spring Masquerade

Come and enjoy an evening of music, dance and culture. 7-11pm. Cecil Sharp House. (For more information or to book your tickets visit the Cecil Sharp House website).

WEDNESDAY 11

Open House: Sir John Soane's Museum

Explore this atmospheric museum at 13 Lincoln's Inn Fields WC2A 3BP. Followed by tea and cake. PHCC. 2pm. Free. Contact: 02075868327

SUNDAY 15

Primrose Hill Community Library Book and Cake Sale

Come along to buy some great books and try some delicious cakes. PHCL. 11am-5pm

Escape the Hamster Wheel

"All the ordinary made extraordinary." Ecotherapy on the Hill: Mindfulness in Nature. 11am-12pm. £12. More details at www.smelltheraindrops.com

WEDNESDAY 18

Open House: St Pancras

A talk on the charity helping 200 families per year in the former borough of St Pancras. Followed by tea and cake. PHCC. 2pm. Free. Contact: 02075868327

WEDNESDAY 25

Open House: Film show, The Theory of Everything

A drama chronicling the romance between Stephen Hawking and his future wife at Cambridge in the 1960s. Followed by tea and cake. PHCC. 2pm. Free. Contact: 02075868327

FRIDAY 27

PHCL Presents: An Evening of Drawing Room Ballads

'A soiree in the Parlour' with David Banbury on Bass and Geoffrey Whitworth on Piano. PHCL. 7.30pm. Free. Contact: 0207 419 65599

Later dates

SUNDAY 5 JUN

Primrose Hill Opera Cabaret

An evening with a touch of glamour, an outstanding young opera and a fun dining experience. Cecil Sharp House.

SATURDAY 11 JUNE

Primrose Hill Summer Fair

We would love your help. We are looking for donations and volunteers for the day. Chalcot square, Primrose Hill. 1.30pm-5pm. Contact Mick at the PHCA if you would like to help. Call: 020 7586 8327 or email: info@phca.cc

JUNE/ JULY

Primrose Hill Summer Lectures

A series of talks featuring well-known literary and political figures. St Mary's Church. NW3 3DJ. Dates and more info http://thefriendsofstmarysprimrosehill.org/events/

Please submit entries for our June edition by Friday April 29. onthehillwhatson@phca.cc

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

PHCL
Primrose Hill
Community Library
Sharples Hall Street,
NW1 8YN
Contact: events@phcl.org
02074196599

Please check with class organisers for start of term dates.

Regular events for the growing

MONDAY

Ready Steady Go Creative Workshops

Dance, music and singing for children aged 15 months to 3 years. PHCC. 10.15am-11am. To Book 020 7586 5862

Library Rhyme Time for Under 5's

Drop-in session where adults and children sing together. PHCL 10.30 am-11.15am. Suggest £2 donation.

Circus Glory

Trapeze for 3-12 years old. PHCC. 3.00pm-6.30pm. gmonastesse@googlemail.com

Homework Club for Over 5's

Drop-in for help with homework and reading. PHCL. 4pm-6pm. Free.

Perform

Drama, dance and singing for 4-7 years. PHCC. 4pm-6pm.

TUESDAY

Monkey Music

Music and play for under 5's. PHCC. 9.30am-11.30am. Trial class free, subsequent classes £11.

Olé Kids Spanish

Spanish classes for children aged 6months to 4 years. PHCL. 4pm-5pm. Contact: lola.ferdez@gmail.com

Creative Movements: Weekly Workshops cont.

CAMDEN OFFICE · 114-118 PARKWAY · CAMDEN · LONDON NW1 7AN · RESIDENTIAL SALE

13 week workshop. Friendly and dynamic class that explores movement and creativity through story and music. Children aged 3 - 4+ years (until 12 July). 3-3.45pm. St Marys Church, NW3 3DJ. £130. www.creativemovements.co.uk

Creative Movements: World Dance
13 week workshop. Friendly and dynamic class that explores movement and creativity through story and music. Children aged 4 - 6 years (until 12 July) 4 - 4.45pm. St Marys Church, NW3 3DJ. £130. www.creativemovements.co.uk

Music & Rhyme Time for the Under 4's.
Drop in sessions at the PHCC. 4.30pm - 5pm. £1

Strings Club
Classes for children. PHCC. 4pm-6pm.

Catherine's Ballet 3 and up
Ballet classes. Chalk Farm Baptist Church 4.15pm-6.45pm.
www.chalkfarmschoolofdance.co.uk
info@chalkfarmschoolofdance.co.uk
info@chalkfarmschoolofdance.co.uk

WEDNESDAY

Ready Steady Go Creative Workshops
Dance, music and singing for children aged 15 months to 3 years. PHCC. 10.15am -11am. 020 7586 5862.

Circus Glory
Trapeze for 3 -12 years old. PHCC 2.30pm - 6.30pm.
gmonastesse@googlemail.com

Primrose Hill Children's Choir
Fun songs and games, exciting performances. Come along and sing with us. 4 -11 years. St Marys Church, NW3. 4pm - 5pm during term time
First time free, £8 per week.
www.primrosehillchoirs.com

THURSDAY

Ready Steady Go Creative Workshops
Exploratory play, singing, dance and stories for children aged 6 -15 months PHCC. 9.45am -10.45am. To book 020 7586 5862

Drop-in for Under 4's
Drop in and take part in a variety of activities. PHCC. 11.15am -1pm. £2.50

First Class Learning
Tuition in English and Maths. Classes at the PHCL. 3.30pm - 6pm.
primrosehill@firstclasslearning.co.uk

Catherine's Ballet for Under 5's
Ballet classes. Located at the PHCC. 4pm-5pm.
www.chalkfarmschoolofdance.co.uk
info@chalkfarmschoolofdance.co.uk

Music & Rhyme Time for Under 4's
Drop in held at the PHCC. 4.30pm - 5pm. £1

FRIDAY

Circus Glory
Trapeze for 3-12 years old. PHCC. 3pm - 6.30pm.
gmonastesse@googlemail.com

Homework Club for Over 5's
Drop-in for help with homework and reading. PHCL. 4pm-6pm. Free

Pitta Patta Dance for creative 5-16 years.
Classes at the PHCC. 4pm - 5.30pm
juliet@pittapattadance.co.uk

SATURDAY

Catherine's Ballet 5 and up
Ballet classes. Chalk Farm Baptist Church 9.30am -1.30pm.
www.chalkfarmschoolofdance.co.uk
info@chalkfarmschoolofdance.co

SUNDAY

Perform
Drama, dance and singing for 4-7 years. PHCC. 9.30am-1pm. 020 7209 3805

Regular events for the grown

MONDAY

ACOL Bridge Club
Located at the PHCL. 1.45pm - 3.45pm £3

Circus Glory: Trapeze For Adults
All levels welcome. PHCC 1.30pm - 2.45pm. gmonastesse@googlemail.com

Neighbours' Help Information Session
Drop-in service for help with form filling and accessing services. PHCL. 2pm-4pm. Free

Boules (Petanque)
Friendly group meets at 5pm on Primrose Hill, next to children's playground. PHCC: 020 7586 8327

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

Bridge Club for Beginners/ Intermediates
PHCL. 7-9pm. £3 jojarrold@gmail.com

Primrose Hill Community Choir
Love to sing? Try us out! All welcome. PHCC. 7.30pm-9.30pm. £5. Hear us and details at: www.primrosehillchoirs.com

The Queens Quiz
Weekly Quiz held on Monday's. £2 to play with the winning team taking it all! Free drinks for bonus rounds and runner up. The Queens Pub & Dining rooms, Regent's Park Road NW1. 8pm.

TUESDAY

Pilates in the Library
Dynamic classes 10.15am - 11.15am
Gentle classes 11.30am - 12.30pm
PHCL. Each session £12.
lizacawthorn@gmail.com

ESOL (English for Speakers of Other Languages)
Exciting programme for those who live in English Speaking Countries, but English is not their first language. PHCL. 12 noon -1.30pm.
jojarrold@gmail.com or 07887568822

Spanish For Beginners
Free class at the PHCC. 1.30pm-3.30pm. info@phca.cc

Keep Fit for the Over 60's
Class held at the PHCC. 3pm-4pm. Free

General Yoga
Classes held at the PHCC. 6.30pm-8pm. cat.b1@blueyonder.co.uk

WEDNESDAY

Primrose Hill Neighbour Help
Information session in the lounge of Jacqueline House. Open to anyone for help with form-filling and accessing services. Oldfield Estate. 10am - 12 noon. Free

Lunch Club Over 50's
Freshly cooked, hearty meals every Wednesday and Friday at Jacqueline House, Oldfield Estate. 12.30pm. Call 020 7586 8327.

Circus Glory: Trapeze For Adults
All levels welcome. PHCC. 1.15pm -2.15pm
gmonastesse@googlemail.com

THURSDAY

Yoga
Energising vinyasa flow, suitable for all except complete beginners. PHCL. 10am-11am. £10 drop in or £36 for 4 consecutive classes. arjeta.whitehouse @gmail.com 07595 982473

Bridge Club for Beginners/ Intermediates
10.30-noon. £3 jojarrold@gmail.com

Poetry Group
Read and discuss poems, your own or others. 11am-12 noon. Egbert Street. susan.sciama@gmail.com £10

Gentle but Effective Pilates
Drop-in Pilates Class. PHCL. 12.30pm - 1.30pm. annie@mactherapy.org

Narcotics Anonymous
At the PHCC. 1.30pm-3.45pm. Free.

Primrose Hill Yoga
Strengthen, stretch, relax and re-energise. Beginners welcome. 5.30pm-6.30pm. PHCC. £38 for 4 classes (£9.50/class) or £11 drop in. Student and unemployed discount available.
carolineshawyoga@gmail.com

Art Class, Life Drawing
Class held at the PHCC. 7pm-9.30pm. £7

FRIDAY

Mums' Mornings
Drop-in session for children and adults with toys and books. PHCL. 10.30 am-11.30am. Suggested donation £2

Art classes for Adults
Newly organised, Morning Art classes (Wednesday or Friday). Primrose Hill Village. 10.30am -12.30pm. £35 includes all basic materials. Contact: info@art-buddies.com 07813 808 119 to register your interest

Lunch Club for the Over 50's
Freshly cooked, hearty meals every Wednesday and Friday at Jacqueline House, Oldfield Estate. 12.30pm. 020 7586 8327

Circus Glory: Trapeze For Adults
All levels welcome. Classes at the PHCC. 1.30pm-2.45pm.
gmonastesse@googlemail.com

Bottle Apostle: Free Friday Tastings
Join us every Friday for samples from our unique Enomatic wine tasting machines. We also showcase visiting winemakers and/or emerging craft breweries. 4-8pm. 020 3805 5577

SATURDAY

Primrose Hill Market
Weekly Saturday food market. St Pauls School, Elsworthy Road, NW3. 10am-3pm.
www.primrosehillmarket.com

Chalk Farm Foodbank
Located at the Baptist Church, Berkley Road, 11am-1pm.

SUNDAY

Hopkinson's Bar
Meet for a drink with your neighbours. All welcome. PHCC. 12 noon-2pm

Primrose Hill Eats

LA BOURRIDE de la Petite Poissonnerie



Photography Lars Christiansen

La Bourride is originally from Sète (in the south of France), and it is said that this dish is more than 2,000 years old! So here is a modern version of this classic French recipe.

Ingredients for 4 generous portions

4 scallops
1 small wild sea bass filleted and scored (slice each fillet in half)
1 mackerel filleted and scored (slice each fillet in half)
1 lemon sole filleted and skinned (slice each fillet in half)
2 red mullet filleted and scored
4 small portions of monkfish fillet
1 handful of mussels

12 baby potatoes peeled
12 baby Chantenay carrots peeled
12 baby tomatoes
12 baby asparagus spears
12 baby broccoli florets

2 garlic cloves
2 egg yolks
1 litre of vegetable stock
A good pinch of saffron
Salt, black pepper, olive oil
Chives and tarragon

Method

Season all the fish with salt and black pepper. Heat a large frying pan, add olive oil and pan fry the fish (those with skin, fry just the skin side). You want to give a nice golden colour to the outside of your fish, but not cook it through yet. Set aside all the fish in an oven dish, add half of the vegetable stock and cover with foil.

Then do the same operation with the vegetables. Take a hot frying pan, add salt, pepper and olive oil, and colour the outsides. Just be careful with the tomatoes as they will cook very quickly!

The next stage is to simmer the vegetables in the other half litre of stock. Start cooking in this specific order: baby potatoes (for 20 mins), carrots (for 15 mins), asparagus (for 7 mins), broccoli (for 5 mins), and tomatoes (for 1 min). Meanwhile put the fish dish in the oven for 12 minutes at 180 degrees C.

Now for the sauce. Use a garlic crusher to make a puree with the 2 cloves, and add to the egg yolk in a saucepan. Filter the vegetable stock from fish and vegetables when everything is cooked. Add a small ladle of stock to the mix of garlic and egg yolk and start to whisk the sauce on a very low heat. When it comes to a nice consistency, keep adding the stock slowly to keep the same consistency. Keep pouring the stock until you have enough sauce. To finish, add the saffron, a squeeze of lemon and season to taste.

Now you can serve. Use the best of your creativity to make this dish look fabulous! Your final touch is the chopped chives and tarragon sprinkled on the dish.

Bon appétit!

Recipe by Michael Robin at La Petite Poissonnerie
75a Gloucester Avenue, NW1 8LD
0207 4834435
robin.mika1001@gmail.com

Wine suggestion from Michael

To enjoy the dish even more, we suggest a nice Côtes du Rhône white, and something special would be our Châteauneuf-du-Pape - Château La Nerthe Blanc at £41.50. This wine is a four-mix grape variety: Grenache Blanc, Roussanne, Clairette and Bourboulenc Blanc. The vinification method is made ***sur mesure***: a part of the vintage is vinified in a tank and the other part in a cask. The blend of these methods gives a rounded and well balanced wine. You can drink it young or give it a few years in your ***cave*** to mature. The palate presents an attractive freshness showing peach, apricot and lemon fruit notes.

Poets Corner & Laughs

Meaningful Pebbles

Spacious wonder, life unfolding
We are not alone.
Each of us is different yet the same
No more special than tiny pebbles
On the vast beach of humanity.
Subject to movement and changes,
Outsides forces, winds, weather,
Footprints.
Nothing is certain day to day
Holding our place with billions of others
In the vastness of our surroundings.
An individual contribution
Touches others
Then disperses.

July 2015 Judy Rich



"My Mum wants me to be a banker when I grow up."

POST OFFICE

PRIMROSE CORNER

Welcoming the Primrose Hill Community to our new look Shop and Post Office. As well as extended hours in the Post Office, we will be offering a larger range of organic products.

Redeem a free bottle of water with this voucher. Our way of saying, WELCOME TO PRIMROSE CORNER, and thank you for the support over the years. We look forward to seeing you.

Q&A

My Primrose Hill

In Conversation with Diana Milner

Q. When and why did you come to Primrose Hill to start your business?

A. I came to the area in 1978. The draw was a rent controlled flat in Princess Road! I started my business in 1983 on my own going from garden to garden in my Morris Minor. I already had experience of working with plants and design came naturally to me thanks to my art training.

Q. What is your favourite street in Primrose Hill?

A. I love Chalcot Square for its combination of beautiful green space, colourful houses and notable residents past and present.

Q. What are your favourite businesses in Primrose Hill?

A. Richard Dare is my favourite shop. The Primrose Bakery comes top of the cafes. La Collina would be my restaurant of choice and in the pubs category The Albert was my favourite and I dearly hope it will reopen.

Q. If you were President of the People's Republic of Primrose Hill, what single action would you implement to improve life here?

A. I would encourage people to love and cherish their gardens and to stop paving them over. More and more front gardens are being turned into parking spaces, back gardens covered with fake lawn... I find it very sad, plants are so important for our wellbeing, both physical and emotional, specially in a big city like London. Every little bit of green space is a haven to wildlife and



food for the soul. Not to mention the increased risk of urban flooding that comes with the loss of soil. Living soil, because soil is alive and brings life.

Q. What is your favourite season of the year?

A. Summer. After all the work during Spring tending gardens, we can finally relax a little and enjoy the fruits of our labour.

Q. What advice can you give our readers on pesticides?

A. If you choose your plants wisely and take good care of them to keep them healthy and strong, there is very little use for pesticides. I do not use them or sell them in my shop. Less harmful solutions are companion planting or simple regular weeding. A mix of washing up liquid and water prevents greenfly or blackfly. Nematodes can be used to combat slugs and anything sharp edged such as scattered eggshells can be useful too as they prefer a smooth ride!

Nemitode worms can be used to combat slugs, and anything sharp- edged such as scattered eggshells can be useful too, as they prefer a smooth ride!

Q. Did the fact that your shop had been a milliner prior to Diana Milner opening cause any confusion?

A. Yes. At the beginning we had people coming in and asking if the hats had moved downstairs! Some of them had made the journey especially for weddings so were rather bemused to find a shop full of plants!

Q. What makes Primrose Hill special for you?

A. I think that a lot of its charm and character is due to its small, independent shops. They provide a service far beyond what they sell. They are meeting places for people to connect. I have lots of welcome visitors every day who come asking for advise about their gardens or pots, or who just pop in for a chat.

Q&A

Diana Milner Garden Design
13 Princess Road
O20 7586 5715
dianamilner@hotmail.co.uk

As told to Phil Cowan
Photography Lars Christiansen

AD

Primrose Hill Passion

Here is the second subject from *Super Seniors - Portrayals of lives well lived; a series of portraits of people over ninety years old* created by Jurgen Kehn. Charmian talks to Doro Marden.

I talked to Charmian Cannon in her tucked away mews house, full of family photos and portraits. She and her husband Cyril have lived there for the last 27 of their 55 years together. Between them they have four children, eight grandchildren and one great grandchild. Charmian is now 92.

> “I've always believed in **education** going on all your life maybe because I was considered unacademic. I trained as a PE teacher but then, via LSE, went on to be a university teacher at the Institute of **Education.**

I took a Master's in Women's History just a few years ago, focusing on women's letters. I have a wonderful collection of family letters: my grandmother used to circulate a package of letters around her four siblings once a month, called 'The Budget'. She was the boss and everyone got into trouble if they were late with their letters!

This started in 1902, before the telephone, and went right through to the Second World War. My mother got included when she became a married woman in 1916, and I have her letters as well. My grandmother went out to France to visit one son who was wounded, pulling strings to get a permit. She describes it all with enormous clarity. He actually died while she was there; there are details of his funeral and all the wonderful things his commanding officer said about him. All of the male members of that generation of our family were killed, which was not uncommon. My interest is in the women left behind.

In 2000 I started a U3A course about women's history, but it was exceedingly boring! Eventually I suggested that we should do it as a joint enterprise, so we all talked about ourselves and our families. To support this I took a part-time course at Sussex University in Oral History. We self-published a book called Our Grandmothers, Our Mothers, Ourselves: A Century of Women's Lives, which I edited. We came from such different backgrounds that it showed lots about social mobility. Since then I have attended an evening group of similarly interested women, where we take turns to present and discuss particular topics in women's history.

I come from a lucky, happy family. They were non-conformists, Unitarians, a real North London family; my grandmother lived in Upper Park Road. One great grandfather was William Ellis who founded the school – they were all keen educationalists. I was brought up in Edgware, when there were fields opposite the house, and my father commuted down the new Northern Line on the tube, to the City.

My mother was an exceedingly hospitable woman. During the war we lodged nurses, and Fritz, a young man from the Kindertransport. He was a great asset, as he joined in with all the games we played. Eventually he went to the States, and we visited him and stayed in touch.

We have everything we need in Primrose Hill: shops, library, doctor's surgery, and the hill which I walk up every day. Together with yoga, this is what keeps me fit.”

As told to Doro Marden





Photography Jurgen Kehn

Here is the second subject from ***Super Seniors – Portrayals of lives well lived; a series of portraits of people over ninety years old*** created by Jurgen Kehn.

Jurgen began this project because he felt that older people are often hidden away in our society. His pictures show elderly people not as sick or fragile as they are so often portrayed, but as people who lead interesting lives and contribute positively to our society. It is important to Jurgen that the pictures show the person in their own environment (if possible at their home) with clues about their life and interests. Jurgen is aiming to get enough portraits together to hold an exhibition. As Jurgen is still looking for new models for this project, any suitable candidates are welcome to contact him.

A link to the photographs can be found through his LinkedIn page: https://www.flickr.com/photos/74270669@N06/sets/72157644613945297/ or direct on Flickr.

PH News & Views

Mustoe's Bistro update

In response to Jeremy Swinson's local memories in his article in the March issue, Edward Mustoe - late of the famous Mustoe's Bistro - has been in touch to send regards to all who remember him. Edward says he is living a quiet life in reasonable health in Bermondsey. There was no mention of the state of his beard.

Dick Bird



Chalk Farm Food Bank – supplies needed

Our local food bank is based at Chalk Farm Baptist Church in Berkley Road (off Regents Park Road) and is run by the Trussell Trust. The food bank provides non-perishable, in date, emergency food for local people in crisis, who have been referred by the Citizens' Advice Bureau, GP or other professionals.

If you want to donate here is a list of items that would be much appreciated:

- Sugar (500gm)
- Pasta sauces
- Tinned vegetables
- Fruit juice
- Tinned fruit
- UHT milk
- Rice pudding
- Jam
- Instant mash

Toiletries and baby items such as nappies and food are always welcome too.

Please bring your donations along to the Baptist Church between 11am and 1pm on Saturdays and after 2pm on Thursdays. You can also donate cash or your time; for more details see www.chalkframfoodbank.org.

Thank you for your support.

Good Bye Nicolas

"He's too young to retire" said Jenny, a client of Nicolas Demetriou of Shampoo for all of the 29 years he has been the owner. "He's the best" said another client, Deborah. "Nothing is too much trouble, he's even come in at 7 o'clock in the morning when I needed him to."

Lots of loyal ladies of Primrose Hill feel the same and will miss Nicolas' friendly smile, his skilful cutting and blowdrying.

Nicolas is sad to be leaving Primrose Hill, but happy to be handing over to the capable Alina, herself a veteran of 9 years at the salon.



Primrose Hill Business Centre – to be or not to be

The Primrose Hill Business Centre on Gloucester Avenue has the considerable accolade of being the oldest business centre in the world. It may be hard to believe now, with the proliferation of flexible workspaces, but this is where the concept began more than 40 years ago.

The space, an old dairy, was bought by Frank Carson and his brother Albert in the 1970s as storage for an office furniture company. Clients asked to work from the premises, and the Primrose Hill Business Centre was born. Today housing 33 tenants, and prides itself on reasonable rates and a fantastic atmosphere. Parties in the summer and at Christmas allow the tenants to socialise, so that it fosters a communal environment.

Jillian Miller of The Gorilla Organisation, the longest serving tenants, extolled the virtues of working in the centre, an equivalent set-up would cost them over £10,000 more per year, an astronomical amount for a small conservation organisation.



Frank, a sprightly 85-year-old, runs the Centre with the help of his son Gregory. However, after 40 years Albert is keen to retire. The Business Centre is therefore unfortunately on the market. Ideally the buyers would continue operating the Business Centre, but developers are more interested in residential properties. One tenant overheard a prospective buyer planning to put a living room where they currently store gorilla suits! Uncertainty over the EU referendum has slowed the property market and there have not yet been any serious offers.

The intention to sell was announced last year, and three companies have since moved out. Jillian Miller of The Gorilla Organisation, the longest serving tenants, extolled the virtues of working in the centre, an equivalent



set-up would cost them over £10,000 more per year, an astronomical amount for a small conservation organisation. They moved into the centre in 1992 and would hate to leave. According to Jillian, after the shock at the announcement, the feeling among the tenants is to sit tight until an appropriate buyer is found, not knowing how long that might take. Let's hope the story of the world's first business centre is not over yet.

Tillie Sklair







PRIMROSE HILL COMMUNITY LIBRARY
presents an evening when
JOAN BAKEWELL and SUE MaCGREGOR
interview one another



AT CECIL SHARP HOUSE, 2 REGENT'S PARK ROAD

THURSDAY 5TH MAY 2016 7.30PM
Doors open at 7.00pm
Admission £15.00
includes a glass of wine or soft drink
Tickets available from:
PRIMROSE HILL BOOKS
134 Regent's Park Road;
London
NW1 8XL
0207 586 2022
or online at
www.primrosehillbooks.com
All proceeds to benefit
PRIMROSE HILL COMMUNITY LIBRARY

Fair in the Square

The Primrose Hill Community Association Summer Fair is a highlight in the calendar for all local residents, and this year will be no exception. The Paraiso School of Samba will open proceedings with a spectacular parade from the Community Centre to Chalcot Square. Other entertaining performers will include Primrose Hill Choir, Pitta Patta Dance, Catherine's Ballet, South Hampstead High School Cheerleaders, the Baptist Church Band and the Elderly Brothers, with their covers of classic pop songs. If that isn't enough to whet appetites, Punch and Judy shows, Morris dancers, stilt walkers, children's funfair rides and old-fashioned sideshows are sure to entice. Refreshments will include a barbecue, Pimms stall and bar, and a tea and cake stall run by Ready Steady Go nursery, among others. PHCA are running an information stall and selling books, toys, games, gifts, vintage clothes and sweets. No fair would be complete without a bottle tombola, a raffle and an auction of prizes donated by locals. The auction has produced some gems in the past, memorably a guitar owned by the great Robert Plant.

I was in charge of the face-painting stall, and if any budding artists fancy carrying the baton, there will be queues of wannabe spidermen and butterflies wanting to be painted. I also sold raffle tickets, which gave me the opportunity to chat to lots of lovely people, and inevitably, in Primrose Hill, to catch up with old friends.

The Fair relies on a wonderful team of volunteers to make sure everyone has a great time. Back in 2008/9 I had the pleasure of being on the volunteer committee, and I really recommend it. I was in charge of the face-painting stall, and if any budding artists fancy carrying the baton, there will be queues of wannabe spidermen and butterflies wanting to be painted. I also sold raffle tickets, which gave me the opportunity to chat to lots of lovely people, and inevitably, in Primrose Hill, to catch up with old friends.

Anyone wanting to volunteer to man a stall, sideshow or help set up should contact Mick Hudspeth on 020 7586 8327 or info@phca.cc. You won't regret it!

Tillie Sklair







SUMMER FAIR HELPERS

We need your help. Come along and join in the fun of putting on the Chalcot Square Fair. Help us get donations, be a super salesperson on one of the stalls, mix cocktails, clear up and celebrate at the end of the day. If you could volunteer to man a stall, a sideshow or help set up, contact Mick Hudspeth on 0207 586 8327 or info@phca.cc.

PHCA IT HELPERS

We also need specialist IT help all year round:

Social Media Maven

Are you a tweeter, or a Facebook addict? Help PHCA to publicise our events.

Website Wizard

Update our website on a regular basis.

Ebay Expert

PHCA is often gifted things to sell, from bicycles to artworks. Could you take on getting a good price for them on eBay?

Contact Mick on 0207 586 8327 to talk about these and other tasks.











DAVID BIRKETT
Estate Agents

119 Regents Park Road, Primrose Hill, London NW1 8UR
Tel: 020 7722 3094 Fax: 020 7722 2181 Web: www.davidbirkett.com
Email:sales@davidbirkett.com or lettings@davidbirkett.com

The Chesterfields, NW3

A beautifully presented, bright and airy 2 bedroom penthouse apartment set on the top (third) floor of this historic building close to the heart of Primrose Hill Village

This apartment, along with a neighbour, was built in recent years, within a mansard addition to a Victorian building, to a very high specification and features wood floors, air conditioning, an alarm system, fully fitted kitchen and bathrooms and south facing balcony.

The Chesterfields is found close to the centre of Primrose Hill Village with its park, shops and cafes. Public transport is found nearby at Chalk Farm Underground station.

Recently constructed penthouse apartment in existing Victorian building Third floor with entrance at second floor • Security system • Video entry system • Air Conditioning • Double Glazing • Wood flooring • Reception room • South facing balcony • Open Plan Kitchen • Master Bedroom Ensuite Shower Room • Bedroom 2 • Bathroom • Fully redecorated and upgraded common parts • Share of Freehold



Offers in the Region of £1, 300,000

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2 ERSKINE ROAD, NW3 3AJ
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joprim@hotmail.co.uk
MON - SAT 09.30 - 18.00
www.primuk.com

14 LISA HAUCK HAIR & MAKE-UP
148 GLOUCESTER AVENUE, NW1 8JA
020 7722 1043
info@lisahauck.com
MON - FRI 10.00 - 19.00, THURS 10.00 - 20.00, SAT 9.00 - 18.00
SUN CLOSED
www.lisahauck.com

25 WHITES HAIRDRESSERS
42 CHALCOT ROAD, NW1 8LS
020 7586 5850
cait.whitesofprimrosehill@gmail.com
MON - SAT 11.00 - 19.00,
THURS 11.00 - 20.00
www.whitesofwhitecross.co.uk

45 GARY INGHAM HAIRDRESSING
150 REGENT'S PARK ROAD, NW1 8XN
020 7483 1000
info@garyingham.com
MON -TUES 10.00-19.30
WED 09.00-19.30
THURS - FRI 09.00-20.30
SAT 09.00-18.30
SUN 11.00-18.00
www.Garyingham.com

29 GARRY TRAINER CLINIC
65 PRINCESS ROAD, NW1 8JS
020 7722 6203
Garry@garrytrainer.com
MON - FRI 07.00 - 20.00
SAT 09.00 - 17.00, SUN 09.00 - 13.00
www.garrytrainer.com

35 AESTHETICS LAB
128 REGENT'S PARK ROAD, NW1 8XL
020 7722 5872
info@aestheticslab.co.uk
MON 09.00 - 18.00,
TUES - THURS 09.00 - 19.00,
FRI 09.00 - 18.00, SAT 10.00 - 18.00,
SUN 10.00 - 16.00
www.aestheticslab.co.uk

41 NUYU LONDON
9 PRINCESS ROAD, NW1 8JN
020 3204 2020
info@nuyulondon.co.uk
TUES - WEDS 10.00 - 19.00
THURS - FRI 10.00 - 20.00
SAT 09.30 - 19.00

48 SHAMPOO HAIRDRESSERS
63 REGENT'S PARK ROAD,NW1 8XD
020 7722 9594
Alinashala@hotmail.co.uk
TUES-SAT 09.00-18.00
SUN 10.00-16.00

2 L'ABSINTHE (all day) BRASSERIE
40 CHALCOT ROAD, NW1 8LS
020 7483 4848
absinthe07@hotmail.co.uk
MON 08.00 - 16.00
TUES - FRI 08.00 - 22.00,
SAT 09.00 - 22.00, SUN 12.00 - 21.00
www.labsinthe.co.uk

32 LA COLLINA RESTAURANT
17 PRINCESS ROAD, NW1 8JR
020 7483 0192
info@lacollinarestaurant.co.uk
MON - SUN 12.00 - 14.30,
18.00 - 22.15
www.lacollinarestaurant.co.uk

36 MANNA RESTAURANT
4 ERSKINE ROAD, NW3 3AJ
020 7722 8028
enquires@mannav.com
TUES - SUN 12.00 - 22.30
www.mannav.com

24 THE LANSDOWNE
90 GLOUCESTER AVENUE, NW1 8HX
0207 483 0409
info@thelansdownepub.co.uk
MON - SAT 12.00 - 23.00
SUN 12.00 - 22.30
www.the lansdownepub.co.uk

47 MICHAEL NADRA RESTAURANT, MARTINI BAR & GARDEN
42 GLOUCESTER AVENUE, NW1 8JD
020 7722 2800
primrose@restaurant-michaelnadra.co.uk
TUES -THURS 12.00 -23.00
FRI & SAT 12.00 -24.30
SUN 12.00 -14.30 , 18.00 -22.00
www.restaurant-michaelnadra.co.uk

11 RIPE KITCHEN
136 REGENT'S PARK ROAD, NW1 8XL
07572 480 102
info@ripekitchen.co.uk
MON - FRI 07.30 - 18.00
SAT 08.00 - 19.00, SUN 08.30 - 19.00
www.ripekitchen.co.uk

21 ODETTE'S RESTAURANT
130 REGENT'S PARK ROAD, NW1 8XL
020 7586 8569
info@odettesprimrosehill.com
MON CLOSED.
TUES - FRI 12.00 - 14.30, 18.00 - 22.00
SAT 12.00 - 15.00, 18.00 - 22.30
SUN 12.00 - 15.00, 18.00 - 21.30
www.odettesprimrosehill.com

22 GREENBERRY CAFÉ
101 REGENT'S PARK ROAD, NW1 8UR
020 7483 3765
Info@greenberrycafe.co.uk
TUES - SAT 09.00 - 22.00
SUN and MON 09.00 - 16.00
www.greenberrycafe.co.uk

46 THE PRINCESS OF WALES PUB
22 CHALCOT ROAD, NW1 8LL
020 7722 0354
info@lovetheprincess.com
MON-FRI 11.00-24.00
SAT 09.30 - 24.00
SUN 09.30 - 23.00
www.lovetheprincess.com

49 THE ENGINEER PUB
65 GLOUCESTER AVENUE, NW1 8JH
020 7483 1890
MON-FRI 12.00-23.00
SAT 10.00 - 23.00
SUN 12.00 -22.30
www.theengineerprimrosehill.co.uk

34 NEGOZIO CLASSICA
154 REGENT'S PARK ROAD, NW1 8XN
020 7483 4492
info@negozioclassica.co.uk
MON - SUN 11.00 - 24.00
KITCHEN CLOSES AT 22.30
www.negozioclassica.co.uk

20 MELROSE & MORGAN
42 GLOUCESTER AVE, NW1 8JD
020 7722 0011
MON - SAT 08.00 – 19.00
SUN 09:00 – 17.00

3 PRIMROSE HILL FRAMING COMPANY
45 CHALCOT ROAD, NW1 8LS
020 7586 4571
primrosehillframingco@gmail.com
MON - FRI 09.30 - 13.00, 14.00 - 17.30
SAT 09.30 - 13.00

27 PRIMROSE INTERIORS
55 REGENT'S PARK ROAD, NW1 8XD
020 7586 6595
info@primrose-interiors.com
SUN - FRI 10.00 - 17.00

12 CLIFTON INTERIORS
168 REGENT'S PARK ROAD, NW1 8XN
020 7586 5533
rosie@cliftoninteriors.com
MON - FRI 09.00 - 18.00
Saturday by Appointment
www.cliftoninteriors.com

19 CAVE INTERIORS
29 PRINCESS ROAD, NW1 8JR
020 7722 9222
Georgina@caveinteriors.com
MON - FRI 09.30 - 17.30
www.caveinteriors.com

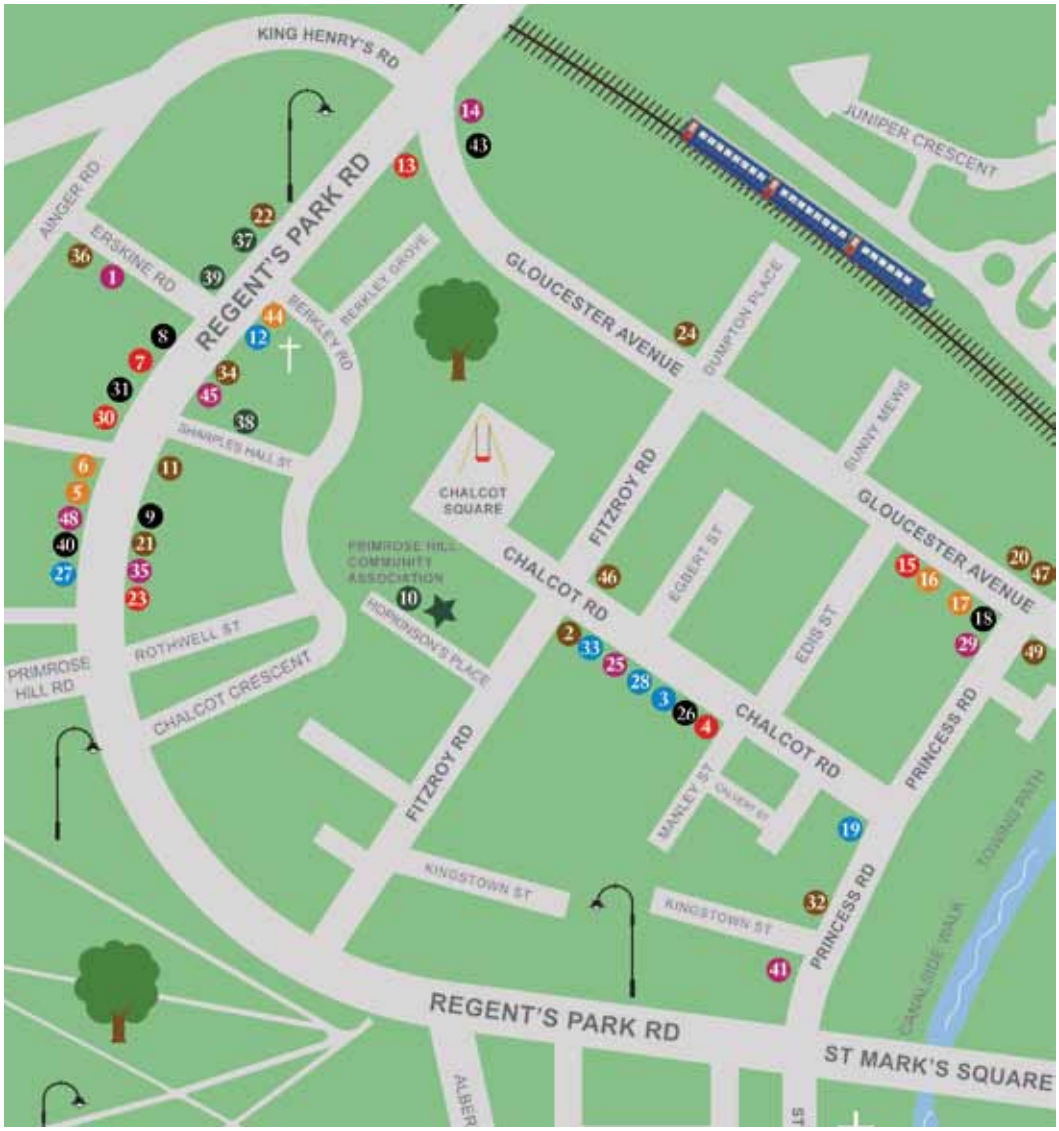
28 JINO DESIGN
STUDIO 44, CHALCOT ROAD, NW1 8LS
020 7419 1774
ino@jino-design.com
MON - FRI 10.00 - 17.00
www.jino-design.com

33 BESIDE THE WAVE LONDON
41 CHALCOT ROAD, NW1 8LS
020 7722 4161
gallery@beside-the-wave.co.uk
MON - SAT 10.00 - 18.00
SUN 11.00 -16.00
www.beside-the-wave.co.uk

5 JACK O'SHEA
65 REGENT'S PARK ROAD, NW1 8XD
020 7586 0570.
les@jackoshea.com
CLOSED MON, TUES - SAT 09.00 - 18.00
SUN 10.00 -17.00,
www.jackoshea.com

6 NICOLAS WINE SHOP
67 REGENT'S PARK ROAD, NW1 8XA
020 7722 8576
primrose@spiritedwines.com
MON - THURS 10.00 - 21.00
FRI - SAT 10.00 - 22.00
SUN 11.00 - 21.00
www.nicolas.co.uk

16 LA PETITE POISSONNERIE
75A GLOUCESTER AVENUE, NW1 8LD
020 7483 4435
lapetitepoissonneire@gmail.com
TUES - SAT 09.30 - 19.30
SUN 10.30 - 17.30
www.lapetite-poissonnerie.co.uk



17 PRIMROSE BAKERY
69 GLOUCESTER AVENUE, NW1 8LD
020 7483 4222
hello@primrose-bakery.co.uk
MON - SAT 08.30 - 18.00
SUN 09.30 - 18.00
www.primrose-bakery.co.uk

44 BOTTLE APOSTLE
172 REGENT'S PARK ROAD, NW1 8XN
020 3805 5577
info@bottleapostle.com
MON - FRI 11.00 – 20.00
SAT 10.00 – 20.00
SUN 10.00 – 18.00
www.bottleapostle.com

8 ADAM SIMMONDS
87 REGENT'S PARK ROAD, NW1 8UY
020 7813 1234
info@adamsimmonds.co.uk
MON - SAT 10.00 - 18.00,
THURS 10.00 -19.00
www.adamsimmonds.co.uk

9 PRIMROSE HILL PETS
132 REGENT'S PARK ROAD, NW1 8XL
020 7483 2023
Gail@primrosehillpets.co.uk
MON 09.30 - 18.30, TUES - SAT 09.00 - 18.00, SUN 11.00 - 17.00
www.primrosehillpets.co.uk

18 RUTH KAYE DESIGN
67 GLOUCESTER AVENUE, NW1 8LD
020 7722 7227
team@ruthkayedesign.com
MON - SAT 09.30 - 17.30
By appointment only
www.ruthkayedesign.com

26 SEW MUCH FUN
46 CHALCOT ROAD, NW1 8LS
020 7722 9889
sewmuchfun@btinternet.com
MON - FRI 11.00 - 18.00,
SAT 10.00 - 17.00
www.sewmuchfun.co.uk

31 FITZROY'S FLOWERS
77 REGENT'S PARK ROAD, NW1 8UY
020 7722 1066
MON - SAT 09.00 - 18.30
SUN 10.00 - 17.00
www.fitzroys-of-primrosehill.com

43 ROSE & NORTH FINANCIAL PLANNING & WEALTH MANAGEMENT
142 GLOUCESTER AVENUE, NW1 8JA
0203 627 6297
hello@roseandnorth.com
MON-FRI 10.00 - 17.00
www.roseandnorth.com

40 PRIMROSE HILL DENTAL
61A REGENT'S PARK ROAD, NW1 8XD
020 7722 0860 / 07845 0088 240
primrose.dent@gmail.com
MON, WEDS, FRI 09.00 - 17.00
TUES, THURS 09.00 - 20.00
SAT 09.00 - 13.00

4 ZOE AND MORGAN (Jewellery)
48 CHALCOT ROAD, NW1 8LS
020 7586 7419
personalshopper@zoeandmorgan.com
MON - FRI 11.00 - 18.00,
SAT 11.00 - 17.00
www.zoeandmorgan.com

15 SWEET PEA
77 GLOUCESTER AVENUE, NW1 8LD
020 7449 9292
mail@sweetpeajewellery.com
MON - FRI 10.00 - 18.00,
SAT 10.30 -17.00
www.sweetpeajewellery.com

7 KETURAH BROWN
85 REGENT'S PARK ROAD, NW1 8UY
020 7586 0512
keturahbrownltd@gmail.com
MON - FRI 10.30 - 18.00,
THURS 10.30 - 18.30,
SAT 10.00 - 18.00, SUN 13.00 - 18.00

13 GALLERY 196 (Orange door)
196 REGENT'S PARK ROAD, NW1 8XP
020 7722 0438
info@gallery196.com
OPEN EVERY DAY 10.00 - 18.30
www.gallery196.com

23 ANNA
126 REGENT'S PARK ROAD, NW1 8XL
020 7483 0411
anna@shopatanna.com
MON - SAT 10.00 - 18.00,
SUN 12.00 - 18.00
www.shopatanna.com

30 PAMELA SHIFFER
75 REGENT'S PARK ROAD, NW1 8UY
020 7483 4483
MON - SAT 10.00 - 18.00
THU 10.00 - 19.00
SUN 12.00 - 18.00
www.shop@pamelashiffer.com.

10 COMMUNITY CENTRE
29 HOPKINSONS PLACE
FITZROY ROAD, NW1 8TN.
020 7586 8327

37 DR SURGERY
99 REGENT'S PARK RD, NW1 8UR
020 7722 0038

MON-WED	09.00 – 18.00
THU	09.00 – 12.30
FRI	09.00 – 18.00

38 LIBRARY
SHARPLES HALL ST, NW1 8YN
020 7419 6599

MON	10.00 –18.00
WED	13.00 –19.00
FRI	10.00 –18.00
SAT	10.00 –16.00

39 POST OFFICE
91 REGENTS PARK RD, NW1 8UT
MON-SUN 06:00 - 22:00

If you would like your business to appear on these pages please contact: onthehillads@phca.cc

Here is a new OTH listing that we would like to expand over the months to come. We hope our readers will find it useful.

The Posh Locksmith
Matthew Green set up KEYS GALORE locksmith service for Primrose Hill in 1982. Local door opening and Master Locksmith service 24/7. Installing the best-registered locks, insurance and police approved security devices HS BS EU. Call: 07738573247
Email: matthew@poshlocksmith.com

Radi Lyubenov Osteopath
Sport Massage and Acupuncture therapist.
7 Adelaide Road, Chalk Farm, NW3 3QE Thursdays 09.00 - 17.00. 10% discount for children, students and pensioners. Call: 07871 373680 Email: osteopath.radilyubenov@gmail.com
www.northlondon-osteopathy.co.uk

Piano tuning and restoration
Local specialist with experience of working with a range of clients including ENO, recording studios, professional musicians, schools, private homes. Soon for sale, refurbished Steinway model "O" grand, beautiful touch and tone. Call: 07989139916
Email: mssurrey@yahoo.com
www.londonpianotuner.com

J. P. Walker, Painting and Decorating
A professional service provided by a locally based tradesman with over 25 years experience. Free estimates and advice. Call: 07517 99 59 89 Email: nw3handy@gmail.com

Sort & Survive
Advice and practical help with cataloging, donation or sale of artworks, antiques and books.
Call: 07747 111561
sortandsurvive@scudamore.demon.co.uk

If you would like to include your business in this directory please contact onthehillads@phca.com

This column brings our readers a selection of what is new and current with our local businesses.

Primrose Hill Pets (9)
Together with our normal range of healthy pet products we have our own brand of natural food and treats. Also taking entries for the Primrose Hill Dog Show on 15 May – prizes and treats for everyone. Tel: 020 7483 2023

Lisa Hauck Hair & Make up (14)
Buy 6 blow dries and get 15% off each, so that you only pay £27.20 for short hair and £30.60 for medium/long hair, including a lovely head massage. Tel: 020 7722 1043

Primrose Bakery (17)
Two great wine offers for our customers:
Tuesday: 30% off all Burgundy wines
Wednesday: 30% off all Bordeaux wines
Incroyable... tel: 020 7483 4848

Keturah Brown (7)
After last year's successful slimming down of our stock, we are again inviting our customers to a month of 'May slimming down sale' - swimwear especially. Tel: 020 7586 0512

Michael Nadra Restaurant, Martini Bar and Garden (47)
We have just launched our quick and healthy midweek lunch menu. All dishes are £9.95, gluten and dairy free. Served Tuesday to Friday lunchtime. Tel: 020 7722 2800

Fitzroy's Flowers (31)
We supply stunning flowers on weekly contracts for homes, businesses and events. From a single bunch to thousands of blooms! Our customers enjoy our loyalty card and we have just launched our new website. www.fitzroys-of-primrosehill.com
Tel: 0207 722 1066

The Princess of Wales Pub (46)
We are delighted to announce that we now have the necessary licences to offer a full marriage ceremony and reception service here at the Princess of Wales. Tel: 020 7722 0354

Just turn to pages 26 - 27 for full details of opening hours and contact information.

Dear Editor,

I'm a former resident of Primrose Hill and return very often. It's one of my favourite places in London. Whilst there recently I picked up the March copy of OTH and read Jeremy Swinson's article, PH Remembered. It was so lovely to saunter down memory lane – Mustoe Bistro, a name so familiar then, which I had completely forgotten! I share the sense of continuity with a few remaining anchors: Richard Dare, the surgery, the bookshop, The Queen's, and I still enjoy the pine furniture I bought in Ron Weldon Antiques shop!!

Marianne Smith

Editor: Glad you enjoyed the article, and Jeremy's memories certainly resonated with many of our readers.

"Whatever happened to Mustoe Bistro, I wonder? It had only about twenty covers, and was run by the avuncular Monsieur Mustoe whose only previous experience, he informed us, was hosting his own dinner parties. The food was sort of French; you had to go through the miniscule kitchen to get to the loo, but it was fun."

Jeremy Swinson
Former resident of Primrose Hill.

Editor: If you would like to find out what happened to Monsieur Mustoe, see this issue's News & Views, page 22.