On The Hill

NEWS AND INFORMATION FOR PRIMROSE HILL PEOPLE

MAY 2019 | ONTHEHILL.INFO



SCARS ON THE SOUL

Maya Bogunovic on the inspiration behind her music

LEMONIA

The early days of our local Greek restaurant

GREAT INDIA

Artist Natasha Kumar talks about her love affair with India

Produced by Primrose Hill Community Association



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On The Hill On The Go

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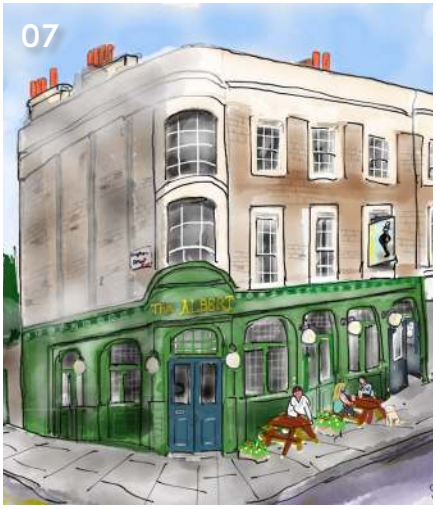
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May 2019

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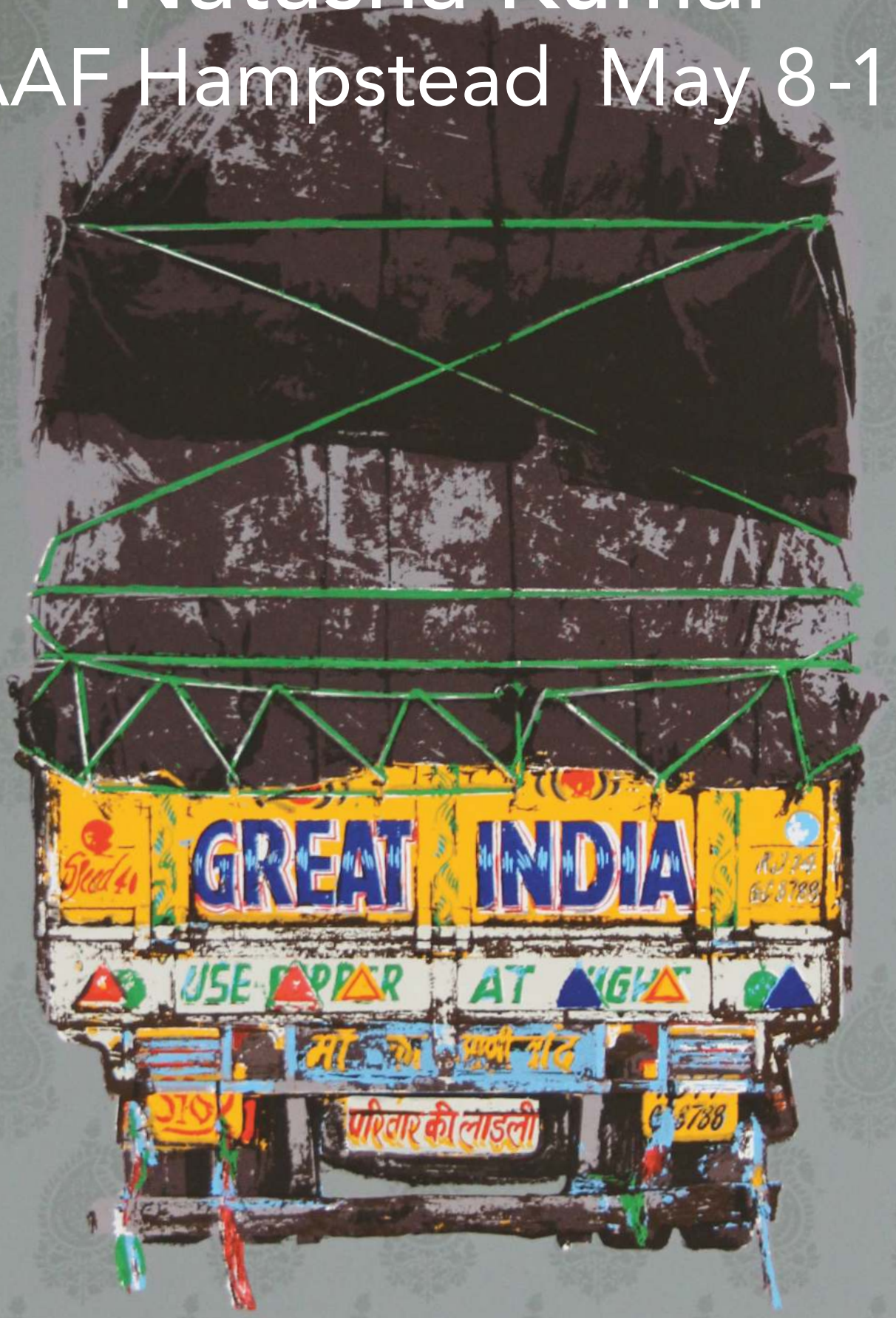
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Natasha Kumar

AAF Hampstead May 8-12



ARTSHOUSE.CO.UK | STAND J12

Affordable Art Fair, Hampstead Heath

Natasha Kumar will be on site throughout the Fair

for tickets email info@natashakumar.co.uk

The Team

Editor
Maggie Chambers
editor@onthehill.info

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

What's On Editor
Julie Stapleton

Social Media and Website Editor
Jason Pittock

Subeditors
Brenda Stones, Vicki Hillyard

Photographer
Sarah Louise Ramsay
www.slrphotography.co.uk

Cartoonist
Bridget Grosvenor

Design
Luke Skinner
agency-black.com

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

Gabriela De La Concha
07500 557097
gabriela@phca.cc

Special thanks to all our contributors.

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

www.phca.cc

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

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Cover
PHOTOGRAPH BY Sarah Louise Ramsay



Welcome to May

A couple of issues back I was bemoaning the closure of bars in Primrose Hill. My complaints had the same effect as rubbing a dusty old lantern: by magic out popped a genie bringing news of The Albert's possible re-opening. In reality it had more to do with Sam Moss and his team, who are currently working to make this happen. As we go to press, they still need the final go-ahead, but we may soon have our local pub back again. Phil Cowan explains all inside.

While we wait patiently for the beer garden to re-open, we hope that more sun is forecast as 8 June is the date of the Primrose Hill Community Association Summer Fair in Chalcot Square. Put the date in your diary and bring the family. Dispatch the kids to watch Punch and Judy while you try your luck on the coconut shy and sneak a glass of Pimm's.

Another date to save is the weekend of Saturday 18 and Sunday 19 May. The Community Centre is holding a Teenage Brain Weekend as part of Mental Health Awareness Week. Rates of anxiety and depression amongst teenagers have increased by 70% in the past 25 years, so if you have a teenager at home it might be worth dropping in.

Our front cover star this month is Maya Bogunovic, who spent her teenage years in the midst of war in Slovenia. Maya is now a singer-songwriter, and she tells us how she has transformed the experience of living through war into music. Her husband Siniša distributes copies of *On The Hill* to our doors – thank you!

Enjoy this month's issue, and let's hope we'll soon be meeting over a pint in The Albert!

Maggie Chambers

ISSN 20-6175



"On and on we go... dancing around the Maypole"



On The Street

The Albert Returns! *p 8*

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AND MORE



It's Been a Long Dry Spell... The Albert Returns!

Continued on p 8 ▶



ARTWORK BY secretartistNW5.com, @secretartistnw5

It's Been a Long Dry Spell... The Albert Returns!

By Phil Cowan

'The local' is an interesting concept. The term has connotations of community, convenience, conversation and camaraderie. "I'm off down the local" is a phrase embedded in British tradition that puts a smile on many faces and can raise eyebrows on others.

The pubs of Primrose Hill literally formed the cornerstones of the townscape during the development of the area in the mid-nineteenth century. The rapid expansion of the burgeoning railway infrastructure at the Camden Goods Yard required accommodation to be built for the workers and their families. The inhabitants of these new homes created a demand for services that laid the foundations for the village we know and love today.

Crucial to this housing, retail and workshop mix were the local pubs. Have you ever thought about the names of the pubs of Primrose Hill and those nearby? The Pembroke, The Dublin Castle, The Edinboro Castle, The Lansdowne and The Engineer. There was a very good reason that the pubs bore these names. Each establishment was located and named as part of a deliberate policy to separate the various different nationalities of railway workers from each other in an effort to prevent Friday night brawls! The Queen's, The Princess of Wales and The Albert were considered to be above such skirmishes due to their royal associations. Whether that worked out in practice is something we cannot know!

Moving on 180 years to more peaceful times, we are still lucky enough to have a vibrant pub scene in Primrose Hill. But one of the players has sadly been missing from the mix for far too long.

The Albert in Princess Road closed in 2014, having continuously and successfully served the community for over one and a half centuries. This pub had attributes that made it much more than a drinking establishment. It was home to meetings of many local groups and was designated an 'Asset of Community Value' by Camden Council in 2015 at the request of the Primrose Hill Community Association and Primrose Hill Conservation Area Advisory Committee with the welcome support of our ward councillors. This status was the first of its kind to be approved in the borough.

In the time that has elapsed since the closure of The Albert many attempts have been made to see it reborn but all have failed so far. Now there is a light at the end of the tunnel in the shape of an independent operator by the name of

Sam Moss. Sam and his colleagues have successfully run a small portfolio of pubs and their very own brewery for the last twelve years.

Under the legendary apple tree in The Albert's beautiful garden he told me: "The challenge of getting the pub re-opened and back to its rightful place at the heart of its community is something we are extremely excited about. We are passionate about creating a place where people can feel at home and appreciate the gorgeous interior of this stunning building that is steeped in local history."

We took in the lush surroundings of the perimeter of the outside space and Sam commented, "One of the key things that attracted us to the pub is its wonderful garden. We believe the garden is central to making the pub a viable and successful business."

This seems to me a revolutionary and welcome approach to public house outside spaces that have regrettably been viewed for many years as ripe pickings for developers.

Back at the bar we discussed Sam's vision for the pub: "In terms of operation we see The Albert as a proper pub run as a genuine free house." He added, "I am aware how passionate this community is about The Albert and I want to assure you that our one and only aim is to run a fantastic pub for many years to come."

Sam revealed, "We are committed to this project wholeheartedly and are seeking to sign a 25-year lease on the premises. I hope that demonstrates our resolute aim to bring The Albert back to its rightful place in Primrose Hill for everyone now and into the future.

"We are planning some small changes to the layout which we hope will improve the experience for customers: including an update for the conservatory, an accessible WC at ground-floor level and moving the main toilets into the basement. We are so impressed by the beauty of the original building that it is our intention to preserve its architectural integrity and atmosphere for everyone to enjoy."

Some might say that a pub is a pub, so what brings out such passion when The Albert is mentioned? I asked a few of our 'locals' for their thoughts on the re-opening of this particular venue.

Mary Portas commented, "Hallelujah! The Albert is to be opened again. Pubs are becoming an even more important social hub for our communities and must be protected from the 'turn them into houses' attitude that has prevailed for too long. I love it that the Primrose Hill crew never give up!"

Local resident and builder Sean Collins told me: "People here realise that a venue like The Albert was more than a pub. It was a multi-faceted space for the community to gather, a de facto business centre and an effective tool in reducing crime by its customers acting as a 'neighbourhood watch' on surrounding streets. All these benefits and more will be restored when it re-opens, so I fully support the new landlords in their venture."

Andrew Marr, a regular customer until its closure, said, "The Albert was a rare thing in North London, a proper pub. It always had a great community atmosphere where you could meet neighbours and make new friends, so full of great conversation and a lot of



laughter. It has been greatly missed and if these guys can re-open it, all of the Primrose Hill islanders will celebrate!"

Matthew Wright, who campaigned to stop the closure of The Albert in 2014, had this to say: "It's wonderful news that a successful and popular pub is to be reborn, and in some style by all accounts!"

I wonder if the people who built this fine public house in 1840 could ever have envisioned how much it would be valued by our community, and the passion it would elicit almost 180 years later? This great venue has been a unique cornerstone of our community for all that time and has survived through thick and thin.

Here's to another 180 years of The Albert; I'll drink to that!

@Primrose_Phil

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*Special offer for a limited time, buy 3 tickets at any evening course and receive one place free (*excludes WSET courses).*

POSTCARDS FROM PRIMROSE HILL



Look at this imposing villa on the corner of Ainger Road and Primrose Hill Road. Luckily one can just make out the road signs, as it would have been tricky otherwise to identify the location. It's difficult to be sure, but it may have been the house that actress Ellen Terry once lived in. Sadly it no longer exsists, as the villa was, like all the others in Primrose Hill Road, somewhat damaged during World War II, and subsequently demolished. It was replaced by Hill View, the tall block of flats looking over the Hill.

@old_primrosehill_postcards



News & Information

from Primrose Hill Community Association

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

We have an array of regular events happening throughout the day at the Community Centre. Open House takes place every Wednesday afternoon and is free of charge – all are welcome to watch a film, listen to a lecture, or watch a live music performance, followed by tea and cake. Or bring your little one along to our Thursday drop-in for under 4s to play with other children, while parents or carers have coffee together. Adults may want to try yoga, trapeze, folk dancing, choir, life drawing, etc. We also hire out our rooms for private functions or children's parties.

Forthcoming Events

Top of the Hill Quiz – 17 May, 7pm for 7.30pm

The 16th annual general knowledge quiz between teams of Primrose Hill residents. Who are our cleverest crescents? Our most trivial terraces? Who is streets ahead? A fun evening with a mixture of taxing , off-beat and funny questions set by PHCA members Dick and Sue Bird. Recruit a table of up to 8 neighbours, or just come and join a team. Numbers are limited. To book, contact 020 7586 8327 or info@phca.cc. Tickets are £10, including a glass of wine.

The Teenage Brain – 18–19 May

Is the teenage brain in trouble?

This event forms part of Mental Health Awareness Week (**www.mentalhealth.org.uk**), which we hope will become an annual exploration of the emotional well-being of our community across the generations. Our first priority for the series is our teenagers. The major takeaway from Nicola Morgan's well-known book *Blame My Brain* is that teenage brains simply do not work in the same way that post-25-year-old brains work, and never have. Once we add the current pressures of being a twenty-first-century teenager both off and online, we can understand that the teenage brain may indeed be in trouble.

Who is this event for?

All who have an interest in the emotional health of our young people should attend, in the belief that community is at its most effective when brains of all ages are included and feel welcome. And we were all teenagers once. So we especially welcome teenagers and their parents, educators and mentors.

Saturday 18 May

10–12 am: **The Teenage Brain at Home – Lydia Johnson**

Lydia regularly works with teenagers and families to identify and release unhelpful beliefs, and finds teenagers are very open-minded and responsive to hypnotherapy. She will share information on the development of the teenage brain, showing how her solution-focused techniques work.

12–1 pm: **Laughter Yoga Session – Lady Jayne**

Because laughter is literally the best medicine!

12 pm: **Lunch**

Bring lunch to share with the community.

2–3.30 pm: **The Teenage Brain at School – Steve Carr**

Steve has a psychodynamic understanding of the developmental stages and emotional needs of young people, which can transform the school environment for teachers and students, and enable young people to realise their full learning potential.

4–5.30 pm: **The Teenage Brain on Drugs**

Forward is a drug and alcohol service for young people under 18 in Camden. They will be speaking on the highs and lows of teenage drug use and where to find help.

www.instagram.com/fwdasone

Sunday 19 May

4–6 pm: **Haverstock in the House**

Bright young speakers and performers from Haverstock give their take on mental health and social media.

4 pm: **Debate by the 'Speak to Lead' club**

'This house believes that social media can be supportive of mental health.' Each team will include students from different year groups for a lively and provocative debate, drawing from real-life experience.



4.45 pm: **Refreshments**

5 pm: **Performers from the Haverstock Rap Club**

The Rap Club was formed only last year and they're already taking part in festivals. A 13-year-old member says: "I've been writing about how my life can be tough, but also if I'm feeling happy I can get that down on paper too. Writing a song can free your mind and create empty space."

5.45 pm: **'Body Image and Social Media', by a prize-winning speaker**

A Year 10 student has won awards for public speaking. 'Body Image' is the theme of this year's Mental Health Awareness Week.

6 pm: **Close**

All events take place at the Community Centre.

Full programme, details and resources available at **www.phca.cc**.

Come for a single session or for all. Booking not required, though RSVP and enquiries welcome at events@phca.cc.

Refreshments available. Donations to PHCA invited.

Primrose Hill Summer Fair 2019

Date for your diary: our wonderful Summer Fair takes place in Chalcot Square on Saturday 8 June, 1.30–5 pm. We would be most grateful for the following assistance: volunteers on the day or the day before; donations of bottles (wine, shampoo, pickles, etc) for our bottle tombola; good-quality items for our stalls (not clothes or electricals); and auction or raffle prizes from local businesses. To offer any such support, please contact 020 7586 8327 or info@phca.cc.

Primrose Hill Lecture Series 2019



5 June
Gill Bennett on Spies, Lies and Disinformation
People might be forgiven, in the current avalanche of stories about fake news and robot social media accounts, for thinking that we live in an age where the old conventions of governance and public discourse no long apply. So has the world of secret intelligence also been transformed by technology? This lecture will show that techniques in use today, including disinformation, are as old as human history; and the principles, practices and requirements of the intelligence world have evolved rather than changed. In some ways the role of the human agent – the spy – is more important than ever.

Gill Bennett was Chief Historian of the Foreign and Commonwealth Office, 1995–2005.



12 June
Andrew Marr on Democracy: Is British Politics Broken?
The question of the moment: Is British politics broken? And if so, what should we do to mend it?

The Brexit referendum vote has divided the country and created turmoil within the fragile tradition of parliamentary democracy. Where are we headed? Andrew Marr steers us around an increasingly turbulent political scene.



19 June
Isabella Tree on Wilding: The Return of Nature to a British Farm
After being forced to accept that intensive farming was unviable on their 3,500-acre Sussex farm, Isabella Tree and her husband handed it back to nature. The rewilded land is now heaving with life and biodiversity. The project has become a beacon of light for nature conservation in the UK, demonstrating how a hands-off approach can restore land and wildlife in a dramatically short space of time.



26 June
Daniel Rosenthal on Dramatic Exchanges: The Lives and Letters of the NT
Join Daniel Rosenthal, author of *The National Theatre Story*, and special theatrical guests as they explore the most compelling correspondence and performances from fifty-five years of National Theatre history.



3 July
Nicci Gerrard on *What Dementia Teaches Us About Love*
After her father's death from dementia, the writer and campaigner Nicci Gerrard set out to explore the illness that now touches millions of us. What does dementia mean, for those who live with it, and those who care for them? What does it tell us about memory, language, identity and ageing? How do we begin to value those who become old, invisible, forgotten? What, in the end, really matters? What, as the title of her book asks, does dementia teach us about love?

Nicci Gerrard is author of the book *What Dementia Teaches Us About Love*; and in partnership with her husband she is the celebrated novelist Nicci French.



3 July
David Nott: War Doctor – Surgery on the Front Line
For over twenty-five years, David Nott has taken unpaid leave from his job as a general and vascular surgeon with the NHS to volunteer in some of the world's most dangerous war zones. From Sarajevo to Aleppo, he has carried out his life-saving operations and field surgery in the most challenging conditions and with scant resources. Driven by compassion and a thrill of danger, he is widely acknowledged to be the most experienced trauma surgeon in the world. Together with his wife, he has set up a foundation training other doctors to save lives threatened by bombs and bullets.

All lectures at St Mary's start at 7 pm. Tickets will be on sale later this month at £12 per lecture (£10 concessions), or £60 for the series (£50 concessions). Proceeds go to St Mary's outreach work to provide for our disadvantaged youth, the elderly and a cold weather shelter for the homeless. **www.stmarysprimrosehill.com**

London's Green Retreat – Nurture in Nature

By Helen Tindale



Do you remember the Nice Green Van? Sixty-five musical chimes, spring-green livery, organic ice-cream, parties and festivals on the streets of Camden. It funded after-school cooking clubs and healthy-eating initiatives. Ice-cream wars drove Nice Green Van off the streets to a safe home at Cecil Sharp House, where for five years we provided the folk folks with homemade and wholesome ingredients until invited to run the seventeenth-century bake-house café in the bucolic heath and woodland of Forty Hall estate in Enfield.

The site is home to a Georgian family house where we plan to develop London's Green Retreat, an independent arts-based residential wellness centre offering mindful drawing, painting and writing, yoga, t'ai chi, holistic therapies, ceramics, gardening, singing and artisanal cookery set in peaceful green surroundings a step away from central London.

Fully funded places will be offered on 'Before the Storm', the non-medical therapeutic arts-based initiative offering early intervention for people undergoing cancer treatment, or suffering from low mood or depression.

My brother Stephen was a committed environmentalist and social reformer who saw the dangers and risks of the modern world but who retained a sense of optimism that change and progress were possible. His agenda was wide, his interests broad and his work over 30 years touched on many issues: energy policy and the alternatives; a carbon-based economy; the environmental impact of the choices society was making; the quality of the air on Oxford Street; and the persistence of energy policy. Stephen never believed he had all the answers, but he always believed there were answers to be found.

Two years ago on Stephen's fifty-fourth birthday his 17-year-old daughter Josie cooked him a birthday supper. Two days later Stephen begged me to take him to the Crisis House at St Pancras. His GP prescribed an anti-depressant and put him on a list for CBT. But suffering from insomnia, anxiety and low mood, and finding nowhere to turn for help, difficulties compounded one upon another and the downward spiral of depression and hopelessness gripped him. On 1 July 2017 Stephen stepped in front of a tube train and died.

Stephen had not found help anywhere other than the chaotic, frightening acute mental health unit at St Pancras and Highgate.

Keir Starmer, Stephen's friend and colleague, and a group of others and I, saw the desperate need for a place of serenity and beauty, accessible and affordable.

London's Green Retreat will be a unique, self-funded wellness centre, a place where people like Stephen can come to be in peaceful green surroundings amongst others. There will be six comfortable rooms in the family house, all spacious and light. A double-aspect kitchen with sociable refectory tables is ideal for preparing food and eating together and there are two acres of grounds for gardening and outdoor activities.

Bed and breakfast accommodation for guests attending functions at Forty Hall and Estate will cover costs and fund GP referrals for places on Before The storm.

Retreats for painters, writers, artisanal cooks and yoga and venue hire for functions and weddings form part of the business case to provide a sustainable income.

Before The Storm aims to be a non-medical therapeutic initiative offering early intervention for people undergoing cancer treatment, professional burnout or suffering from low mood or depression. Self-efficacy can be the most powerful of healing tools. We want to be there Before the Storm hits.

Please consider helping in any way you can – we would love to hear from you.

Helentindale@gmail.com
stephentindaleclimateanswers.org
LondonsGreenRetreat@gmail.com

"As a mental health professional working with people living with cancer, I wholeheartedly support this therapeutic retreat. It is so important for people to have some meaningful activity and the peace and space in which to conduct it. The sense of accomplishment in creating a tangible product, from start to finish – be it baking, pottery, writing or painting, helps them to experience a sense of wellbeing, healing and regain confidence in skills they had lost. Your initiative sounds like a little bit of light in the darkness.''
– **Cariline Westfield, Lead Clinical Psychiatrist, NHS Trust**

NEWS & VIEWS



Harriet Kelsall Wins at the Business Book Awards

Congratulations to Harriet Kelsall, whose book *The Creative Guide to Starting a Business* has won at the Business Book Awards 2019.

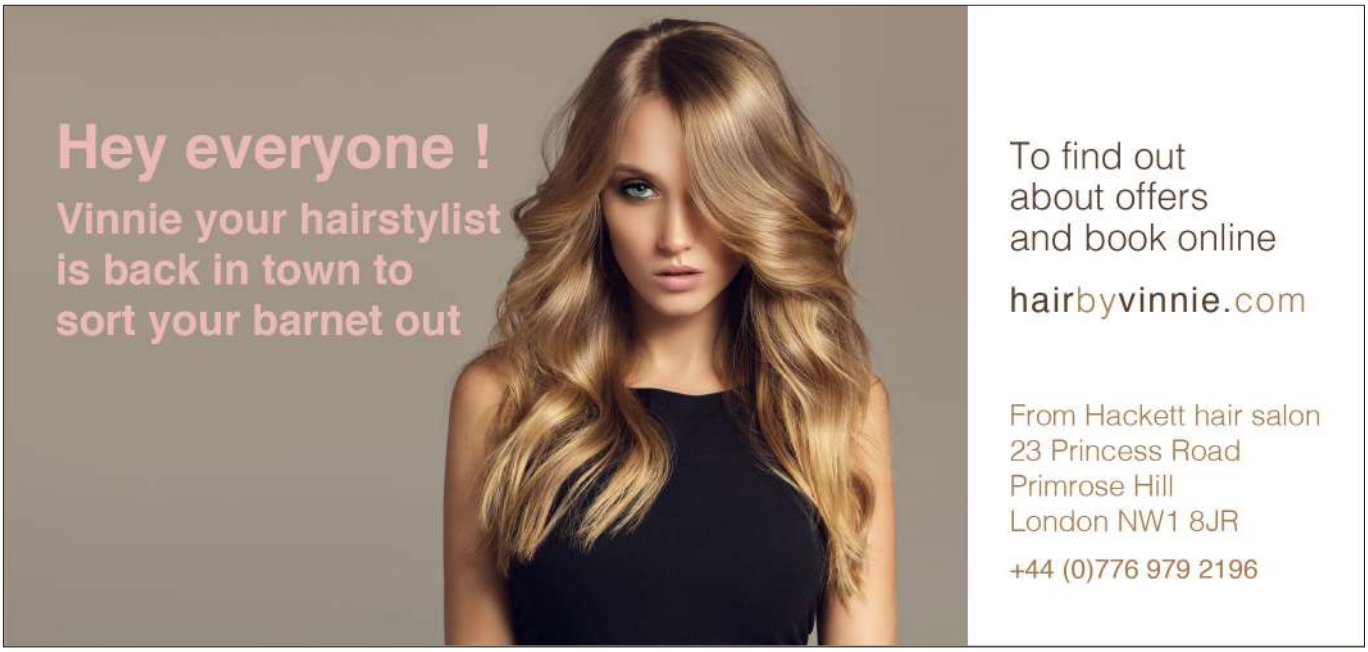
The judges commended Harriet's 'outstanding' book, recognising its value in helping people with a creative passion turn their talent into a career.

Harriet's book was chosen as the best 'business start-up inspiration' because of its helpful and practical advice. It tells the story of how she built her business from her kitchen table in Primrose Hill to become one of the UK's leading bespoke jewellery companies.

Harriet said, "I am delighted to have received this award. It is my hope that what I have learned over the 20 years I've been building my jewellery business may be passed on to other creative people considering turning their talent into a career."

As a dyslexic, Harriet never dreamt that one day she'd be an award-winning published author. She believes that her dyslexia has been an advantage in driving her business forward as it enabled her to 'think outside the box', and she hopes that this award may prove to other dyslexics that anything is possible if you persist.

Alongside running her business, Harriet Kelsall Bespoke Jewellery, Harriet is the current chair of the National Association of Jewellers, a non-executive director of the international Responsible Jewellery Council and of the government's Hallmarking Council. Harriet is a regular keynote speaker, mentors creative start-ups and is a passionate believer in improving ethics within the jewellery industry.





‘Resist – Things Artists Do Whilst Learning To Teach’

Showing at the Freelands Foundation on Regent’s Park Road is a collaborative project with 27 artist teachers from the Art & Design PGCE course at UCL, Institute of Education. ‘Resist – Things Artists Do Whilst Learning To Teach’ came about following time spent in placements at London-based schools. The show, along with an accompanying publication, captures the insights and ideas of artists at the start of their teaching careers. It aims to reflect the feeling of entering teaching at a challenging time when the value of artistic practices is being questioned, and explores how artists balance the demands of life in schools with their own work.

The show runs until 9 June.

www.freelandsfoundation.co.uk



Primrose Hill Supper Club

Local resident Emanuelle Lee will be hosting supper clubs in the coming months. Based on the theme of ‘family dinner’, they will be all about sharing great (Middle Eastern/Israeli) food, making new friends and just taking time out to enjoy a lovely meal.

The inaugural supper club will be held at Melrose and Morgan on 9 May. For more information, visit Instagram or Twitter at @manuskitchen.

Letter to the Editor

Dear Editor,

Not only Kensington and Chelsea,
But also . . .
Prince Regent, with his Park Road
Through our ville,
King Henry’s, Kingstown, Prince Albert
Here still.
Princess, one of Wales,
The Queen’s, a charter for ales,
Primrose, this Royal Borough
On The Hill.

Yours faithfully,
Howard Richards



That S*it Will Never Sell!

Do you remember Le Piat d’Or? Or Aqua Libra? Are you a fan of Baileys, Ciroc vodka or The Singleton?

Those famous drinks and many others were the creation of a man who has lived in the area for 45 years. This is David Gluckman, who has written a book about his extraordinary job called *That S*it Will Never Sell!* (It’s what an American pundit said about Baileys when he first tasted it.)

Printed in full colour and lavishly illustrated, the book is loaded with entertaining stories about how and why these drinks began. Did you know that the original Baileys prototype took 45 minutes to develop and was based on cream, Irish whiskey and drinking chocolate bought from a Soho supermarket? Or that Le Piat d’Or red wine was modelled on Blue Nun, with red food colouring?

The book retails for £25 and can be ordered at **www.thatshitwillneversell.com**.

Or email the author at david@thatshitwillneversell.com for a local home deliveries.

What's On May

NEW THIS APRIL

WEDNESDAY 1 MAY

Open House
'The Kaiser's Spies in Camden': an illustrated talk on WW1 German spies by local historian Dick Weindling. PHCC. 2pm. Free.

Trad Night: Cohen Braithwaite-Kilcoyne
A chance to hear traditional English folk songs in an intimate and unplugged setting. CSH. 7.30–9.30pm. £10.

THURSDAY 2 MAY

Grace Petrie
Social commentary and activism characterise Grace Petrie's music, earning her a reputation as one of the most respected songwriters today. CSH. 7.30–9.30pm. £14 adult, £10 under 26s.

TUESDAY 7 MAY

Film Show at the Library
A roaring torrent of passion! *Niagara*, starring Joseph Cotton and Marilyn Monroe, directed by Henry Hathaway. PHCL. 7.15pm. £8, in cash, including a glass of wine, in advance at PHCL or on the door.

WEDNESDAY 8 MAY

Open House
'Postal Quiz': All things postal with surprising local links, with Lester Hillman. PHCC. 2pm. Free.

Rowan Godel, Benji Kirkpatrick and Tim Cotterell
Described as an 'underground folk superstar', singer-songwriter Rowan Godel is joined by Benji Kirkpatrick (Bellowhead) and Tim Cotterell for this live performance. CSH. 7.30–9.30pm. £12, £10 under 26s.

THURSDAY 9 MAY

Peter Knight's Gigspanner
Expect richly atmospheric arrangements from this innovative act, headed by legendary fiddler player Peter Knight. CSH. 7.30–9.30pm. £18, £10 under 26s.

SUNDAY 12 MAY

May in a Day!
A folk-filled arts festival offering fun and creative activities for all the family! CSH. 1.30–4.30pm. £9 adult, £7 under 18s, £2 under 2s.

TUESDAY 14 MAY

'Ballads and Songs of Peterloo' – Folk Song
Subject Index Launch. A free lecture to celebrate the launch of a new web-based resource from the Vaughan Williams Memorial Library. CSH. 7–9.15pm. Free (booking required).

WEDNESDAY 15 MAY

Open House
'A Short History of Molière and his plays', by Maya Slater. PHCC. 2pm. Free.

Andy Cutting
Outstanding melodeon player Andy Cutting has had a prolific history with bands Blowzabella and Leveret. CSH. 7.30–9.30pm. £16, £10 under 26s.

THURSDAY 16 MAY

Primrose Hill Patient Participation Group
Open meeting: all patients of Primrose Hill Surgery welcome to hear surgery news and a consultant psychiatrist speaking to mark Mental Health Awareness Week. PHCL. 6.30–8.00 pm. primrose.ppg@nhs.net

FRIDAY 17 MAY

Annual Top of the Hill Quiz
Recruit a table of up to 8 neighbours, or just come and join a team. PHCC. 7pm. Tickets £10, including a glass of wine. To book, contact 020 7586 8327 or info@phca.cc.

SATURDAY 18 MAY

The Teenage Brain Weekend
A chance for the community to come together to explore The Teenage Brain. Speakers, workshops and laughter yoga. Part of Mental Health Awareness Week, which this year is focusing on body image. PHCC. 10am–6pm. See pp 11 and 27 for further details.

SUNDAY 19 MAY

Car Boot Sale
St Paul's School, Elsworthy Road, NW3 3DS. 10am–2pm. Car spaces limited; book your pitch by calling 0207 722 7381.

Book Sale
Plus tea and coffee and homemade cakes. PHCL. 11am–5pm.

The Teenage Brain Weekend
Students from Haverstock School debating, rapping and speaking about the issues that matter to them. PHCC. 4–6pm. See pp 11 and 27 for further details.

The Young Folk Club
An opportunity for 12–25-year-olds to play tunes, sing songs or simply share their favourite music. CSH. 6–8pm. Free (booking required).

WEDNESDAY 22 MAY

Open House
Join in a short stroll among the flowers in Queen Mary's Gardens, Regent's Park. Transport available from PHCA. 2pm. Free.

Joshua Burnell and Band Album Launch
Expect riotous fiddle tunes, electric guitars and a healthy dose of distorted Hammond organ thrown in for good measure from this up-and-coming songwriter. CSH. 7.30–9.30pm. £12, £10 under 26s.

THURSDAY 23 MAY

Frigg
Catch a unique flavour of Nordic folk, alongside a fusion of Western folk music styles from this Finnish group. CSH. 7.30–9.30pm. £16, £10 under 26s.

WEDNESDAY 29 MAY

Open House
Suite Française: film drama of a relationship between a French woman and a German soldier in occupied France. PHCC. 2pm. Free.

The Dovetail Trio
Presenting England's traditional songs with a bold and fresh approach, this explores familiar narratives and modern themes with infectious energy. CSH. 7.30–9.30pm. £12, £10 under 26s.

THURSDAY 30 MAY

Youth Folk Sampler Day
Free creative folk music workshop for young musicians, plus an optional opportunity to audition for the National Youth Folk Ensemble. CSH. 10.30am–4pm. Free (booking required).

Edgelarks
This performance marks the launch of Edgelarks' new album, *Feathers* – described as an upbeat celebration and incitement to hope. CSH. 7.30–9.30pm. £14, £10 under 26s.

DATES FOR THE DIARY

23 JUNE TO 1 SEPTEMBER 2019

Regent's Park Music Festival, On the Bandstand
Live Music at the Regent's Park Bandstand on Sundays and Bank Holiday Mondays. 12.30–5.30pm. Free. Contact info@regentsparkmusicfestival.org.uk, www.regentsparkmusicfestival.org.uk

FOR KIDS

MONDAY

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

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

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

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

TUESDAY

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

Hartbeeps Multi-Sensory Sound Classes
Multi-sensory classes for mums and their little ones. Music, movement and drama for under 5s. PHCC. Baby Bells 2pm; Baby Beeps 3pm; Happy House 4pm. Classes from £9.50. Contact clarelouise@hartbeeps.com

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

WEDNESDAY

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

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

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

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

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

THURSDAY

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

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

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

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

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

FRIDAY

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

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

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

SATURDAY

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

SUNDAY

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

FOR ADULTS

MONDAY

Mary's Living and Giving for Save the Children
Take advantage of 50% off books, DVDs, pictures, records and CDs, every Monday, 10am–6pm.

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

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

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

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

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

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

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

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

What's On May

TUESDAY

Mary's Living and Giving for Save the Children
Take advantage of 20% off men's items every Tuesday, 10am–6pm.

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

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

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

Aerial Yoga with Elena
Reduce stress, get fit and increase your flexibility with aerial yoga. PHCC. 1.30–2.30pm (term-time only). Contact aerialwithelena@gmail.com

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

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

WEDNESDAY

Mary's Living and Giving for Save the Children
Student Day: 20% off all items with the student ID card, every Wednesday, 10am–6pm.

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

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

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

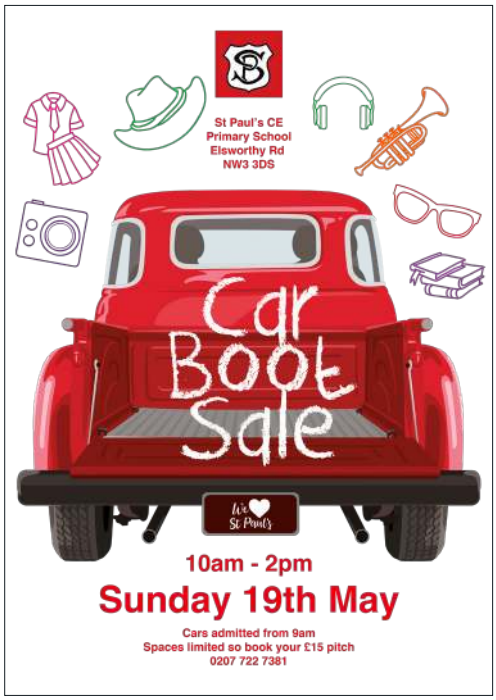
Open House
A regular activity (film, talk, performance) followed by tea, cake and chat. PHCC. 2pm. Free. Contact PHCC

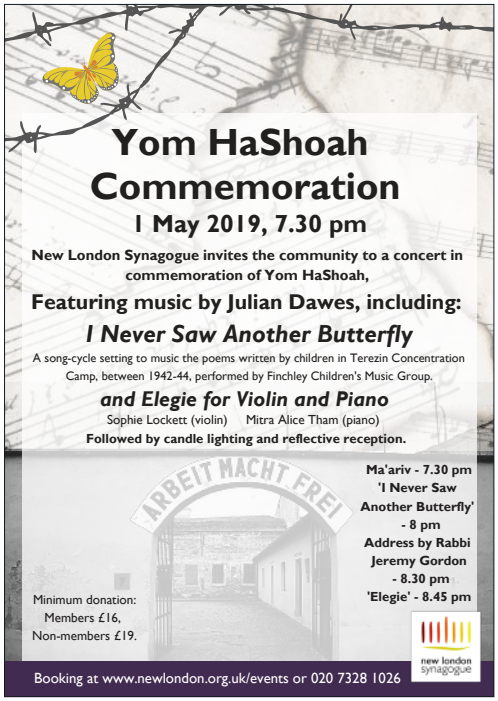
Chess Club
Learn chess at the Library with a trained instructor. PHCL. 6.30–8.30pm. Free. Contact 020 7419 6599

Moving into Confidence
Discover and enjoy your body moving. Realise the importance of movement and release, to create flexibility and balance within. To include mindfulness and somatic awareness. All welcome. PHCL. 10–11am. £10 drop-in. Contact Ginny Bradley, 07894 033324, ginny@ginnybradley.co.uk

Bridge Class
Join us in the Library for a game of bridge. Beginners/intermediate. PHCL. 7pm. Contact jojarrold@gmail.com

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





THURSDAY

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

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

Narcotics Anonymous
PHCC. 1.30–3.45pm. Free.

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

Kriya Yoga
Yoga class. PHCL. 7–8pm. This session is not available for drop-in. For cost and further information, contact Hagen, kriyayogauk@btconnect.com

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

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

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

FRIDAY

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

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

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

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

Aerial Yoga with Elena
Reduce stress, get fit and increase your flexibility with aerial yoga. PHCC. 7–8.30pm. 4th Friday of the month. Contact aerialwithelena@gmail.com

SATURDAY

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

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

SUNDAY

Hopkinson's Bar
Meet for a drink with your neighbours. All welcome. PHCC. 12–3pm. Contact 020 7586 8327

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



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

On The Hill
onthehill.info

CONTACT DETAILS

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

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

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

Please submit entries for our June issue by Friday 3 May onthehillwhatson@phca.cc

PRIMROSE HILL ENTREPRENEURS

Petar Savic meets Simone De La Rue, founder of Body By Simone.

HOW DID YOUR JOURNEY COME ABOUT?

I was a professional dancer in the West End, London and Broadway, and I moved across into fitness by accident when a Broadway show I was going to be in got cancelled. I needed to find a job, and fast, so I started working one-on-one with private clients and loved it. That was when I decided that fitness was where I wanted to work next. Hence Body By Simone (BBS) was created!

WHO INSPIRES YOU?

My clients are the people who inspire me. Their hard work and dedication always gets me out of bed for those early sessions. Depending on the project or goal we are working towards, I use that as motivation to create specific workouts and cater to exactly what they need.

WHAT DO YOU LOVE MOST ABOUT WORKING IN THE FITNESS AND WELL-BEING INDUSTRY?

Empowering women. I love to see the physical, emotional and spiritual change that comes from working out, the inner and outer strength that is gained. To me, that is the greatest gift.

ONLINE FITNESS DOES SEEM TO BE GETTING MORE POPULAR THESE DAYS. TELL US ABOUT YOUR APP.

My global community of BBS Beauties are using the app all around the world, and it's been amazing to see them unite from different backgrounds and countries to support each other. It really is an app that anyone at any fitness level can use. I believe that positive health and fitness information should not be a special privilege, so I want to share my knowledge with as many women as possible.

WERE YOU INTO FITNESS WHEN YOU WERE GROWING UP?

I had always been a dancer, so always loved moving my body. When you're on in the West End, you're working hard and training for hours a day, so I already loved being active and at my physical best. For me, it's an important factor in doing well.

WHAT'S YOUR ULTIMATE GOAL?

To share the BBS method with as many people as possible, and thereby help them to create a healthy, sustainable lifestyle that they love. I want to help as many women as possible to feel confident, beautiful and inspired.

I NOTICE THAT YOU HAVE SOME INCREDIBLY HIGH-PROFILE CLIENTS. HOW DID YOU MANAGE THAT?

I started with an actress who needed to be able to dance and look like a dancer for a film she was working on. Celebrities are private people, and I was very respectful of that. Then when you do a good job with one of them, and they realise you don't sell them out, they recommend you to their friends. Word of mouth is everything.



Body By Simone studio



Simone De La Rue

WHAT HAVE THE CHALLENGES BEEN?

Initially, when I opened BBS, I did everything. I was the receptionist, the accountant, and then would run in and teach a class. Although it all looks glamorous from the outside, it was a lot of hard work to grow from one studio that I was running alone to managing an international fitness empire. But I love what I do, and am inspired by my clients, so I'm always working hard to bring the next thing to them and create content that really reaches them and connects with people.

DO YOU NOTICE A LACK OF WOMEN LEADERS?

I have been lucky enough to be surrounded by strong women throughout my life, and they are great role models and leaders. Leadership is not only an external position, but a state of mind. It takes a lot of compassion to be a great leader and to inspire people to follow you, not to drag people along. I have seen this from a lot of women, and I'm looking forward to seeing more female leaders through all industries.

Body by Simone London has just launched at 86–88 Delancey Street, NW1 7SA
Class prices and schedule available at www.bodybysimone.com/locations/london
(Price of single group fitness class is £22)

The Early Days of Lemonia

By Doro Marden



Tony Evangelou's parents wanted him to be a doctor or a lawyer – what luck for us in Primrose Hill that he became a restaurateur instead! "I had the urge to create, to move, not do something sitting down," he says.

Tony arrived in London from Cyprus when he was 14 years old: "It was tough going to school with limited English, it took time to get into it." But he really thrived when his parents opened the deli on the corner of Delancey Street. Tony and his sister Mina soon turned it into one of the most popular shops in the area: "People were becoming more adventurous, wanting continental flavours, and we sold olives, hummus, tarama. Aubergines and coriander were exotic in those days."

Camden was changing, designers and architects were moving in, and one of them, Tony Ullman, who was half Greek, said to him, "Why don't we do a proper Greek restaurant?"

"Regent's Park Road was a dull-looking street in those days; I already had the building [opposite the current Lemonia] and it was empty, so I said, 'What the hell, I can set it up and run it for a year or two and then can always get out.' Because of the connections we had in the area, it filled up on the first night, and we've remained full for 40 years!"

The next phase was in the late 1980s, when the old Chalk Farm Tavern came up for sale. "It was a tatty old pub; at one stage it was called The Lotus, with a racing driver theme, as Colin Chapman had something to do with it. Everyone thought it was crazy for us to leave where we were for somewhere more than double the size, but Tony Ullman stepped in again. It took more than two years, and has been successful ever since."

What is the secret of Lemonia? Tony says that a restaurant is like a theatre: you have to give a good performance every night; you can't let it go because you were good the night before. His wife works behind the scenes and Mina is still involved in welcoming old and new diners alike at reception, along with Christina and Louisa. A couple of the staff have been there since day one, and several for over 25 years. Tony himself still cooks: "I am hands on 100%. But all high street businesses are having a rough time, everyone is having to put in more effort and expect less in return."

Lemonia has put Regent's Park Road on the map; generations of customers keep coming back, and probably visit other shops and businesses in the area as a result. Tony's message for a thriving street? "Do your homework to make sure you are selling what people want. If you are providing something special, there is a huge catchment area. But at the same time you need to be supported by the neighbourhood – we value our 'regulars'."



St Mark's Hall Nursery School, St Mark's Square
Regents Park Road, London NW1 7TN

Tel: 020 7483 0340 | enquiries@stmarkshall.co.uk

St Mark's Hall Nursery School

Nurturing a passion for learning

Set in the heart of Primrose Hill, St Mark's Hall offers a bespoke, exciting nursery education for two to five-year olds, with a careful balance of teaching styles and creative activities including dance, drama, yoga and art. We also have a weekly Beginners' Group for one-year-olds starting in April 2019.

We strongly believe in cultivating a 'can do' mindset from an early age.

Further details are available on our website.

Christopher McMinn, Headmaster

www.stmarkshall.co.uk



SCARS ON THE SOUL

WORDS BY The Mole on the Hill

PHOTOGRAPHS BY Sarah Louise Ramsay

Musician Maya Bogunovic talks to the Mole on the Hill about what brought her to Primrose Hill and the inspirations behind her music

What's that building down there with all them people?
That's the Baptist Church.
Are they going to say their prayers?
Nay, lass, that's the food bank.
Like the Co-op? Are they going to pay in their money?
I doubt it, love. They're there because they don't have enough food.

The Chalk Farm Baptist Church is central to the life of Maya Bogunovic. That and music. After all, she works as an administrator at the church, plays her music there and met her husband Siniša through both the church and her music.

"I was born in 1972 in Slovenia, at that time one of the six republics of former Yugoslavia. It was a stable country under Tito, but he died in 1980 when I was eight years old. The country went to pieces, in a political sense, literally. Not straight away. It took ten years. Slovenia was the first to become independent in 1991."

Maya started to write songs at the age of twelve, and with a friend formed a duo called Way Out.

"We wrote and recorded songs, and one of them was broadcast on national radio. When the break-away of Slovenia started in 1991 I was just finishing the equivalent of A Levels. The break-up happened very quickly. It took two weeks. There was some trouble and at one point we had to hide in the cellars. It was all a bit chaotic. All the communications were down. The national radio was only broadcasting music. And then as we were hiding in the cellar I heard my song on the radio. A very surreal moment."

Maya first came to London when she was 21. She had been brought up in a secular family, was not interested in politics and was immersed in her music and song-writing.

"When I came you couldn't work, so I had to go back home every six months. I came here permanently in 1996 to study in a Christian college, a Bible College. Before I didn't believe in God and now I did. The Bible was really teaching me the Gospel. In the second year of my studies we started to organise a relief convoy to former Yugoslavia, and this is when I met Siniša. A lot of the churches were collecting clothes and blankets. We acquired a minibus and the two of us made six or seven trips. Each trip lasted two weeks with two days' driving each way. We had churches there that would collect and distribute to refugees from Croatia and Bosnia."

In 1999 Maya and Siniša married. They had twin boys and she stopped writing music, although she continued playing guitar and singing in the church worship.

"It is imagined. It intermingles. We all draw from our experience. There are scars on the soul of each person.

"I wasn't writing then, but five or six years back a friend of mine started a children's reading app and asked me to do a thirty-second jingle for her. That sparked off my desire to write music again. I would sing my songs to Siniša and he loved them."

Siniša is a music journalist. He used to work as a broadcaster and had his own radio show, but he is a Serb so he and his family had to flee for their lives from Croatia and came as refugees to the UK. He was well placed to encourage Maya. He also appears to be a dog-walking manager for his wife. It was on the hill that he met Roger Swallow, a musician and producer.

"Siniša asked Roger if he would listen to some of my songs. He really loved them and offered to go to the studio with us to find the sound we needed, how it should be recorded to bring my voice up and bring in the instrumentation. He encouraged me to write more, to develop as a song-writer, to deliver confidently and write more songs. He was a big encourager. He has now moved to LA, but every time he comes here he makes contact."

Another dog-walking fan is Sharleen Spiteri of Texas, but perhaps the most important contact was through the Baptist Church.

"A year back Josh Harris came to our church. He is a producer, a musician, a song-writer. At one time he had his own band. He was a huge influence on me. I wanted to go to a studio and record my songs, just get them out there, and he made it all possible. We started recording songs together. I would play the guitar, the basic structure of the song, and do the vocals. He did all the instrumentation. He would record it with his equipment and his instruments: drums, bass, keyboards, electric guitar. He would produce it. My album is the result of that. I am the singer-songwriter; he is the arranger and producer.

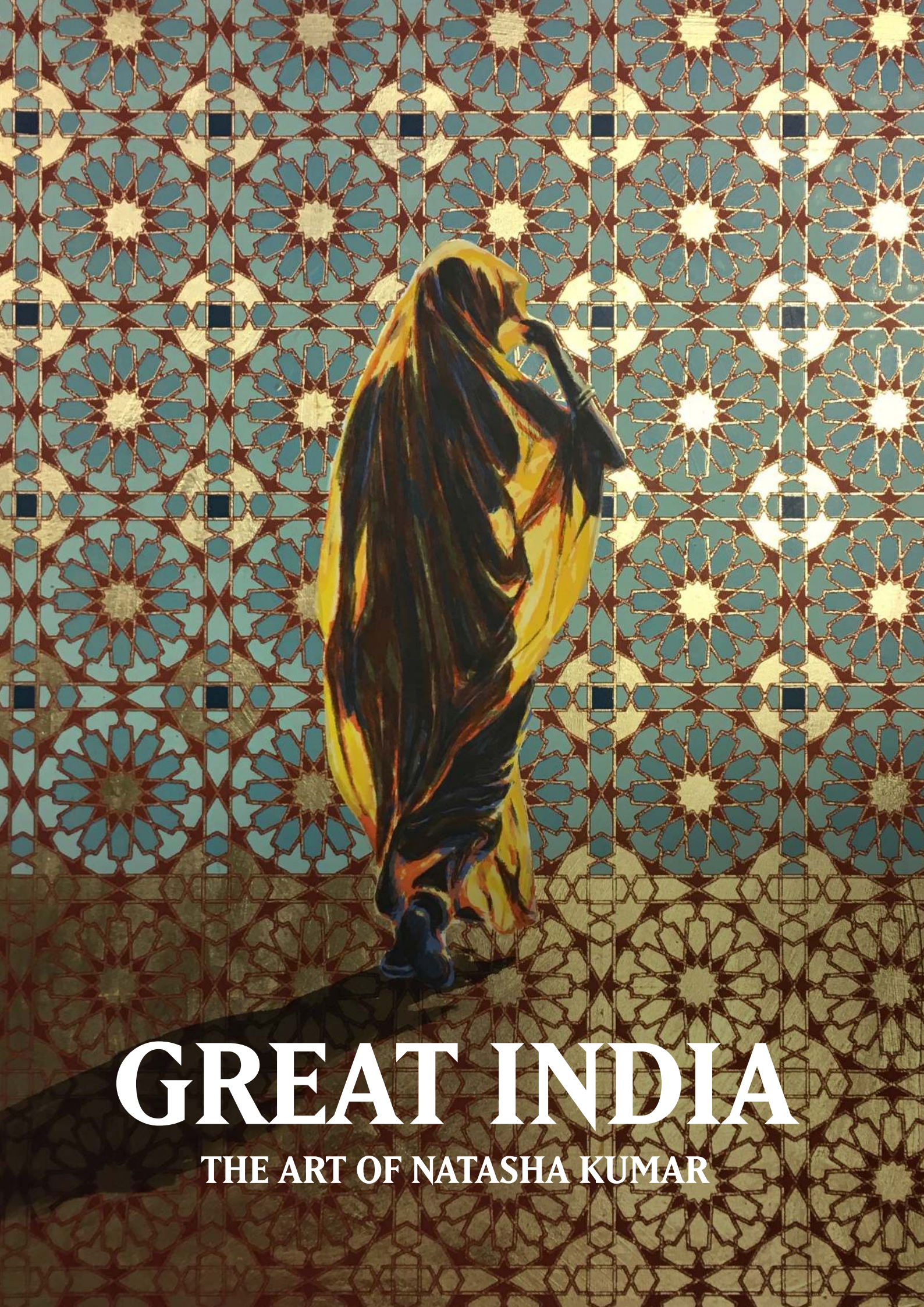
At this point, do break off and listen to the seven dreamy, soulful pop songs on her debut album titled *Life Is Beautiful* (soundcloud.com/maya-bee46). What about the lyrics? The titles like 'Coming Home' or 'Tender Mercies' give an indication of what to expect. There are some powerful images, like 'scars on the soul' and 'I see on the horizon all the faces from the past'; as well as simple statements like 'I wanna give you my love, you give me strength.'

"It is imagined. It intermingles. We all draw from our experience. There are scars on the soul of each person. Of course there are scars on my soul, but when you put it in a song it takes another form. Obviously you do sometimes feel pain. You regret that some things have happened. On the horizon I see all the faces from the past. I say it, but it is for the listener to interpret it. There's a picture in my mind, but I don't want to force it. I hope everybody can say 'I wanna give you my love, you give me strength.' In my case everything I do with the person who is beside me helps me to expand myself. Whatever I am or whatever I can do he encourages me to expand, he gives me freedom."

maya.hearnow.com

Contact: maya.bee46@gmail.com





GREAT INDIA

THE ART OF NATASHA KUMAR

You may have seen Natasha Kumar on the Hill, plus Dalmatians. You might have caught her art in Marylebone's Railings Gallery. You can definitely find her, and her work, at the Hampstead Affordable Art Fair this month.

Her first success was at the age of 17, showing at the Royal Academy Summer Exhibition. Since then through London galleries, art fairs and a solo show at the Southbank, Natasha has acquired an extensive following among discerning collectors in the UK and worldwide. Last year Soho House bought her work for its latest premises in Mumbai, and she was awarded a Rise Arts International screen-printing award, judged by Harland Miller.

Her passion and inspiration are India. She's half Indian, quarter Kashmiri and quarter Afghani, with distilled Derbyshire on her mother's side, so the subcontinent is there in her genes. In her work it comes out as a riotous collision of colour and characters, palaces and people, local Coke adverts and holy cows – the contemporary Indian everyday, with not a Taj Mahal in sight.

It wasn't always so. As a child her relationship with India was more lovehate than lovelovelove: endless journeys visiting aunties, squashed on the back seat of an Ambassador car; an equally endless diet of boiled eggs, dhal and rice en route. But then suddenly there would be a village where dancing bears and tiny child acrobats performed impossible tricks in the heat by the dusty roadside – totally fascinating. She had to be dragged away.

The fascination has remained with her, and as she has developed as an artist so the interest has evolved too. Over the years it has grown to encompass the architecture and sculpture of India, capturing a sense of place through depictions of intricate, stone-fretwork jali windows, crumbling palaces and eerie step wells. A major motif in her work has been the chhatri, the quintessential North Indian stone canopy. But in her attempts to capture some sense of such a vast and varied place, and communicate it, she has come to realise that her work is equally about capturing her own sense of identity. After all, every artist ultimately paints themselves, if that doesn't sound too obvious.



The thought is particularly true of her Indian Women series. Begun as simple observations of women going about various tasks, private or public, the works became Natasha's observations on the roles available to women in India, ultimately evolving into a narrative of an Indian everywoman's journey to empowerment. Take as an example Natasha's 'Indian Woman, Cosmic Change', bearing a tray of votive oil lamps, splendid in her hot-pink sari.



It is the woman's role to lay the little lights at the entrance to the home, to welcome the goddess of wealth – Lakshmi won't enter a dark home. But Cosmic Change has another role too. The lights are lit for the festival of Diwali to banish the shadows of ignorance. So the work transforms the Indian woman into a standard-bearer of enlightenment, lighting a path for women to knowledge and prosperity.

As Natasha developed the series, she noticed that the women who were her subject matter were more often appearing in the Rajasthani manner: veiled, glimpsed, elusive. Without her realising it, they had become part of an artistic exploration of her own heritage, as well as theirs an exploration that many second-generation BritishIndians will recognise. In each painting she was asking the great question, what could she know of their lives, which might have been hers?

The Cosmic Change woman, and her sisters 'Diya', 'Abhaya', 'Dipti' and 'Fired Earth' started out as watercolour sketches, aides-memoire that captured the essence of a scene which had caught Natasha's eye. Painting outside in India is tricky: a crowd gathers at the drop of a turban, happy to share their thoughts on the work's progress, so she has to get things down quickly. Only later in her farmhouse studio in rural Staffordshire are sketches are worked up into paintings or etchings, with the help of photographs of details that she might otherwise forget.

Despite those local difficulties, India en plein air is where she's at her artistic happiest, observing the swirl of street or market life as it takes place. Above all, it's colour that she loves, as an essential part of Indian existence.



Everyone knows that pink is the navy blue of India, but not necessarily that colours have more cultural significance there than here. Sensual red is auspicious for weddings; green signifies life and happiness; black kohl around a baby's eyes works as spiritual protection. Natasha brings all this to her work, in bold and compelling signature colours, evoking moods and feelings in vivid, mesmerising combinations.

Love of colour and street life lie behind her recent decision to create a triptych of lorry portraits. Not an obvious choice of subject matter, you might think at first. But in India every flat surface is a potential canvas, she says. If it stays still long enough to be painted on, it will be, with a mesmerising mix of folk art and cultural messaging. Lorries are the plus-size epitome of that, a visual cacophony in technicolour, trundling across the subcontinent.

Almost invariably, the tailgate is painted with the imperious advice 'Blow Horn' offered as a warning and an encouragement to overtaking drivers. The alternative, no less ubiquitous shout-out from the rear of lorries is 'Great India' set among a cloud of patriotic curlicues. This Natasha has adopted as the title of her latest collection, appropriately enough a striking montage of the characters and images that populate her creative imagination, a retrospective of the street life observed by her over the last decade. It is in a way the ultimate expression of her artistic identity to date. Not only has this taken a traditional paper art form, but it is also the wrapped exterior design of a new van owned by the specialist art handlers, Flight Logistics. #Getcarriedawaybyart and #Followthatvan is what we will be seeing on Instagram from May, as the van will be an unmissable presence in and around London.

What next? A recent meeting with the Dalai Lama in Dharamsala, and an exploration of the Buddhist caves at Ellora and Ajunta have opened a new creative chapter. We look forward to discovering what the next decade will bring.

Natasha Kumar will be working on stand J12 throughout the Affordable Art Fair, Hampstead Heath, 8–12 May; email your name and address to info@natashakumar.co.uk to request free tickets.

For a chance to win a signed, limited edition print every month, follow @natashakumarart on Instagram and upload a picture of the Great India Van with the hashtags #Followthevan and #Getcarriedawaybyart.

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Primrose Hill Festival and Dog Show



The tenth annual Primrose Hill Festival and Dog Show will be held on Sunday, 19 May on Regent's Park Road, in partnership with St Mary's Youth Centre, championing their impactful work in the community.

Funds raised from the dog show go to St Mary's, who will also have their own stall on Regent's Park Road. Please take a minute to stop and chat to the team.

Karen Santi, organiser of the festival says: "As it's our tenth anniversary we want to make it as much fun as we can and celebrate everything that is great about Primrose Hill. This summer we have had a revamp and will be introducing new food pop-ups and craft stalls. The Princess of Wales mobile bar will be serving special themed cocktails along with an old-fashioned fairground and a brand new roller disco and DJ". Entertainment is being organised by local artist Collette Cooper – expect the line up to be special.

The Dog Show is organised by local dog-lovers and has become a highlight of the festival. Eileen Barnes from the Community Dogs says: "Our aim is to give St Mary's Youth Centre the platform of the dog show to raise awareness and funds, whilst we celebrate the wonderful dogs of Primrose Hill".

The St Mary's team are on call 24 hours a day, 7 days a week, 365 days a year, to provide individual youth support, reduce gang violence, help with mental health issues and hostility, and foster self-worth and communication. Marjorie Brown, vicar of St Mary's says: "We are delighted to be part of the summer festival. St Mary's has a rare, individual-focused approach to youth-work ... No one is part of a 'lost generation'. Every young person matters."

If you are unable to join us at the festival you can make a donation at: **www.justgiving.com/stmarysprimrosehill**





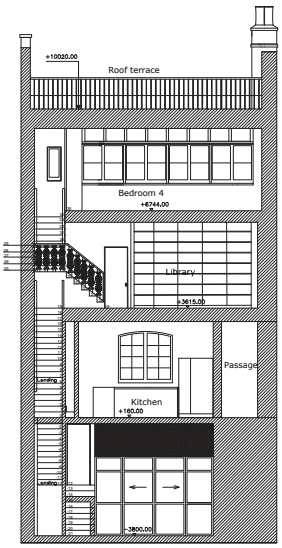


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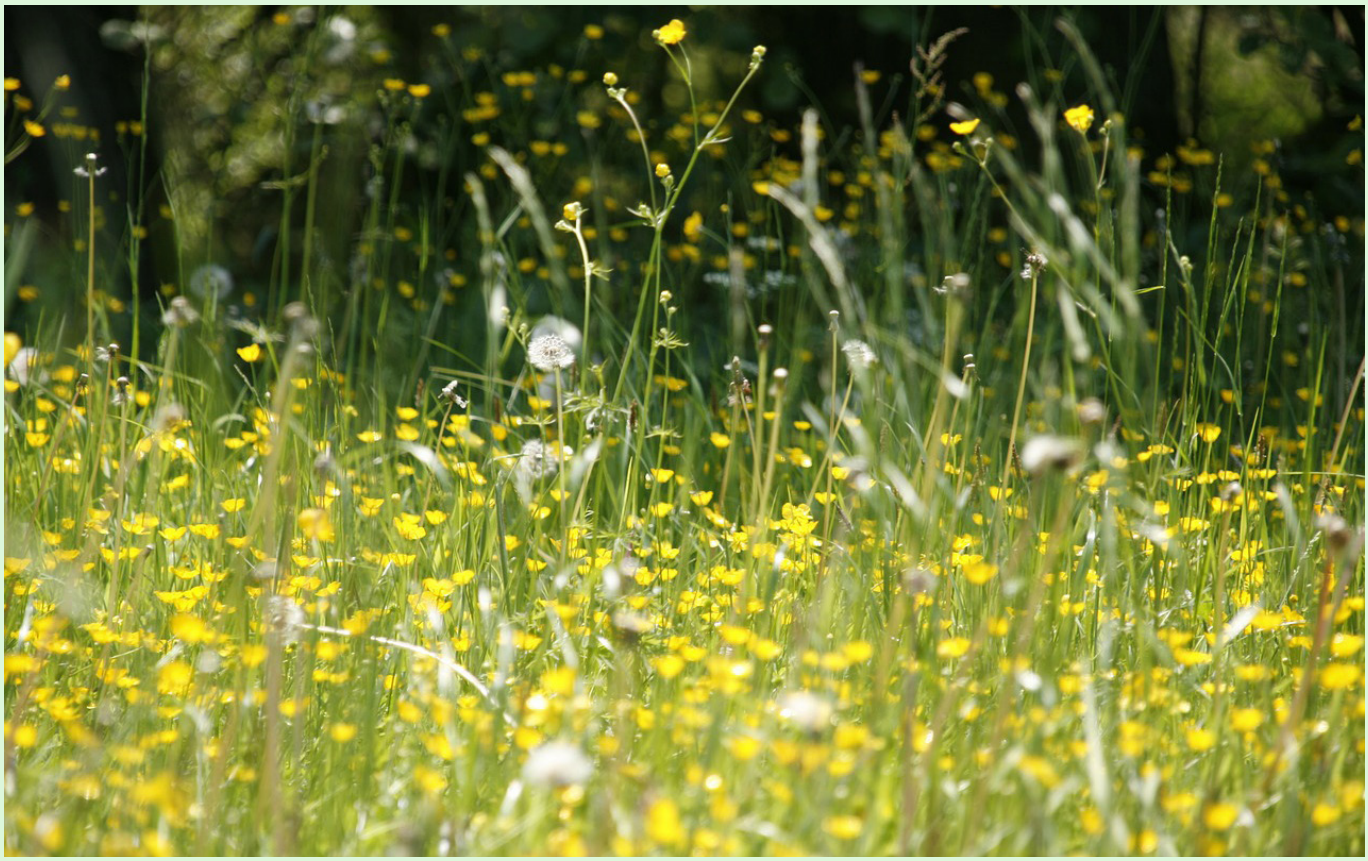
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How to Treat Hay Fever

By Harriet Broadway



The warm weather may be arriving, but with it can come sneezes and itchy eyes. Histamine is produced in response to an allergic stimulus, which can be pollen from trees, grasses or flowering weeds. If the symptoms occur all year round, they might be due to house dust, mould or feathers.

A change of diet and natural remedies may significantly reduce, or even liminate the symptoms.

Diet

- **Vitamin C** has natural anti-histamine properties. You can find supplements or increase your intake of broccoli, parsley and peppers.
- Increase **essential fatty acids** (EFAs) by adding nuts, seeds and oily fish to the diet.
- **Quercetin** is a natural anti-inflammatory present in onions, garlic and apples.
- **Dairy produce** encourages mucus, so you may find improvement if you omit it for a while.
- Avoid foods with artificial colourings, flavourings and preservatives.

Herbal remedies

- **Soothing teas** calm the immune system and irritated mucous membranes.
- **Nettle** is a good tea to drink for any form of inflammation. A little **ginger with elderflower** tea helps to decongest the sinuses.
- **Eyebright** is a soothing herb for itchy red eyes. Dilute a couple of drops in water, and dab it on cooled cotton wool pads; place them over the eyes to calm the itchiness.

Tips to prevent hay fever

- Use a **barrier** such as un-petroleum jelly just under the nostrils to prevent the pollen from entering the nose and causing irritation. Add a drop of chamomile, rose or lavender essential oils.
- Take 1 tsp local **honey** dissolved in warm water daily. This acts to desensitise against the local pollens. Start a few months in advance, or preferably take throughout the year.
- Try **acupressure** by pressing the top of the nose quite hard. You can also press the hollow above the centre of the upper lip, or underneath the cheekbones beside the nose.
- Put a few drops of **essential oils** (chamomile, lemon, lavender, geranium, rosemary and eucalyptus) on a handkerchief to sniff throughout the day.
- Regular **hair-washing** and showering reduces residual pollen. Take a daily bath with a couple of drops of the essential oils mentioned above. The steam will relieve the inflamed membranes.

Then enjoy the sunshine and the great outdoors!

Regent's Park Road

A poem by Russell Butler

New angles make some old perspectives fit:
Briefly oblique, the sharp northern winter sun
Lets our Victorian villas admit
To their Italian parentage – now run
Somewhat to seed – pastel neat, but top hats still awry,
In shock at having seen Frederick Engels strolling by.



THE TEENAGE BRAIN

THE TEENAGE BRAIN - A SURVIVAL GUIDE

SATURDAY 18TH MAY 10AM - 6PM

THE TEENAGE BRAIN AT HOME - LYDIA JOHNSON
neurodevelopment, contemporary pressures and the tools to turn down negative noise
THE TEENAGE BRAIN AT SCHOOL - STEVE CARR
the emotional landscape of the classroom and how to support young people's learning
THE TEENAGE BRAIN ON DRUGS - FORWARD DRUGS SERVICE
the highs and the lows, and where to find help when it is needed

HAVERSTOCK IN THE HOUSE

SUNDAY 19TH MAY 4 - 6PM

Haverstock School students debating their lived experience of the Teenage
"THIS HOUSE BELIEVES THAT SOCIAL MEDIA CAN BE SUPPORTIVE OF MENTAL HEALTH"
RAP : FROM THE NEWLY FORMED HAVERSTOCK RAP CLUB
SPEAKER : SOCIAL MEDIA AND BODY IMAGE

For details of workshops and timings visit www.phca.cc/teenagebrain
All ages welcome.Teenagers and their parents especially welcome.Laughter Yoga session included.
All events are by drop in at PHCC 29 Hopkinsons Place NW1 8TN
Donations to PHCA invited. Bring lunch to share on Saturday.
A PHCA event as part of Mental Health Awareness Week 2019



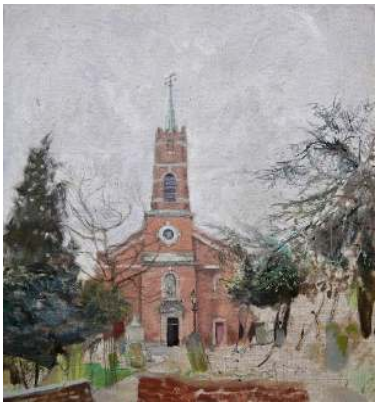




Small Paintings of Hampstead & the Sussex Coast

by Sophie Levi







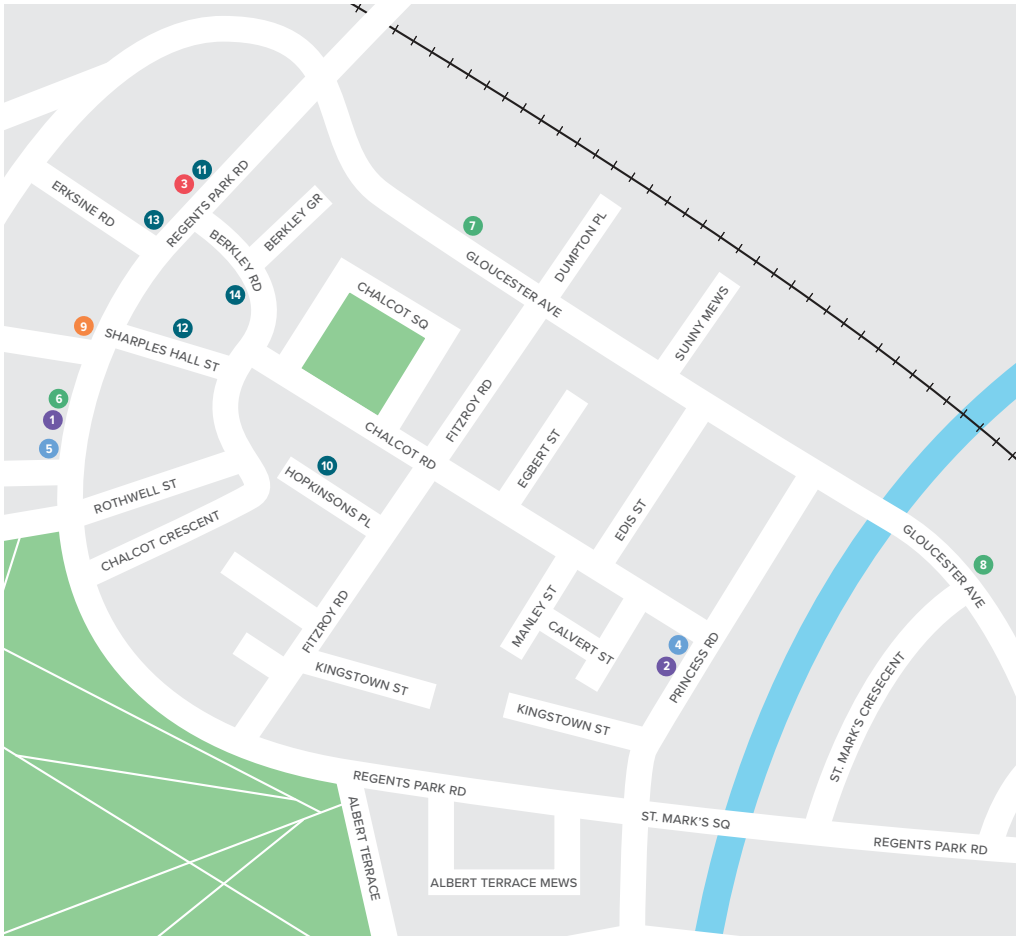




Burgh House & Hampstead Museum, New End Square, NW3 1LT

Exhibition ends on 12th May. Open: 12 - 5pm Wednesday - Friday & Sunday (Closed on Saturdays)

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Chia and Vanilla Ganache Cake

1. Preheat the oven to 180˚C and line two cake tins with baking paper.

2. Cream together the butter and sugar, and in a separate bowl mix together the dry flours and baking powder. Add one egg to the butter and sugar followed by a third of the dry ingredients. Repeat this sequence at 30-second intervals – it makes the cake fluffier and lighter. Add the chia seeds and yoghurt. In a separate bowl mix together the milk and the vanilla extract, then slowly add it to the cake mixture.

3. Divide the mixture into the tins and bake in the oven for 45 minutes. Take the cakes out the oven and leave them to cool.

4. To make the icing, cream the butter until smooth, then add the cream cheese. Slowly add the icing sugar, then add the milk and vanilla extract.

5. To make the ganache pour the double cream into a pan on a medium heat. When bubbles form at the side of the pan, remove from the heat and start adding the chocolate, mixing until the ganache is silky smooth. If it is stiff or blotchy, leave the mixture to cool and add the milk (do not add when hot or it will melt the buttercream).

6. Once all of the ingredients are completely cool you can level out the cakes and stack them with icing and fruit (eg peach slices) in between the layers. Ice the top and sides with buttercream on the top, making sure it is smooth, then pour the ganache on top and let it dribble down the sides of the cake. With a spatula smudge it in to make a white–brown marble effect. Then let it cool and add fruits you like. Then enjoy!

Ingredients

Cake:
600 g caster sugar
600 g unsalted butter
260 g plain flour
270 g self-raising flour
4 large eggs
3 tsp baking powder
2 tsp vanilla extract
190 ml milk
2 tbsp fat-free Greek yoghurt
230 g chia seeds

Icing:
600 g icing sugar
450 g unsalted butter (room temperature)
100 g cream cheese
2 tsp vanilla extract

Chocolate ganache:
100 g double cream
150 g dark chocolate
75 g warm milk

To decorate:
A selection of fruits of your own choice



RECIPE BY Caia Collis
PHOTOGRAPH BY Sarah Louise Ramsay

Hello, Primrose Hill!

The congregations of St Mark's and St Mary's bless the palms at the top of Primrose Hill on Palm Sunday

PHOTOGRAPHS BY Jasmine Montgomery and Steve Reynolds



















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