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ON THE HILL

News and information for Primrose Hill People

www.onthehill.info

ISSUE 22 NOVEMBER 2016

In this issue: **Poisoned Air - Pollution problems in Primrose Hill.**
Primrose Hill Eats - Wild Fizz Kombucha at the farmer's market. Editorial - Divine inspiration in the crypt at St. Mary's.



See pages 2, 3 & 4

PH Poem

A poem by Victoria Watson

A doubling of the local population
Splendid scenes of sunny elation
Hundreds huddled on Primrose Hill
Picnic-ing in parties until
The late setting of the London sun
Signalled sadly that the day was done

Clutching copious picnic fare
High Street bought or made elsewhere
Catapulting corks through the air
Supping wine without a care
Throwing Frisbees, kicking balls
Retrieving dogs with shrill calls.

Capitalising on a rare occasion;
September temperatures defy expectation
Wise Londoners know to seize the day
Defer the mundane – all chores delay

Embrace the remnants of summer season
Get outside; what better reason?

Chatter, chinks, giggles, barks
Hillside rolling; adult larks
Children gleeful, running free
Couples lounging romantically
Pets join the throng; no child (or dog) left behind
Thriving in this idyllic urban countryside

William Blake visited in a previous era
And made claims of a spiritual encounter
One wonders whether, this vista so grand
Was the famed green and pleasant land.





BuzzFeed

Editor's Letter

As Benjamin Franklin once said: "Beer is proof that God loves us and wants us to be happy." As residents of Primrose Hill, it seems we have plenty to smile about as a new micro-brewery has just opened in the crypt of St Mary's. It's a venture which combines a sense of community with helping the youth programme at the church, and is all done in the name of beer drinking!

Also in this edition is a feature on David Widdicombe, who is the last surviving candidate of the 1945 General Election and one of the co-founders of the Cambridge University newspaper Varsity.

As autumn sets in, we have two articles to keep you warm and healthy. This month's Primrose Hill Eats gives a recipe for kombucha; and we have tips on how to ward off coughs and colds.

On a less healthy note, MP Keir Starmer estimates that 250 people die in Camden each year from the effects of air pollution. He was one of the speakers at a packed audience at the Community Centre. Read what you can do to cut down on air pollution. We all need to do our bit.

We have a feature on writer and actor Karl Minns, and Q&A with local author Emma Tarlo, who is giving the November talk at the Library.

In News & Views you can find out about changes in planning application alerts, learn about Ladies of the Lock and the Chalk Farm Foodbank. You can also see pictures of the hoedown in St Mary's church.

Your letters, poems and news are always gratefully received. Children are also welcome to send in drawings, poems or writing. It's your community magazine, so share your ideas with us.

Maggie Chambers

Maggie Chambers
Editor

Preview

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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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Water into Beer

The Brewery in the Crypt



Sarah Louise Ramsay

London has a long history of beer making, so it should come as no surprise that Steve Reynolds and Roddy Monroe were inspired to transform the crypt at St Mary's church on Elsworthy Rd into a micro-brewery.

It all came around after a spring clean down in the crypt. After eight skips had been filled with rubbish, Roddy and Steve looked around them, and there, between the statues and candle sticks, they had a divine inspira tion that the crypt would be the perfect location for a brewery.

They approached the vicar, Marjorie Brown, with their idea, and she loved it. Permission then had to be sought from the bishop, if a brewery was to be considered in a church. Thankfully he was also enthusiastic, but gave two conditions: he was to have the first pint, and a non-alcoholic beer should also be made so as to be inclusive to non-drinkers. The bishop also offered to bless the beer at the launch.

The next step was to contact UBREW, master brewers in Bermondsey. For a monthly fee you can make as many brews as you like within that time. They help with the whole process, from brewing all the way through to setting up a business, customs and excise and general legality.



The three pillars behind their enterprise are to brew great beer, create a community, and help raise money for the much needed youth work programme which Jason Allen runs in the church.

At the brewing phase, they provide help and expertise to produce a range of beers, whether light or dark, flavoured or organic; help is provided on every step of the way.

There are two things to look for when you start brewing: great quality beers and consistency. Steve and Roddy are now planning to develop a multitude of beers, including seasonal ones through out the year.

The three pillars behind their enter prise are to brew great beer, create a community, and help raise money for the much needed youth work programme which Jason Allen runs in the church.

The youth programme is a service which provides invaluable aid to young people in need. Grants which have enabled it to function in the past are now drying up. The service needs a long-term planning strategy behind it, and Roddy and Steve hope the brewery will help to provide a steady income for the programme.

The strategies of the micro-brewery are to create a beer club with an annual subscription, provide beer for social and professional events, promote corporate responsibility programmes, and sell their beers through retail outlets.

The beer club will include beer tastings, a festival, guest speakers and trips to other breweries. You don't have to attend the church to become a member. It's all about getting people together for beer and a good cause.



Bespoke brews will be on offer for social or business events, and they can create beers for individual occasions. If you love raspberries, Steve and Roddy will create a raspberry beer for you, with a personalised label if required.

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The first pint!

Beers can be made for special one-off events: they have already provided beers for birthday parties and much needed hydration following a half marathon race!

Corporate responsibility programmes involve the brewery in providing a sustainable future for the youth work at the church, together with the potential of working alongside young people at risk. The process will give these young people a sense of value and purpose as they take on the responsibility for designing the labels, naming the beer, deciding how much to make, what price it should be, and then marketing it themselves.

Steve and Roddy hope that local shops and businesses will support their project. There's a growing interest amongst consumers in buying produce which is locally made. It tends to be more economically viable, less taxing on the environment, and generally healthier. They hope to be able to work with Transition in the future to create a network of hop-growers.

There are three breweries a month opening in the UK at the moment. Many of us have had enough of chemicals and preservatives. Just as bread has recently enjoyed a renaissance, it's now time for beer. Breweries which were closed down in the 1970s and 1980s are being re-opened. The sales of craft beers have soared. People are going for fewer beers, but better quality ones.

The Camden brewery is a classic, local example of success, and The Hill pub on Haverstock Hill has a micro-brewery. Bermondsey alone has eight breweries. Happily, the brewing world is very open to sharing ideas amongst themselves.

Tasha from UBREW offered fourteen different beers to taste at the launch. She is a young woman whose passion is beer making. On offer to taste: raspberry beer, Earl Grey beer, and an orange beer which would be absolutely perfect for Christmas.

Amen to that.

For more information:
Steve@stmary'sbrewery.co.uk
Roddy@stmary'sbrewery.co.uk
Stmarysbrewery.co.uk
Stmarysprimrosehill.com

Maggie Chambers



Figure , signed etching, 1953, 43cm x 30cm

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The Oppressive Telephone , signed woodcut,1977, 77cm x 49cm

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Energy Efficiency Rating - E46

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A magnificent two bedroom apartment situated on the first floor of a handsome period residence. This bright and spacious apartment offers exquisite interiors, meticulously renovated to the highest specification comprising an outstanding kitchen/reception room, principal bedroom, a further bedroom and a luxurious family bathroom. Other benefits include a feature gas fire place and ample storage. The apartment is ideally positioned to allow easy access for the restaurants, boutiques and open green spaces of Primrose Hill.

Energy Efficiency Rating - C75

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Offering this beautifully bright and lateral two bedroom apartment set on the first floor of this period conversion in prime Primrose Hill. The property comprises of a large reception room with floor to ceiling windows, feature fireplace and wooden flooring. Further benefits include a separate fully fitted modern kitchen, two double bedrooms and two brand new contemporary bathrooms (one en-suite shower room).

Energy Efficiency Rating - C76

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Presenting this bright and spacious three bedroom apartment occupying the entire first floor of this attractive period conversion in Primrose Hill. Boasting a large reception room ideal for entertaining with high ceilings and feature fireplace, separate fully fitted eat-in kitchen, three generously sized double bedrooms (two with built-in wardrobes), modern en-suite shower room, additional family bathroom and guest W.C.

Energy Efficiency Rating - D61

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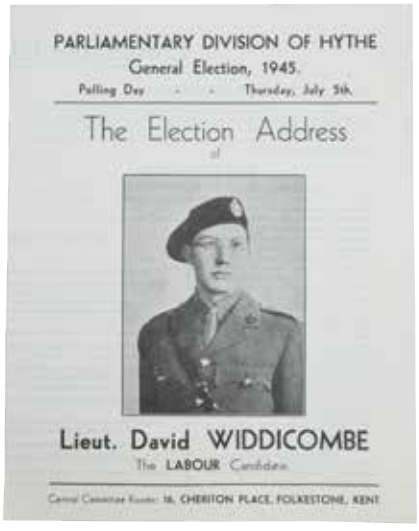
PH People

David Widdicombe



David has lived in this area for over 65 years, and still spends time on Primrose Hill most days of the year. Before settling here, David stood for parliament in a general election and was a founding member and editor of a weekly magazine.

David was born in St Albans, where he went to a school founded in 948. The first of his family to go to university, reflecting the levelling of society during the Second World War, he went up to Cambridge in 1942. A year later, as was the wartime practice, he was called up and joined the army. In the summer of 1945 he was invited by the Fabian Society to stand in the election for the Hythe constituency because the Labour Party was looking for young candidates. He was just old enough to stand, and he had to get leave from the army. In 1945 there had not been an election since 1935. Hythe was a very Conservative area, and it might have been the first time the constituency had had a Labour candidate, but in the post-war swing he came close to becoming an MP, taking 25% of the Liberal vote, 7% of the Conservative vote as well as winning all the new Labour voters. This relatively good result was even more surprising in light of the fact that his agent, the organiser of his campaign, was only 20 years old.


PARLIAMENTARY DIVISION OF HYTHE
General Election, 1945.
Polling Day - - Thursday, July 5th.
The Election Address
Lieut. David WIDDICOMBE
The LABOUR Candidate
Central Committee Rooms: 18, CHERITON PLACE, FOLKESTONE, KENT

After another year in the army before he was demobbed, David was able to return to his studies, deciding to read law so that he could earn a living. During that first year he became

friends with a slightly older American student, Harry Newman, who felt that the undergraduates ought to have a newspaper as all student publications had ceased during the war when newsprint was rationed. In October 1947 they launched *Varsity*, a weekly newspaper. It was a multinational effort, with a Canadian, an American, a Hungarian and an Indian actively involved, as well as Britons such as Jonathan Routh, who later made his name as the presenter of Candid Camera. In January 1948, David was appointed editor, the second person to hold that position; since then there have been over 100 editors.

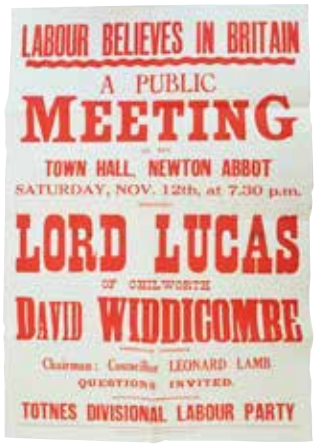


David maintained his interest in politics and was President of the Cambridge University Labour Club. When preparations for the 1950 general election began, he was asked by the party's National Executive Committee to stand. His friend Harry Lee (aka Lee

"The Devon audiences were intrigued to see a Chinese speaking for a British Labour Party candidate. David had been soundly trounced. But he made a brave speech, and his victorious opponent a generous one, encouraging him to fight another battle in some other constituency.

Kuan Yew, recognised as the founding father of an independent Singapore and Prime Minister 1965-90) had some interesting comments in his autobiog raphy about this election contest.

"In February 1950, while I was still at Tintagel, David Widdicombe, one of my Cambridge friends, stood for the rural seat of Totnes in Devon, an hour and a half away by train. He needed a driver for his truck and a general assistant. We were both put up with Labour supporters... I learned how to



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...and when a councillor was forced to stand down because of a breach of these rules, it was described as being 'widdicombed'.





campaign and made several speeches at small schools and church halls… The Devon audiences were intrigued to see a Chinese speaking for a British Labour Party candidate. David had been soundly trounced. But he made a brave speech, and his victorious opponent a generous one, encouraging him to fight another battle in some other constituency. It was useful experi ence in politics at constituency level."

Moving to this area of London so that he would be conveniently near to the Law Courts, David took his bar exams as a member of the Inner Temple. Harry Lee joined him, as he was a barrister at the Middle Temple until 1959.

Led by his political convictions, David became a specialist in government administration, a vital sector of the law because if any level of government is not seen to be just, people lose confi dence in their institutions. David became a Queen's Counsel and later a Recorder and a Deputy High Court judge. He took on many cases both in the UK and overseas, in places like Hong Kong and the Caribbean that were still subject to British law. He also edited the standard reference work on council rates. Perhaps the time when most people would have been aware of of his work was when he chaired the inquiry into the conduct of Local Authority business following the outcry over Dame Shirley Porter's leadership of Westminster City Council. New standards were set by the committee, and when a councillor was forced to stand down because of a breach of these rules, it was described as being 'widdi combed'.

David is a keen reader of *On The Hill* and hopes it will survive as long as the newspaper he helped to found, which has a similar kind of ever-changing readership. *Varsity* celebrates its 70th anniversary next year!

Photography: Sarah Louise Ramsay

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Primrose Hill's Poisoned Air

"I have drilled down into the figures, and I reckon that 250 people die in Camden every year from the effects of air pollution," MP Keir Starmer told a packed meeting at the Community Centre on Tuesday 11 October. "If something mysterious was killing that number of people, there would be an outcry," he went on.

The meeting was organised by PHCA and Transition Primrose Hill, a local green group which carried out NO2 monitoring around Primrose Hill in the spring. All the monitors showed readings substantially over the WHO safe limit of 20 micrograms per cubic meter, and no fewer than 15 out of the 20 sites gave a reading of over 40, which is presently illegal under EU law; even the top of the hill had an average of 36 over the four weeks researched.

The first speaker was Andrew Grieve, Senior Air Quality Monitor at King's College London. The map he showed us made clear that NO2 levels go up the nearer the centre of London you are. The other clearly visible centre of pollu tion was Heathrow. Diesel from cars is the main source of NO2, although fixed machinery on construction sites and gas boilers also contribute.



Caroline Russell, vice chair of the Greater London Authority's Environ ment Committee, is obviously passionate about this subject. She told us how the new London mayor, Sadiq Kahn, is bringing forward plans for higher congestion charges on more polluting vehicles; a project to put the cleanest buses on the most polluted routes, while the whole fleet is updated; and incen tives for cabbies to buy new electric taxis from 2018. Caroline reported overwhelming support for extending the Ultra Low Emission Zone out to the North and South Circular in the recent public consultation.

However, she pointed out that, in reality, to tackle the problem meant that we all had to change our habits

Year 5 pupils giving their air monitoring presentation



Installing a pollution monitor, Regent's Park Road



The stars of the evening were a group of Year 5 children from Kentish Town C of E Primary School, who presented their project to monitor air quality in the school playground.

and drive less, a hard thing for politi cians to sell in the face of the lobbying and financial clout of the car industry.

LB Camden's Air Quality Officer, Adam Webber, gave an overview of the new Camden Air Action Plan. He also spoke about the probable effects of HS2 construction and traffic: there is still no commitment that the spoil from the excavations will go out by rail rather than road, which would mean 800 lorry movements a day.

The stars of the evening were a group of Year 5 children from Kentish Town C of E Primary School, who presented their project to monitor air quality in the school playground. They showed a film which compared exposure to NO2 during five journeys from Russell Square to Camden Town: by bus, taxi, private car, bicycle and on foot. The private car and taxi gave double the exposure compared to the bike and walking, and the bus was also high. The children finished by challenging every one to write down a pledge of how they personally were going to cut air pollution.

Keir Starmer, now the shadow minister for Brexit, is taking air pollution extremely seriously. He stated that there was no reason why DEFRA should not agree lower limits for air pollution, even before we leave the EU.

The evening finished with questions to the panel (many of which evidenced the anguish being caused to residents of Primrose Hill and Somers Town by plans for HS2). There was then a chance to mingle with politicians and experts over a glass of wine.

What can you do?

Let politicians at every level know that air pollution is important to you.

Drive less! Most car journeys in London are under 2 miles. Website **www.walkit.com** gives low pollution walking routes and tells you how long they take; **www.livingstreets.org.uk** gives lots of ideas for promoting walking to school.

Join in Vehicle Idling Action Days; find out more on: **www.projectdirt.com/cluster/vehicleidlingproject**

Email: **transitionprimrosehill@gmail.com** to link in to further local air pollution projects and other green activities.

Doro Marden





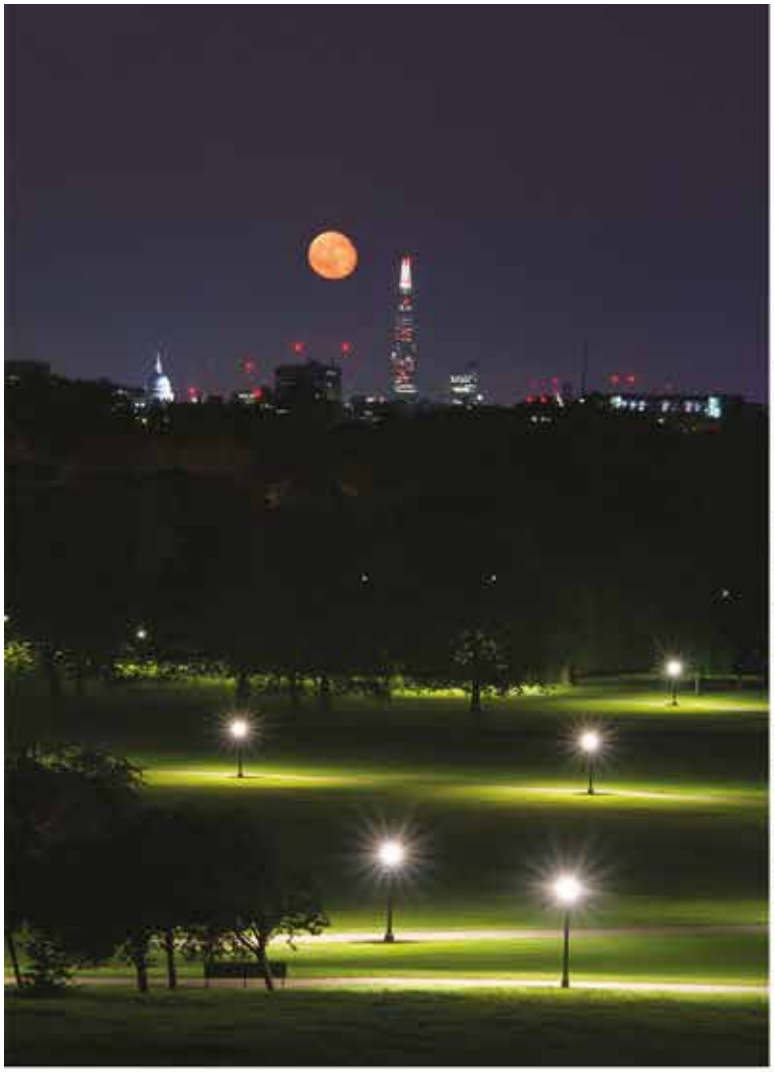


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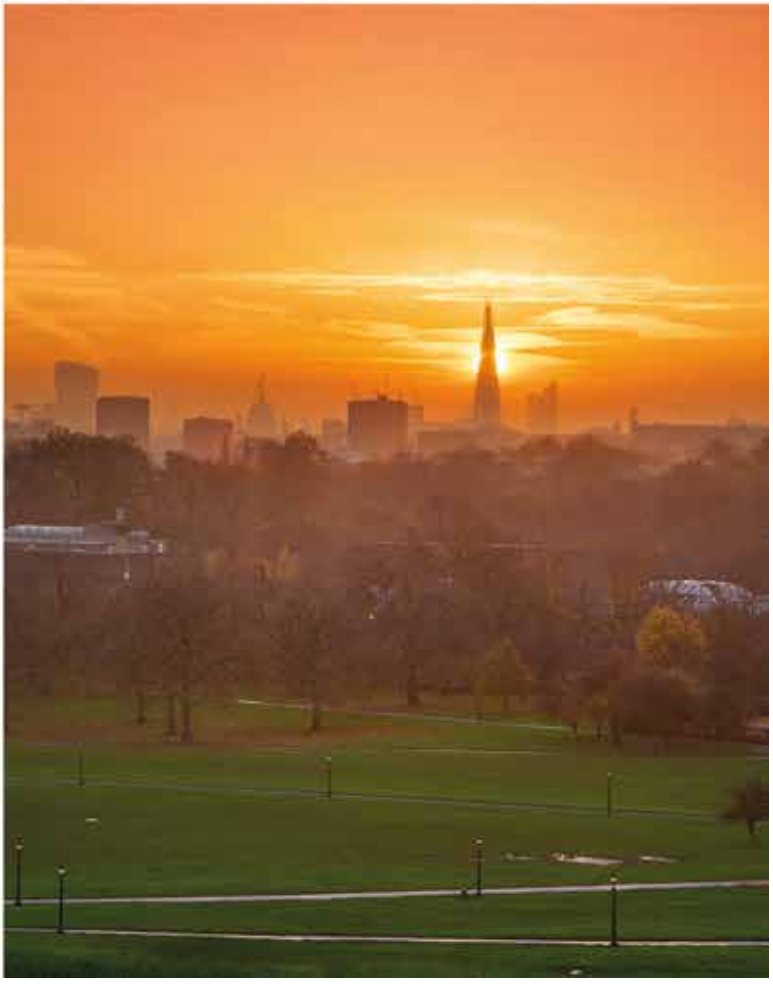












Photography by Lars Christiansen.
View the whole Primrose Hill collection on onthehill.pics

Primrose Hill Eats

Kombucha



Photography: Sarah Louise Ramsay

The Wild Fizz kombucha stall at the farmers' market is creating quite a stir with its range of refreshing botanical tea drinks. Kombucha is a raw, low-calorie sparkling ferment that promotes many health benefits, such as increased gut health and higher energy levels. Like home-made yoghurt, once you have made your first batch, you will have all you need to make another.

Gina the Wild Fizz kombucha queen has agreed to share her recipe, and would love to hear how you get on. **Wave a copy of this magazine at her stall and you will be rewarded with 50% off a bottle of Gina's own brew!**

'SCOBY' stands for symbiotic culture of bacteria and yeasts. During fermen tation it digests the sugar to produce all the beneficial acids, enzymes and probiotics that make kombucha so special. They are available online – but do make sure, as with all the other ingredients, that you buy organic. The SCOBY forms a new layer with each ferment, so you only need to purchase it once.

Gina says: "Making kombucha is not very hard. It does, however, require love, attention and dedication. If you are willing to give kombucha all these things, you will be rewarded with all things delicious in return. My recipe is simple, but took months to perfect because kombucha is quite fussy. Follow my instructions and you will be enjoying this drink every week from the comfort of your own house. Failing that, come and buy mine!"

This recipe makes 4 litres.

Ingredients

200g sugar
16 g tea / 8 teabags of your choice
1 SCOBY
200 ml kombucha (starter liquid)

Equipment

5-litre glass jar
A piece of muslin cloth
A rubber band

Boil 3.8 litres of water and add the sugar and tea or teabags. Brew for 20 minutes or to taste.

Cool the tea to room temperature, give it a stir, and then add the SCOBY and starter liquid.

Cover the jar with muslin and secure it with a rubber band.

Leave the jar in a warm room and check on it every day. SCOBY forms a white layer on the surface which gets thicker over time. After a week has passed, you can check the taste. It will be sour at first, and then over time become fizzier. The length of time you leave it depends on preference.

Once the brew is fizzy and tart and you are happy with the taste, decant the kombucha into an airtight container. This will provide more carbonation (fizz) which forms in anaerobic conditions. Retain 200 ml as starter liquid for your next batch, along with the SCOBY.

At this stage you can flavour the kombucha. Chop up whatever you fancy and throw it into the container. Foods which work well are ginger, turmeric, apple and raspberry. Pineapple is good too, but will make it super fizzy.

Refrigerate; the longer you leave your kombucha the fizzier it will become.

Start your next batch…



www.wildfizzkombucha.com

What's On

Dates to put in your November diary

TUESDAY 1

Film Show at the Library
The smash-hit comedy, *A Fish Called Wanda* (1988), starring John Cleese, Jamie Lee Curtis and Kevin Kline, directed by Charles Crichton. PHCL. 7.30pm. £8 including a glass of wine.

WEDNESDAY 2

Author Talk: Emma Tarlo
Entanglement: The Secret Lives of Hair. PHCL. 7pm-9pm. £2 suggested donation. Contact: events@phcl.org

Camden Arts Centre
We visit Camden Arts Centre for two current contemporary art exhibitions. Meet at Camden Arts Centre, Arkwright Road, NW3 6DG, 2pm. Tel. 020 7483 4848

THURSDAY 3

PHCA Annual General Meeting.
Drinks and nibbles will be available from 7pm with AGM business starting at 7.30pm. The AGM will be followed at 8.30pm by a guest speaker.
Tel: 020 7586 8327
E-mail: info@phca.cc

Concert at Cecil Sharp House
Celebrates those folk collectors memorialised with blue plaques: Cecil Sharp and Percy Grainger, and the enormous input that musicians and composers have made to the life and arts of London. The stellar group of artists include Stick in the Wheel, Sam Carter and Lisa Knapp and Jack Harris. 7.30pm. Tickets £15, or £10 youth price. Contact: www.efdss.org/songsforlondon

SATURDAY 5

Over 60s bingo
Hosted by sixth formers, Haverstock School, 24 Haverstock Hill, 2pm. 60p, or £3 for 6 games. Free refreshments and raffle. Tel. Nikki, 020 7424 8366 to book.

TUESDAY 8

Bench to Bench Walk, Primrose Hill
For over 60s. Bring your freedom pass! Meet Chalk Farm station 1.30pm. Free. www.kove.org.uk
Mel: 0753 90786

Patient Participation Group
PHCL. 6pm-9pm. Free. Contact: events@phcl.org

Friends of Chalcot Square Gardens AGM
PHCL. 7pm-9pm. Free. Contact: events@phcl.org

WEDNESDAY 9

Elizabethan Camden
In the 400th anniversary year of the death of Shakespeare, this illustrated talk by archivist Tudor Allen examines life in Elizabethan times in the area known today as the London Borough of Camden. PHCA. 2pm. Free. More info from PHCA.

FRIDAY 11

On Bouge – French and Breton dance and music club.
PHCA. 7pm-10pm. Contact: Chris, 020 7639 6635

SATURDAY 19

Concert at St Mark's Square
Royal Free Music Society and the Zemel Choir, together with the Hampstead Sinfonietta, perform Haydn's Creation, with conductor Benjamin Wolf. St Mark's Church, St Mark's Square, London NW1 7TN. 7.30pm. £15. Tickets from www.zemelchoir.org/tickets

Warming Winter Yoga Workshop
Stretch and strengthen the body and centre and calm the mind before the Christmas season. A special flowing yoga practice followed by tea, delicious cakes and conversation. PHCA. 4-6pm. £25. Contact: carolineshawyoga@gmail.com, www.carolineshawyoga.com

Open Mic
PHCL. 5.30pm-7.30pm. Donations welcome. Contact: events@phcl.org

MONDAY 21

Camden Cycling Campaign
PHCA. 6pm-9.30pm.

WEDNESDAY 23

An Afternoon of Poetry
Followed by a talk by a surprise speaker. PHCC. 7pm for 7.30pm.

THURSDAY 24

Library book club
Elena Ferrante, My Brilliant Friend. PHCL. 6.45pm-8.15. Contact: events@phcl.org

SATURDAY 26

St Paul's School Christmas Fair
Santa's grotto, mulled wine, homemade food, tombola, wreaths, gifts and raffle prizes. Elsworthy Road. 12-3pm

SUNDAY 27

Craft Fair
Local artisans sell their wares. PHCL. 11am-5pm. Free entry. Contact: events@phcl.org

WEDNESDAY 30

Suffragette
Screening of Suffragette, inspired by the true story of Emmeline Pankhurst and the Suffragettes, with Carey Mulligan and Meryl Streep. PHCA. 2pm. Free. More info from PHCA

ALL NOVEMBER TUESDAYs AND WEDNESDAYs

Discounted wines at L'Absinthe
Tuesday 30% OFF all Burgundy wines
Wednesday 30% OFF all Bordeaux wines
with a lunch or evening meal.

REGULAR EVENTS FOR THE GROWING

MONDAY

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

Circus Glory
Trapeze for age 3-12 years. PHCA. 3pm-6.30pm. Contact: gmonastesse@-googlemail.com

Perform
Drop-in for under 5s. PHCL. 10.30-11.15am. £2 suggested donation. Contact Julie Davies: 020 7419 6599

Rhyme Time
Drop-in rhyme time for under-5s. PHCL. 10.30–11.15am. £2 suggested donation. Contact: 020 7419 6599

Homework Help Club
Helping over 5s with their homework. PHCL. 4pm-6pm. Free. Contact Julie Davies: 020 7419 6599

TUESDAY

Monkey Music
Music and play for under-5s. PHCC. 9.30–11.30am. £11 per class.

Baby Sensory
PHCA. 1.30pm-5.15pm.

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

Children's Yoga
PHCL. 4.15-5.15pm. £8 drop-in or £25 for 4 classes. Facebook: bigandlittleyoga

WEDNESDAY

Circus Glory
Trapeze for age 3-12 years. PHCA. 2.30pm-6.30pm.
Contact:
gmonastesse@googlemail.com

THURSDAY

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

Drop-in for Under-4s
Drop in and take part in a variety of activities. PHCA. 11.15am-1pm. £2.50 to include snack, tea and coffee for mums.

Catherine's Ballet, Chalk Farm School of Dance for Under 5s
Ballet classes at PHCA. 4pm-5pm.
www.chalkfarmschoolofdance.co.uk
info@chalkfarmschoolofdance.co.uk

Music and Rhyme Time for Under-4s
Drop-in at PHCA. 4.30pm-5pm. £1

Strings Club - Guitar lessons
For ages 4-11. PHCL. 4pm-6pm. For cost: sarah@thestringsclub.org

Mini Mozart Musical story time for children
PHCL. 9.30am-11am. For cost, contact: hello@minimozart.com (break on 27 October)

First Class Learning
Extra English and maths tuition. PHCL. 3.30pm-6.30pm. For cost: primrosehill@firstclasslearning.co.uk

FRIDAY

Circus Glory: trapeze for 3–12 years old
Trapeze for age 3-12. PHCA. 2.30pm-6.30pm. Contact:
gmonastesse@googlemail.com

POSITION ONLY

What's On

Funky Dance Classes
Age 4-16. PHCA. 4pm-6.45pm. Contact: Juliet 0797 1916174 www.pittapattadance.co.uk Juliet@pittapattadance.co.uk

Homework Help Club
Helping over-5s with their homework. PHCL. 4–6pm. Free. Contact: Julie Davies 020 7419 6599

SUNDAY

Perform
Drama, dance and singing for age 4-7. PHCA. 9.30am-1pm. Contact: 020 7209 3805

REGULAR EVENTS FOR THE GROWN

MONDAY

Beginners' Bridge
Bridge class for beginners / intermediates. PHCL. 7pm-9pm. For cost, contact: Jo Jarrold, jojarrold@gmail.com

Neighbourhood Information
Drop-in session for advice on local issues. PHCL. 2pm-4pm. Free. Contact: 020 7419 6599

ACOL Bridge Club
PHCA. 1.45–3.45pm. £3

Circus Glory: Trapeze for adults
All levels welcome. PHCA. 1.30pm-2.45pm. Contact: gmonastesse@googlemail.com

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

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

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

TUESDAY

ESOL Course
Drop-in session for those who need help with their English. PHCL. 12pm-1.30pm. Free. Contact: 020 7419 6599

Pilates
9–10.15am (dynamic), 10.15–11.30am (dynamic) 11.30am–12:30pm (gentle). PHCL. £12 (ten sessions for £100). Contact: lizacawthorn@gmail.com

Keep Fit for the Over 60s
PHCA. 3pm-4pm. Free.

Hatha Yoga
PHCA. 1.30pm-2.30pm. Drop-in £11 / 5 classes £50 / 10 classes £90. Contact: emma.lecoeur@gmail.com

General Yoga
PHCA. 6.30pm-8pm. Contact: cat.b1@blueyonder.co.uk

Laban Movement Workshop
For those interested in practicing and exploring Rudolf Laban's Scales and Efforts. PHCA.12pm-1pm. £10. Contact: jennyfrankel.laban@gmail.com, 07970 536643

WEDNESDAY

Beginners' Bridge Classes
PHCL. 7pm-8.30pm. £10 per class. Contact: jojarrold@gmail.com

Circus Glory: Trapeze for Adults
All levels welcome. PHCA. 1.15pm-2.15pm. Contact: gmonastesse@googlemail.com

Lunch Club for the Over-50s
Freshly cooked, hearty meals every Weds and Fri at Jacqueline House, Oldfield Estate. 12.30pm. £4 for two courses. Contact: PHCA 020 7586 8327.

Feldenkrais
Gentle movement using the Feldenkrais method. PHCA. 5.30pm-6.30pm. Free.

Sing From Your Heart
"We are all able to sing." Each of us has a voice, so you don't have to be trained or a fabulous singer. You just need to like to sing. It is amazing what happens when people join together in song. No matter how many of us say they can't carry a tune, magically it sounds terrific. . .PHCA. 8pm-9.30pm. Cost £7. Email Sarka: saraelias777@gmail.com www.facebook.com/groups/SFYH1/

THURSDAY

Yoga
Drop-in yoga class. PHCL. 9.30am-10.30am. £10 per session or £36 for four classes. Contact: Arjeta Whitehouse arjeta.whitehouse@gmail.com

Gentle but Effective Pilates
PHCL. 12.30-1.30pm. £10 per session. Contact: Annie MacDonald, annie@mactherapy.org

Yoga for Seniors
PHCA. 1.45pm-2.45pm. Free. Contact: 020 7586 8327

Narcotics Anonymous
PHCA. 1.30pm-3.45pm. Free.

Primrose Hill Yoga
Strengthen, stretch, relax and re-energise. PHCA. 5.30pm-6.30pm. £38 for series or £11 drop-in. Student and unemployed discount available. Contact: carolineshawyoga@gmail.com

Life Drawing
Beginners to professionals, just drop in! PHCA. 7pm-9.20pm. £8 or £6 concession. http://www.meetup.com/Primrose-Hill-Life-Drawing-London Instagram: @lifedrawingph phlifedrawing@gmail.com

Big and Little Yoga
For mothers and babies. PHCL. 1.45pm-2.45pm. £8 drop-in or £25 for four classes. Facebook: bigandlittleyoga

Meditation Yoga
PHCL. 6.30pm-8pm. (Only Thurs 10 and 24 Nov.) For cost, contact: ellenemmett@hotmail.com

FRIDAY

Mums' Mornings
A chance for mothers and babies to meet each other. PHCL. 10.30am-11.30am. £2 suggested donation. Contact: 020 7419 6599

Adult art classes
In Primrose Hill village private house. 10.30am-12.30pm. Contact: info@art-buddies.com

Lunch Club for the Over-50s
Freshly cooked, hearty meals every Weds and Fri at Jacqueline House, Oldfield Estate. 12.30pm. £4 for two courses. Contact: PHCA 020 7586 8327

Circus Glory: Trapeze for Adults
All levels welcome. PHCA. 1.30pm-2.45pm. Contact: gmonastesse@googlemail.com

Thunderclap –varied dance themes
PHCA. 7.30pm-9.30pm. Free, just drop in.

SATURDAY

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

SUNDAY

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

Please submit entries for our December edition by Friday 4 November onthehillwhatson@phca.cc

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

PHCL
Primrose Hill Community Library Sharpleshall Street, NW1 8YN
Contact: events@phcl.org 020 74196599



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Blessed Penquins



Pictures, courtesy of Jasmine Montgomery, from the Zoo
for the St Francis-Tide service last Sunday.
Are the clergy giving a penguin impression, or is it the other way around?

Say not the struggle nought availeth,

Say not the struggle nought availeth,
The labour and the wounds are vain,
The enemy faints not, nor faileth,
And as things have been they remain.

If hopes were dupes, fears may be liars;
It may be, in yon smoke concealed,
Your comrades chase e'en now the fliers,
And, but for you, possess the field.

For while the tired waves, vainly breaking
Seem here no painful inch to gain,
Far back through creeks and inlets making,
Comes silent, flooding in, the main.

And not by eastern windows only,
When daylight comes, comes in the light,
In front the sun climbs slow, how slowly,
But westward, look, the land is bright.

Arthur Hugh Clough

Arthur Hugh Clough has a blue plaque in St Mark's Crescent, (see the article in OTH no 19, August 2016).
This poem might give encouragement to campaigners against HS2!

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Monday to Friday

Q&A

My Primrose Hill

Emma Tarlo on Entanglement

On Wednesday 2 November at 7pm, local author Emma Tarlo will speak at Primrose Hill Community Library about her new book, *Entanglement: The Secret Lives of Hair*. We asked her about its fascinating subject:

Q. Why a book about Hair?

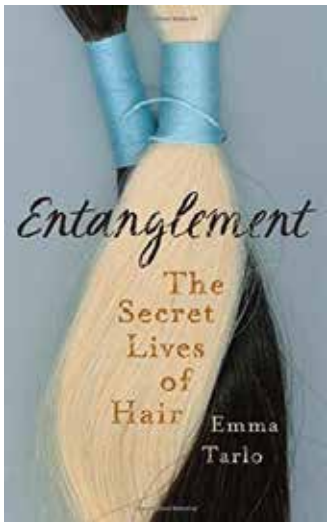
A. Hair is a rather extraordinary part of us. It is seductive when attached to our heads, but disturbing once disconnected. We associate it with life, health and beauty but it is technically dead. We think of it as intimate and personal, yet it is traded around the world on a massive scale, forming part of a billion-dollar industry. I became fascinated in tracing its journeys from the moment it is collected up in countries such as India, China and Myanmar to the moment it becomes attached to someone else's head on the other side of the world.

Q. Who buys hair?

A. Many fashion-conscious women wear hair extensions to increase the length or bulk of their hair; but the market also caters to particular groups for whom hair has special importance – people with medical hair loss, orthodox Jewish wig-wearers and black women. In each of these contexts hair acquires new meanings.

Q. Black hair is a particularly controversial business, isn't it?

A. Yes, many black women spend a lot of time and money on hair – whether on extensions, braids or chemical straighteners. Others espouse the 'natural hair' movement, which is about appreciating natural textures and rejecting what are seen as white beauty norms. There are complex psychological and political debates around black hair, but it is also a domain of great creativity and fun. This aspect came out strongly when I attended a hair convention in Jackson, Mississippi in the USA, where the research for Entanglement began.



Q. And looking globally still, most human hair comes from China, doesn't it?

A. China is the world's biggest centre for wig and hair extension factories. It collects hair both from its own population and from other Asian countries such as India, Myanmar, Bangladesh and Vietnam. But hair sold in the UK is almost never advertised as Chinese, owing to negative perceptions of things made in China. Much of the 'Brazilian', 'Peruvian' and 'Malaysian' hair on the market is in fact Chinese in origin.

Q. What about white hair?

A. There is very little demand for white or grey wigs. However, in New York I did meet a Jewish wig-maker in her eighties who was making a white beard for an old Orthodox man with hair loss. Interestingly, she was using yak hair!

Q. You also explore the psychological feelings around wigs.

A. Yes, hair loss, whether from chemotherapy or alopecia, can be very traumatic. For some people wigs offer the welcome possibility of normality; for others they feel like an uncomfortable form of disguise. Incorporating someone else's hair is not a simple matter.

PRIMROSE HILL COMMUNITY LIBRARY

Come and hear more when Emma speaks at the Primrose Hill Community Library on Wednesday 2 November Wednesday 2 November at 7pm.

From fashion and beauty, to religion, politics and cultural identity, this book explores the many meanings of hair. It tracks the global journeys of hair across Asia, where it is collected in bulk and made up into wigs and hair extensions for export all over the world.

Full of surprising revelations and insights, it could change forever the way you see hair.

With wine, kindly donated by JC of l'Absinthe. And then buy the book!



Emma Tarlo is a great speaker and writer; she is Professor of Anthropology at Goldsmiths, University of London.

PHCL
Sharpleshall Street, London NW1 8YN
tel. 0207 419 6599
www.phcl.org
£2 at the door

Brenda Stones

PH Wellbeing

Ward off Winter Bugs

Whether or not you opt for a flu jab, there are plenty of home-made remedies you can use to strengthen your immune system and help you keep colds and flu at bay this winter.

The best remedy to boost your immune system and prevent colds is **ginger.** Use in food, or make a tea. You can also add **cinnamon, lemongrass** or **cardamom** to teas.

If you've gone down with a cold, boil some **ginger** and pour into a bowl with a few drops of an essential oil, such as **thyme** or **eucalyptus**. Put a towel over your head and inhale the steam.

Garlic will boost the immune system and prevents colds (and Hallowe'en vampires!).

Cinnamon and **honey** will fight off coughs and congestion. Mix a teaspoon of honey with a little cinnamon, and suck it straight from the spoon.

Make **bone broths**. They're jammed full of nutrients. Put a chicken carcass (or other bones) into a pan and cover with water. Add apple cider vinegar or a tomato to leach the minerals from the bones. Add carrots, peppercorns, celery or stubs of left-over parmesan to add flavour. Bring to the boil and simmer for a couple of hours.

If you feel a cold coming on, make a **warming soup** from as many green vegetables as you have available (kale, green beans, broccoli, cabbage). Steam until they're tender, and then add them to your chicken broth.

Turmeric is an immune strengthen ing spice; cook with it or add it to a milky drink.

For a cough, soak half an **onion** overnight in **apple cider vinegar**. The next day take regular teaspoons of the juice.

Gargling with **sage tea**, or **salt**, will help reduce a sore throat.

Echinacea and **vitamin C** are useful to limit the effect of colds and flu once they have begun. Take as soon as you feel the symptoms.

Drink **hot water** with a slice of lemon to clean out the toxins and speed recovery. Drinking **fluids** in general (such as herbal teas, juices and water) will prevent illnesses.

Avoid sugar, as it depresses the immune cells.

Exercise regularly to avoid colds, but if you become ill, take rest or exercise gently.

Keep your feet warm, and have hot foot soaks with added mustard powder.

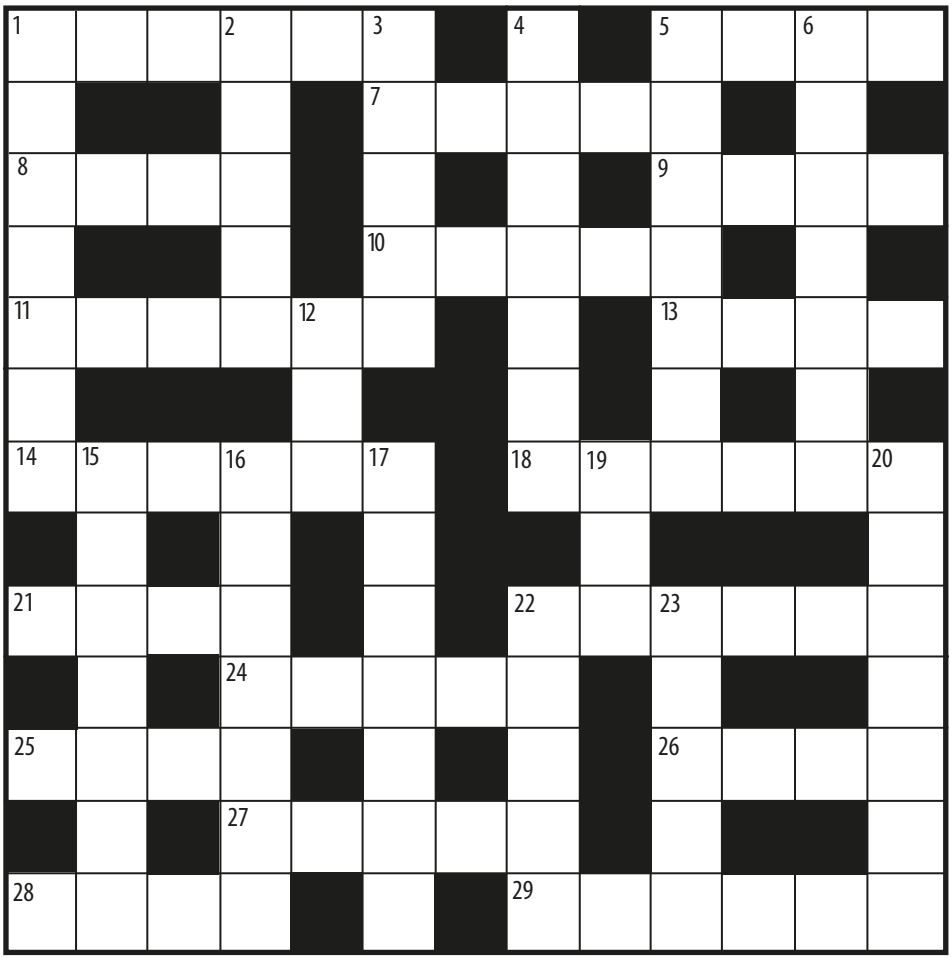
Keep warm and well!

Harriet Broadway



www.recipeshub.com

PH Quick Crossword



ACROSS

1. Emergency (6)
5. Vegetable (4)
7. See 10.
8. African warriors (4)
9. Trial (4)
10, 7. Music venue (5, 5)
11. Apostle's courage (6)
13. Leave out (4)
14. From King Henry's to Park (6)
18. Hook, line, and ? (6)
21. Sweet and sport (4)
22. Bacteria at 61A RPR? (6)
24. Girl's name (5)
25. What does the Community Choir do? (4)
26. Prima donna (4)
27. Stand (5)
28. Eglon? (4)
29. Down in west (6)

DOWN

1. Portuguese city (7)
2, 16. Chalcot Square's previous name (5, 7)
3. County (5)
4. Cloud (7)
5. Disappointment (7)
6. Prim road (7)
12. Shelter (3)
15. Worship (7)
16. See 2.
17. Pity (7)
19. Unwell (3)
20. Perform again (7)
2, 22. School (5,5)
23. Local Place to live (5)

Answers on page 28

PH Passion

Karl Minns



Karl Minns,

writer, actor, resident of Primrose Hill these past eight years, is very well known in Norfolk. Indeed, Adnams the beer company thought him so much Norfolkman that they made him the face of their famous beer on TV, radio and billboard adverts for two years.



His website announces, "Hello, I'm Karl Minns. I'm a comedy writer, performer and full-time bald man. I'm one half of the Norfolk-based sketch comedy duo, the Nimmo Twins, who are neither twins nor called Nimmo, and there are technically three of us," for those of us not familiar with Norfolk.

The duo first came to national atten tion after their show Posh Spice Nude was a sell-out success at the 1997 Edinburgh Festival. In August they presented their 20th anniversary "Normal for Norfolk" show.

"We, that is me and my comedy partner Owen Evans, did seven nights at the Norwich Playhouse followed by four nights at the Theatre Royal."

Karl's long list of achievements includes appearances on BBC 1's Stand Up Show, and the Nimmo Twins became regulars on Radio 4's Loose Ends programme with Ned Sherrin. They toured Britain, played Paris and New York, and had two sell-out years at the Singapore Comedy Festival.

But professionally he is more proud of his scriptwriting achievements, and they are many, including Mouth to Mouth, Russell Howards' Good News, and soon he will be joining the script team on Have I Got News for You.

But here's a funny thing: Karl never planned to be a writer or an actor. "What I love most of all is playing my bass guitar. I play it every day. I need a band because it's desperately sad to do it on your own. Not as sad as a lone drummer, mind. I still fantasise about joining a band. If I could have my way, I would probably be happiest being a bass player in a successful band. But I have to make a living..."

Fortunately for Karl, he is making such a good living as a writer-performer that he decided eight years ago to move to London, where most of the work is; and he chose Primrose Hill because he had been staying with a friend here on regular visits.

Last year the ***Eastern Daily Press*** asked him, "What do you miss most about Norfolk when you're not here?"

"I miss my friends and family, obviously. To be honest, it's the ease of getting anywhere that I really miss. I can be anywhere in Norwich in ten minutes, whereas in London it's a Tube, bus, walk and violent mugging to get to the shops. I miss the big skies and the accent. But I like my total anonymity in London.

"What I don't miss about Norfolk is winter. It's only a few degrees difference betwixt London and Norwich, but I

“It’s only a few degrees difference betwixt London and Norwich, but I fear I’ve become a soft media luvvie in my time here. Whenever I get out of my car, having driven to Norfolk, the wind is like shrapnel. It blinds me.”



fear I’ve become a soft media luvvie in my time here. Whenever I get out of my car, having driven to Norfolk, the wind is like shrapnel. It blinds me.”

Returning to the music theme, I ask Karl if he considered incorporating music into his act. “I do play some comedy songs, but I can’t sing, really, I just can’t sing. But I try.”

So why the bass guitar? “Listening to music, my ear would always hear the bass. That heart-beaty thing. Plus, it only has four strings so it's easy to start, but difficult to master.”

Of course he has his favourite instrument: “It's a 1978 red Rickenbacker, such a cool instrument, and they are very sought after.” Only one? “Well, I also have a very cheap and shoddy Westone Thunder II which I bought when I was 19 from a guy I worked with in a factory. He thought he was going to be conscripted to go to the Iraq war so decided to sell off everything." Karl really likes it too, but “it’s heavy, 12lbs, and has a 24-fret neck, so when hanging from your neck it feels like a ton." That's no joke!

David Lennon



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PH News & Views



Bonfire Night

In the run-up to the bonfire night and festive period The Royal Parks and Camden Police are reminding people not to bring fireworks or paper lanterns to Primrose Hill.

Visitors to Primrose Hill are welcome to enjoy the views and watch the firework displays taking place across the capital but the personal use of fireworks and lanterns is prohibited under Park Regulations. Mark Bridger, Assistant Park Manager for Regent's Park and Primrose Hill, said: "The summit of Primrose Hill has wonderful views across London and we welcome anyone who wants to enjoy the park and watch the various firework displays being held across the capital. From October 30 to November 8 police will be monitoring Primrose Hill and clearing the park by 9pm. Signage will be put up around the park advising visitors of the closing times.

Neighbourhood Watch!

Camden is changing the way in which residents can find out about building changes and other plans that might affect them. Since 1 October 2016, as an economy measure, residents have stopped receiving letters telling them if a neighbour submits a planning appli cation. The most reliable way of contin uing to know what is afoot and being in time to oppose if necessary is to sign up to receive planning e-alerts. On **www.camden.gov.uk/planningalerts**, you can ask to be informed of all new applications, decisions and appeals, on all planning applications within 500 metres of your home, or for the whole of Camden Town with Primrose Hill ward. Notices on lamp posts and in local newspapers will continue.

Ladies of the Lock

A new Women's Institute for Camden, Kentish Town and Tufnell Park was formed this spring. It meets monthly, usually on the first Tuesday of the month, at the Pirate Castle, Oval Road, NW1. Details from **ladiesofthelockwi@gmail.com**.



Food for Thought

Since its opening in 2012, the Chalk Farm Foodbank in the Baptist Church in Berkley Road has fed over 4,000 people. The Bank, a registered charity, provides non-perishable



emergency food for people in crisis. Anyone wanting to access this resource for food, or to donate food, to donate funds, or to volunteer time, please contact Adrienne McPherson on Info@chalkfarm.foodbank.org.uk. Food donations can be brought to the church between 11.30am and 1pm on Saturdays only. Particularly appreciated are pasta sauces, tinned vegetables and fruit, sugar and jam, but also toilet rolls, toiletries such as shampoo, nappies, tin openers, baby food, and sanitary towels. Food donations can also be left in the lobby of Sainsbury's main store in Camden Town.

Chalk Farm foodbank

Local Girl Dances On

Model Daisy Lowe, one of the competitors in this year's Strictly Come Dancing on BBC1, grew up in Primrose Hill. The daughter of singer-songwriter turned designer Pearl Lowe and Gavin Rossdale, lead singer for Bush, Daisy stayed with her grandparents to continue her education at South Hampstead High School when her mother moved away.



Free Offer

The Community Centre has three packages of used postage stamps, GB and foreign, to give away free to young (18 and under) stamp collectors. Send an e-mail headed On The Hill Stamp Offer to info@phca.cc. First come, first served.

Bench to Bench Walks

Gentle healthy-living walks for over 60s with community seating in green spaces are arranged by Kilburn Older Voices Exchange **www.kove.org.uk** free of charge. On 8 November the walk is through Primrose Hill, meeting at Chalk Farm Station at 1.30pm, ending in the Pembroke Castle, led by Myra Newman. Details from **melwillwright@gmail.com**









Digging Up Square Roots

Renovation work is currently under way to the children's play area in Chalcot Square. The current red and blue surface is being replaced with a standard green wetpour that meets health and safety standards. The old red and blue swings will be replaced with wooden-frame bucket swings.



The dilapidated 'bouncies' will be replaced with a wooden seesaw able to take four children at a time. A magni fying box on a pedestal will allow examination of wildlife. The improvements are being jointly funded by LB Camden and The Friends of Chalcot Square. Details from:

friendsofcsg@talktalk.net



1st prize in the raffle at the St Paul's Christmas Fair!



Last years Elves

St Paul's Christmas Fair

Get into the Christmas spirit early by going along to St Paul's school's Christmas Fair on Saturday 26 November. Santa will be sleigh-riding in to hand out gifts in the grotto, and there will be hot home-made food, a cake stall, mulled wine, tombola, Christmas carols, Lucie's wreaths, and gifts kindly donated by local businesses. It's worth a visit for the raffle alone: 1st prize a PS4, donated by Oliver's Town; 2nd prize a Christmas hamper from the Farmers' Market; and 3rd prize a turkey from Barrett's Butchers in England's Lane.





The Albert Pub

Squatters were recently seen gaining entry to The Albert pub and claiming rights to occupy the site. They removed fixtures and fittings from the pub, and called cab companies to collect them. Police were called but they said the incident was a civil matter. It is believed the pub has now been made secure, although much loved prints and pictures have been taken.





St Mary's Annual Barn Dance

Checked shirts and cowboy boots were de rigueur at St Mary's annual barn dance and supper on Sunday 2nd October. It was a family event, so adults and children do-si-doed to live music from house band 'Cut a Shine' and ate a supper of home-made food. The proceeds of the evening went towards St Paul's School and the Friends of St Mary's community projects.



See who else turned up to do-si-doe on our back page

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EATING & DINING | FOOD & DRINK RETAIL | HOME | FASHION | BEAUTY & WELLBEING | SPECIALIST | IMPORTANT PLACES

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2 Erskine Road,
NW3 3AJ
020 7586 6366
joprim@hotmail.co.uk
Mon–Sat 09.30–18.00
www.primuk.com

14 LISA HAUCK HAIR & MAKE-UP
148 Gloucester Avenue,
NW1 8JA
020 7722 1043
info@lisahauck.com
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Sat 9.00–18.00
www.lisahauck.com

25 WHITES HAIRDRESSERS
42 Chalcot Road,
NW1 8LS
020 7586 5850
cait.whitesofprimrosehill@gmail.com
Mon–Sat 11.00–19.00
Thurs 11.00–20.00
www.whitesofwhitecross.co.uk

29 GARRY TRAINER CLINIC
65 Princess Road,
NW1 8JS
020 7722 6203
garry@garrytrainer.com
Mon–Fri 07.00–20.00
Sat 09.00–17.00, Sun 09.00–13.00
www.garrytrainer.com

35 AESTHETICS LAB
128 Regent's Park Road,
NW1 8XL
020 7722 5872
info@aestheticslab.co.uk
Mon 09.00–18.00
Tues–Thurs 09.00–19.00,
Fri 09.00–18.00, Sat 10.00–18.00
Sun 10.00–16.00
www.aestheticslab.co.uk

41 NUYU LONDON
9 Princess Road,
NW1 8JN
020 3204 2020
info@nuyulondon.co.uk
Tues–Weds 10.00–19.00
Thurs–Fri 10.00–20.00
Sat 09.30–19.00

45 GARY INGHAM HAIRDRESSING
150 Regent's Park Road,
NW1 8XN
020 7483 1000
info@garyingham.com
Mon–Tues 10.00-19.30
Wed 09.00–19.30
Thurs - Fri 09.00–20.30
Sat 09.00–18.30
Sun 11.00–18.00
www.garyingham.com

48 SHAMPOO HAIRDRESSERS
63 Regent's Park Road,
NW1 8XD
020 7722 9594
alinashala@hotmail.co.uk
Tues–Sat 09.00–18.00
Sun 10.00–16.00

49 PRIVATO HAIR BEAUTY & FASHION
170 Regent's Park Road,
NW1 8XN
020 7586 6887
info@privato.co.uk
Mon–Fri 10.00–19.30
Sat 9.00–18.00
Sun 11.00–17.00
www.privato.uk

2 L'ABSINTHE (ALL DAY) BRASSERIE
40 Chalcot Road,
NW1 8LS
020 7483 4848
absinthe07@hotmail.co.uk
Mon 08.00–16.00
Tues–Fri 08.00–22.00
Sat 09.00–22.00, Sun 12.00–21.00
www.labsinthe.co.uk

11 RIPE KITCHEN
136 Regent's Park Road,
NW1 8XL
07572 480 102
info@ripekitchen.co.uk
Mon–Fri 07.30–18.00
Sat 08.00–19.00, Sun 08.30–19.00
www.ripekitchen.co.uk

17 PRIMROSE BAKERY
69 Gloucester Avenue,
NW1 8LD
020 7483 4222
hello@primrose-bakery.co.uk
Mon–Sat 08.30–18.00
Sun 09.30–18.00
www.primrose-bakery.co.uk

21 ODETTE'S
130 Regent's Park Road,
NW1 8XL
020 7586 8569
info@odettesprimrosehill.com
Tues–Fri 12.00–14.30, 18.00–22.00
Sat 12.00–15.00, 18.00–22.30
Sun 12.00–15.00, 18.00–21.30
www.odettesprimrosehill.com

22 GREENBERRY CAFÉ
101 Regent's Park Road,
NW1 8UR
020 7483 3765
info@greenberrycafe.co.uk
Tues–Sat 09.00–22.00
Sun and Mon 09.00–16.00
www.greenberrycafe.co.uk

24 THE LANSDOWNE
90 Gloucester Avenue,
NW1 8HX
0207 483 0409
info@thelansdownepub.co.uk
Mon–Sat 12.00–23.00
Sun 12.00–22.30
www.thelansdownepub.co.uk

32 LA COLLINA
17 Princess Road,
NW1 8JR
020 7483 0192
info@lacollinarestaurant.co.uk
Mon–Sun 12.00–14.30,
18.00–22.15
www.lacollinarestaurant.co.uk

34 NEGOZIO CLASSICA
154 Regent's Park Road,
NW1 8XN
020 7483 4492
info@negozioclassica.co.uk
Mon–Sun 11.00–24.00
Kitchen closes at 22.30
www.negozioclassica.co.uk

36 MANNA
4 Erskine Road,
NW3 3AJ
020 7722 8028
enquires@mannav.com
Tues–Sun 12.00–22.30
www.mannav.com

46 THE PRINCESS OF WALES
22 Chalcot Road,
NW1 8LL
020 7722 0354
info@lovetheprincess.com
Mon–Fri 11.00–24.00
Sat 09.30–24.00
Sun 09.30–23.00
www.lovetheprincess.com

47 MICHAEL NADRA RESTAURANT, MARTINI BAR AND GARDEN
42 Gloucester Avenue,
NW1 8JD
020 7722 2800
primrose@restaurant-michaelnadra.co.uk
Tues–Thurs 12.00–23.00
Fri & Sat 12.00–24.30
Sun 12.00–14.30, 18.00–22.00
www.restaurant-michaelnadra.co.uk

50 THE ENGINEER
65 Gloucester Avenue,
NW1 8JH
020 7483 1890
Mon–Fri 12.00–23.00
Sat 10.00–23.00
Sun 12.00 -22.30
www.theengineerprimrosehill.co.uk

3 PRIMROSE HILL FRAMING COMPANY
45 Chalcot Road,
NW1 8LS
020 7586 4571
primrosehillframingco@gmail.com
Mon–Fri 09.30–13.00, 14.00–17.30
Sat 09.30–13.00

12 CLIFTON INTERIORS
168 Regent's Park Road,
NW1 8XN
020 7586 5533
rosie@cliftoninteriors.com
Mon–Fri 09.00–18.00
saturday by appointment
www.cliftoninteriors.com

19 CAVE INTERIORS
29 Princess Road,
NW1 8JR
020 7722 9222
georgina@caveinteriors.com
Mon–Fri 09.30–17.30
www.caveinteriors.com

27 PRIMROSE INTERIORS
55 Regent's Park Road,
NW1 8XD
020 7586 6595
info@primrose-interiors.com
Sun–Fri 10.00–17.00

28 JINO DESIGN
Studio 44, Chalcot Road,
NW1 8LS
020 7419 1774
jino@jino-design.com
Mon–Fri 10.00–17.00
www.jino-design.com

33 BESIDE THE WAVE
41 Chalcot Road,
NW1 8LS
020 7722 4161
gallery@beside-the-wave.co.uk
Mon–Sat 10.00–18.00
Sun 11.00–16.00
www.beside-the-wave.co.uk

5 JACK O'SHEA
65 Regent's Park Road,
NW1 8XD
020 7586 0570
les@jackoshea.com
Tues–Sat 09.00–18.00
Sun 10.00–17.00
www.jackoshea.com

6 NICOLAS WINE SHOP
67 Regent's Park Road,
NW1 8XA
020 7722 8576
primrose@spiritedwines.com
Mon–Thurs 10.00–21.00
Fri–Sat 10.00–22.00
Sun 11.00–21.00
www.nicolas.co.uk

POSITIONONLY



16 LA PETITE POISSONNERIE
75a Gloucester Avenue,
NW1 8LD
020 7483 4435
lapetitepoissonneire@gmail.com
Tues–Sat 09.30–19.30
Sun 10.30–17.30
www.lapetite-poissonnerie.co.uk

20 MELROSE & MORGAN
42 Gloucester Avenue,
NW1 8JD
020 7722 0011
Mon–Sat 08.00–19.00
Sun 09:00–17.00

44 BOTTLE APOSTLE
172 Regent's Park Road,
NW1 8XN
020 3805 5577
info@bottleapostle.com
Mon–Fri 11.00–20.00
Sat 10.00–20.00
Sun 10.00–18.00
www.bottleapostle.com

8 ADAM SIMMONDS
87 Regent's Park Road,
NW1 8UY
020 7813 1234
info@adamsimmonds.co.uk
Mon–Sat 10.00–18.00,
thurs 10.00–19.00
www.adamsimmonds.co.uk

9 PRIMROSE HILL PETS
132 Regent's Park Road,
NW1 8XL
020 7483 2023
gail@primrosehillpets.co.uk
Mon 09.30–18.30,
Tues–Sat 09.00 - 18.00
Sun 11.00–17.00
www.primrosehillpets.co.uk

18 RUTH KAYE DESIGN
67 Gloucester Avenue,
NW1 8LD
020 7722 7227
team@ruthkayedesign.com
Mon–Sat 09.30–17.30
By appointment only
www.ruthkayedesign.com

26 SEW MUCH FUN
46 Chalcot Road,
NW1 8LS
020 7722 9889
sewmuchfun@btinternet.com
Mon–Fri 11.00–18.00
Sat 10.00–17.00
www.sewmuchfun.co.uk

31 FITZROY'S FLOWERS
77 Regent's Park Road,
NW1 8UY
020 7722 1066
Mon–Sat 09.00–18.30
Sun 10.00–17.00
www.fitzroys-of-primrosehill.com

40 PRIMROSE HILL DENTAL
61a Regent's Park Road,
NW1 8XD
020 7722 0860 / 07845 0088 240
primrose.dent@gmail.com
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43 ROSE & NORTH FINANCIAL PLANNING & WEALTH MANAGEMENT
142 Gloucester Avenue,
NW1 8JA
0203 627 6297
hello@roseandnorth.com
Mon–Fri 10.0017.00
www.roseandnorth.com

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(orange door)
196 Regent's Park Road,
NW1 8XP
020 7722 0438
info@gallery196.com
Open every day 10.00–18.30
www.gallery196.com

7 SWEET PEA
77 Gloucester Avenue,
NW1 8LD
020 7449 9292
mail@sweetpeajewellery.com
Mon–Fri 10.00–18.00
Sat 10.30–17.00
www.sweetpeajewellery.com

13 KETURAH BROWN
85 Regent's Park Road,
NW1 8UY
020 7586 0512
keturahbrownltd@gmail.com
Mon–Fri 10.30–18.00,
Thurs 10.30–18.30,
Sat 10.00–18.00, Sun 13.00–18.00

15 ZOE AND MORGAN
48 Chalcot Road,
NW1 8LS
020 7586 7419
personalshopper@zoeandmorgan.com
on Fri 11.00–18.00,
Sat 11.00–17.00
www.zoeandmorgan.com

23 ANNA
126 Regent's Park Road,
NW1 8XL
020 7483 0411
anna@shopatanna.com
Mon–Sat 10.00–18.00,
Sun 12.00–18.00
www.shopatanna.com

30 PAMELA SHIFFER
75 Regent's Park Road,
NW1 8UY
020 7483 4483
Mon–Sat 10.00–18.00
Thu 10.00–19.00
Sun 12.00–18.00
www.shop@pamelashiffer.com.

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

37 PRIMROSE HILL SURGERY
99 Regent's Park Road,
NW1 8UR
020 7722 0038

Mon-Wed	09.00–18.00
Thu	09.00– 12.30
Fri	09.00– 18.00

38 PRIMROSE HILL COMMUNITY LIBRARY
Sharples Hall Street,
NW1 8YN
020 7419 6599

Mon	10.00–18.00
Wed	13.00–19.00
Fri	10.00–18.00
Sat	10.00–16.00

39 POST OFFICE
91 Regent's Park Road,
NW1 8UT
Mon–Sun 06:00–22:00

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

Primrose Hill *Letters*

Dear On The Hill,

What can I do about unreasonable noise from the house next door which is currently being gutted? It is Sunday!

Yours sincerely

(Name and address, in Primrose Hill, supplied)

Local authorities have power to control noise and vibration from building sites. Camden Council restricts the hours that noisy work can be carried out from 8am until 6pm, Monday to Friday, and 8am until 1pm on Saturdays. No noisy works should be carried out on Sundays and Bank Holidays. If you wish to report your neighbour's builders there is a form for that on the Camden website.

Ed

Dear Editor,

As an overseas reader of *On The Hill* I always enjoy my monthly read. I do notice, however, that the drawing of a plane towing the heading across the centre of What's On pages bears an uncanny resemblance to a Messer -schmitt 262 which was used to attack British and American bombers over Germany towards the end of WW2. What should we conclude?

Yours faithfully,

Plane-spotter,
Portugal

If you would like to send us a letter please contact onthehillletters@phca.cc

Primrose Hill Laughs

The mistake was to not let go!



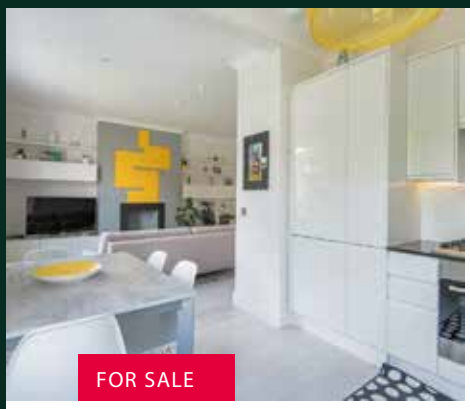
PH Quick Crossword 2 – Answers

ACROSS

1. Crisis 5.Leek 7. House 8. Impi 9. Test 10. Round 11. Bottle 13. Omit 14. Ainger 18. Sinker 21. Polo 22. Plaque 24. Rhoda 25. Sing 26. Diva 27. Easel 28. Mews 29. Sunset

DOWN

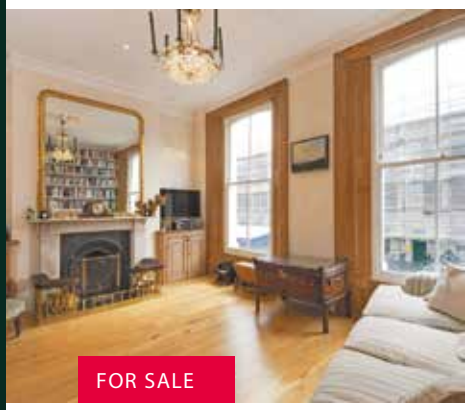
1. Coimbra 2., 16. Saint Georges 3. Shire 4. Cumulus 5. Letdown 6. Erskine 12. Lee 15. Idolise 16. (See 2.) 17. Remorse 19. Ill 20. Reenact 22. Pauls 23. Auden



Harley Road,
Primrose Hill NW3
Guide price: £975,000



Gloucester Avenue,
Primrose Hill NW1
Guide price: £1,475,000



Chalcot Road,
Primrose Hill NW1
Guide price: £1,895,000



Regents Park Road,
Primrose Hill NW1
Guide price: £2,950,000

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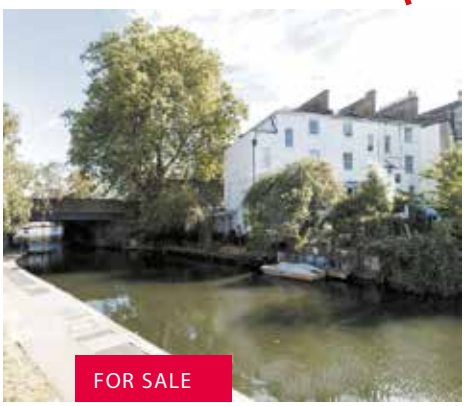
KnightFrank.co.uk/belsizepark
belsizepark@knightfrank.com
020 8022 6087

@KnightFrank
KnightFrank.co.uk
OnTheMarket.com

POSITION ONLY



Chalcot Crescent,
Primrose Hill NW1
Guide price: £3,750,000



Waterside Place,
Primrose Hill NW1
Guide price: £3,850,000



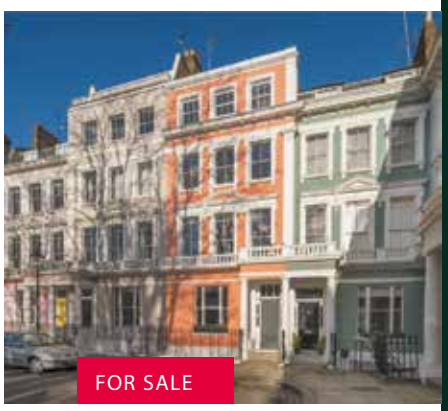
Chalcot Road,
Primrose Hill NW1
Guide price: £3,950,000



Regents Park Terrace,
Camden NW1
Guide price: £4,750,000



Albert Terrace,
Primrose Hill NW1
Guide price: £5,950,000



Chalcot Square,
Primrose Hill NW1
Guide price: £7,250,000

Hello Primrose Hill

See who went to the Barn Dance in St. Mary's Church



Lucie



Debbie, Karan, Jo, Alex & Laura



Tasha & Gaby



Wibs, Bob & Elaine



Paul & Rev Tim



Lorna, Sarah, Bridget & Jeremy



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