ON THE HILL

News and information for Primrose Hill people

www.onthehill.info

ISSUE 27 | May 2017

In this issue: **The Man in the Dashing Tweeds, Saturday morning at the farmers' market, Hands and skulls with artist Patrice Moor. SAVE THE DATE: Primrose Hill Summer Fair 10 June!**



Gardens in Primrose Hill
A Good Newts Story



Photo by Lars Christiansen

If you need some gardening inspiration this spring, take a look at Miranda Glossop's garden which is almost a wild habitat in the city.

Like most of our gardens in Primrose Hill, it gets the sun in patches and at different times of the day. "It has evolved over the last twenty years with the family: places for them to dig worms when they were little, a hidden tree house at the end for pre-teens, and nowadays the tortoises have free wandering rights all summer," said Miranda, who not only nurtures tortoises but also newts, frogs and toads in two small ponds. "I don't believe in persevering; my planting plan is 'What grows stays'."

A wrought-iron frame covered by a fragrant climbing rose, Alberic Barbier, mingled with a vine, marks the boundary between terrace and grass. A golden philadelphus gives a splash of sunshine near a Daphne Odora Marginata, with early spring blossoms and yellow-tipped evergreen leaves – "the best for London gardens," says Miranda. "It's amazing what can be packed into the standard strip behind a terraced house."

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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.

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Editor's Letter



Photo by
Sarah Louise Ramsay

Roll up, roll up! Put the date in your diaries. This year's Summer Fair in Chalcot Square will be on 10 June. Plonk the children in front of the Punch and Judy and join me for a glass of Pimms and an ice-cream. It's the 40th Fair this year, so join the party and let's make it the best one ever.

Gentlemen, want to get away from the MAMIL (middle-aged men in lycra) image but don't know how? Look no further. Local designer Guy Hills from Dashing Tweeds is your saviour. He can make a tweed suit interwoven with reflective fibres, so you can look stylish, but still be safe on your bicycle.

We go behind the scenes at the Farmers' Market to learn about the stallholders' early morning starts: how the fishmonger, dairy vans, coffee cart, flowers, vegetables and herbs are all ready and waiting for you when you turn up for your breakfast muffin. We're very lucky to have such amazing produce on our doorsteps.

If you're still peckish after your Saturday trip to the market, then try your hand at the recipe for lemon drizzle cake from Sweet Things.

Primrose Hill based artist Patrice Moor describes the evolution of her art and her interest in hands and skulls as well as the amazingly detailed sunflower painting shown in the feature

As it's spring, we have a beautiful garden to inspire you to get planting. And if your back can't take the sudden exertion, then head over to the Garry Trainer Clinic to experience their new back maintenance massage.

Learn how to get involved with the local Scout group, dyb, dyb, dyb. And read updates on HS2, the Library and the Primrose Hill Lectures – Please note that due to the General Election, the date of the Andrew Marr lecture has moved to Wednesday July 12.

So don your tweed, get your gardens in order and I'll see you next month at the Summer Fair.

Maggie Chambers

Preview

2 Gardens in Primrose Hill
A Good Newts Story

3 Editor's Letter and Preview

4 Primrose Hill People
Hands and Skulls – Painting in Primrose Hill

6 Primrose Hill Community Association Summer Fair
Put the date in your diaries

8 Behind the Stalls
A Day in the Life of Primrose Hill Market

12 Guy Hills
The Man in the Dashing Tweeds

15 Primrose Hill Lecture Series 2017
The full line-up of this year's lectures

16 What's On
Things to do in May

18 The Back Maintenance Massage
A new treatment at the Garry Trainer Clinic

21 Primrose Hill Eats
Lemon Drizzle Cake from Sweet Things

22 Primrose Hill News & Views

26 12th Hampstead Scout Group
Local scouting activities in our area

27 Primrose Hill Community Library
An update on our library

28 Marketplace
A Neighbourhood Guide

30 HS2 Update and Primrose Hill Laughs

32 Hello, Primrose Hill
Glorious spring blossom

Primrose Hill People
Hands and Skulls – Painting in Primrose Hill

By The Mole on the Hill

Hands. You can't tell a mole anything about hands. That's what we are, a pair of hands attached to a little furry body. So when this artist says she's got an exhibition of paintings of hands at an Oxford college I thought I'd give it a go. The hands were all right, but those lawns! I couldn't wait. Certainly left my mark there.

Patrice Moor, aged 58, has her 'Many Hands' exhibition currently on show at Somerville College. The college, founded in 1879, was one of the first women's colleges in Oxford. Since 1994 it has had equal numbers of men and women as students. Her exhibition is a series of fifteen paintings, each 18" × 14", combining oil and pencil on a white background, the result of a residency she had there in 2016.

"Somerville has an ethos of being egalitarian and open-minded. At the start of my residency I had no idea what I would paint. I needed to engage with the institution and then have an artistic response. It is not a particularly wealthy college and doesn't have a collection of beautiful objects. But it does have people. I had painted hands about twenty years ago so I decided it would be interesting to paint hands again and try to capture something of the essence of the college through this subject. I met many members of the college, spent time with them, photographed their hands and then started to paint. A final selection of fifteen paintings was made for the exhibition in the chapel. This was partly planned and partly instinctual, creating a harmonious installation."

The result is a cross-section of Somervillian hands: Somerville's students, a librarian, the college principal, a gardener, a porter, a chef and a four-year-old boy attending Somerville's nursery. Interestingly, Somerville is the first college in Oxford to have a nursery.

So how does an artist become an artist in residence? You knock on doors. Patrice has had residencies at the British Optical Association Museum, the Royal College of Physicians and the University of Oxford Botanic Garden. All done by asking. When you see the quality of her work, you realise why they snap her up. And here is the mystery. Patrice is a self-taught artist.

Patrice had an interesting upbringing. Her mother was Dutch and her father was from Luxembourg. Her mother died when she and her brother were very young. Her father was a diplomat so they moved from place to place and



Patrice Moor
Oxford University images/
Joby Sessions

from school to school. The result was a solitary, studious child who blossomed when she attended a language school in Oxford at nineteen. She loved the relaxed way of life here. It was not the bourgeois society she was used to.

She then moved to London and was a Primrose Hill nomad for a while, living in Gloucester Avenue, Princess Road and Ainger Road while she completed a first degree in History and French Literature at King's College London and went on to do a Law degree.

"I've lived in Primrose Hill since 1980. By accident I was able to rent a flat in Chamberlain Street, opposite where I live now. My landlord, Clifford Wyndham, had bought three houses in Chamberlain Street in 1945 for £1,000 each. You could have bought the whole street for £14,000. Cliff lived in one house and rented out the other two. The life was charming and bohemian and I loved it with its top-floor windows looking out onto the trees of St George's Terrace. I remember thinking in the back of my mind: if I ever have a family, I'd love to live in Chamberlain Street."

No sooner said than done, Madame (Madame by now had three children). Her husband bought their present house before she had even seen it. It didn't seem to matter. They have lived there happily for twenty-four years.

So how did the painting start?

"By accident. A very dear friend gave me a box of watercolours and a sketchbook. I started playing around. I had never done anything like this in my entire life. I just played with different materials and different ideas. I wasn't very good at first. I improved. That is inevitable."

Easy to say that. Me, I'm brilliant at digging, but ask me to do anything else and I'm rubbish and I'll stay rubbish no matter how long I keep at it. So there must be something special about this Patrice.

As her children were growing up, Patrice started painting their portraits. Friends saw them and asked her to paint their children; and they paid good money for the pictures. Patrice went on to paint still-lifes. She had a lot of exhibitions and sold extremely well. And then came a Damascene moment.



Helianthus Annuus (2014) 102cm × 102cm, oil on linen

"I decided I either had to give up painting and get a job; or actually paint what I wanted to paint and not focus on selling."

And that is what Patrice did. In her studio she had a human skull and she decided to paint it. She had developed an interest in the image of the skull from an early age, due to the deaths in her family during her childhood.

"I didn't know anything about the origin of this particular skull. It has clearly been buried because the pigmentation is earth-coloured rather than ivory. I spent a year and a half painting that skull and nothing else. I was like a monk in a cell. I would go into the studio every day and I made rules for myself: I would use only five colours; each painting would have the same background; each painting would be the same size, 5" × 7"; I would only spend three hours on each painting and I wouldn't go back to it the next day. Some days I wouldn't paint anything. Some days I would do three. I did 252 paintings of that skull. The number is now over 300. That was maybe the best year and a half of my painting life so far."

Another series of skull paintings, representing the Stations of the Cross, has been exhibited as an installation at St John's College, Cambridge, in Worcester Cathedral and at St Mary's in Primrose Hill.

"I feel very privileged with my residences and exhibitions. They are enriching experiences, they broaden my horizons and they teach me a great deal. I have the opportunity to meet fascinating people who are often experts in their field, and it is life-enhancing."

Patrice has recently started a residency at Lincoln College, Oxford, where she will be having an exhibition in the autumn of 2018. She is also working on a book of her collages in collaboration with an artist in Amsterdam.

www.patricemoor.co.uk

Primrose Hill Community Association Summer Fair





Photos by Jason Pittock

Forty years ago, a band of Primrose Hill Community Association (PHCA) volunteers decided that there should be a Summer Fair in Primrose Hill. So they started running it in and around Chalcot Square, followed by a Sports Day on the hill the next day. Little did those volunteers know that this would turn into a run of forty consecutive Summer Fairs in Primrose Hill – and this writer has organised the past fourteen of them. Somewhere along the line the Sports Day dropped off, but was replaced by themed fairs including a Medieval Pageant, Circus, Roaring Twenties, Wild West and much more.

The 40th Primrose Hill Community Association Summer Fair will be held on Saturday 10 June 2017, 1.30–5pm, in Chalcot Square and Chalcot Road.

This year we want the fair to be just a little bit special. We are having a parade through Primrose Hill starting at the centre and going along Regent's Park Road. The Paraiso School of Samba, a 50-strong outfit of dancers and drummers will add colour, sound and vibrancy to the proceedings, as well as celebrating Primrose Hill's diversity and energy. The 'Hat Judges' will also have a keen eye on the participants and the audience to pick out contenders for the 'Best Hat' competition.

The event will be opened by Richard Cotton, Camden Councillor and PH Library volunteer, due to be elected Mayor of Camden in May. He will be introducing on stage local groups Pitta Patta Dancers, Catherine's Ballet, the South Hampstead High School Cheerleaders, Emily Dankworth Jazz Band and the Rock Choir. Stilt walkers, face painters, Punch and Judy, Morris Men/Women and Primrose Hill Choir will perform in the square.

Everyone can join in our popular sideshows, staffed by local volunteers, which include a coconut shy, spin the wheel and hoop-la. Our BBQ, Pimms, wine and beer, and home-made cake and tea stalls will be serving delicious food and drink. Other PHCA stalls will be selling new/nearly new items, jewellery, toys, books, raffle tickets, etc, offered by people who have hired stalls to sell their wares. If you need a summer treat, Garry Trainer and his colleagues will be on hand to offer massages.

We invite you to come along and enjoy the day, and help raise money for the PHCA to fund its various activities and services for local people. If you wish to book a stall, volunteer to help at the fair or donate a prize for our raffle or auction, please contact Mick or Julie at the Centre on 020 7586 8327. Thank you.

Sales

£2,000,000 Leasehold



Primrose Hill, NW1

A beautifully presented 3 bedroom split level garden apartment forming part of a handsome period residence. This stunning apartment comprises on the Raised Ground Floor a south facing reception room, to the rear is an 18ft kitchen/dining room with floor to ceiling windows and direct access onto a terrace leading onto a circa 84 ft private garden. The property further boasts a delightful 18' principal bedroom opening to the garden.

Energy Efficiency Rating - C69

£4,250,000 Freehold



Primrose Hill, NW1

A delightful 4 bedroom family house with high ceilings and a wealth of period features situated in a quiet turning in the heart of Primrose Hill Village. This charming property which has been stylishly renovated, benefits from a large open plan kitchen dining room with bi-folding doors leading directly out to a patio garden and a principal bedroom suite occupying the entire top floor with handmade wardrobes and a feature shower room.

Energy Efficiency Rating - D63

Lettings

£550* pw Unfurnished (£2,383.00 pcm)



Primrose Hill, NW1

Offering this bright and spacious 2 bedroom apartment set on the first floor of a well-appointed period conversion close to the amenities of Primrose Hill and Camden. This property comprises of a large reception room with a feature fireplace and high ceilings, modern eat-in fully fitted kitchen, principal bedroom with built-in storage, second double bedroom, family bathroom suite and access to a large communal garden at the rear.

Energy Efficiency Rating - D68

£1,200* pw Unfurnished (£5,200.00 pcm)



Primrose Hill, NW3

A beautifully presented 3 bedroom top floor duplex apartment, boasting a mezzanine level high spec kitchen, a spacious reception room with solid wood floors and separate area for family dining and two superb decked roof terraces. The property further comprises a principal bedroom with built in storage, en-suite bathroom and access to a large private balcony, two further double bedrooms, family bathroom and ample storage throughout.

Energy Efficiency Rating - D57

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Behind the Stalls
A Day in the Life of Primrose Hill Market

By Stephanie Sowden, Market Manager



All Photos by Sarah Louise Ramsay

Last orders in The Queen's has long gone, the early morning runners are yet to brave the Primrose Hill summit, and the school's weekday residents are all tucked up in bed – it's time for the weekend to take hold at St Paul's primary school.

Bleary-eyed and still getting used to the steadiness of dry land, it's 4.30 am and resident fishmonger Mick from award-winning **Veasey & Sons** is enjoying the end of his weekly lie-in. "It's still dark when we go to pick up the fish and load the van," he says a few hours later, dragging an overflowing crate across the playground. "The boat is in East Grimstead," he continues, piling up his week's catch, "so once we're fully packed we set off on the three-hour drive to London." "It's an early start," his partner adds with a smile, "but we love coming up here."

By the time Mick has hit the M25, Tony from **Hook & Son** is already up and organising the dairy vans at their farm in East Sussex, making sure they're well stocked for the weekend London markets. "I leave at six, and I've got a couple of drop-offs before I get to Primrose Hill about 9 am" Tony explains while sorting the crate of raw milk for the market's coffee cart. He dodges the gazebos being set up in the middle section to take his crate over to **The Coffee Cart**, already warmed up and getting eyes from thirsty traders, desperate for the morning's first brew. "We've supported the market from the very beginning," Tony adds, returning to his stall, "and it's great to see so many regulars; we wouldn't survive without them."

The market is coming together, with produce being meticulously displayed and grills starting to heat up for the breakfast rush. Meanwhile, **Wild Country Organics** are stocking piles of onions and bags of freshly plucked herbs. "Around this time of year there are lots of leaves in season," Adrian Izzard advises, gesturing to a bag of large-leaved sorrel. "And we've just begun planting for the summer," he adds about the farm in Cambridge. "Lots of beans and cucumbers."

Even as the market gates are opening to the public at 10 am, just two hours after the playground was first cleared of left-over footballs and scooters, **The Muffin Man** has a line of boxes already in place for the queue of hungry families wanting their breakfast muffins. "The pork belly with sausage, cheese, bacon jam and egg is definitely the bestseller," owner and chef Steve says, flipping a few chorizo hash browns on the grill. "We get fresh duck eggs from another trader, **Ted's Veg**, for them. I hand-make everything, including the muffins and the sauce."



Now in its second year, Primrose Hill Market started in September 2015, and was set up by local resident **Mike Norledge**, who was desperate for fresher produce in the area and to create a hub for the community. "Food has always been important to me, especially the social aspect. We've gone from strength to strength and we're so lucky to have so many loyal locals who create such an amazing atmosphere every week. A lot goes on behind the scenes, so my favourite day is definitely coming to the market and chatting with the locals and traders and seeing it all come together."

The market has fast become the go-to place for local residents to pick up their weekly shop. It has also gained a great reputation in the London food market scene: the view of a mist-covered Primrose Hill, the smell of **Benny Buttons**' vegan pancakes, and the chance to pick up a cupcake from **Flavourtown** bakery on the way round certainly beat a crowded supermarket. From **Olivier**'s fresh sourdough to **Picks Organic** butchers, there's plenty to keep the fridge stocked and support independent businesses while you're at it.

As lunchtime nears, another turn around the market shows Sharoona from Veasey & Sons weighing out a hefty cut of tuna steak, replacing the remainder across the crushed ice. "People love the tuna and monkfish," she says, once the customer has been served, "and our fish pie mix too. I really love it when I see kids getting excited about eating fish, because I know that what they're getting is fresh."



A few barks and a play-fight erupt by the entrance as a couple of dogs can't hide their excitement at the prospect of bounding around Primrose Hill, but not before a quick taste of **Pic's** peanut butter, enjoying the fuss of the stall-holder who's happy to treat her canine customers.

The afternoon draws on and the stocks of the hot-food vendors deplete, Olivier's piles of bread and pastries are reduced to



just a few lone loaves, and **Brockman's Farm** are constantly rearranging their diminishing displays.

Soon it's time to reverse the hard work of the morning and pack away left-overs, fold away tables and fight to bring down gazebos while contending with Britain's eclectic weather. Not long after the last customer has trailed home at 3 pm does the battle begin at the school gates to get the vans through and loaded up to get away on time. "Once I've packed up, I probably don't get back to the unit in Epping until after 6 pm,' The Muffin Man's Steve says. "And then I have to prep for the Sunday markets, so I don't finish work until 8 or 9 pm"

It's a similar story for Wild Country Organics, who head back to the farm in Cambridge at 4 pm, not arriving until at least 6 pm once their London pick-ups are complete. "And then we do it all again tomorrow." There's one final sweep of the school yard after the vans have pulled out of the grounds, all sports equipment is restored to its rightful place, and any rogue vegetable debris has been cleared away. The gates are locked just after 5 p.m., so that the school is ready to be handed back to its full-time owners.

See you next week…

Tranquillity on Primrose Hill

A Poem by Jan McPherson



Photo by Sarah Louise Ramsay

As pilgrims of a long passed age, young and old have
trodden this sacred path, towards this citadel
of tranquillity.
Voices sing out, their rich sounds filling the air with
a sense of history.
Each step brings me nearer to my destination,
a peacefulness descends, only the gentle wind
caresses my cheek.

The warm rays of the sun touch my inner soul,
a kaleidoscope of colour and energy,
A patchwork quilt of colour reds and oranges fusing
with the sunset, its vibrancy of colour as paints
on an artist's palette,
A magical scene unfolds before me.

Majestic towers and spires portraying a history both
ancient and modern silhouetted against the
backdrop of the London sky.

Only the birds and the rustle of the leaves are heard.
There is a spiritual atmosphere on this hill which seems
as a gossamer thread to unite both young and
old regardless of colour, creed and gender.
Away from the hustle and bustle of daily life, devoid
of modern-day intrusion,
To spend time with one's thoughts,
Time seems to stand still.

Time quickly passes and all too soon I have to leave this
place to re-join the rat race of life.
Turning away, I slowly retrace my steps along that
well-trodden path.
Laughter, joy and sorrow have all found sanctuary in
that magical place.
My senses, connecting with William Blake, have been
opened to a time gone by.
A mystical enchanted age.

Alone with my thoughts, I keep the memories wrapped
in tissue paper
To place in the recess of my mind,
A secret place which I will return to when times
are hard.
A gentle breeze echoes the laughter of children, their
stories yet to share,
Of a special time when they played on Primrose Hill.

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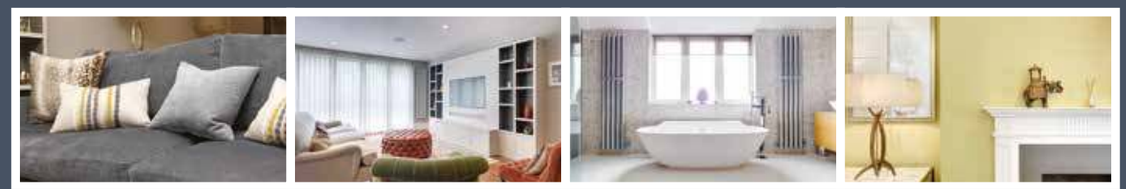
Memory Core Units, 1967, signed screenprint



Will Man Desert the Dog for the Dolphin?, 1970
signed photo-lithograph

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Guy Hills
The Man in the Dashing Tweeds

By Maggie Chambers



All Photos by Sarah Louise Ramsay

Spending time with Guy Hills is like being in the company of Caractacus Potts. As soon as we meet, he hands me a device he's been tinkering with, a radio he's making for his son. It's the first warm day of the year and Guy is wearing a light-weight cream-striped suit with a casual jumper underneath. He looks as if he's been disturbed midway through a pleasant picnic.

I'm here to talk about Dashing Tweeds, the company Guy set up with Lewis-born Kirsty McDougal, formerly head of Woven Textiles at the Royal College of Art. They started the company in Dalston and now have a shop in Sackville Street, off Savile Row, which produces two seasonal fabric collections a year alongside their ready-to-wear and made-to-measure lines.

Guy grew up in Marylebone and began work as a fashion photographer with a studio in Camden. He was asked to be the image-maker for the Savile Row Bespoke Association in 2008, which led him to want to bring more interesting cloth and colour to menswear.

The English invented the suit – it is our national dress – and Guy feels we have a unique style which is different from the classic Italian and French style. His opinion is that heritage clothes are all stuck in the 1930s and 1940s, when tailoring had to be classical and didn't change. "But the modernity of it is the most interesting thing. People are scared of modernity."

We go upstairs to look at tweed. The walls in the stairwell are covered in photos that his family send out at Christmas. Guy, his wife Natasha and their three children, Amelia, Hector and Rex, are posed as birds in a tree, spring out of boxes like jack-in-the-boxes, have strings around their arms like puppets, are Hansel and Gretel in a Norfolk wood, or have light-packs under their clothes, making them glow like fairy lights. It's all rather enchanting.

Guy brings out suits from his closet. One is made from a flock of sheep on Romney Marsh and another is the famous Glen Urquhart check – worn by James Bond – reinvented to give a new weave design. He has tweeds inspired by Bauhaus and others reminiscent of Missoni with waves of different coloured wools.

Tweed has always invoked foggy walks through peat fields, but Dashing Tweeds are different: purples, blues, greens and reds burst out from the fabric, and the textures are different too. They work with the highest quality yarns and use wool as a base, but weave in linen, Japanese cotton and innovative fabrics such as rubber and lurex. All the tweed is woven in the Scottish borders, and there are now eighty tailors around the world who use the cloth.

Dashing Tweeds work closely with Savile Row cutters and tailors, and have developed a classic English-style silhouette which has structured shoulders, high-cut arms for ease of movement and elegant waist shaping. They occasionally use quirky designs such as box pleats in jackets and cycling trousers with a twisted seam. What drew them to tweed is that it's traditionally a sportswear fabric, due to it being so practical and durable.

As we chat, Guy does a strange thing. He passes me his phone and asks me to photograph a suit he's holding. Puzzled, I do as requested. The screen flares up in a blaze of stripes! The suit has high-visibility threads woven into the wool which light up when the flash is fired. This is a garment intended to be beautifully stylish, yet practical for today's cyclists, or a night on the town. I take more photos of reflective suits, each with a different weave. They're ingenious.

Developing the creativity and innovation further, Guy shows me a jacket with purple lights down the back and another one with a red and black reflective panel.

It was Vivienne Westwood who first introduced him to tweed through her punk trousers. He has a pair of her original ones, with zips up the sides.

How does Guy decide what to wear in the morning? "I dress in the morning just for fun. I'm usually on my bicycle, so I wear especially tailored clothes which are a little worn out. I like bright colours in the morning. They cheer me up. I like elegance and clashing colours, although sometimes I have to rein myself in now as I have a brand to sell."

Guy doesn't own any black suits, and if he has to wear 'black tie', he wears a purple suit with a bow tie.





I can't help but notice the shoes Guy is wearing. They're tweed Converse. Apparently Converse read about them and flew over to Dalston. This formed the beginning of their collaboration, and 30,000 pairs were made up in tweed. Other companies have followed suit – if you'll forgive the pun – and Dashing Tweeds have formed collaborations with Hudson shoes, Fred Perry and Pharrell Williams' clothing brand, Billionaire Boys Club. They've exhibited in the V&A's Fashion V Sport, at Unica, a textile fair in Milan and at the Ningbo International Fashion Week in China. And Emily Blunt wore their tweed during the filming of *Mary Poppins*.

Another wardrobe contains a collection of 1940s suits and a grey, patterned Spitalfields silk waistcoat, made by Huguenot silk weavers. I'm shown a sailor suit made from Ian Mankin fabric. Guy went to the shop on Regent's Park Road to request some cloth for a suit but was told, "Sir, this cloth is for furnishings." He made it anyway. Other home-made garments include a giant green dragon outfit, a 20 ft caterpillar suit and a long white woollen coat covered in black pom-poms.

It's time to go downstairs. On our way, Guy talks of his understandable horror of moths.

We have a quick tour of the living area. The floorboards are salvaged wood supplied by his brother who formed the company Retrouvius. In the centre of the kitchen is a reclaimed Victorian cabinet with a worktop on the surface and a dishwasher







encased at one end. The shelves of the cabinet are lined with old snuff boxes, which his grandmother used to collect. Like his suits, the furniture is a mixture of heritage and modern.

Every morning Guy drinks coffee from an ornate silver coffee pot. He loves the design, which ensures that the coffee grounds don't reach the spout but remain at the bottom of the pot. He explains how some ideas just work well, but in many ways we've gone backwards. Design is a fine line between being stuck in the past and moving on. He doesn't much like nostalgia; it colours people's ideas.

We go into the garden to take photos. At the edge of the lawn is a round wooden sauna, and Guy has rigged up another Caractacus Potts structure with a copper pipe so that he can emerge from the steam and have a cold blast of water.

In a pause between shots, Guy picks up and strums a ukulele. It sounds as if someone has just wound up an old 78 rpm record player. He loves to throw parties, and has a summer playlist of songs ranging between Queen, the Bee Gees, Al Green, the Kinks, Leonard Cohen and the whole of the *Ziggy Stardust* album. We are treated to a few chords of 'Starman'. Guy's motto is that we shouldn't let lack of talent get in the way of being creative. Just have a go anyway. Learning should be continuous. Children learn so much and then suddenly stop.

Our photographer Sarah wants to take photos on the family's canal boat, so Guy dashes upstairs to change quickly. He reappears wearing a tweed shorts suit with matching Converse plimsolls. He plucks a snowdrop from the garden, attaches it to his buttonhole, and we wander down to the boat in a *Wind in the Willows*-style procession.

Down at the canal is moored *Lilliput*, the boat which Natasha had built in Chesterfield to fit the width of the garden. Once on the boat, Guy begins to wipe down the surfaces, "so that it looks as if I do something other than stand about in tweed all the time". He makes a striking image, and passers-by on the opposite side of the towpath also take photographs.

By mid-afternoon, we disperse to pick up children from school and rendezvous in Regent's Park. Guy arrives on his four-seater bike, which is a familiar sight around Primrose Hill. At first he used a bike with two child seats, but when Rex was born he had the four-seater made in Amsterdam and has done the school run with it for years.

They circle around the park, creating the perfect advertisement for Dashing Tweeds: Guy and his three children cycling and George the dog sitting in the basket.

www.dashingtweeds.co.uk
26 Sackville Street, London W1S 3HE
020 7439 8633

Primrose Hill Lecture Series 2017

14 June
Louise Chester
on **Mindfulness**



Louise Chester, the founder of Mindfulness at Work, is one of the UK's leading experts on mindfulness and can provide answers to all your questions about this rapidly growing practice for daily equilibrium and a calmer state of mind.

21 June
Tim Marshall
on **the Politics of Flags**



Flags: we wave them, burn them, march under their colours and even die for them. Tim Marshall, a journalist and leading authority on foreign affairs, joins us to talk about the power and politics of flags, the subject of his latest book, *Worth Dying For* (2016).

28 June
John Mullan
on **Jane Austen**



Blushing. Illness. The weather. Just some of the topics John Mullan explores in *What Matters in Jane Austen?* (2012). On the bicentenary of Austen's death, Mullan will discuss how many seemingly inconsequential ideas illuminate pressing themes in Austen's novels.

5 July
Deborah Moggach
on **Adventures in the Screen Trade**



A best-selling novelist whose works have been made into films, including *The Best Exotic Marigold Hotel*, Deborah Moggach also writes screenplays, including the 2005 film of *Pride and Prejudice* featuring Keira Knightley. Deborah joins us to talk about her adventures in the screen trade.

12 July
Andrew Marr
on **Democracy**



The Brexit Referendum vote was the biggest revolt against 'things as they are now' since the Second World War. Andrew Marr will be discussing why and how it came about, and reflecting on what it means for our fragile tradition of parliamentary democracy.

Owing to the General Election on June 7th, the Andrew Marr lecture has now been moved to Wednesday 12th July. If you have booked to come on 7th June your tickets will still be valid. If you are no longer able to attend, please contact the church office or Primrose Hill Bookshop for a refund.

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

With thanks to our sponsors, L'Absinthe, Earth and Primrose Hill Books.

St Mary's Church, Elsworthy Rd, NW3 3DJ

Bar open from 6.30pm. Lectures run 7–8pm, including Q&A. Bookselling follows.

Tickets £12 per event, or £50 for the series.



What's On

Dates for your May diary

MAY

TUESDAY 2

Film Night at the Library
Billy Liar (1963), starring Tom Courtenay and Julie Christie, directed by John Schlesinger. PHCL. 7.15pm. Tickets £8, include a glass of wine, in cash, in advance at PHCL, or on the door.

WEDNESDAY 3

Dance Exercise
A dance exercise session for all ages. Open House at PHCC. 2pm. Free. Contact: 020 7586 8327

FRIDAY 5

Top of the Hill Quiz 2017
It's back! For a 14th successive year! The famous fun quiz 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 eight neighbours, or just come yourself and join in with a team. Numbers are limited. Contact: 020 7586 8327

SATURDAY 6

Councillor's Surgery
PHCL. 11am. No appointments needed. Contact: 020 7419 6599

Playday for amateur musicians
Thibault Back de Surany coaches and conducts Mozart's ***Symphony 27 in G Major.*** PHCC. 12 noon through to free concert at 5pm. £25 including lunch. Contact: sueandhercello@gmail.com

For the Over 60s
Screening of *The Danish Girl* at Haverstock School, 24 Haverstock Hill, NW3 2BQ. 2pm. Admission £1, includes refreshments and free raffle. Tel. 020 7424 8366 to book.

SUNDAY 7

A Walk with the Bird Man
Tony Duckett leads a walk in Regent's Park, 8–11am. To book a place, email newsletter@friendsofregentspark.org and leave contact details.

WEDNESDAY 10

Forward to the Past
A short sci-fi film about an attempt to fix a church clock. The co-directors of the film will introduce it, and afterwards discuss. PHCC. 2pm. Free. Details from 020 7586 8327.

THURSDAY 11

Piano Recital in the Library
By Anastasia Parker. PHCL. 7pm for 7.30pm start. Free but donations welcome. Contact: 020 7419 6599

TUESDAY 16

Open Mic at the Library
Perform or listen. PHCL. 7pm. Free but donations welcome. Contact: 020 7419 6599

WEDNESDAY 17

Holborn Archives Tour
This week's Open House session is a visit to the Camden Local Studies and Archive Centre in Theobalds Road, WC1. Transport available. 2pm. Free. Details from 020 7586 8327.

THURSDAY 18

Library Book Club
Details of this month's book for discussion on www.phcl.org. PHCL. 6.45–8.30pm. Free. Contact: events@phcl.org

FRIDAY 19

Councillor's Surgery
PHCC. 6.30–7.30pm. No appointments needed.

Open Air Theatre
Starts in Regent's Park tonight with *On The Town*, and season continues through to 16 September. See www.openairtheatre.com/whats-on

TUESDAY 23

Poetry and Musical Evening
For the benefit of Marie Curie Hospice, Hamstead. Featuring crime writer John Harvey and jazz musician John Lake with poets Jacob Sam-La Rose, Cicely Herbert and Danielle Hope. 7–10pm. PHCC. All donations welcome.

WEDNESDAY 24

Life is a Story
A talk on exploring the hidden stories of our lives. Open House at PHCC. 2pm. Free.

THURSDAY 25

A Walk with the Tree Man
Paul Akers leads walk in Regent's Park. 2pm at Main Gate to Queen Mary's Garden. To book a place email newsletter@friendsofregentspark.org and leave contact details.

Meditation Yoga
With Ellen Emmet. PHCL. 6.30–8pm. Free. For info contact ellenemmet@outlook.com

WEDNESDAY 31

Beloved
1998 screen adaptation of Toni Morrison's 1987 novel, in which a slave is visited by the spirit of her deceased daughter. Stars Danny Glover and Oprah Winfrey. Open House at PHCC. 2pm. Free. Details from 020 7586 8327.

JUNE

TUESDAY 6

Film Night at the Library
Persuasion (1995), starring Amanda Root and Ciaran Hinds, directed by Roger Michell. Introduced by the Director. PHCL. 7.15pm. Tickets £8, include a glass of wine, in cash, in advance at PHCL, or on the door.

SATURDAY 10

Summer Fair
40th Annual Summer Fair in Chalcot Square, organized by PHCA. 1.30–5pm. Admission free. Volunteers needed; please ring 020 7586 8327.

REGULAR EVENTS FOR THE GROWING

MONDAY

Ready Steady Go ABC
Exploratory play, music, singing, dance and stories for babies and toddlers, 0–15 months. PHCC. 9.45–10.45am (0–6 months); 11.15am–12.15pm (6–15 months). Contact: 020 7586 5862

Circus Glory
Trapeze for ages 3–12. PHCC. 3–6.30pm. Contact: Genevieve 0797 345 1603, gmonastesse@googlemail.com

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

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

TUESDAY

Monkey Music
Music and play for under 5s. PHCC. 9.30–11.30am. Classes £11. Contact: Alex 020 8451 7626

Hartbeeps Baby Sensory
PHCC. 1.30–5.15pm. Classes £8. Contact: Clare 0752 868 8734

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

WEDNESDAY

Circus Glory
Trapeze for ages 3–12. PHCC. 2.30–6.30pm. Contact: Genevieve 0797 345 1603, gmonastesse@googlemail.com

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

Primrose Hill Children's Choir
Fun songs and games, for ages 4–11. St Mary's Church, NW3. 4–5pm. First time free, then £8 per week. Contact: www.primrosehillchoirs.com

All-ages Chess Club
Join us for a game of chess. PHCL. 6.30pm. Free. Contact: 07830 107 477, a.bruce@pardesgrammar.co.uk



THURSDAY

Mini Mozart
Musical storytime for children. PHCL. 9.30am. Contact: hello@minimozart.com

Ready Steady Go ABC
Exploratory play, music, singing, dance and stories for toddlers, 12–18 months. PHCC. 9.45–10.45am. Contact: 020 7586 5862

Pilates
Pilates for mothers and babies. PHCL. 10am and 11am. Contact: pilateswithpaulette@gmail.com

Mini Mozart for Babies
Musical storytime for children. PHCL. 10.15am. 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, tea and coffee for mums. Contact: 020 7586 8327

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

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

Music and Rhyme Time for Under 4s
Drop-in at PHCC. 4.30–5pm. £1. Contact: 020 7586 8327

FRIDAY

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

Circus Glory
Trapeze for ages 3–12. PHCC. 2.30–6.30pm. Contact: Genevieve 0797 345 1603, gmonastesse@googlemail.com

Tatty Bumpkin
Children inspired by yoga, ages 0–7. PHCC. 2.45–3.45pm. Contact: 0793 970 185, www.tattybumpkin.com/londoncentral

Funky Dance Classes
Ages 4–16. PHCC. 4–6.45pm. Contact: Juliet 0797 191 6174, juliet@pittapattadance.co.uk, www.pittapattadance.co.uk

SATURDAY

Jingle Jam Music
Jazz-orientated music classes by Emily Dankworth for ages 0–5. PHCC. 10.10–10.55am, Jitterbugs, 0–18 months; 11.10–11.55am, Jelly Rollers, 18 mths–3 years; 12.05–12.50pm, Jammers, 3–5 years. Contact: 07905 979 024, jinglejammusic@outlook.com

SUNDAY

Perform
Drama, dance and singing for ages 4–7. PHCC. 9.30am–1pm. Contact: 020 7209 3805

REGULAR EVENTS FOR THE GROWN

MONDAY

ACOL Bridge Club
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, gmonastesse@googlemail.com

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

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

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

Primrose Hill Community Choir
Love to sing? Try us out! All welcome. PHCC. 7.30–9.30pm. £5. Hear us and details: www.primrosehillchoirs.com. Contact: Matthew 07817 234 925

TUESDAY

Dynamic Pilates
Pilates class. PHCL. 9am and 10.15am. £12 per class, £100 for 10 classes. Contact: lizacawthorn@gmail.com

Gentle Pilates
Pilates class. PHCL. 11.30am. £12 per class, £100 for 10 classes. Contact: lizacawthorn@gmail.com

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

Keep Fit for the Over 60s
PHCC. 3–4pm. Free. Contact: 020 7586 8327

Hatha Yoga
PHCC. 1.30–2.30pm. Drop-in £11; 5 classes £50; 10 classes £90. Contact: 07808 553 599, emma.lecoeur@gmail.com

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

Laban Movement Workshop
For those interested in practising and exploring Rudolf Laban's Scales and Efforts. PHCC.12 noon–1pm. £10. Contact: 07970 536 643, jennyfrankel.laban@gmail.com

WEDNESDAY

iPad Class
PHCL. 10.30–11am. Free. Contact: 020 7419 6599 (3 May and 10 May only)

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

Feldenkrais
Gentle movement using the Feldenkrais method. PHCC. 6–7pm. Free. Contact: 020 7586 8327

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

All-ages Chess Club
Join us for a game of chess. PHCL. 6.30pm. Free. Contact: 07830 107 477, a.bruce@pardesgrammar.co.uk

THURSDAY

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, £40 for series, student and unemployed discount available. Contact: carolineshawyoga@gmail.com

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

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

FRIDAY

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

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

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

Thunderclap
Varied dance themes. PHCC. 7.30–9.30pm. Free. Contact: 020 7586 8327

SATURDAY

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

SUNDAY

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

Summer Teas
Served in the garden of St Mark's Church, St Mark's Square, NW1. 3–6pm, May to September. Contact: 020 7586 1694

CONTACT DETAILS

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

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

Please submit entries for our June issue by Friday 12 May
onthehillwhatson@phca.cc

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The Back Maintenance Massage
Garry Trainer Clinic

By Harriet Broadway



Hippocrates claimed that "Massage is the mother of all therapies", with the implication that it should be the cornerstone of any clinic. In Primrose Hill we are blessed to have Garry Trainer, who intuits through massage which parts of the body need further attention.

Garry has been named by *The Times* as 'Britain's Top Back Specialist', and after thirty years specialising in structural dysfunction and pain, Garry and his colleague Erik Inarra are now offering a preventative back care treatment at the Garry Trainer Clinic.

The back maintenance massage aims to keep problems at bay before they begin. So many people have work done on their backs only when they're in pain. Garry and Erik want to pre-empt this tendency by giving treatments sooner. "Getting into bad habits becomes like steam in a pressure cooker. Eventually something gives way. It's the straw that breaks the camel's back."

Garry has developed his own, highly successful style which combines deep tissue massage, osteopathy and acupuncture. This method of treatment eases pain, increases mobility and gives a sense of wellbeing. Erik's area of expertise is deep-tissue massage and osteopathy. He comes from a background of working with sports injuries, and treats muscular tension and pain in the head, neck, shoulders and back. He runs a positive screening analysis where you can evaluate your posture on a screen.

Both Garry and Erik have a massage background and believe that preparing the area before treatment is of paramount importance. They loosen up the tissues first through massage, which causes less resistance and less reaction. They go looking for where it hurts and see it as an important part of the treatment to be able to find it. Then the area can be treated according to the individual.

When someone is already in pain, all their energy gets side-lined into recovery. But if a person has regular maintenance programmes, problems can be avoided in the first place. As Erik points out, "People go for an annual dental check, but they don't make appointments with an osteopath until it's too late."

The clinic is open to people phoning to talk about their options beforehand, and one of its strengths is the network of referrals they have at hand.

All ages benefit from treatment. Elderly backs react well to a combination of massage and acupuncture, and it's also ideal for children who adopt bad postures while on games and phones, or carrying heavy books. Before and after pregnancy is beneficial too, with a good time to have osteopathy being after breastfeeding has finished.

Immobility probably causes more back pain than manual work. We spend a lot of time slumped in front of screens. All of this compromises the muscles in the back. As Garry says, "Sitting is the new smoking."





Garry Trainer and Erik Inarra

The philosophy behind the clinic is to empower people and give them the knowledge to help themselves. They don't want to act as a crutch for their patients. Handy hints are offered, such as stretching and strengthening exercises to keep supple and mobile.

They also have a coccyx cushion which is a simple idea to relieve pain and create a feeling of alignment. Ideally the pelvis should be above knee level, and tilted slightly forward. If you spend a lot of time sitting, it will prevent slouching and keep the spine in an upright position.

The back maintenance massage involves a deep, relaxing massage to diagnose any potential trouble spots. Once these have been located, acupuncture needles can be placed into the knotty areas – which is very satisfying – and then osteopathic manipulation given.

The treatment is designed to be good for backs, but as restrictions are released a feeling of wellbeing is created. So bad back or not, it's fabulous for a seasonal uplift.

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Primrose Hill Eats

Lemon Drizzle Cake



Photo by Sarah Louise Ramsay

Capture the spirit of spring in your kitchen with this easy signature recipe from Sweet Things.

If you prefer to use the all-in-one method, cream the cake ingredients (except the milk) in a food processor, adding milk as necessary at the end to achieve dropping consistency.

Sweet Things' top tips for successful baking

1. All ingredients should be at room temperature when you start (gently microwave the butter and milk if necessary).

2. Make sure the oven is fully pre-heated before putting the cake in to bake.

3. Use good quality, natural ingredients.

Ingredients

For the cake:
180 g butter, softened
180 g caster sugar
180 g plain flour
3 free-range eggs
1.5 tsp baking powder
1 tsp Madagascan vanilla extract
Up to 3 tbsp milk

For the drizzle:
2 lemons, zested and juiced
100 g granulated sugar

Method

Preheat the oven to 200°C (180°C for fan ovens)/gas mark 6.

Place the butter and sugar in a mixing bowl and cream using a hand-mixer or wooden spoon.

Mix the flour and baking powder in a separate bowl.

Mix the eggs and vanilla extract in another bowl.

Beat some of the egg and vanilla mixture into the creamed butter and sugar, then some of the flour. Repeat until everything is mixed, finishing with the last of the flour.

Add milk until dropping consistency is achieved (this is when the mixture drops reluctantly from a spoon).

Transfer the mix to a 2 lb loaf tin lined with greaseproof paper and bake for 30–40 minutes.

To test that the cake is cooked, insert a skewer: if it comes out clean, the cake is ready. If your cake is getting rather brown on top, place a piece of greaseproof paper over it for the last 10 minutes of cooking. Leave the cake to cool in the tin for 15 minutes (set a timer).

After 15 minutes, make the drizzle by combining the lemon zest and juice with the granulated sugar, and pour this over the cake in the tin.

Allow to cool before removing from the tin.

www.sweetthings.biz

(See *Marketplace* for details.)



Singing for Spring

St Mary's Church was the venue for a concert by the Primrose Hill Choirs on Saturday 1 April. The Community Choir (open to anyone), The Singers (by audition) and the Children's Choir all looked as if they were thoroughly enjoying musical director Matthew Watt's eclectic selection of pop, folk and musical theatre numbers. The audience swayed and hummed with enthusiasm too. The first song was an arrangement of the nursery rhyme 'This Old Man', and the last was John Lennon's 'Imagine'.

Primrose Hill Community Choir meets on Mondays 7.30–9.30pm at the Community Centre; all are welcome, with more information at www.primrosehillchoirs.com We have heard that the social side is not neglected: "I've got to know so many more people locally," one choir member told us during the interval drinks. The Children's Choir meet on Wednesdays 4–5pm at St Mary's, and the first session is free.

Primrose Hill Summer Fair

Save the date! The annual Summer Fair in Chalcot Square will be on Saturday 10 June. This year will be the 40th Fair, so make sure you come along and celebrate with us!

New Recycling and Rubbish Collection



"What is the point of being a conservation area when huge black bins are crowded on the pavement?" asked one aggrieved local resident. It is true that the communication about the new system has left many concerned and confused. On the other hand, around 85 per cent of our household rubbish could be recycled, and in Camden we achieve a measly 25 per cent, so if this makes us all focus on what we buy and throw away, that must be a good thing. Another good thing in the new contract with Veolia is that all the vehicles must be low-emission, so no diesel, which as we know is the main cause of air pollution in London.

Some residents have actually visited the immense Bywater MRF (materials recovery facility, pronounced MURF) in east London, where our mixed dry recycling is sent. You can have the experience without the smell by putting 'Bywaters MRF video' into your search engine. Be assured that actual people, plus an ingenious high-tech system of conveyor belts, magnets, near infra-red lights and 'eddy currents', really do separate different materials and bale them up for sale at the end.

So for the changes: most of us in Primrose Hill (but not all) will have rubbish collected only fortnightly. Beware: even if your amount of rubbish means that the black bin lid won't close, it still won't be emptied before that date. Those who have opted out of a bin can have two orange bags collected weekly, or four a fortnight. These will apparently be given out to us every six months, though many have not received them yet. Also: you can request a weekly collection in special pink bags if your children are in disposable nappies, or someone in the household uses incontinence pads.

It costs more to send waste to landfill than it does to recycle it, so a key part of the new regime is the increase in food waste recycling. Fewer than one in ten Camden households use a food waste caddy, but these will be collected weekly, as old food in the black bins will be pretty nasty after a fortnight. Our food and garden waste is made into compost, which is used by parks and sold cheaply at Regis Road Recycling Centre.

Veolia are now responsible for customer services; their call centre number is 020 7974 2202, and you can find out a lot more, order bins and report missed collections at www.camden.gov.uk/recyclingandrubbish. Luckily, one of our local monitoring officers remains the helpful and efficient Fraser Valdez, reachable at fraser.valdez@camden.gov.uk



Presentation of the Order of the Polar Star to Sue Byrne

Local resident Sue Byrne has been presented with the Order of the Polar Star in recognition of her continuous voluntary work for the cultural heritage of Mongolia since 1993. The Polar Star is the highest civilian award that Mongolia presents to a foreign citizen.

After graduating from Bristol University in Geography, Sue studied Social Anthropology at Cambridge University. She set up and managed the Tibet Foundation's Buddhism in Mongolia project, with emphasis on Buddhist education. She commissioned the book *Mongolian Buddhist Art: Masterpieces from the Museums of Mongolia* (2011), which presented unknown works of Mongolian Buddhist art from five major Mongolian museums.

In 2007 she joined a team of fellow enthusiasts in Mongolia to design, fundraise and conduct the Documentation of Mongolian Monasteries Project (DOMM) in collaboration with the Cultural Heritage Programme in the Arts Council of Mongolia. They set out to locate and record the sites of all monasteries in Mongolia at the time of the Communist destruction in 1937-9. Oral histories were collected from elderly monks at the time, as well as recording all new temples. The Office of the President published a ground-breaking book, *The History of Mongolian Buddhism* (2009), which includes DOMM survey data. She worked with teams of Mongolian Buddhist Studies students to prepare the extensive database for the DOMM website, www.mongoliantemples.org. This was launched in January 2015, achieving the aim of giving Mongolians and others around the world some insight into the country's Buddhist heritage and providing a framework for academic research on the monasteries.

Sue still directs the project by maintaining the website and continuing her global search for archive images of Mongolian monasteries. She now works with a number of Mongolian and other academics to integrate and enrich the DOMM database

100th Anniversary Postcode Celebration: to Uncover London's Hidden Workforce

A century after London's modern postcodes were introduced to sort inhabitants of the city, a new project has been launched to record the capital's smallest residents.

In March 1917 the numerical postcode was introduced for the first time, and now – 100 years on – players of People's Postcode Lottery are helping to uncover the invertebrate population in London's eight Royal Parks, thanks to a £600,000 award.

The aim of Mission: Invertebrate is to inspire people with the amazing story of nature's unsung workforce and to get a better understanding of invertebrates living in the 5,000 acres of London's eight Royal Parks where 4,100 species have been recorded so far.

It will raise awareness of the important role that invertebrates play in our everyday lives, as well as provide park managers and their teams with invaluable insight into how they can manage grasslands and meadows to improve their biodiversity.

Over the next eight months, visitors will have a chance to play their part through several 'citizen science' projects which encourage members of the public to become budding scientists and get involved with real life research.

The citizen science project taking place in our area is Spiny Supper Survey. Its aim is to help establish what is on the menu for the only breeding population of hedgehogs in central London. Volunteers will study various areas of Regent's Park to find out how many and which types of invertebrates live there, and whether their distribution influences the hedgehogs' activity.

There are also plans being drawn up for a host of invertebrate-inspired family activities throughout the year, focusing on some of the fascinating creatures found in the parks from spiders, dragonflies and grasshoppers to worms, butterflies and moths.

To take part in the citizen science projects, or to learn more about them, visit www.royalparks.org.uk or follow the Mission: Invertebrate project on Twitter: @morethanbugs and Facebook: www.facebook.com/theroyalparkslondon.

Local Anti-Poverty Charities Link to Help People out of Crisis

Two charities in Camden are joining forces to bring sustained help to people living in crisis. **Chalk Farm Foodbank**, which is part of the Trussell Trust's foodbank network, has been building closer links with other local community organisations to help people referred to the foodbank find long-term solutions as well as emergency food. Now it has formally partnered with the Camden **Christians Against Poverty (CAP)** centre at Revelation Church, which offers debt counselling.

Debt and low income are among the most common causes of hunger across the UK, according to the Trussell Trust. Around one in twelve referrals are due to debt, but this does not take into account debts arising as a result of benefits issues, which continue to be the most likely reason a person is referred to a Trussell Trust foodbank.

The **Chalk Farm Foodbank** manager said: "The foodbank is a lifeline to local people struggling to feed their families in an emergency; however, a crisis is always about more than food. It is vital that people are supported to address the underlying causes, and that's why we offer support beyond emergency food, signposting to local agencies which people need help to tackle the roots of their crisis. This new agreement with CAP means that it will be even easier for our foodbank volunteers to help local people with debt, unemployment or budgeting problems to find a more positive future."

- Every day, people in the UK go hungry for reasons ranging from redundancy or bereavement to welfare problems or receiving an unexpected bill on a low income.
- Chalk Farm Foodbank provides three-day emergency food supplies and support to local people referred to them in crisis.
- In 2015/16, Chalk Farm Foodbank provided 1,356 three-day emergency food supplies to people referred in crisis, of which 395 went to children. Everyone who comes to the foodbank is referred by a frontline agency, such as a health visitor or housing association.

CAP has been helping people tackle debt problems through church-based centres for more than twenty years, winning multiple national awards including from the credit industry. In recent years CAP has focused on the causes of poverty, providing not just 306 debt centres but also 169 job clubs, hundreds of money management courses, CAP release groups for people to break addictive behaviours and CAP life skills helping people live well on a budget. CAP helped more than 21,000 people during 2016.

A national CAP survey of 1,200 debt clients showed that 93 per cent were able to feed their family following debt counselling advice from the charity, a fact that shows how long-term support can make a lasting difference.

Your local CAP Centre Manager is Ruth Cracknell: 07512 414077, ruthcracknell@capuk.org; website https://capuk.org

For Chalk Farm Foodbank, contact Adrienne McPherson: 020 7483 3763, info@chalkfarm.foodbank.org.uk; website https://chalkfarm.foodbank.org.uk

Get Your Back Back

Exclusive 20% introductory offer

If you've experienced back pain, the one thing you want is to never have it again! This Spring, Garry Trainer Clinic launches 'The Back Maintenance Massage'. A massage specifically designed for optimum back health.

The Clinic is offering an introductory offer of 20% off your first treatment. Simply bring in your copy of *On The Hill* at the time of treatment to obtain your discount.

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Garry Trainer Clinic on T: 0207 722 6203 E:garry@garrytrainer.com W:www.garrytrainer.com
Garry Trainer Clinic, 65 Princess Road, Primrose Hill, London NW1 8JS



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We Must not Fall Out over Brexit!

With so much uncertainty and so much at stake, it seems even more important at this time that Anglophiles and Francophiles should strengthen their links.

The supper club Demi Siècle grew out of a desire in 1948 that business and academic leaders should engage in more debate and discussion across European borders to gain a better understanding of each other's views.

Here are details of their next two suppers in May:

Tuesday 9 May 2017
What is the European Commission's vision for Europe post Brexit?

Speaker: Jacqueline Minor, recently retired European Commission's Head of Representation in the UK

Jacqueline Minor will lead a discussion on what the EU might look like post-Brexit following the publication of Jean Claude Juncker's paper which identified five scenarios. By the date of the supper the outcome of the French presidential election will be known – with the possibility of Macron wanting greater integration and Le Pen wanting to withdraw France. Whatever the outcome, it is in everyone's interests that Europe remains a strong trading entity.

Tuesday 30 May 2017
Should expats be used as a bargaining tool in the Brexit negotiations?

Speaker: Christopher Chantrey OBE, Chairman of the British Community Committee in France

Christopher Chantrey OBE, is opposed to this suggestion and has been leading a vigorous campaign with his colleagues in the British in Europe coalition encouraging the UK Government to be magnanimous and guarantee EU nationals in the UK to have continuing full rights of residency before negotiations begin. That would place the PM on the moral high ground and disgrace any EU negotiator or head of government who tried to refuse the same rights to Brits in their country. The Brexit vote has caused great consternation among both British expats on the continent and EU nationals working in the UK. Should their situation remain uncertain for two years while negotiations get bogged down in detail?

Time for the suppers: 7pm for 7.30pm. Cost: £65 to cover supper and wine

Venue: The Bleeding Heart Bistro, 4 Bleeding Heart Yard, London EC1N 8SJ

If you would like to come to these suppers, you will be made very welcome. Or if you would like more information, please email jane.calvert-lee@blueyonder.co.uk

Our Poisoned Air



You may have seen people walking around the village with ladders on a couple of Saturdays in February and March. Transition Primrose Hill has repeated the 'citizen science' air pollution monitoring that was carried out last spring. The little tubes attached high on lamp posts measured the average micrograms of nitrogen dioxide (NO_2) per cubic metre in the vicinity over four weeks. Levels of 20 micrograms per cubic metre are considered bad for health by the WHO, and 40 micrograms is illegal under EU law. Last year fifteen out of twenty sites around Primrose Hill were over 40, and even the top of the hill was 36! When we get the new results, they will be displayed in the Library.

NO_2 mostly comes from diesel engines. London Mayor Sadiq Khan (a late onset asthma sufferer himself) is putting out a consultation about higher charges for the most polluting vehicles in the existing congestion zone, and the creation of an Ultra-Low Emissions Zone reaching to the North and South Circular. Register your support for what is likely to be an unpopular measure for many by completing the survey at talklondon.london.gov.uk.

St Paul's primary school pupils did a wonderful assembly on air pollution. One of their banners proclaimed 'WALK! Stop Air Pollution!' and their artwork was on display outside the old Cachao site for an afternoon.

The good news is that Camden Council has funded Camden Air Action (which brings together Transition and other groups across the borough) to monitor outside every school (state and private) in Camden for the next three months. This should give more ammunition for campaigns about reducing traffic outside places where children spend so much time; one Camden school has already succeeded in closing their street to traffic during drop-off and pick-up times, and a once-monthly 'play street' has started in Islip Street, Kentish Town.

If you want to get involved, email transitionprimrosehill@gmail.com

12th Hampstead Scout Group

By Tracey Mitchell



Girls make up nearly a third of the 12th Hampstead Scout Group based in Primrose Hill. The group also has two female leaders who volunteer their time.

Scout Leader James Clarke says he knows something's right when friends bring friends along to join. "Scouts and Guides offer different things. Scouting has a bigger push on the outdoors, camping and adventure. And girls don't want to spend their free time with just girls."

Outdoor pursuits are what scouting uniquely offers to young people, according to James. He feels rewarded when a younger person gains in self-reliance by pitching a tent in the rain, or if the night is pitch black.

"The excitement they get from listening, learning and achieving is often outside their normal life," he says. "They have fun and start to appreciate being outdoors."

12th Hampstead participated in the Essex International Jamboree, which drew 10,000 scouts from all over the world. Activities at the Jamboree included a knock-out zone, wet and wild, shooting, archery and a disco.

A whole week away: they'd not participated on that scale before. Now they're asking for more activities like that. They say it was one of the best things they've ever done.

A survival camp without tents or cooking equipment is being planned for next term. The scouts won't be told where they are, and will use tarpaulins and sticks to make shelters, they'll gut animals and build fires. Recent training in using knives and axes safely is helping them prepare for the adventure.

Badges are traditional to scouting, and some scouts in 12th Hampstead have over thirty. Newcomers can build on familiar interests like swimming to earn their first badge. Then they can try innovations like 'geo-catching', which involves reading out co-ordinates on a phone to another scout who has to find the hidden objects. Or then, by contrast, at Christmas time the 12th Hampstead group spends an afternoon at Waitrose in Finchley Road packing shopping.

"It's about what young people want scouting to be," James explained. He suggests that the organisation is responsive to the membership. "Scouting is one of the safest contexts for them to find their identity. They can be who they are and not who they have to be."

James was six when he started scouting with 1st Worthing Brighton. He became Scouting County Youth Commissioner for West Sussex before enrolling on a Theatre-In-Education degree at the Central School of Speech and Drama. He uses his theatre skills to organise Scout and Guide variety shows and entertainment for the Annual UK Cub and Beaver Fun Day.

Now nearing the end of his university degree, he hopes the group will flourish further after gaining fifteen new members in the past year. His vision of 12th Hampstead's future involves partnering with a French scout group, visiting Paris and more international jamborees.

"My interest is in the continuity of leadership," he said. He's appreciative of the leadership skills and self-determination he's gained through involvement in scouting, and is keen to see other young people in the movement benefit equally.

Anyone can join from ages 6-14 (as we have our Beavers and Cub sections too). Adult volunteers are also most welcome.

Contact Roger Cotes at roger.cotes@some.oxon.org / 07496 747 704

Primrose Hill Community Library

By Rob Edgar

After the unexpected floor renovation at the Library, we are pleased to report that things are better than ever. We currently have 2,900+ members between the ages of 0 to 100, with an average growth rate of over 40 new members per month. Many of these are locals, but people from surrounding areas and even a frequent visitor from Australia are filling out membership forms. Our members are active, as indicated by our rolling footfall count, which records an average of 75,000 visits and around 8,000 book issues per year.

Crucially, 30 per cent of our members are aged 0–11, compared to 20 per cent over Camden libraries as a whole; and 17 per cent of our members are over 61, compared to 10 per cent in Camden overall. We are fulfilling a need among the older community and the young for a friendly, local library service open to all. Our lowest populated age bracket is those aged 12–20, with just 175 members; this is a trend that is reflected nationally, and we are looking at ways to encourage more engagement with this group.

While firmly committed to continuing the library service which locals have enjoyed since 1961, we are delighted to say that we also run a variety of activities outside opening hours, which are proving popular too. Our monthly film club is regularly sold out, and our author talks with local writers of national and international standing have become firmly established within the community. Our chess club is becoming such a popular way to spend a Wednesday evening that we are considering running a second session on Saturdays. Our open mic on



the third Tuesday of every month brings in musicians from all kinds of disciplines (from flute and piano to folk singing and rock and roll). We are still sorting out a couple of dates, but we should soon be announcing a series of chamber music concerts and solo piano recitals for the coming months.

Facts and figures, although necessary and useful, are dry. Lists of events can be overwhelming, so I shall end on what is perhaps the most encouraging sign. During the extended closure time, I was touched by the sheer number of people who stopped me in the street, anxiously looking forward to the day we reopened. We were truly missed. Now we have a lovely new floor, and we have not lost any of the regular faces who visit us every week. To those who have supported us throughout, to those who are fast becoming new regulars, and to those who have only just become part of our library, I would like to offer our sincere thanks. It's a pleasure to be at your service.



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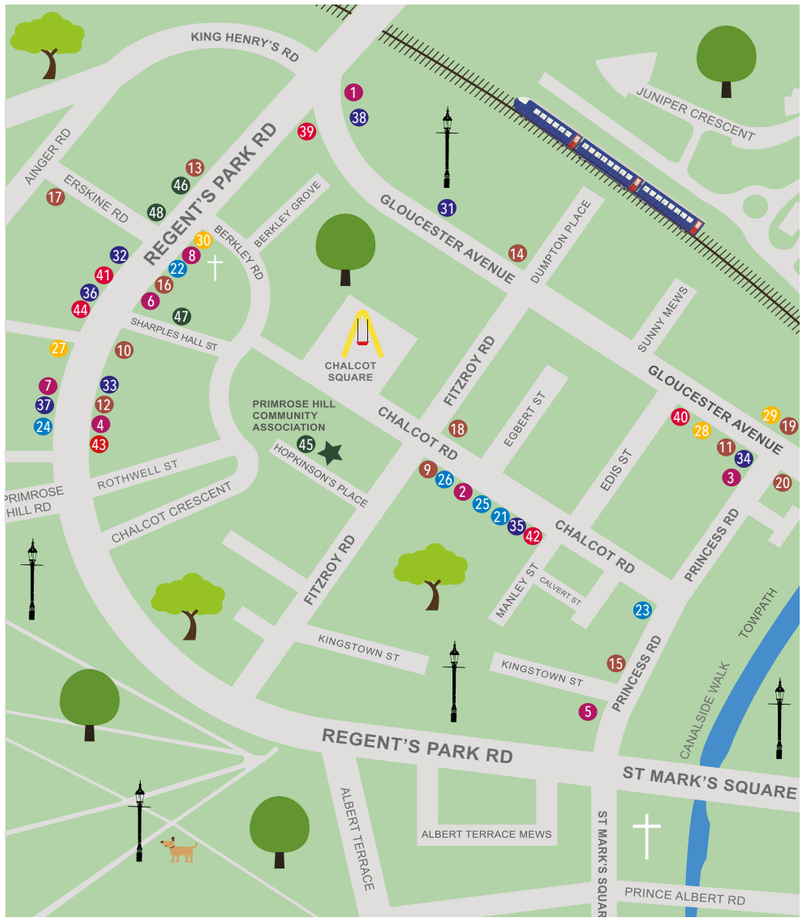
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If you would like your business to appear on these pages please contact:
ads@onthehill.info

HS2 Update

By Martin Sheppard

HS2 has now issued plans of its new scheme for the approach to Euston. These can be found on the *OTH* website. HS2 proposes to exchange its grotesquely damaging 'dive under' scheme (demolishing the wall at Park Village East) with a large cavern running south of Parkway, allowing the emergence of its lines from portals nearer to Euston. This will avoid the need to rebuild Hampstead Road Bridge.

The new scheme has advantages for HS2, in that it is less likely to disrupt existing train services (costing it huge sums in compensation to Network Rail), as well as for the residents of Park Village East and Mornington Terrace. It *should* also benefit those in Primrose Hill, as the movement of the portals makes it easier for HS2 to run its tunnels under the existing tracks and away from the houses in Primrose Hill.

The changed plan for the cavern is not a certainty. HS2 is due to appoint a chosen main contractor on a 'design and build' basis, leaving the final decision about the cavern, dive-under and alignment to the contractor. This contractor will, however, only be appointed this summer and we shall have to wait until June 2018 for final plans.

Although this major change, or likely major change, comes after royal assent, HS2 argues that it is simply part of a developing plan. The Act gives HS2 an 'envelope', defined by the limits of deviation, inside which its main contractor can do what it thinks best. The rights of local communities to consultation and engagement on this major revision remain unclear.

While in Primrose Hill we far prefer the cavern to the dive-under, and the movement of the portals further south (for which we have argued strongly for years), we are unhappy that our views have not been taken sufficiently into account. We want our arguments for a realignment away from Primrose Hill to be heard *now* by HS2 (and clear information on them given to potential main contractors), rather than for the decision to depend on the preference of whoever is the contractor. We insist on full engagement from HS2 and want full weight to be given to HS2's assurance to the House of Lords that we were 'pushing at an open door' in terms of a realignment in the Primrose Hill sector. We have argued this case at a recent meeting with HS2 and in subsequent correspondence (also on the *OTH* website).

We plan in future issues of *OTH* to give prior notice of HS2 works which will have a local impact. (At present you can see a trial boring machine at the top of Gloucester Avenue. This doesn't mean that the tunnels will go where the trial bore is. HS2 is unable to bore beneath existing lines, as this would disrupt services.) We are working with HS2 to find the best way to filter relevant information from their website: www.onthehill.info/hs2. The HS2 in Euston website is www.hs2ineuston.commonplace.is

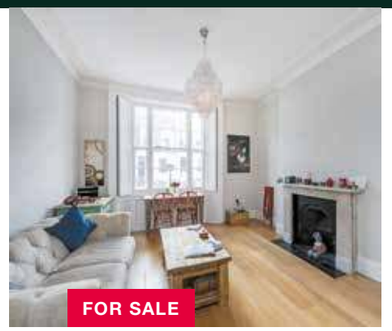
Primrose Hill Laughs



"It would never happen to pandas; perhaps we need a new brand agency."


FOR SALE

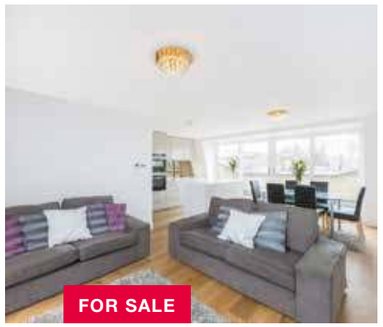
Lancaster Drive,
Belsize Park NW3
Guide price: £699,950


FOR SALE

Gloucester Avenue,
Primrose Hill NW1
Guide price: £749,950


FOR SALE

Regents Park Road,
Primrose Hill NW1
Guide price: £1,300,000


FOR SALE

Ainger Road,
Primrose Hill NW3
Guide price: £1,500,000


FOR SALE

Harmood Street,
Camden NW1
Guide price: £1,595,000


FOR SALE

Adelaide Road,
Primrose Hill NW3
Guide price: £1,650,000


FOR SALE

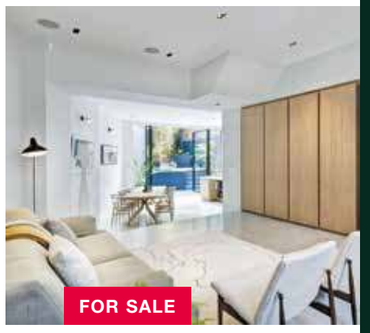
Regents Park Road,
Primrose Hill NW1
Guide price: £2,000,000


FOR SALE

Waterside Place,
Primrose Hill NW1
Guide price: £3,450,000


FOR SALE

Primrose Gardens,
Belsize Park NW3
Guide price: £4,950,000


FOR SALE

St Marks Crescent,
Primrose Hill NW1
Guide price: £5,950,000

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Hello, Primrose Hill

Photographs by Sarah Louise Ramsay

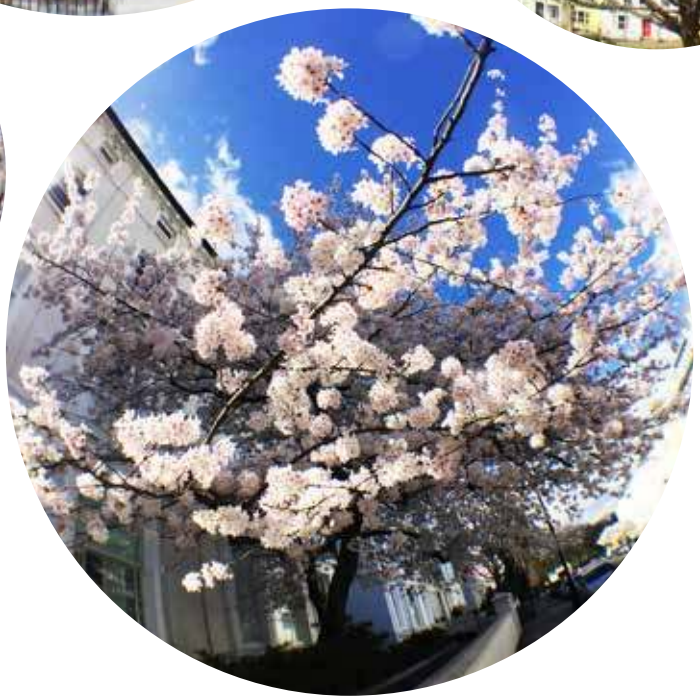
'The month of May was come, when every lusty heart beginneth to blossom, and to bring forth fruit.'

Thomas Malory











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