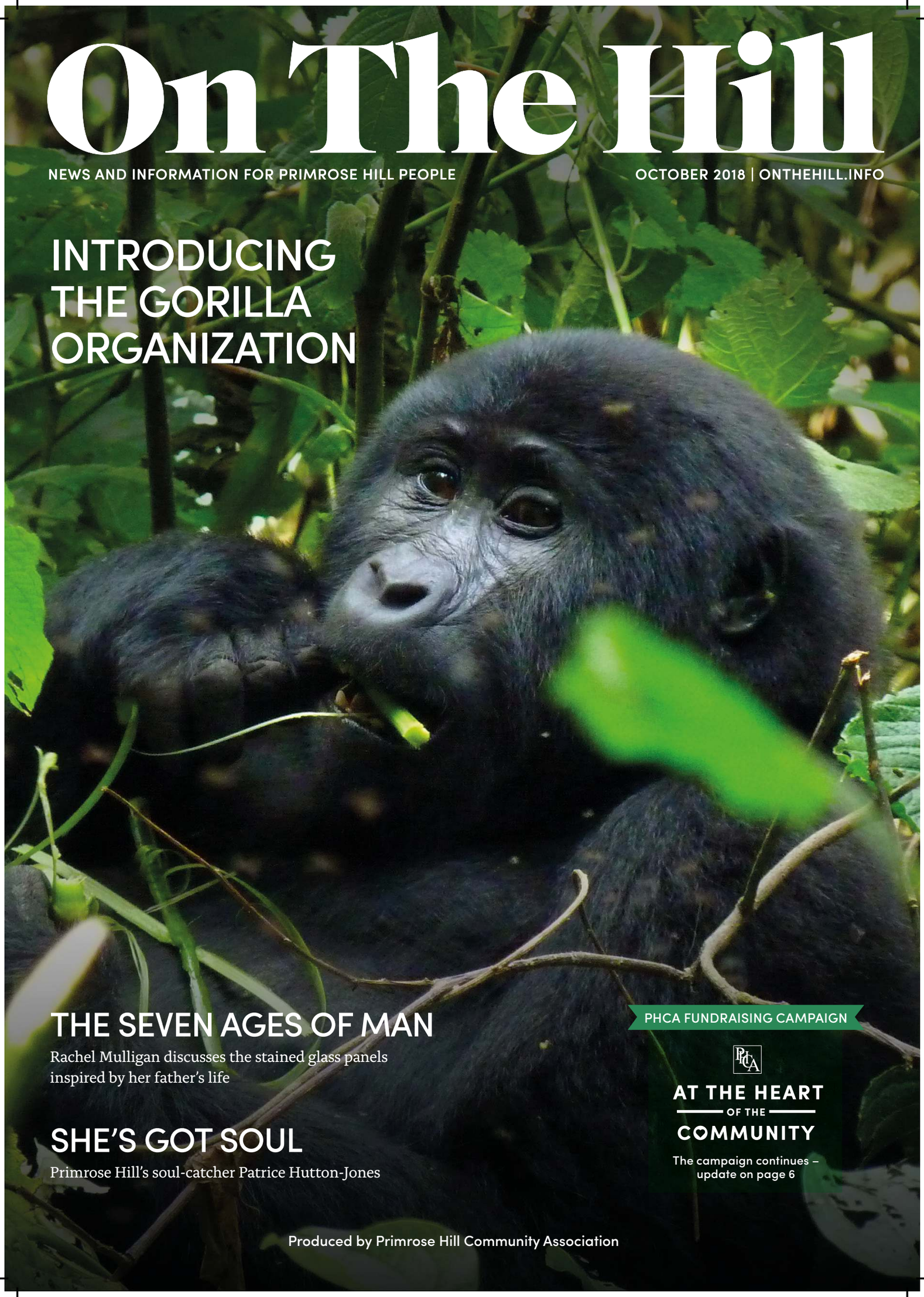
On The Hill

NEWS AND INFORMATION FOR PRIMROSE HILL PEOPLE

OCTOBER 2018 | ONTHEHILL.INFO



INTRODUCING THE GORILLA ORGANIZATION

THE SEVEN AGES OF MAN

Rachel Mulligan discusses the stained glass panels inspired by her father's life

SHE'S GOT SOUL

Primrose Hill's soul-catcher Patrice Hutton-Jones

PHCA FUNDRAISING CAMPAIGN

PHCA

AT THE HEART OF THE COMMUNITY

The campaign continues – update on page 6

Produced by Primrose Hill Community Association



HARRIET KELSALL

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October 2018

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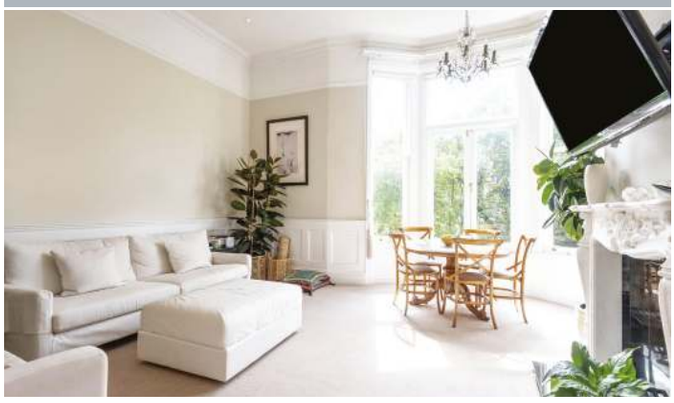
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Sales

020 7043 4433

£899,950 Share Of Freehold



Primrose Hill, NW3

An elegant two bedroom lateral apartment, situated on the raised ground floor of an imposing period residence, located on one of Primrose Hills most sought after roads. This charming property approached through the original entrance of the house, boasts many period features including high ceilings and bay windows. This apartment comprises of a grand reception room, a generous principal bedroom, further bedroom, separate modern kitchen, family bathroom 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 - D63

2 1 1

OIEO £2,000,000 Share Of Freehold



Primrose Hill, NW3

A sensational three bedroom split level apartment with a westerly facing garden located on one of Primrose Hill's most desirable roads. This outstanding property is situated in an imposing period residence offers approximately 2078 sq ft of flexible living accommodation with a superb 21 ft kitchen/dining room leading directly into a private garden. The ground floor also comprises a separate reception room with direct access to a patio and a cloakroom. The lower ground floor offers three striking bedrooms all with en-suite shower rooms and ample storage, the principal of which benefits from a large walk in wardrobe.

Energy Efficiency Rating - D67

3 3 2

Lettings

020 7043 3333

£435* pw Furnished or Unfurnished (£1,885 p/m)



Camden, NW1

A bright and airy two bedroom garden apartment set in a period conversion in the Camden Square conservation area. The property comprises a reception/dining room, fully fitted kitchen, one double bedroom and one single bedroom/study, family bathroom with separate shower and access to a private front and rear garden. Further benefits include wood flooring throuhgout the property, its own private entrance and good storage, whilst Camden Town Station (Northern line) and Caledonian Road Stations (Piccadilly line) are both within 1000m.

Energy Efficiency Rating - E54

1 2 1

£1,250* pw Unfurnished (£5,417 p/m)



Primrose Hill, NW3

A stunning brand newly refurbished three bedroom apartment set over 1250 sq ft on the first floor of a period conversion situated on a tree lined street in Primrose Hill. The property has been finished to a very high specification throughout and comprises a large reception room, separate full fitted kitchen, master bedroom with en-suite shower room, two further double bedrooms and a family bathroom. Located within 100m of the green spaces of Primrose Hill and less than a 1000m to both Chalk Farm (Northern line) and Swiss Cottage (Jubilee line) underground stations.

Energy Efficiency Rating - D59

1 3 2

Set fees apply for all tenancies: £180.00 administration fee per tenancy + £48.00 referencing charge per Tenant/Guarantor. For variable charges and deposits explained please visit www.g-h.co.uk

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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 Karolina Symanaityte

ISSN 20-6175



Welcome to October

I'm back in place again after being knocked off my perch by Dermot O'Leary and William Miller last month. They kindly took the helm to launch the Primrose Hill Community Association fundraising campaign. As you may have read, the Association has signed a 25 year buyout lease with Camden Council and now has to raise the £250,000 to pay for this. Please see page 6 for how you can help. Primrose Hill Community Association is a charity whose purpose is to offer services to our local community, so please rally round to help us reach our target. And of course we'd like to offer an enormous 'thank you' to Dermot and William for taking the time to help launch the campaign.

Now autumn is here and we're back in the swing of everyday life, I wonder how many of you stop to wonder why we have a Gorilla Organisation in Primrose Hill? You can learn the history behind the Organisation on Gloucester Avenue, how it came to be set up and why once a year individuals run around London in gorilla suits.

The end of October will no doubt see more curious beasts roaming our streets as Halloween transforms our picturesque neighbourhood into a spooky and ghoulish scene. The creativity shown by some houses gets more spectacular by the year. As does the amount of sweets on offer. If you haven't dared to poke your nose out of the house before, do so this year as it's quite an event. Just make sure you're clutching a clove of garlic so no one will bite you.

Maggie Chambers



Fundraising Appeal: Progress Report



Camden Council have made a generous offer to sell us a 25-year lease on Primrose Hill Community Association's premises, but for this we need to raise £250,000 by Christmas!

For many years a rent of £22,000 pa was charged on the property. Until local government funding was severely cut, this charge was paid by the Council. But as of 1 January 2019 the full £22,000 pa would become payable by the Association, after which there would be rent reviews every five years. The current commercial rental value of the property is nearer £60,000 pa so the annual rent would probably have increased steeply. Even with the special discount granted to charities for properties owned by the Council, the rental at the first review was likely to be £40,000 pa.

So a long lease at a peppercorn rent is a wonderful way to protect the next 25 years of the Community Association's work. We make earnings from subletting to our many regular tenants such as Ready Steady Go, trapeze classes, etc. These cover all our operating costs and subsidise our activities such as Rhyme Time, Open House and the Lunch Club, not to mention On The Hill magazine.

What is needed to reach our target is: 250 people to give £1,000; or 500 to give £500; or 2,500 to give £100 each. Of course, it will be a mixture of all levels of contributions, and each donation will be very gratefully received. In fact, it is encouraging to report that £20,822 was donated in the first seven days. To keep everyone informed of progress, banners will be put up in the area announcing the total raised so far.

phca.cc/2018/09/community-centre-lease-appeal

Our Legal Crusader



It has been five years since the purchase of a 25-year lease for the Community Centre was first proposed. Negotiating a long lease on behalf of an organisation with a shifting membership requires special care. In this case there were other complicating factors. The severe financial cuts imposed on councils meant that the Camden officers handling the case were frequently changed. The Centre is part of the Piano Factory and arrangements had to be made for shared services. In addition, both Camden and PHCA wanted clear-cut agreement on the state of the building so that neither side loses out when the property is handed back in 25 years.This also explains why there was a long delay while repairs to the building were carried out under the scrutiny of both parties surveyors.

It is estimated that over 100 hours of expert legal advice was required by the PHCA to complete the contract. Estimated? Estimated because our legal advisor, Francis Katz, gave us all the hours of professional advice for free, pro bono publico, as he did when the community took over the Library. There was an occasion when he worked the entire weekend on the more challenging Centre contracts amending drafts to protect our interests. Had this been on a commercial basis, it would have been at great financial cost. Francis, once a member of the Management Committee, has always been a generous supporter of Primrose Hill activities. Having to give up his office in Utopia Village, he now runs his practice, Chalcots, from Belsize Gardens, but many readers will know him for his delightful paintings of the area.

Very many thanks from all of us. We are so lucky to have you, Francis.

On The Street

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AND MORE

The North London Wine School

Continued on p 8 ▶



PHOTOGRAPH BY Lars Christiansen

The North London Wine School

By Giles Watkins

There are tougher gigs for a writer than being asked to chat to a real enthusiast about what they do, and for a wine lover to be asked to interview a wine tutor must rank as a pretty easy assignment. So I jumped at the chance to interview Beth Keating, owner and head tutor of the North London Wine School.

We met at The Queen's in Regent's Park Road, a favourite of us both with a good range of wines by the glass. Beth turns out to be both seriously enthusiastic about wine (she once took out a bank loan to buy a £550 bottle) as well as being very knowledgeable without being pompous – a great combination for a wine tutor and also a tribute, she says, to her training whilst working with the Primrose Hill wine merchant Bibendum.



It all started with ballet. A Royal Ballet School Junior Associate from age seven, who then attended their White Lodge school from age eleven, Beth went on to become a soloist with the company. So how did that lead to wine? "Ballet demanded incredible discipline, especially in the area of diet, so I became increasingly interested in food and drink. I eventually became fascinated with wine, and dreamt of becoming a sommelier."

Everyone else Beth knew who'd left the Royal Ballet went on to teach: normally ballet itself, or yoga or Pilates. But Beth started her voyage in wine by shadowing a sommelier whilst waiting tables and doing the hard yards in a friend's restaurant, and soon moved from hospitality to focus on wine exclusively by joining Bibendum. This was where she really learnt her trade, studying for all four levels of the Wine and Spirit Education Trust (WSET) exams and having the opportunity to taste a wide range of wines every day. "Looking back on it is amazing," says Beth. "There would be up to forty different bottles open in the office. And then I'd get an opportunity to listen to a wine-maker present his wines. I always found that listening to the person who actually makes the wine teaches you more, and of course their enthusiasm is infectious."

It was while at Bibendum that Beth became a wine educator herself, graduating through working with the trade to running informal wine groups at people's houses in Primrose Hill, then becoming a WSET tutor before taking over the North London Wine School full time earlier this year. And now that she's got over the initial challenges of running a business herself, Beth has a schedule of exciting events stretching out over next year, including WSET courses.

"We have something for everybody who loves wine: Old World vs New World, food and wine matching, organic and biodynamic wines, even an orange and blue wine evening."

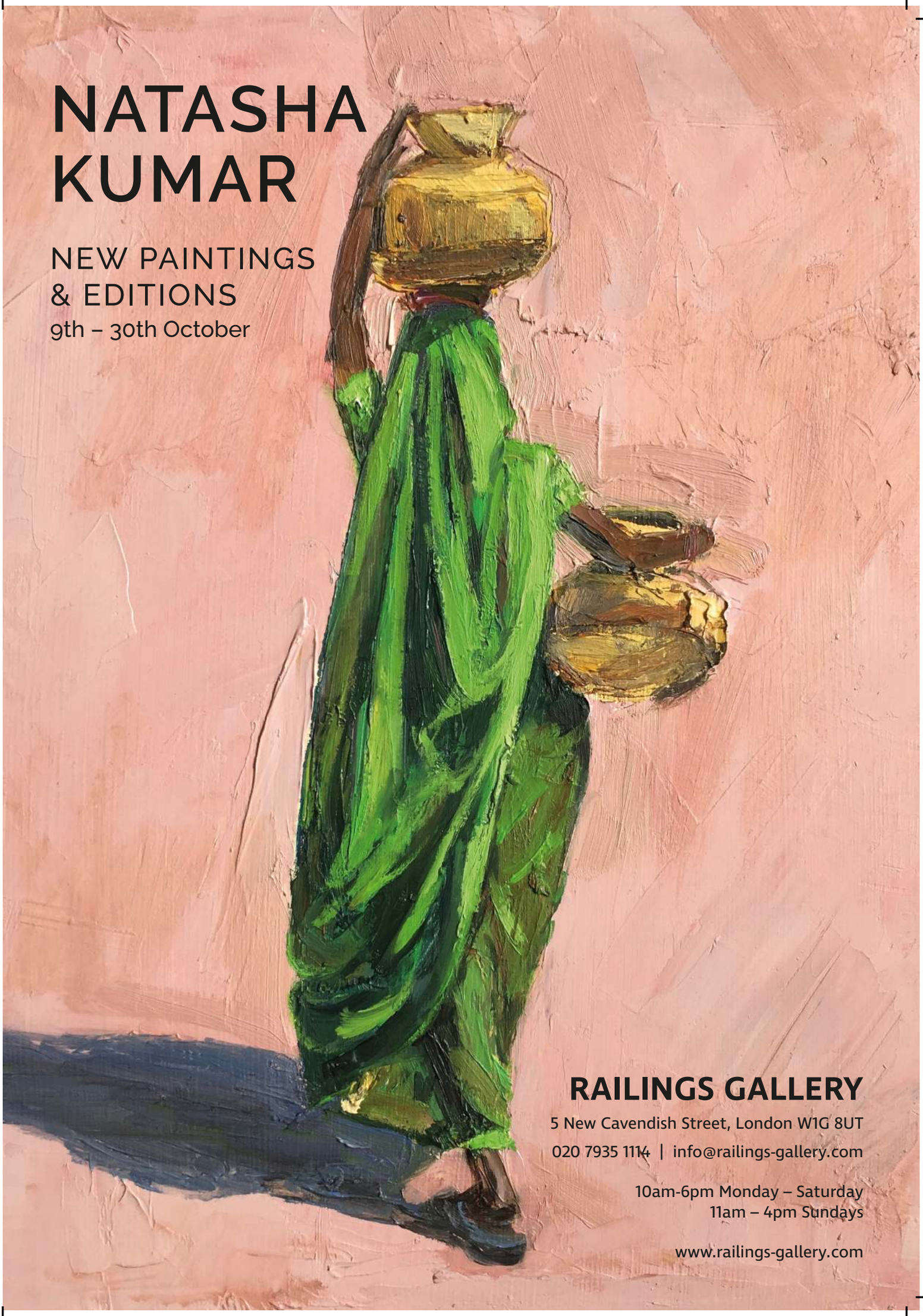
So what type of people come to North London Wine School events? "All sorts! We get couples who've chosen to come to a tasting as a date night, and people who have been bought an Introduction to Wine course by their partner so that they can indulge themselves for eight weeks. People come on their own, or else groups of women turned up for our sparkling wine event, which made it our biggest date so far. "One thing these groups seem to have in common is minimal use of the spittoon. They are certainly getting their money's worth."

Sourcing the wines from retailers, wholesalers, online businesses and direct from producers, the first year of running a business clearly requires significant effort. After years of travel, Beth is focused on building the business locally at present. So if she could go anywhere in the world to taste wines today, where would it be? "Sicily, because of the fascinating experimentation happening there at the moment, working with newly discovered indigenous varieties. And Minervois in the Languedoc, which is coming on in leaps and bounds for quality and value whilst retaining an inimitable style and character in their wines."

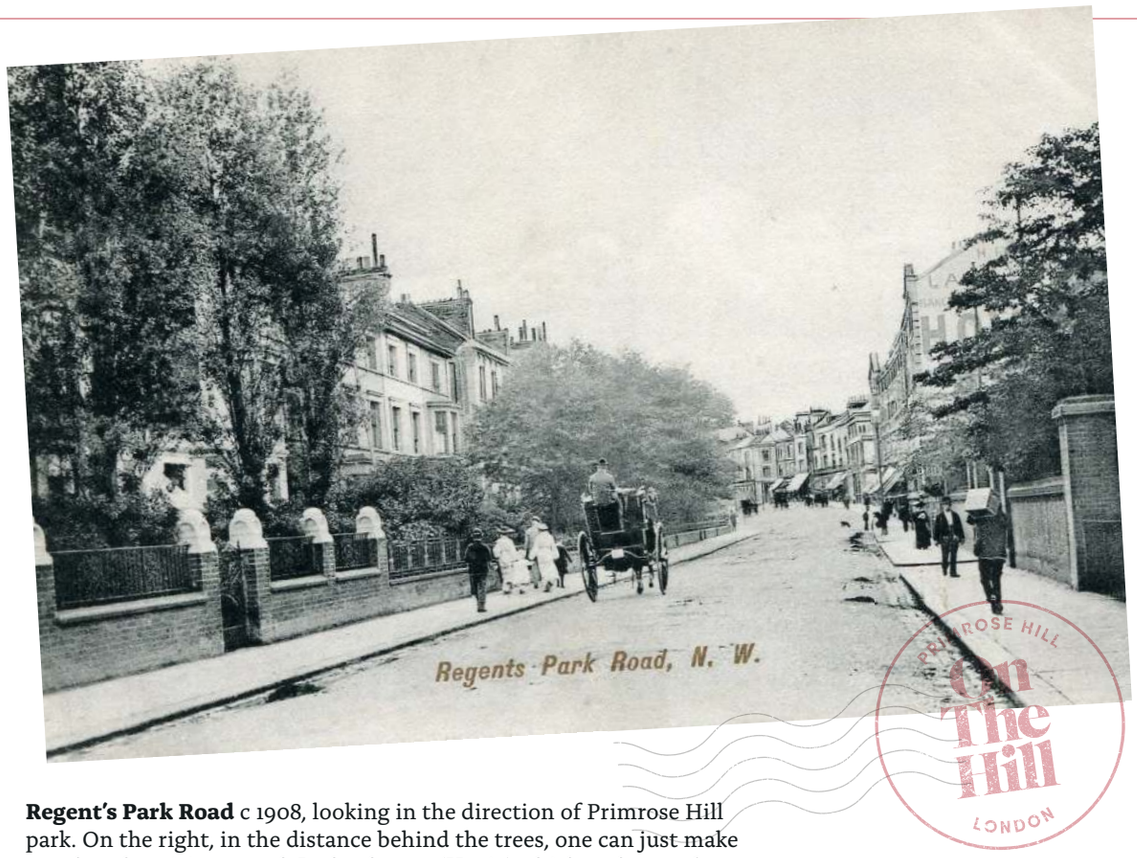
Asked about the growth of her business, Beth adds: "I think venue is very key. I'm personally very fussy about a place having the right atmosphere; it could really make or break an experience for me. A formal masterclass or WSET qualification requires a more structured space, whereas a private party for our wine enthusiast evenings needs something more relaxing and informal. After all, a lot of people come from work in the evenings and they deserve a comfortable seat and to unwind! We often hold events at the London Irish Centre on Camden Square, which has had a huge refurbishment and is a really friendly, sociable space. Most of our evening sessions run 7–9 pm, but many people are still there at 10.30 pm. chatting and enjoying the wine."

More important of all, I sense, is the community experience that Beth is clearly creating: a sociable environment in which to learn about what you really like about wine and develop some confidence in your palate, along with being able to make better choices when buying wine. People come along with friends, make new friends and are guaranteed an evening of entertainment. "On the whole I think people go away feeling happier," says Beth – something that clearly delights her.

www.northlondonwineschool.com


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POSTCARDS FROM PRIMROSE HILL



Regent's Park Road c 1908, looking in the direction of Primrose Hill park. On the right, in the distance behind the trees, one can just make out the advertising mural. It clearly says 'Hovis', which makes perfect sense because in those days the baker was occupying these premises: number 109. Traces of this mural were visible for years.

The trees in the image on the right also obscure The Boys Home Chapel, built in the 1870s, and one of the earliest buildings in the road, the Essex Villa (1854).

In 1911 the bakery shop was run by Herbert Paine and his wife, Emily. That year's census also informs us that they had two children: five-year-old Jack and three year-old Marjorie.

@old_primrosehill_postcards

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INTERVIEW

Outbreak Jake: Infectious Disease Specialist

Abdi Razaque from Haverstock School's journalism course interviews Dr Jake Dunning

Dr Jake Dunning has the nickname 'Outbreak Jake'. I asked why.

Dr Jake: The 'outbreak' bit began when I worked on four separate outbreaks: the flu pandemic in 2009, the so-called swine flu epidemic, then MERS (Middle Eastern respiratory syndrome) H709 avian influenza, and then the Ebola epidemic in West Africa.

Dr Jake was the leader of a team of sixty people who went to West Africa to help treat the Ebola epidemic. The project was controversial because of the strict rules about testing new medicines on patients. Normally there is an unwavering protocol, but the World Health Organisation lifted it. Dr Jake explains why.

Dr Jake: We didn't want to deny anybody the chance of having potential treatment. When it was so bad... There is no specific treatment for Ebola in treatment centres.

I work with outbreaks all the time now in my second job, where I work with the government and help them prepare for weird and serious infections.

Me: Are you scared about catching the diseases you deal with?

Dr Jake: We either don't worry about it at all, as we think a bit of exposure to bugs is a good thing in helping to strengthen your immune system; but equally we see so many nasty infections that other people don't see, and because we see them *all* the time we start to see them as a risk. I think we were far more likely to die in a car accident in West Africa because the roads were so dangerous.

Me: Why the interest in tropical diseases?

Dr Jake: I always wanted to be a neurologist or cardiologist and by accident I ended up as a junior doctor, twelve years ago, in infectious diseases.



Dr Jake was a consultant on the Brad Pitt movie, World War Z, which is about a zombie pandemic.

Me: Do you ever get nightmares about pandemics?

Dr Jake: Not nightmares, but my greatest concern is an influenza pandemic, because influenza spreads so easily. There were three waves in recent years: 2009/10/11. You have to find the virus and produce a vaccine against it very rapidly. It really is a challenge...

I found meeting Dr Jake fascinating and thought-provoking. Even with the risks involved, I'd still like to cure diseases like MERS when I'm older. Thank you, Dr Jake.

"I always wanted to be a neurologist or cardiologist and by accident I ended up as a junior doctor, twelve years ago, in infectious diseases"



PHOTOGRAPH BY Bruce Cleghorn

Introducing the Gorilla Organization

You may have walked past the Gorilla Organization in Gloucester Avenue and wondered what exactly it's doing in Primrose Hill. You'll be amazed by its achievements...

The inspiration for the Gorilla Organization began forty years ago, when Dr Dian Fossey was studying her favourite gorilla, Digit, aided by a student volunteer called Ian Redmond. It was Ian who discovered in 1978 that Digit had been killed by poachers; this sad event inspired Sir David Attenborough and Ian Redmond to establish the Digit Fund to finance Dian's anti-poaching patrols and prevent further poaching of mountain gorillas. In 1988 the whole experience became the subject of the film *Gorillas in the Mist*, with Ian as primate adviser and starring Sigourney Weaver. In 1992 the fund was renamed the Dian Fossey Gorilla Fund International, with Ian as Chairman and Jillian Miller as Director.

Jillian has experienced numerous dramas in her twenty-five years of continuing Dian's work: these include smuggling a fleeing vet to safety during the genocide in Rwanda; being held at gunpoint by a Congolese warlord; and coming face-to-face with armed poachers. Her high moments have included working closely with the late Douglas Adams, holding a fundraising concert at the Royal Opera House with Bryan Adams and Joe Strummer, and being kissed by Leonardo DiCaprio! Better still is the sheer delight of knowing that her work is transforming people's lives in Africa, helping women to grow food and bring solar power to remote villages, and ultimately giving people the resources they need to defend their own local environment.

The charity's work centres around gorilla habitats in Uganda, the Democratic Republic of the Congo (DRC) and Rwanda. Dr Samson Werikhe and Henry Cirhuza, the two East African Programme Managers, are both experts in conservation. In 2003 the charity was approached by village elders in the DRC to help them form a community gorilla reserve to protect the 700 eastern lowland gorillas, which they believed were living within the forest. The charity now manages 33 local park rangers who regularly track and monitor the gorillas, also providing information on other species in the forest such as chimpanzees, leopards, guenon monkeys and red river hogs. Other important tasks for the rangers involve removing snares and traps set for bush meat; their success is evident from the reduced number of snares now collected by the team. A strong community outreach element includes meetings with village chiefs about the impacts of hunting and resource gathering in the forest, and screenings of an environmental documentary reaching over 10,000 villagers.

The charity pioneered the now widely adopted practice of community conservation: the concept that the human neighbours of wild animals should be treated as partners rather than enemies of the animals. Treating them as partners encompasses investing in the education of their children, incorporating environmental knowledge, making agricultural land, seeds and training available to the community and training bee-keepers to share their skills. All these initiatives have helped reduce potential disturbance to gorilla habitats.

As internal migration in the DRC has caused local populations to rise, forests have been disappearing at an alarming rate. In 2015 many people died in landslides in the Kalehehe area, caused by deforestation. The Gorilla Organization's response was to plant 2.5 million trees in between the two national gorilla parks of Virunga and Kahuzi-Biega. Fast-growing trees provide dozens of communities with a sustainable supply of timber and fuel, while mango and avocado are grown for food. There is now a natural green buffer between the farmers and their gorilla neighbours.



Rwandan High Comissioner Her Excellency Yamina Karitanye with Jillian Miller (in official gorilla naming attire) and Sir David Attenborough

The charity's work centres around gorilla habitats in Uganda, the Democratic Republic of the Congo and Rwanda





Participants of the Great Gorilla Run on Primrose Hill

An army of fantastic volunteers support the handful of Primrose Hill HQ staff. Volunteer fundraisers are very much appreciated, and the charity is accepting applications for new trustees. It would be great to hear from local entrepreneurs or fundraising specialists**.** Individual supporters are the lifeblood of this work, and one iconic annual event has had a huge impact on gorillas' lives. The Great Gorilla Run, an 8 km run around central London undertaken by supporters in gorilla suits, has raised over £1 million for the charity over the years and has been valiantly supported by its patron, the naturalist and comedian Bill Oddie. Please sign up at **www.greatgorillarun.org**

The playful young mountain gorilla on the front cover is called Raha and lives in the Bwindi Impenetrable Forest in Uganda. You can adopt Raha for just £3 a month. See **www.gorillas.org** for details.

NEWS & VIEWS







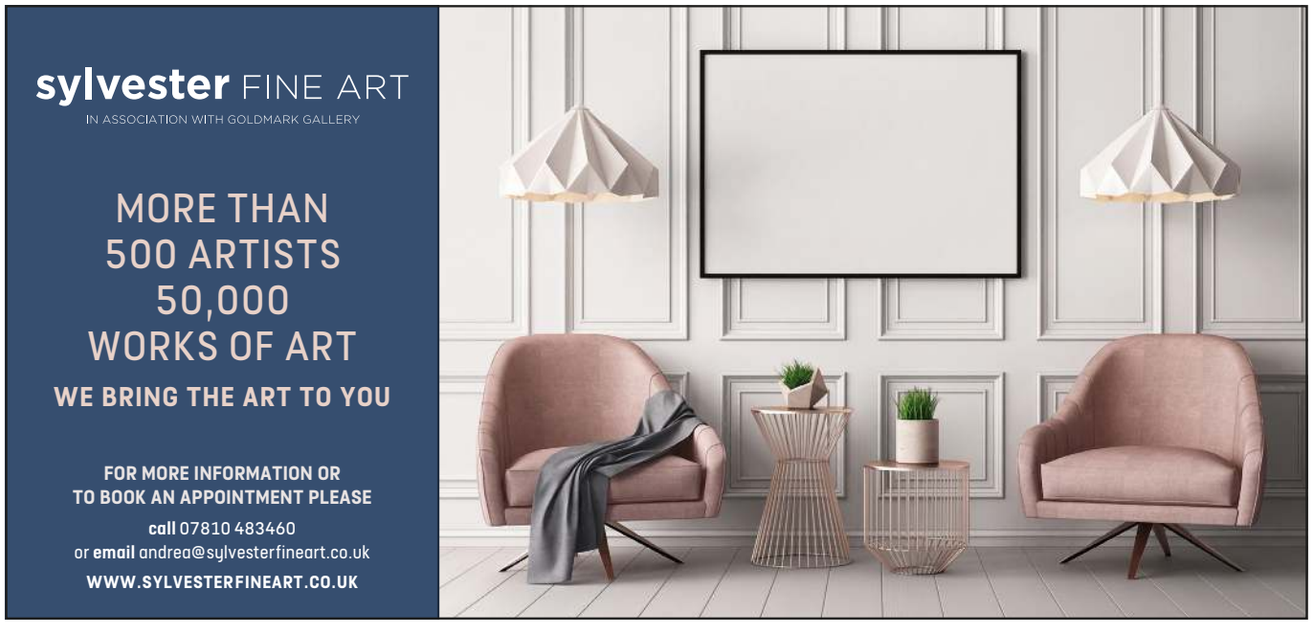
Coal hole prints

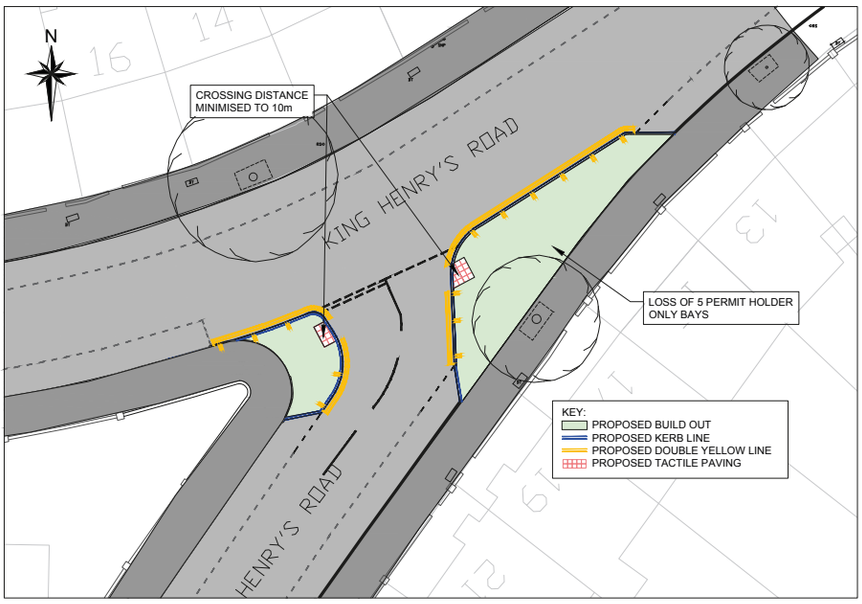
Kate Guy from Cardabelle Design and Sue Byrne engaged in some guerrilla print-making recently, using the beautiful manhole covers on the pavements in Primrose Hill, particularly the ones on Fitzroy Road outside the Princess of Wales pub. The pair were inspired by Berlin-based pirate printers who used urban utility covers to print bags and shirts.

Printed coal hole bags can be bought from the Cardabelle Design pop-up shop at 41 Chalcot Road.

Cardabelle Design is extending its tenure and will be there until Christmas selling artwork and holding lino cut classes.

www.cardabelledesign.com





Proposed junction redesign for King Henry's Road

Over the summer Camden Council proposed a redesign of the junction of King Henry's Road near Ainger Road. They feel the current layout is too wide for pedestrians to cross. The plan is to extend the pavements on either side of the road and there is the potential to add small trees to these areas.

This scheme will result in the loss of five permit-holder parking spaces.



Jennifer Young Treatment at Cowshed

Cowshed has teamed up with Jennifer Young to provide treatments for those undergoing treatment for cancer and beyond. Jennifer's products are completely natural, toxin- and paraben-free. They have a specialised menu of therapies.

HORIZON VOICES

Horizon Voices singing workshop at St Mark's

Horizon Voices is a professional vocal ensemble formed by James Rhodes, Director of Music at Saint Christina's School. It aims to provide educational workshops to as many children and young people as possible to develop their appreciation of and engagement with vocal music.

Children involved in these workshops will be able to take part in a range of musical activities, such as ensemble singing, warm-up and breathing techniques, musical team-building activities, conducting, song writing, composing for voices alongside professional singers, performing with and learning from them.

The first workshop in Horizon Voices' inaugural season, Musical Building Blocks, takes place at St Mark's Church on Saturday 13 October and is aimed at children aged 8–13. The workshop will explore the different elements that composers use to create their musical masterpieces, such as melody, rhythm, beat, dynamics and structure. Including music from *The Greatest Showman* and *Moana*, alongside folk and classical choral works, there is bound to be something for everyone!

www.horizonvoices.com
hello@horizonvoices.com

Letter to the Editor

Dear Editor,

I trust I can assure you that any connection with these observations on local life is purely accidental . . .

This man of letters I did see,
Drop rubbish in the street of Manley,
I said "Pick it up",
He replied, "You're a pup,
I belong to the literati."

Yours faithfully,
Howard Richards

PS: Hope you enjoyed your hol,
Away from the stress of the knoll.

What's On October

NEW THIS OCTOBER

TUESDAY 2 OCTOBER
Film Night at the Library
The History Boys (2006), the nation's favourite play in its film version, introduced by its director Nicholas Hytner. PHCL. 7.15pm. £8 in cash, in advance at PHCL, or on the door (includes a glass of wine).

WEDNESDAY 3 OCTOBER
Open House
Visit to the Camden Local Studies and Archive Centre, with Archivist Tudor Allen. 2pm. Transport from PHCC. Free. 020 7586 8327

WEDNESDAY 3 OCTOBER
Emily Mae Winters
Contemporary folk singer-songwriter Emily Mae Winters has 'a voice that will stop you in your tracks'. CSH. 7.30pm. £12, or £10 under 25s. www.cecilsharphouse.org

THURSDAY 4 OCTOBER
Primrose Hill Community Association AGM
Followed by a guest speaker. PHCC. 7pm for 7.30pm. Free. Details from 020 7586 8327

SATURDAY 6 OCTOBER
Councillors' Surgery
PHCL. 11am–12pm.

SUNDAY 7 OCTOBER
Family barn dance

Lively dances from the British Isles in a supportive and fun environment. CSH. 3–5pm. £7 adult, £5 child, £2 under 2s. www.cecilsharphouse.org

TUESDAY 9 OCTOBER
Author talk
Harriet Kelsall talks about her book, *The Creative Guide to Starting a Business*. PHCL. 7pm. £2 at the door.

WEDNESDAY 10 OCTOBER
Open House
Local author Martin Sheppard documents a love story in his new book, *Love on Inishcoo, 1787*. PHCC. 2pm. Free. Contact 020 7586 8327

WEDNESDAY 10 OCTOBER
Kelly Oliver
The singer, guitarist and harmonicist launches *Botany Bay*, her third album of traditional folk songs from her home county of Hertfordshire. CSH. 7.30pm. £12, or £10 under 26. www.cecilsharphouse.org

SUNDAY 14 OCTOBER
Cecil Sharp House Choir
10th anniversary concert. Spirited and moving a capella harmony renditions of traditional songs. CSH. 7pm. £12, or £10 under 26. www.cecilsharphouse.org

TUESDAY 16 OCTOBER
Local Lives
Richard Creasey, adventurer, film-maker, writer and resident of Regent's Park Road, tells the story of his life so far, and plays the music he would take to his desert island. PHCC. 7pm for 7.30pm. £4 includes a glass of wine. Details from 020 7586 8327

WEDNESDAY 17 OCTOBER
Open House
Duo Parallel. Musical performance with pop, folk and musical theatre influences. PHCC. 2pm. Free. Contact 020 7586 8327

WEDNESDAY 17 OCTOBER
Lady Maisery
In an English folk scene bursting with bold and innovative music, Lady Maisery shine brightly. CSH. 7.30pm. £15, or £10 under 26. www.cecilsharphouse.org

THURSDAY 18 OCTOBER
Blair Dunlop
With support from Jack Carty. Award-winning British singer, songwriter and guitarist. CSH. 7.30pm. £15, or £10 under 26. www.cecilsharphouse.org

FRIDAY 19 OCTOBER
Councillors' Surgery
PHCC. 6.30–7.30pm.

SATURDAY 20 OCTOBER
Michael Law's Piccadilly Dance Orchestra
30th Anniversary Gala Gatsby Concert, with some of the greatest music of the jazz age. CSH. 7.30pm. £22, or £10 under 26. www.cecilsharphouse.org

TUESDAY 23 OCTOBER
Opera Events
Evening of song performed by soprano Kate Royal and Joseph Middleton. St Mary the Virgin, Elsworthy Road. 7.15pm. £12 (concs £10). Tickets via www.phca.cc

WEDNESDAY 24 OCTOBER
Open House
Franciso Gutierrez on his paintings of the pubs of London. PHCC. 2pm. Free. Contact 020 7586 8327

WEDNESDAY 24 OCTOBER
Bella Hardy
'Hey Sammy' acoustic tour. Bella takes to the road with only her two fiddles and harmonium for company. CSH. 7.30pm. £15, or £10 under 26. www.cecilsharphouse.org

THURSDAY 25 / FRIDAY 26 OCTOBER
Get Your Folk On!
Friendly, flexible and responsive music and dance courses for 7–19-year-olds. CSH. 10.30am–4.30pm. £50 (concs £40). www.cecilsharphouse.org

THURSDAY 25 OCTOBER
TMSA Young Trad Tour
Winners from the BBC Radio Scotland Young Traditional Musician of the Year Competition. CSH. 7.30pm. £15, or £10 under 26. www.cecilsharphouse.org

SATURDAY 27 / SUNDAY 28 OCTOBER
Dance Around the World
Community festival celebrating traditional dance cultures from all over the world. CSH. 10am–11pm. £30 weekend, £17 full day, £10 evening only. www.cecilsharphouse.org

WEDNESDAY 31 OCTOBER
Trad Night
Will Duke, Anglo concertina and traditional songs from rural Sussex. CSH. 7.30pm. £10. www.cecilsharphouse.org

WEDNESDAY 31 OCTOBER
Open House
Film showing of *The Guernsey Literary and Potato Peel Pie Society*, about a literary society flourishing during the German occupation of Guernsey in the 1940s. PHCC. 2pm. Free. Contact 020 7586 8327

WEDNESDAY 31 OCTOBER
Halloween party
For under 12s. PHCC. 6–8pm. Contact 020 7586 8327

PLAN AHEAD COMING SOON

FRIDAY 30 NOVEMBER
Retro Disco
PHCC. 7.30pm.

FOR KIDS

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

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

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

Chess Club
Learn chess at the Library with a trained instructor. PHCL. 6.30–8.30pm. Free. Contact 020 7419 659

TUESDAY
Hartbeeps Baby Sensory
Multi-sensory class of mini music productions for the very young. PHCC. 1.30–5.15pm. Classes from £9.50. Contact clarelouise@hartbeeps.com

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

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

WEDNESDAY
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
Learn to sing, enjoy fun songs and games. Ages 4–11. St Mary's Church, NW3 3DJ. 4–5pm. 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

THURSDAY
Ready Steady Go Yoga
Baby and Me, age 6 weeks–9 months, with Lily. PHCC. 9.45–10.45am. £60 for 5 weeks (first class free). Contact yoga@readysteadygo.org to register or for more information

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

Circus Glory
Trapeze for ages 3–12. 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. 1st and 3rd 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
Bridge Club (ACOL)

PHCC. 1.45–3.45pm. £3. Contact Maureen Betts 07919 444 187

Lunch Club
At Jacqueline House, Oldfield Estate, Fitzroy Road. Freshly cooked lunch served at 12.30 sharp. £5 for 2 courses. More info from PHCA, 020 7586 8327

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? Try us out! All welcome. PHCC. 7.30–9.30pm. £6. Contact Matthew 0781 723 4925, www.primrosehillchoirs.com

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What's On October

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 3397 3058

Debtors Anonymous
Anonymity preserved. PHCL. 7–8pm. Donations welcome. Contact 07932 878 605

Mary's Living and Giving for Save the Children
Take advantage of 50% off books, movies, records and CDs, and 20% off women's jeans, every Monday, 10am–6pm.

Trauma Release Exercises (TRE)
New drop-in class to release chronic tension patterns and return the nervous system to balance. PHCC. 4–6pm. £15 per class, or 5 for £50. Contact Tim Kirkpatrick, www.back2base.co.uk

TUESDAY

ESOL Class
Learn English at the Library. PHCL. 12–1.30pm. 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

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

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

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

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

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

Essential Oils Workshop
Introduction to essential oils. PHCC. 4th Tuesday in the month. 7.30–9pm. £10. Contact cecily.bowditch@gmail.com

WEDNESDAY

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

Feldenkrais
Movement class. PHCL. 10.30–11.30am. Contact info@somaticcircles.com for info and price

Lunch Club
Freshly cooked lunch. Jacqueline House, Oldfield Estate, Fitzroy Road. 12.30 sharp. £5 for 2 courses. More info from PHCA, 020 7586 8327

Mary's Living and Giving for Save the Children
Blue Jeans Day: 20% off all blue jeans for women.

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

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

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

THURSDAY

English Country Dancing Class
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. www.cecilsharphouse.org/englishcountrydancing

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

Narcotics Anonymous
PHCC. 1.30–3.45pm. Free.

Mother and Baby Pilates
Want to tone your limbs, flatten your tummy and strengthen your pelvic floor? PHCL. 11am. 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

CONTACT DETAILS

PHCC
Primrose Hill Community Centre
29 Hopkinsons Place
(off Fitzroy Road)
NW1 8TN
Contact: info@phca.cc, www.phca.cc
020 7419 6599

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 November issue by Friday 5 October onthehillwhatson@phca.cc

Pregnancy Yoga
An open-level class helping mums-to-be to stay healthy in mind and body during pregnancy. PHCC. 5.15–6.15pm. Contact 07808 553 599, emma.lecoeur@gmail.com

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

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

FRIDAY

Aerial Pilates with Pieta
Get stronger and more flexible through moving with the support of an aerial sling. PHCC. 10–11am. Class sizes are limited so please book: 07726 721791, www.circusbodies.com

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

Circus Glory
Trapeze for adults. All levels welcome. PHCC. 1.30–2.45pm. Contact Genevieve 0797 345 1603, gmonastesse@googlemail.com

Dynamic Pilates
PHCC. 8–9am. Contact Natalie natalienicollfitness@gmail.com

SATURDAY

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

SUNDAY

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

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

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ADRIANA CHEDE: JEWELLERY DESIGNER

by Nicola Manasseh

It is as if Adriana Chede was destined to be a jewellery designer, and not just because from the age of eight she has had an interest in making bracelets and necklaces. Growing up with a Lebanese father, she saw how jewellery was passed through generations like talismans; it marked special occasions; and it was one way for her father to show his love for her Brazilian mother. When she and her four siblings were born in Brazil, her mother received a precious piece of jewellery at each birth, which later they inherited. Adriana's jewel is a brooch with emeralds which she intends to make into earrings and wear at her forthcoming wedding.

Adriana's decision to 'recycle' her brooch is much in keeping with her minimalist and versatile nature. Her gold and silver designs are delicate and understated. Her style is not flashy but, like her, graceful. Born out of her artistic imagination, which does not follow fashion whims, but rather draws on her experiences in places like Copenhagen, Milan, Rome and Paris, Adriana's jewellery expresses what is inside her. She speaks about the alchemy of elements and the magic of all that is handmade. Her desire is to create timeless jewels that anybody can wear, and to bring alive the stories that accompany commissioned pieces.

To see Adriana, one would never imagine the life she has led. Though she is young, sylph-like and gentle, she has been exposed to much. She grew up in Foz Do Iguacu, a Brazilian city bordering Argentina and Paraguay, which had a local reputation as a criminal city. It was not uncommon for people to be robbed at gunpoint, and on one occasion her mother and a brother were briefly kidnapped for the ransom of the family car. However, it is the days running barefoot in the countryside with her brothers and sister, playing with balls, not Barbie dolls, that Adriana remembers of her childhood.

Then there came the time that she had to decide which career path to follow – to be an architect or jewellery designer. When she told her father that she wanted to be the latter he was truly supportive, and thereafter her grandmother helped to pay for her courses, which culminated with a master's degree in Rome. As it was, all the Chede children turned out to be entrepreneurs. Adriana's sister is a photographer who takes the pictures of Adriana's jewellery, and her mother, she says, is her best customer.

Adriana's latest jewellery collection is inspired by London, which is her new home. Though she has only been here since the spring, she and her fiancé are happy living locally and she speaks of London as the city of opportunity, boosting her adrenalin, and full of friendly strangers. With a strong feeling for the interconnectedness of life, being in London is, for Adriana, the proof that there are obvious and subtle links between people and events. For instance, a couple she met in the bank became good friends, and a woman she met in Planet Organic surprised her by arriving at her workshop and commissioning some jewellery. Perhaps because Adriana believes that if you smile at the world it smiles back at you, she seems to make connections easily and win people's affection.

Four years ago, she backpacked through Europe for six months on her own, short on money, but she found decent people offering to help her, even providing her with free, safe lodgings. In the most significant and difficult moment of her life, fortuitous chance also appeared. When Adriana was eighteen years old, her father unexpectedly died alone on a beach on the first day of a vacation. Sometime later her godfather's new girlfriend was telling the story of how she was once at a beach and saw a man having a heart attack. When Adriana realised that this woman had witnessed her father's death and could describe in detail what had happened, she felt some healing despite her great loss.

Appreciating coincidences, being positive, living in the moment – Adriana's way – is so much reflected in her jewellery. She has a pile of shop receipts with designs drawn on the back from spontaneous moments of inspiration, when her notebook was not handy. Some of the women who buy her jewellery say that her pieces make them feel empowered, sensual and feminine. Men who like to wear a signet ring, or a necklace that will sit comfortably underneath a business suit, also praise her work for its elegance.

However, Adriana is not simply concerned with the look and feel of her pieces. She uses recycled gold, buys from smaller suppliers and is saddened by people who scoff at the price of real gold or silver and yet are constantly buying jewellery that has no longevity. The throwaway culture does not help our world, she believes. In her creations there is a genuine regard for her materials, an underlying ethos that simplicity means that less is more, and that a well-crafted necklace, bracelet or ring can be loved for longer and last for ever. **www.adrianachede.com**





Terra Alta Wine Tasting

Lars Christiansen

Primrose Hill is indeed a great spot that we all love. But sometimes we forget that there are other beautiful places away from 'the island'. One of them is Terra Alta, a visually breath-taking region in southern-western Catalonia. Picasso used to hang out here and this is where he developed cubism. The landscape is not only good-looking but also ideal for growing wine, and recent evidence uncovered in Terra Alta suggests that there was already wine production activity pre-dating the Romans' arrival in 230 BC.

It is unsurprising that not many have heard about wine from this little-known 'Denominación de Origen' Terra Alta (DO). Until a few years ago, the community of just 12,000 occupants produced wine only for self-consumption; but since then, thanks to hard work, enthusiasm and investments in modern technology, the situation has changed and wine of the highest quality is produced and exported.

Terra Alta, a visually breath-taking region in southern-western Catalonia

Wine specialists in the know have predicted that Terra Alta will be the next big upcoming wine appellation in Spain, or probably even the world.

Unfortunately, it's difficult to find a bottle of wine from this region unless you live in Terra Alta, the USA, Japan or Switzerland. Luckily, over the last year I've been filming a documentary about the passionate and talented wine-makers of Terra Alta, and I have been able to secure twenty of the very best bottles of white and red wine.

I would like to share these with my neighbours and friends in Primrose Hill on 10 October.

Michael Nadra has offered to host the tasting at his restaurant and has promised to put together a selection of small dishes to complement the wines.

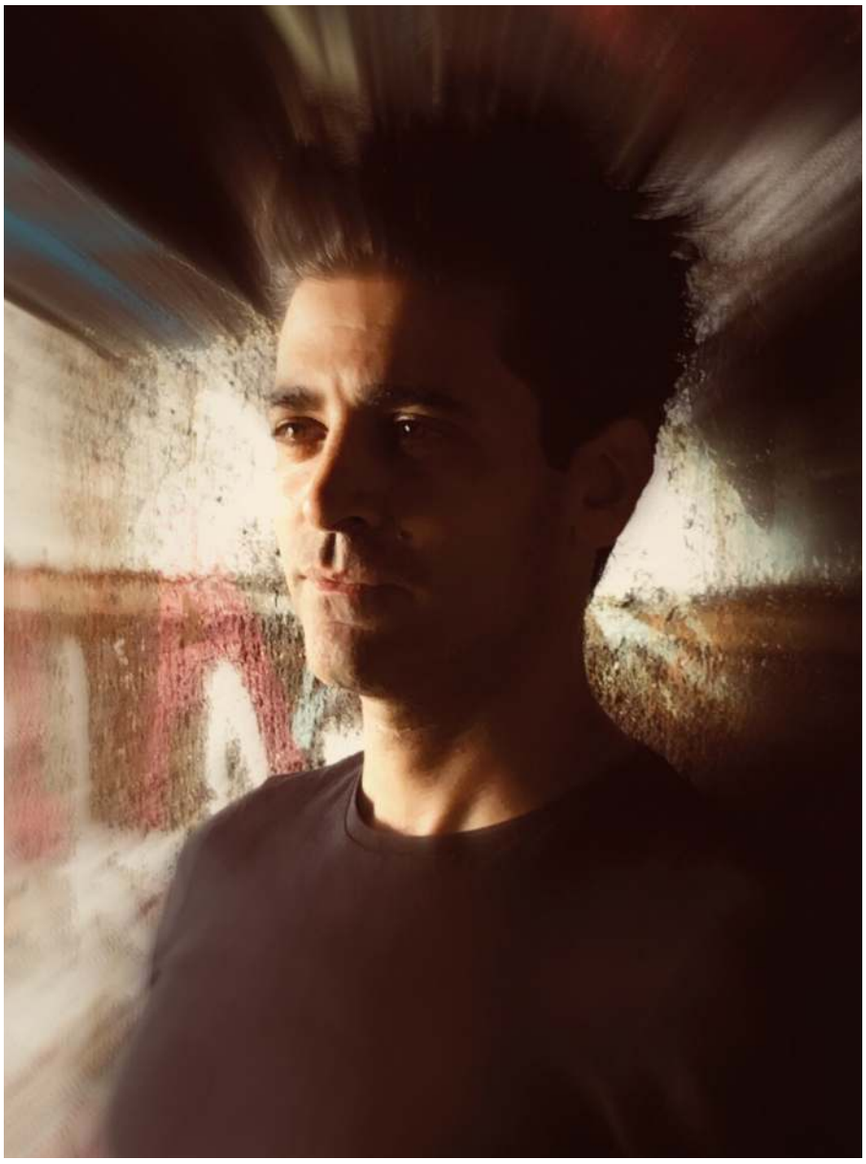
I'll show parts of the documentary alongside the tasting and will include some insider tales from the producers themselves on the art of wine-making. We'll also have help on hand from Beth Keating of the North London Wine School, who will be happy to answer any trickier questions. All profits go to the Primrose Hill Community Association.

More information at **www.thefitzroy.club**

Please note: this event is limited to 20 seats.

PRIMROSE HILL
ENTREPRENEURS

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



WHAT IS YOUR COMPANY?

My business is called UNBOX LONDON – a 'new breed' marketing consultancy. We partner with brands, entrepreneurs, creatives and start-ups to help them to establish themselves and grow within London.

WHO DO YOU WORK WITH?

Our clients are diverse, and this year alone we have worked with mobile apps, Amazon voice-activated products and even a CBD oil company. I like working with entrepreneurs who are breaking the mould and introducing new cool things to market.

WHAT TYPE OF WORK DO YOU DO?

Marketing can be a lot of things, but we specialise in a couple of key areas. We help our clients to identify the right demographic and communities in London that are a good fit for their product or service. Then we engage partners to work with us on co-promotional campaigns, targeting key audiences and communities. This can be a combination of video, digital and guerrilla marketing.

WHY IS YOUR BUSINESS FOCUSED ON LONDON?

London is one of the coolest cities in the world! It has an estimated population of 8.7 million people, including the highest concentration of millennials in the UK (19% of them live here). Within London itself, there are also thousands of subcultures, communities and ecosystems that make up this amazing and vibrant city. It is an important market for any business, so if you genuinely understand how it ticks, this can be really powerful.

WHAT DO YOU LOVE ABOUT PRIMROSE HILL?

I have lived in London all my life and moved to Primrose Hill in 2005 – I love it here! I am usually based in Shoreditch during the day, which I also love, but nothing beats crossing the bridge into the hidden oasis that is Primrose Hill. It's still close to the buzz of central London, but feels like being in a village!

ANYTHING INTERESTING YOU ARE CURRENTLY WORKING ON?

Yes there is! I am getting into film in a big way and have several video projects at the moment. One of them in particular is exploring the many different 'tribes' that live within London. We are really trying to showcase a snapshot of London in 2018 and capture this on film. Youth culture and subculture is the heartbeat of the city and has always provided a spark for creativity, self-expression and togetherness within London's many communities.

HOW CAN YOU BE CONTACTED?

I always enjoy connecting with new people and would love to hear from any locals interested in the work that I do. Please email me directly: jimmy@unboxlondon.com

Twitter @JimmyKyriacou
instagram @Jimmy_Kyriacou
www.unboxlondon.com

The Seven Ages of Man

By Tracey Mitchell



Jim Mulligan has forged strong ties with Primrose Hill over the last thirty-five years. He is a former Chair of the Primrose Hill Community Association and of the governors of Haverstock School. His wide-ranging interviews with film-makers, musicians, visual artists, restauranteurs and community workers regularly grace the pages of this magazine. He has worked on all the Primrose Hill Summer Fairs and in the past his speciality was the nail-in-the-wood.

"You had to hammer a massive nail into a massive piece of wood in five goes," he says. "It was a real fairground buskers' performance with people having an extra go for 20 pence. The real thing was the fireworks with Keith Bird. We had a white van and scoured the area for combustible material. I think the authorities were right to stop it because it was too dangerous."

Jim's daughter Rachel spent most of two years creating a set of stained glass panels inspired by interpretations of her father's life. She called it 'The Seven Ages of Man' after the melancholy speech in *As You Like It* cataloguing the different stages of life. She also decided to give it period detail: "I like the drawing of figures in medieval art; they're descriptive – not exactly realistic. We see the clothes, tools and so on. People in the future will look at our lives in the same way."

ABOVE: The first in a series of seven stained-glass panels by Rachel Mulligan

Rachel imagined the new-born Jim cradled by his mother in the family kitchen. Two sisters are at the stove, a brother brings coal through the door, a knitting basket sits beside his mother and a teapot is on the table. Rachel puzzled about her father's childhood for many years, unable to understand how a family of nine children survived in a small, three-bedroom house in Middlesbrough. She pictured them in her mind around the table, the older ones looking after the youngest.

Jim was born on the day after George V died in 1936, commemorated by the front page of a newspaper his father is reading. Rachel recalls holidays to the north-east when she was young, and the closeness of her father's relatives: five families living within three streets of each other. She carried out research into kitchens of the era, and talked to her father, before recreating the warmth and liveliness at the family's heart. ▶





During the war, children were being sent away from Middlesbrough to safety, while London kids were evacuated to Middlesbrough. 'The whining schoolboy' loiters on a street corner with an air raid warden and a bombed house behind him. To his right, a nun is in charge of two young evacuees. Jim would hunt for shrapnel ridged with razor-sharp edges after the air raids.

By the 1960s, Jim lived in London. He had a 'filthy' job making thermostats in a small factory while Claudette, his fiancée, sold ice-cream on the towpath at Richmond. The third panel depicts Jim as 'lover' on a bench reading to Claudette who leans against her ice-cream trolley in front of the Thames. Claudette and Jim met at teacher training college in Strawberry Hill. The student body was made up of three hundred men, quite a few of them ex-soldiers, and about half a dozen women. Jim and Claudette went on to have four children together.

'The soldier ... full of strange oaths' scene sees Jim participating in a March Against the Bomb on behalf of the Inner London Education Authority. He recalls lying down in the road, and then climbing up the windowsill of a Grosvenor Square house, outside the American Embassy, to avoid being trampled by police horses. Flared trousers, long jackets, a swirling purple maxi dress and peace signs are the emblems of the times.

Jim's second wife Nikki appears in some of the panels notable marching for CND under the ILEA banner. She is another Primrose Hill stalwart. Countless local people, sometimes covering three generations, were taught by her.

Jim became Head of English at Pimlico, where he started a school magazine, *Pimlico Matters*. "Those were the glory days of teaching when you could be creative and do anything you wanted as long as it worked," he recalls. They won *Daily Telegraph* School Newspaper of the Year for two years running. The prize gave the magazine team a chance to produce their own page at *The Telegraph* and they interviewed former Deputy Prime Minister, Lord Heseltine. 'And Then the Justice' shows Rachel's father in his office holding an editorial meeting for the award-winning magazine.

He left teaching early, partly as a political protest over what was happening in education, but chiefly to pursue writing ambitions. Work 'fell into his lap' interviewing writers for the National Theatre Connections. Leading playwrights wrote one-hour plays for young people. He interviewed nearly a hundred writers, including Christopher Hampton and Wole Soyinka. The Nobel prize-winner lived in hiding from the police, and Jim received an early-morning phone call telling him where to meet Soyinka's son, who took him to meet his father. At the time Wole Soyinka had fled for his life from Nigeria and was in hiding over here because the secret police were after him. It was very scary, this heroic man, a literary colossus, a scourge of the dictator, was living in a tiny flat near Marble Arch. His son was not messing about with the cloak-and-dagger stuff. They didn't know who Jim was and were not taking any chances.

ABOVE LEFT: The second panel in the series.
ABOVE RIGHT: Rachel and Jim Mulligan





The sixth age of 'lean and slippered pantaloon' envisions Jim writing a play in his living room. He is surrounded by photos of all of his six children. The play was finished and staged by Spare Tyre. A house full of books is on display. Happily, the final panel with Jim surrounded by his children and wife is fictional. "Shakespeare must have known older people with dementia. Not as many as we are used to, because not so many lived into old age. But he got it right – second childhood, no teeth, eyesight gone, eating baby food," he speculates.

'The Seven Ages of Man' was first exhibited at Strawberry Hill House in Twickenham. A yearly cycle of a grapevine borders each one. Rachel explains how stained glass changes and looks different on a wet, grey morning to when it's illuminated by the sun. Night is different again because light hits from the front, so you get a reflection. Small pieces refract at differing angles, like looking at a mosaic. "I design and edit each part. I do the whole thing myself. The choice of colour is very important. I have to select the glass, it's not anything I could get anyone else to do."

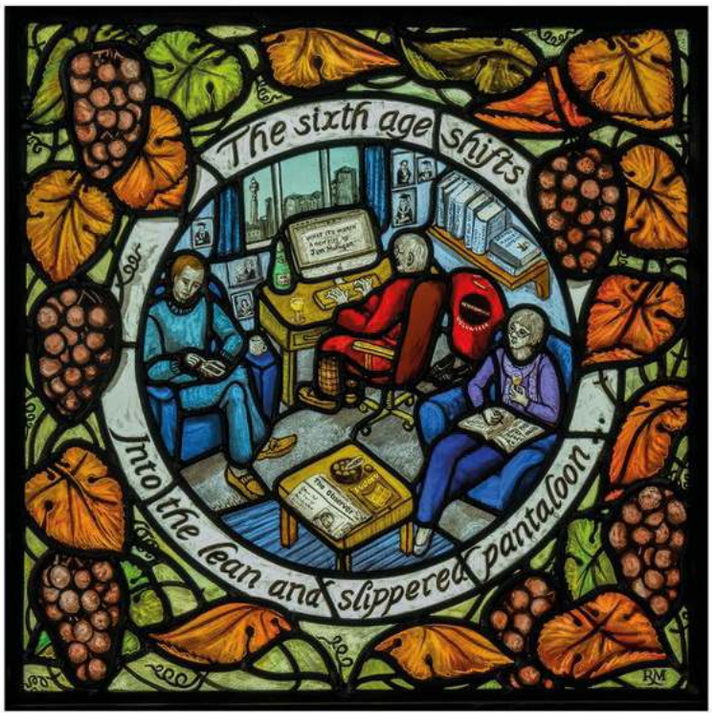
Rachel won Surrey Artist of the Year in 2014. She first discovered stained glass at an evening class and was enthralled. Her painting and engraving techniques involve the use of a kiln and can achieve intricate detail. The work requires time, patience and the highest quality of materials. Now she teaches stained glass classes from her garden studio in Farncombe.

Aside from his ongoing involvement with the Primrose Hill Summer Fairs Jim writes and acts for Spare Tyre, which champions diverse voices to produce socially engaged art, including adults with learning difficulties and people with dementia. Recently, he had a professional role in the Old Vic production of *The Divide*. He accepts a bit of typecasting, but it went too far when he played a ninety-year-old in a coma who came to consciousness for one line: "F*** off, you buggers."

'The Seven Ages of Man' are on the display at the Stained Glass Museum at Ely Cathedral until March 2019.

The book of the project *The Seven Ages: Stained Glass by Rachel Mulligan* is available for £7 at Primrose Hill Books.

ABOVE LEFT: Jim and his wife Claudette.
ABOVE RIGHT: The fourth panel.
BELOW: The sixth panel





Unlocking Kierkegaard's Cupboard with Marianne Burton

WORDS By Roberta Berke
PHOTOGRAPH By Barney Jones

Marianne Burton's most recent book of poetry has an intriguing title: *Kierkegaard's Cupboard*. She chose this title to reflect the dual aspects of her poems, which explore both Kierkegaard's troubled love life and his erudite philosophical writings.

Kierkegaard had a cupboard especially made to hold all his correspondence with his beloved, Regine Olsen. They became engaged when she was seventeen, yet after a year he broke off their engagement, concerned that he could never be a good husband to her and that domesticity would intrude into the solitude he needed to think and to write. She was passionately in love with him, and they continued to exchange glances from a distance as they passed by each other on their long walks around Copenhagen. Later, after she married another man, Kierkegaard remained obsessed by her, and he said of the special cupboard that held his love letters to her, 'She lives in there.'

Marianne Burton saw the very same cupboard of dark palisander wood in Copenhagen and she read Kierkegaard's voluminous journals and philosophical works. Fascinated by Kierkegaard's life and diverse books, she wanted to write about them, but what form to choose? Biography? An extensive biography by Joakim Graff had recently been published. Fiction? Several novels have attempted to use Kierkegaard's life as a plot, but had not succeeded. As Marianne is a poet, she decided to explore Kierkegaard's life and work through a sequence of fifty-one poems.

These fourteen-line variations on the sonnet form follow the major aspects of Kierkegaard's life: influences in his childhood; his deep love for Regine; his wide-ranging writings on philosophy, religion and ethics; the mockery he suffered as an eccentric in bourgeois nineteenth-century Copenhagen; his criticism of the materialistic state church; and his resolute confrontation with a slow death at the age of forty-two.

Marianne resisted the urge to be swept along by Kierkegaard's expansive style and she crafted her poems into incisive lyrics that have the hard clarity of a Danish winter sky. Because these poems are written in the first person, it is as if Kierkegaard is confiding his thoughts and feelings directly to us. Hence, we don't feel overwhelmed by the weight of Kierkegaard's existential philosophy; instead, we're intrigued and invited to explore this unique thinker's ideas.

A poem such as 'Of Course I Remember Uncle Søren' shows Kierkegaard as a child receiving treats from his namesake, but the final lines give nostalgia a melancholy twist. Kierkegaard's ambivalent love of his beautiful Regine is ingeniously expressed in poems such as 'Either / Or', which takes its title from Kierkegaard's best-known book in which he examined the joys and sorrows of love and faith. His candid acknowledgment of his impending death is movingly conveyed in 'The Head Nurse Writes. She Sent Me A Play Once'.

Marianne Burton's earlier book of poetry, *She Inserts the Key*, was nominated for the Forward Prize for the best first collection, and her pamphlet *The Devil's Cut* was a Poetry Book Society Choice. Her poems have appeared in the *TLS*, *The Guardian*, *The Sunday Times*, *The Independent*, *Poetry Review* and *Poetry Wales*, and have been broadcast on BBC Radio 4's 'Poetry Please'. She and her family have lived in Primrose Hill for over twenty years.

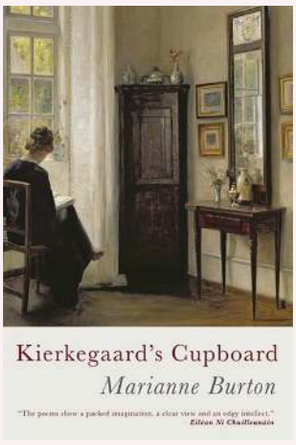
When I Pass the Street Vendors Selling Herring

When I pass the street vendors selling herring
I am overwhelmed.
Luck seems to hang on choice.

I have seen the nets come home
flashing their silver, their miser's cache,
each pellet snapping and leaping against the next,
many as grains in a bushel,
many as graves in the yard.

Anxiety is the dizziness freedom spawns.
How should I pick just one?

In fairy tales the right fish holds the ring
one loved above all things but tossed into the sea.
The right fish will retrieve what one has lost.
How could one choose one, just one amongst so many?



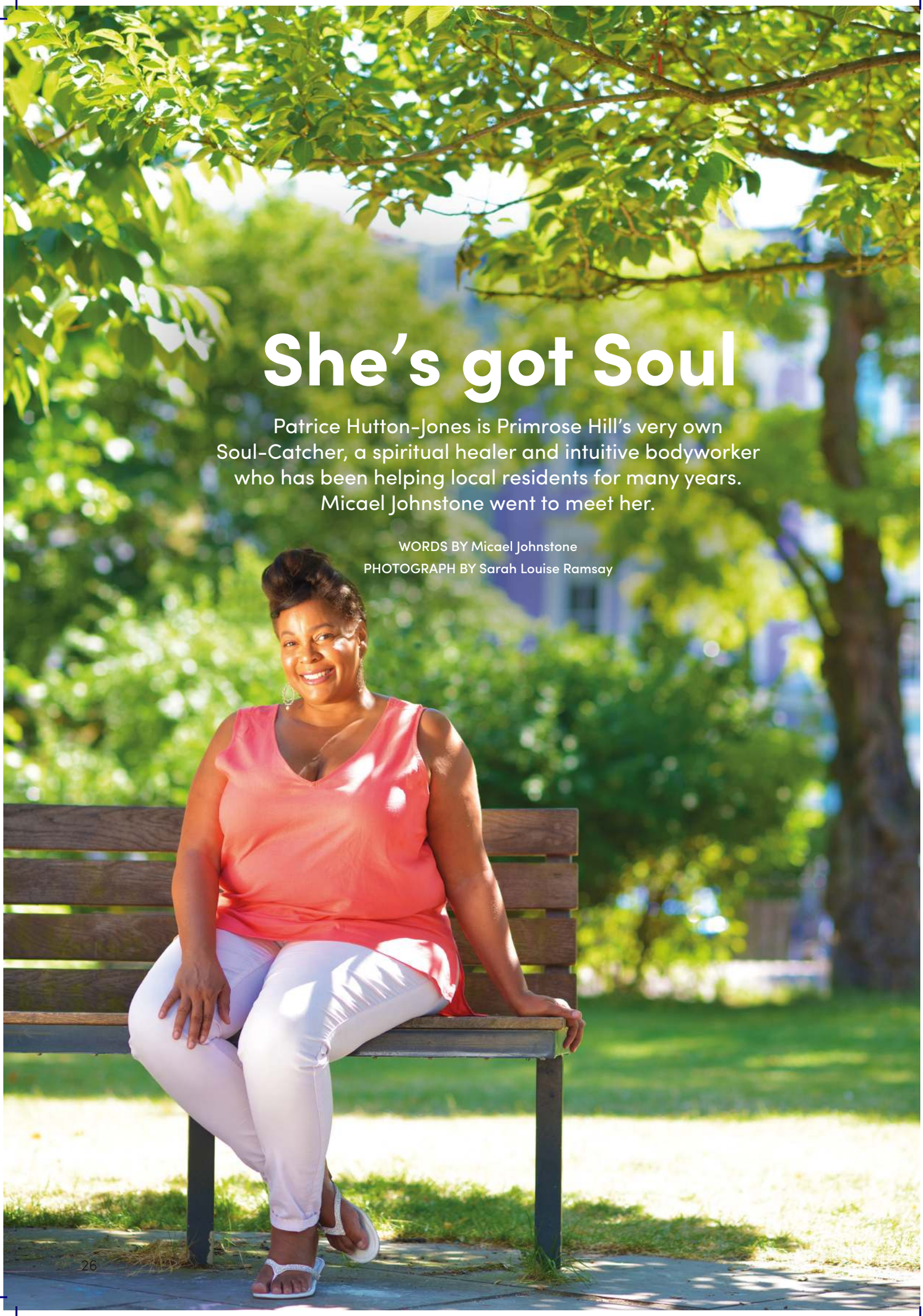
Kierkegaard's Cupboard by Marianne Burton is published by Seren Books. Copies are available at Primrose Hill Books.



She’s got Soul

Patrice Hutton-Jones is Primrose Hill’s very own Soul-Catcher, a spiritual healer and intuitive bodyworker who has been helping local residents for many years. Micael Johnstone went to meet her.

WORDS BY Micael Johnstone
PHOTOGRAPH BY Sarah Louise Ramsay



Patrice Hutton-Jones greets me with her beaming smile as I walk across the already slightly parched grass to meet for our interview in the height of summer in Chalcot Square. The square is basking in glorious sunshine and is the perfect location to discuss a career and philosophy inspired by our connection with the natural world.

We start by talking about her early life and where she first discovered her gift for spiritual healing. Patrice grew up in South Shore, south-side Chicago near Lake Michigan in the United States. Her parents, Marie and Bobby Hutton, were committed to education and sent her to a local Catholic school as part of what she calls a 'middle-class' upbringing. She believes that her naturally intuitive nature served as a helpful counter-balance to the rigidity of a Catholic education, and she was aware of this intuition from an early age.

"We forget the joy of nature and natural ways to have fun, and as we get older these things are looked at as being weird!"

"I often felt conflicted as a girl, as I would question the strict rules that I felt were in conflict with my strong sense of inclusiveness and compassion," she says. "Organised religions are all good – I tried them all – but I decided to follow my own spiritual path. I hadn't previously felt empowered to go within and trust my own guidance. It's not unusual to be intuitive – kids have it, but we forget it. We forget the joy of nature and natural ways to have fun, and as we get older these things are looked at as being weird!"

After school Patrice studied English at university and also gained further inspiration from spending time at a wellness centre in Chicago, run by women she fondly describes as her 'other mothers'. She faced some of her own health challenges and was told that she wouldn't be able to have children; but she ended up giving birth to three boys, one of whom sadly passed away. This tragedy led Patrice to England 'to escape'. On moving to England (a clairvoyant friend told her she'd be working near a big hill in London!) she sought out the teachings of a number of leading natural healers. She was particularly interested in the Bach Flower Essences, discovered by Doctor Edward Bach in the 1920s and 30s, whose natural healing properties help combat stresses that can lead to negative emotions such as fear and worry.

"Discovering the Bach Essences really directed me to wellness," says Patrice. "The connection to nature and channelling natural healing properties is really important. When we are close to nature we just feel more grounded. When we walk barefoot on the grass we feel that sense of being grounded. When we see a body of water – like Lake Michigan – we feel cleansed. When we look at the sky we feel open. Primrose Hill is so great because of all of its parks and trees. The natural environment really helps the local community: it makes for a family environment where people actually speak to you!"

Patrice continues to include natural remedies in her body work as a wellness consultant and life coach. She believes that her mother and father not only instilled their respect for learning and education, but also contributed significantly to her passion for wellness. Even though the United States has a reputation for fast and processed foods, her parents were believers in wholefoods and the family rarely ate out in restaurants, preferring to prepare their own home-cooked food. Patrice believes that more people are starting to wake up to the importance of nutrition as a result of increasing health crises such as obesity, chronic diseases and mental health issues.

"Many people are now more aware of what they are ingesting and pay real attention to it," she says, although she believes that the gap between those who are really paying attention to what they eat and the majority of the population is in some ways increasing. "Although many people are more focused on nutrition and eating organic, high-quality food, it's often just not available, it costs too much or people don't give time to thinking about it. People seem busier than ever and have such fast-paced lives. Making time for wellness and self-care is difficult but it's so important."

I ask Patrice what the government could be doing to help combat some of these problems. "If I had a magic wand and could make changes, I would focus on mental health right now," she says. "There have been such big funding cuts across the board. This has meant that the provision of amenities like gardens to improve wellbeing and alternative therapies are not available."

While advances in surgery now enable doctors to carry out life-saving operations that would not have been possible in the relatively recent past, other more long-term health problems appear to be going on the wrong direction. "We are getting good at healing injuries from the neck down, but pills are not getting to the bottom of it," says Patrice. "We need to adopt a more holistic approach, and good food is part of it."

Patrice's Top 3 Health and Wellbeing Tips



Drink more water

It keeps everything moving!



Connect to other people

We are getting more isolated – phones and technology are often doing the opposite of connecting people. Meet new people, attend local community events and just talk to people!



Get out in nature

Get your feet on the grass and look at the beauty all around you. Being out in nature really helps to take your mind off whatever challenges you might be facing.



The Supper at Emmaus by Caravaggio

I invited you all back for dinner
but all you can do is complain,
at least it's warm and dry in here
and we're out of the pouring rain.

So the fish that you caught was enormous!
The chicken does look a bit small.
We've also got bread and apples,
there should be enough for us all.

What! You're thinking of leaving already
because there's just water to drink?
If it's wine you want I've made it,
there's gallons outside in the sink.

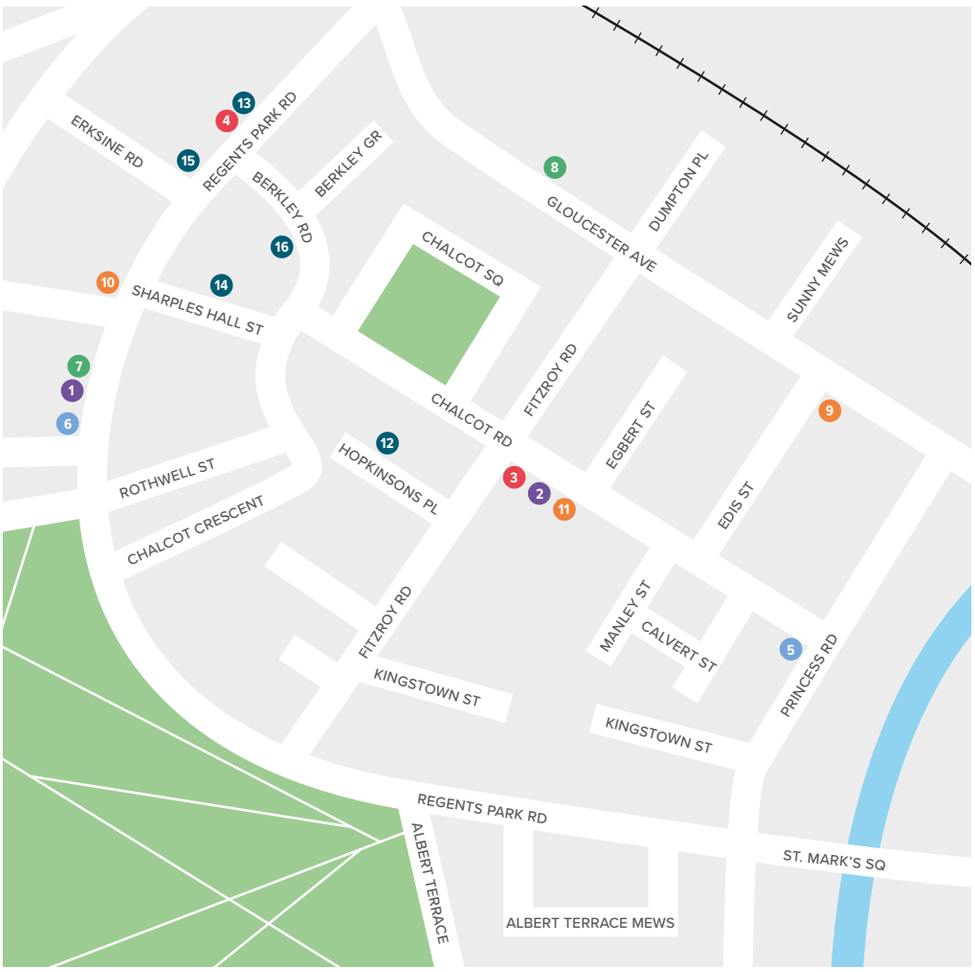
©Susan Greenhill
www.soundcloud.com/susan-greenhill-poetry

Primrose Hill LAUGHS



"We obviously need to be a really diverse band to get through to the knockout stage – the trouble is that Felix isn't very cooperative"

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FROM Collis Bakes

Cinnamon & Apple Traybake Slices

1. Preheat your oven to 180°C or gas mark 4. Line a high baking tray with greaseproof paper (the cake will rise!). Oh – and wash your hands with soap, and wear an apron.

2. Cream your butter in a mixing bowl at room temperature. Add the caster sugar to the butter and mix until light and fluffy.

3. Weigh out the flour, baking powder and ground cinnamon, and mix together. Sieve ⅓ of the dry ingredients into the wet mixture, add one egg, then mix; add another ⅓ of the flour, mix, then add the last egg and the last ⅓ of flour and mix again.

4. Peel the apple and slice into small squares (the apple will give add moistness and sweetness to the cake). Be careful using the knife – you may want help from an adult. Add the apples to the cake batter and then pour into the baking tray. Set a timer on the oven for half an hour and leave to bake.

5. To make the icing, cream the butter and icing sugar then add the vanilla extract. Mix until smooth and then – last, but not least – stir in the cinnamon.

6. Once the cake is ready, remove from the oven and leave to cool on a cooling rack for at least 40 minutes (ask an adult for help when handling the hot objects and wear oven gloves). Cut the cake into nine pieces. Once cool, pipe on the buttercream on with a piping bag or use a spoon – be as creative or spooky as you like! Add decorations and fun toppings to finish.

7. Then enjoy your treat. Oh – and happy Halloween!

Ingredients (makes 9)

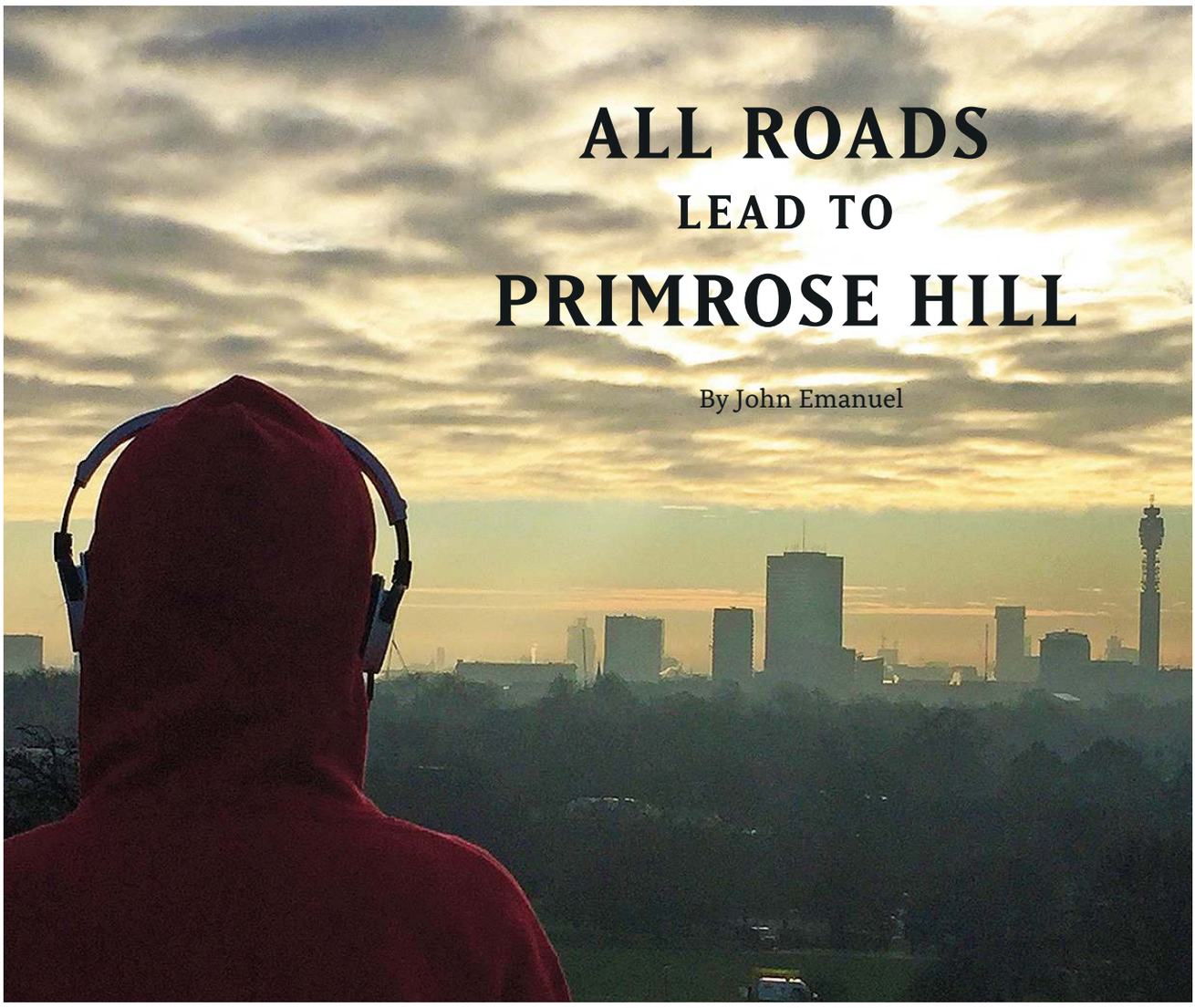
- 170 g caster sugar
- 175 g plain flour
- 175 g unsalted butter
- 2½ tsp baking powder
- 2½ tsp ground cinnamon
- 2 eggs
- 1 green apple

Buttercream icing

- 180 g unsalted butter
- 200 g icing sugar
- 4 tsp ground cinnamon
- 1 tsp vanilla extract



PHOTOGRAPH BY Sarah Louise Ramsay
RECIPE BY Caia Collis



ALL ROADS LEAD TO PRIMROSE HILL

By John Emanuel

PHOTOGRAPH BY Sarah Louise Ramsay

When Rome was the centre of the world, all roads were said to lead there. Now it seems that London, New York, Delhi and Beijing have taken Rome's place. But for the more discriminating, the summit of Primrose Hill has now become the true epicentre, although this ranking is of course ephemeral and, who knows, might be eclipsed by future political events.

In my semi-retirement, I have taken to afternoon pulls up Primrose Hill. Although I hate exercise, I go as fast as I can: on the one hand, I hope it will strengthen my heart; and on the other, if I am to have a heart attack, what better place to end my days than looking out over London? But I have found another and deeper, more spiritual result for my efforts. For Primrose Hill offers a wonderful opportunity, if you just seize it.

Visitors from all over the world come to see London from this summit. Unlike the Empire State Building in New York, access is free; unlike the Lycabettus hill in Athens, it is easily climbable; and unlike Rome, in London we have a more select choice of hilltop viewpoints. As people reach the circle at the top, they are always delighted by the view. They take selfies, sit and chat, look again, make out the landmarks in the city below and watch the aeroplanes queue for their approach to Heathrow.

Sitting on a bench and recovering from my exertions, I too look at the view. Unlike most visitors, I have the luxury of appreciating the views beneath and before me in all weathers and at all times of year. Blazing sunshine flattens building profiles, cloudscapes dramatise the town, fog below reveals just the treetops of Regent's Park. Best of all is the view on a spring or autumn day in late afternoon, with the sun behind you and the details of the buildings and distant landscapes in sharp relief.

Voices interrupt my thoughts: the English 'It's, like, amazing'; the French 'Ç'est superbe'; the Germans checking on the landmarks. I eavesdrop, understanding some European languages and recognising others. I like to feel I am a 'citizen of the world', despite Brexit's apparent disdain. Then there are languages I don't recognise at all. On occasion I have overcome my British reticence to enquire, "May I ask what language you're speaking?" There's a moment of suspicion and then a smile as the visitor realises my interest has no ill intent.

Gujarati, they tell me in excellent English. Swahili! Finnish! Greek! Hebrew! Farsi! Arabic! We talk, sharing our enthusiasm for the view and enjoying our common humanity. My afternoon constitutional has become a source of brief friendships, a sociological, historical and geographical window on the greater life of London. The circular summit of our little hill is truly a meeting place of nations.

And I count myself privileged to live but a short walk away.

Hello, Primrose Hill!

PHOTOGRAPHS BY Vicki Hillyard













Ricky Gervais and Marc the Vet at Pup Aid



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