

Suburb News



A bucketful of spring in Northway Gardens



Has Jonathan been in touch with Henrietta? Find out on back page

Want to get involved in Art in the Suburb? Then contact Valerie, details page 18



A time for renewal beneath the cherry blossom

THE EDITORS

The sounds of fireworks welcoming in the New Year reverberated around the Suburb on New Year's Eve, particularly from Central Square where the RA put on a magnificent fireworks display and St. Jude's hosted a memorable after-party, thoroughly enjoyed by so many.

In this issue, we leave winter behind and welcome in spring, a time of renewal and change. With the various upcoming elections, we asked the Suburb News Youth

journalists to share their thoughts on what our future politicians could offer and, as you can see, they had plenty to say.

With longer days just around the corner, we can start to think about outdoor activities. Have a look at the Out & About and Gardening pages – Dominic Rose provides top tips for promoting wildlife, Judy Marcus tackles Pickleball with her usual gusto and you may be inspired by Caroline Broome's gardening suggestions.

If it's culture you're after, check out the Events pages. There's

plenty coming up, including the 2024 Proms at St Jude's, Fellowship House talks and the Garden Suburb Theatre even provides us with a silver lining!

Spring, with its themes of renewal, amplifies that change is much needed in our troubled world. As the second anniversary of the war approaches, Olga Stefanyshyna updates us from Kyiv and asks that we don't forget about Ukraine. And, here in the Suburb, Jo Morris asks for more volunteers to help out at the Free Church's much needed night shelter.



Signs of spring in the Suburb (Photo: Shelley-Anne Salisbury)



HGS residents welcomed 2024 in style, see p10 (Photo: Michael Eleftheriades)

DESPITE THE PRESENT UK ECONOMIC WOES, WE ARE STILL SHORT OF PROPERTIES LIKE YOURS, FOR SALE OR RENT.

To say that we at Glentree are hardy perennials, is an understatement. We have seen off four recessions over the last 50 years and we intrinsically understand how to get the best value for your home in the Suburb, regardless of the economic backdrop.

Whether you live in a cottage or castle, we can procure quality buyers/tenants for you. They are not just plucked from the local area, using our global contacts, we are able to procure them from much further afield, which ensures that you obtain maximum value for your family home.

If you have not used us before, may we invite you to contact us.

We are at your service and reassuringly, we always deliver on our promises.

CELEBRATING
50
YEARS TRADING



07831 339699
www.glentree.com

Annual General Meeting 2024

RA members only

Hampstead Garden Suburb Residents Association

The HGSRA AGM will take place at 8pm on Monday 25 March

Henrietta Barnett School, Bigwood Hall, Bigwood Road, NW11 (Doors open at 7.30pm – light refreshments will be available before the meeting)

There will be a presentation by the Zoological Society of London on the on-going hedgehog monitoring programme in HGS

The meeting agenda will be available on the RA's website from 18 March 2024.



Olga; strength in the face of adversity (Photo: Oleksandr Hulich)

Please don't forget about Ukraine

Suburb News readers will remember reading about Olga and her daughters, Vlada and Lera, who took refuge in HGS in July 2022. Readers may recall Olga and her daughters returned to Kyiv in 2023, but Vlada has since returned to HGS to live with their original host family to continue her education in England. Olga visits London when she can and Vlada returns to Kyiv in the holidays – both taking the arduous journey via Warsaw and crossing the border into and out of Ukraine (there are still no direct flights). In this issue, Olga writes about the latest situation in Kyiv.

OLGA STEFANYSHYNA

On 7 February (almost two years after the war started) I woke up in my home in Kyiv to numerous missed calls from my daughter Vlada in London. Her messages sounded worried: "Mum, how's granny? Is she ok? I can't get hold of her!" That morning, Russia launched 64 ballistic and cruise missiles, as well as Shaheds (Iranian drones). One of them hit the neighbouring building where my mother-in-law lives. Half of the flats in her building were destroyed. One belonged to a teacher who had taught my two daughters at kindergarten. Miraculously she managed to escape but she is now homeless. Thankfully, my mother-in-law's flat wasn't damaged.

This was a typical Ukrainian morning, full of tragedy. Russia launches multiple missiles and drones over Ukraine regularly. Approximately once a week we all wake up to the sound of alarms or loud explosions, our windows shattering. Russia carries out these attacks mostly at night or early in the morning, when everyone is asleep so people have no time to hide or escape.

Thanks to our partners from the UK, Europe and the US, we have the means to protect our skies and most (but not all) missiles are caught. But it doesn't mean they do no harm. Missile fragments fall on houses, roads, shopping malls and people. The most terrible thing is you just never know if you will be the victim this time or not. Ukrainians call it Russian roulette.

Missiles are clearly a huge concern for the Ukrainian people, but what we worry about even more is if the world stops helping Ukraine to oppose Russian terror. Currently, Ukraine is on the edge of financial and military disaster whilst awaiting the US financial support package to pass through Congress, delayed due to political debates. It seems the world got used to the thought that Ukrainians are brave people who can successfully oppose Russia for as long as it takes. But this is not true. Ukraine does not have sufficient resources to defeat Russia – neither financial nor the manpower. What will happen if Ukraine fails? That's the question which everyone in Europe and all other democracies should ask themselves.

The answer is simple and stark; Putin will never stop.



Bombed building (Photo: Kyiv city military administration)

Free Church Hall Night Shelter

JO MORRIS

It is now six years since some Free Church members got together and wrote an article in Suburb News asking the Suburb community to volunteer to support a night shelter the church had agreed to run with Together in Barnet, a homeless charity.

Over those last six years, one night a week for a period of up to 11 weeks, our Free Church night shelter has been part of a group of venues which offer beds every night of the week for the winter months from October to April. During Covid we helped support guests in a local hotel rather than in the Free Church.

Many of the volunteers who came forward in March 2018 are still helping this year. They set up the Free Church Hall, check in the guests and make them welcome. The evening meal is prepared in different volunteers' homes and brought to the hall where it is served to the guests. Two volunteers sleep over in the hall with the guests and a further two set up breakfast in the morning and then clear up the hall ready for the day-time users. Each guest has their own bed roll, comprising of a self-inflating mattress, a pillow and a sleeping bag. Two



Photo: Malcolm Edwards

volunteers arrive as the guests leave and take these bed rolls by car to the next venue.

The maximum number of guests we can expect each week is 17. These are usually men but in the six years there have been several women. Over the months that the shelters run, some guests move on but it is common to see many of the same people all through the winter.

The guests are selected by Homeless Action in Barnet (HAB), a day centre in North Finchley. HAB works with the clients to source long-term housing solutions as well as providing practical types of support such as hot showers, a cooked breakfast and lunch on the premises. Together in

Barnet coordinates other shelters across the Borough that, between them, offer accommodation for the guests seven nights a week.

The volunteers have all attended an online or in-person training with Together in Barnet, who also produce a detailed handbook with policies and procedures which volunteers sign to say they have read and will comply with.

The original Free Church volunteers have been joined by other volunteers from the Suburb, including those from other faith groups. We are very grateful to all those who have made this initiative possible in the hall. To all the volunteers who cook, drive bedding bags, chat to guests, sleep overnight, get to the hall at 7am to make breakfast and clear away, to the HGS table tennis club who lend a table for the night for the guests to use, we thank you all.

If you are interested in finding out more about the project, do look at Together in Barnet's website www.togetherinbarnet.org and if you are interested in volunteering locally, please email me at jo_morris@btinternet.com.



Photo: Suburb News Library

High Quality Trusted Homecare



Keeping you and your loved ones safe without the need for residential care

Our wide range of services support people to continue living happily and independently at home. We offer flexible solutions from one hour to 24-hours a day.

- Companionship
- Transportation & errands
- Meal preparation
- Light housekeeping
- Personal care
- Medication reminders
- Post-operative support
- Holiday & respite cover
- Specialist dementia care
- Hospital to home
- Help washing & dressing
- Live-in care

and much more...

YOU DESERVE CARE THAT MAKES A DIFFERENCE

Quality care you can trust, delivered in the comfort of your own home

Contact us now for a free care assessment for you or your loved one



camden.hampstead@rightathome.co.uk
www.rightathome.co.uk/camdenandhampstead

Camden
Hampstead
Golders Green



0203 921 1111



Photo: Francine Barsam

We're made up for you Mala!

FRANCINE BARSAM

Suburb resident, Mala Ungelson was awarded 'Influencer of the Year' at the annual UK Beauty Awards. This is quite an accolade for the RADA trained actress and for a woman who doesn't sit in the typical age bracket of beauty influencers.

Taken to the Helena Rubenstein counter at Harrods at a young age and equipped with the Clinique 'One Step System', she was, in her own words, 'ready to take on the world.'

The speech and drama teacher always loved make-up and in between acting jobs she established herself as a leading make-up artist with Yves Saint Laurent, working on some of their key marketing campaigns. "I always loved empowering women to feel their beautiful best; make up should not be a mask, it should embellish and flatter the face."

She is a great advocate for well-being and pro-ageing and doesn't advise Botox or fillers. She explains that less is more; using a

handful of products together with a consistent routine plus drinking lots of water, is a great way to build a strong skincare routine.

Since winning the award, business has been strong and it has given her the confidence to believe in herself. She now speaks at a range of business events covering topics such as using social media to build your business. The award has opened new doors for her to collaborate with a range of exciting beauty initiatives.

Mala offers tailored make-up lessons for all ages, from teenagers looking to start a skin care routine and advice to women in their 50s, 60s and 70s and beyond who need an update on skincare, make-up and wellness.

Her passion, empathy and enthusiasm are evident and if you're in need of beauty advice, from contouring to creating the perfect cat eyeliner, or simply want to refresh your make-up routine, Mala is ready and waiting for you.

She can be contacted through Instagram @verymakeupmad.

Life-long Suburb resident awarded OBE

SHELLEY-ANNE SALISBURY

Life-long Suburb resident and leading conservation expert, Philip Davies, was awarded an OBE for services to UK and Commonwealth heritage in the Diplomatic section of The King's New Year Honours List.

For many years, Philip was the Planning and Development Director of English Heritage and he remains a stalwart supporter of the conservation of the Garden Suburb. He is a renowned international heritage consultant and the author of 13 highly-acclaimed books on London, India and Burma, including *Lost London 1870-1945*, one of the best-selling books on London ever published.

Philip is the the founder and Chief Executive of the Commonwealth Heritage Forum, having conceived and established its £12.26 million Queen Elizabeth II Platinum Jubilee Commonwealth Heritage Skills Training Programme, the largest heritage project in the history of the Commonwealth.



Photo: Ann Farrell-Davies

Farewell to Milson and hello to Sam

For over 32 years many Suburb residents have enjoyed doorstep deliveries of milk and other dairy products from our friendly milkman, Milson. Sadly, he made his final deliveries in January as he has decided to retire. He will be missed by so many residents who enjoyed his reliable service for more than three decades. He maintained regular deliveries through the pandemic, and never let customers down at busy times like Christmas.

With the advent of on-line banking, he moved from a Saturday collection, when he would turn up with a large leather satchel over his shoulder which he dipped into to find the right change for the five or ten pound note offered in payment. Whilst on-line banking has its advantages, it meant that we no longer saw Milson on a regular basis when he called. We always enjoyed his cheerful demeanour and he usually had a humorous story to tell about how he tripped over a cat or fell over a fence he did not see in the dark.

When I asked him if he would do the same again, his reply was a definite yes. Milson informed

residents that his replacement will be Sam, whose mobile number is 07904 795559, and we look forward to a seamless transfer. Anyone wishing to make contact with Sam should send him a text message rather than calling during daylight hours, as he is likely to be sleeping!

So, many thanks Milson, and here's wishing you a long and healthy retirement.

Paul Wenham



Milson enjoying retirement (Photo: Selfie)

G COHEN

ANTIQUE SILVER

We wish to purchase items of silver in any condition.

As a long standing resident of the Suburb, Gideon Cohen is happy to view your silverware in your home and will make an offer to purchase, free of any obligation.

17 The London Silver Vaults
53-64 Chancery Lane, London WC2A 1QT
020 7404 1425 | enquiries@gcohen.co.uk

www.gcohen.co.uk

'If this house could talk...' a story of sanctuary and life-long friendship

MARGARET HARRIS

Do you ever wonder who lived in your Suburb house in the past and what happened to them when they moved on? In the case of one North Square house currently owned by Sally and Andrew Botterill, we know that it provided a much needed sanctuary for a young woman, Gerda Landsberger, who escaped from Nazi Germany in February 1939 on a *Kindertransport*.

Gerda was the only daughter of a so-called 'mixed marriage';

her father was Jewish and her mother had converted to Judaism. In the late 1930s it became clear that children of such marriages were not safe and that their parents' livelihood (and means of financially supporting their children) were threatened. Gerda's parents determined to get her out of Berlin. Through mutual friends, they made contact with the Levetus family, then living at One North Square, who offered Gerda a home and made all the necessary depositions to enable her to be accepted in Britain as an immigrant. A letter dated 22 December 1938 from Mr Levetus to Gerda's father in Berlin says about Gerda: "we are willing to give her a home with us and to look after her in our family at least until she is 18 years old and trained to be able to earn her own living... She would be welcomed into a comfortable and happy home..."

So it was that Gerda arrived alone in England just before the start of World War II, was absorbed into a Suburb family and given accommodation at the top of the house overlooking the Free Church. She bonded with Margaret Levetus, the daughter of the family, who was just a few years older than herself. Gerda attended Henrietta Barnett School and then procured a place at Guy's Hospital to train as a nurse, eventually qualifying as a State Registered Nurse.

In 1950, Gerda joined the Hampstead Garden Suburb amateur dramatic society. Through the society she met Richard Gelbhardt, a Polish-Jewish photographer who



Gerda and her daughter Jeannette in 2018 in her old room at One North Square (Photo: Hudson Pace)

had served in the British army in Palestine and Italy. He had joined the Polish partisans at the start of the war and had been captured by the Russians. After serving time in the Siberian *gulag*, he was liberated and joined the Polish contingent of the British forces. He found his way to England in 1947 and married Gerda in 1951.

The couple had a daughter, Jeannette, and set up home in Childs Hill, not far from the Suburb and its greenery, which Gerda always loved. Gerda followed the custom of the post-war era and became a full-time wife and mother. She also found time to

become fluent in Italian and to sew all her daughter's clothes.

She was reunited with her parents after the war and lived long enough to celebrate her 100th birthday in style in December 2022. She always kept in close touch with the Levetus family and many of them – descendants, children and cousins of the people who took her to their hearts in 1939 – attended her funeral when she died just short of her 101st birthday in November 2023.

Many thanks to Andrew Botterill and Jeannette Gelbhardt for providing information for this piece.



Gerda in her nurse's uniform (Photo: Family Archive)



Richard and Gerda on their wedding day (Photo: Family Archive)

HAMPSTEAD GARDEN SUBURB

Free Church

Easter Services

Palm Sunday – March 24th
10.30am: Meet in the Square for Palm Sunday procession with St Jude's
11am: Service in the Free Church

Maundy Thursday – March 28th
7.30pm: Quiet service of reflection with Communion

Good Friday – March 29th
11am: Service remembering the crucifixion of Jesus

Easter Sunday – March 31st
11am: Christ is Risen! Service of Celebration



Photo: Michael Eleftheriades

Minister Revd Aled Jones • The Free Church, Central Square, NW11 7AG
hgsfreechurch.org.uk • minister@hgsfreechurch.org.uk • 020 4531 2055

.Web Studio Lab
Creating unique websites with personal attention

Here to help integrate and manage your business goals in the digital landscape. Without any fuss!

Do something different. Clarify and implement the right digital strategy for your business.

Scan me

webstudiolab.co.uk



Photo: Family Archive

Carlos Duran

1943 - 2023

MARGARET HARRIS

Carlos Duran, who passed away aged 80 in his native Spain in September 2023 after a long illness, was a Suburb resident for most of his adult life.

Carlos first came to England to work as a school teaching assistant in Spanish, although his original training was in atomic physics. He met Pia (later his wife) at a British Council event in 1966 and they were married in 1968 at St Edward the Confessor Church, Golders Green. They had three children who boast Galician

names, reflecting their father's roots: Xohan, Xavier, and Xulia.

After his spell as a teaching assistant, Carlos became a journalist, broadcasting in Spanish for the BBC World Service. Later, his fluency in many languages (including not only Spanish and Portuguese but also English, French and Russian) led to him working as a translator into Spanish for international corporations. He also

found time to write books about his native Galicia.

Despite a busy work life and extensive international travel, Carlos enjoyed involving himself in Suburb activities, including tending his allotment and delivering Suburb News. As many will remember, he was also a regular contributor of factual and 'correcting' information to the HGS Chatline.



Carlos and Pia (Photo: Family Archive)

Hilda Williams

1919 - 2023

MARGARET HARRIS

Hilda Williams, who died recently in South Africa aged 104 years, was an HGS legend. She officially retired in 2017 but until then was well known to users of Fellowship House as the diminutive woman who kept the building and the activities in good shape, efficiently organised the room bookings and always had a ready smile for locals.

Hilda was born and schooled on St Helena, arriving in the Suburb

in the 1970s to work alongside her brother who was the caretaker of the Hampstead Garden Suburb Institute. In her early days in the area she also cooked meals for the staff of Temple Fortune Waitrose.

The youngest of a family of six children, Hilda first left her island home at the age of 17, equipped with her new British passport, to take the one-week journey by ship to South Africa. There she worked as a cook and parlour maid until her marriage to Albert Williams in 1938. They had six surviving children.

By 1975 Albert had passed away and Hilda's children were independent, so she embarked on her next adventure, travelling to England. She worked initially as a housekeeper to the family of Mr Berman, the theatrical costumier, before joining her brother on the staff of the HGS Institute. From there, it was a short step for her to becoming the lynch-pin of Fellowship House, a role in which she made a lasting impression on everybody who met her.

Aside from her busy work-life, Hilda enjoyed choral singing and was also a regular attendee at St Jude's church services.

In the words of a tribute to Hilda by the late Eileen Whelan: "If Fellowship House belongs to anyone, it belongs to Hilda. She cleans and polishes, tends our plants, prepares the place for various activities, lets groups of users in and out at all times of the day and night and generally keeps us all on our toes." Memories of 'how Hilda did things' are still strong at Fellowship House.



17 year old Hilda's passport photo (Photo: Family Archive)

Anne Corden

1917 - 2023

MARGARET HARRIS

Suburb News was sad to hear of the death of local resident Anne Corden at the age of 106. Anne moved to her house in the Suburb in the early 90s to be near her only son James, his wife Jo and their children, who lived in Temple Fortune and whose children were at Garden Suburb Junior School at the time.

A full obituary about Anne, written by Louise Corden, her granddaughter, appeared in the Guardian newspaper on 19 December 2023. It can be accessed at: <http://tinyurl.com/4wd5ufe6>.

As the obituary notice says, Anne "moved later in life to Hampstead Garden Suburb to be near her family. Fiercely independent, she lived in her own house, still gardening, walking to the shops and doing her own cooking, until she was 100. Only a broken hip slowed her down in her last few years, and she remained a brilliant raconteur, enthraling guests with vivid stories from her life."



Anne at a sprightly 101 (Photo: Louise Corden)

LEVERTON & SONS LTD

Independent Family Funeral Directors since 1789



We are your local Funeral Director

in Hampstead Garden Suburb
624 Finchley Road, NW11 7RR

020 8455 4992 | levertons.co.uk
finchleyroad@levertons.co.uk

Five branches across North London:
Camden Town | Golders Green | Hampstead
Kentish Town | Muswell Hill

INVESTORS IN PEOPLE®
We invest in people Silver



PR HARTLEY

CHARTERED ACCOUNTANT & REGISTERED AUDITOR

Accounting & Taxation Services

Call 020 8731 9745 or 07850 634395

Email: paul@prhartley.co.uk

www.prhartley.co.uk



'Auld Lang Syne', 2023 NYE celebrations in St Jude's (Photo: Michael Eleftheriades)



Emma Howard in Bigwood

Letter from the Chair of HGS Residents Association

EMMA HOWARD HGSRA CHAIR CHAIR@HGSRA.UK

Yet another full and interesting issue of Suburb News, written and distributed by some of the RA's many hard-working volunteers. I am sure our readers will enjoy reading it.

I hope many of you made it to the New Year's Eve Fireworks display on Central Square or enjoyed it from your windows. Then the party at St Jude's Church, where hundreds of people joined arms to sing Auld Lang Syne after the fireworks and then danced the night away until the wee hours.

Planned events this year include our AGM on Monday 25 March at Bigwood Hall on Bigwood Road: doors open at 7:30 for an 8pm start. It is for RA members only, so please join at HGSRA.uk before then, or you can join at the door. Come for a drink before the meeting starts and meet your neighbours and councillors. If you're interested in volunteering with us, do talk to me or to other RA Council members on the evening.

We are also planning a community Summer Fair on Central Square on Saturday 8 June. Please note the date in your diary: more details to follow soon.

Cost of postage has become so high that we are reluctant to carry on sending out letters to householders inviting them to join the RA. As RA Chair, I am proud of the fact that our large team of hard-working volunteers do a lot to help make HGS a great community in which to live and urge readers, whether they own or rent a home in our beautiful area, to join us. It's just £15 a year and you will see from our 2023 accounts reproduced here what we do with the money. In particular, we give generously to fund projects in our local community which would otherwise not be possible. In 2023 these were as follows:

- ✿ £5,000 Heath Extension Playground equipment to match fund community donations
- ✿ £3,000 Proms at St Jude's sponsorship of the weekend Literary Festival
- ✿ £6,850 Garden Suburb Junior School to make a Year 6 trip possible for all the children in that year
- ✿ £7,184 Brookland Junior School to fund play and educational equipment
- ✿ £3,137 Brookland Infant School to buy scooter storage and new storage sheds
- ✿ £1,000 Coronation Celebration at Golders Hill Park

Our state schools and public facilities are having their budgets squeezed like never before and our contributions have been able to go some way in paying for much needed items that would otherwise be unaffordable. You can read more about many of these initiatives in this edition of Suburb News.

HAMPSTEAD GARDEN SUBURB RESIDENTS ASSOCIATION

Financial Report for the year ended 31 December 2023

INCOME AND EXPENDITURE	2023(£)	2022(£)
INCOME		
Subscriptions	29,048	30,822
Contribution from Fellowship	500	500
Bank Interest	2,627	807
Advertising	32,203	28,492
Events Income	2,599	3,027
Sponsor a tree scheme	750	1,250
Donation/ Grant received for HHE Playground	558	7,500
Other income	0	41
Total	68,284	72,439

EXPENDITURE		
Membership	2,838	6,419
AGM, Storage, Room Hire & Zoom	952	1,451
Accounting & Secretarial	819	1,180
Publications	19,752	18,124
Events	5,614	6,297
Suburb tree planting & maintenance	7,200	6,000
Grants	21,171	5,729
REACH	968	3,838
Bank charges	430	469
Other Expenditure	751	1,390
Henrietta's Orchard	1,874	906
Heath Extension Playground	5,558	15,000
Total	67,927	66,803
Loss/Surplus for the year	357	5,636

BALANCE SHEET		
2023(£)		
CURRENT ASSETS		
Cash at bank and in hand	88,744	84,600
Debtors	1,315	4,024
Share in Orchard Housing Society	1	1
Total	90,060	88,625
Less current liabilities	11,155	10,077
Net current assets	78,905	78,548
REPRESENTED BY		
Accumulated fund brought forward	78,548	72,912
Surplus / (Deficit) for the year	357	5,636
Total	78,905	78,548

SO, JOIN US TODAY AT HGSRA.UK OR CALL 020 3488 9131 IF YOU NEED ASSISTANCE

PillarCare

Outstanding care in your home for independent living

PillarCare's friendly, experienced team have been helping people live as independently as possible in their own homes for over 20 years.

Call us to speak to a member of our team.

- 020 7482 2188 -



pillarcare.co.uk | enquiries@pillarcare.co.uk

Garden Suburb Junior School Field Trip

ANDREA BAILEY

In October, the Year 6 children went on a residential trip to the Isle of Wight. This is a much anticipated and very exciting annual event.

We always choose to go early in the school year as it gives both the staff and the children the opportunity to really bond with each other and develop new friendships for the year ahead.

The children experienced a wealth of activities during the trip: rock climbing, orienteering, fencing, archery and leap of faith to name but a few. There were opportunities to participate in many team building tasks which encouraged the children to work positively and collaboratively together. For many of the children, this would have been their first time away from home without their families, and building skills of resilience and determination allowed them to become more confident in their own abilities to hopefully face new challenges in the future.

The week was a real success and the Year 5 children are already looking forward to their trip next October.

As an inclusive state school, we seek to ensure we are able financially to support any family whose child wishes to attend if needed. We were especially grateful this year, with increasing pressure on school budgets, to receive a generous grant from the Hampstead Garden Suburb Residents Association which meant all the children in the year were able to attend. A huge thank you from us to them.



Brookland Junior School thanks the HGSRA

BRYONY DAVIES

Brookland Junior School has been the lucky recipient of a generous grant from the Hampstead Garden Suburb Residents Association.

This grant has enabled the school to undertake several projects that would not have been fulfilled otherwise:

- The Gardening Club has bought new equipment, plants and seeds in time for spring planting,

hopefully giving a boost to the vegetable harvest.

- New playground markings have been painted. Before, there was only one four-square area to play on and there was often a long wait. Now there are four! Also the other markings on the playground were old and fading.

- Two new interactive whiteboards have been installed. One in the music room and the other in the 'den', which is an intervention and meeting space. They have made a

huge difference to the teaching and to the children's learning.

The impact on the school has been significant for the pupils, staff and governors of Brookland Junior School. Staff and pupils are all very thankful.

Some of them have shared their thoughts below:



▲ This whiteboard is amazing. It has so many colours on it and can do so many different things. It is cool how the pens are magnetic, so they won't get lost. The new whiteboard works! It means we can write on it to show our answers and learn with it. It has replaced one that was a bit temperamental (this means it only worked sometimes!) Skye, Pedro, Bonnie, Samuel, Alex 3B Having the whiteboard in the music room has transformed our lessons by enabling children to come to the front of the lesson and model ideas on the board. It allows the teacher to share the learning and success criteria so that the children are always aware of what they need to do to be successful. Mr Greenhouse

Dear Residents Association,
We are very thankful for your generous grant for the Brookland Gardening Club which we intend to use in Spring. So far, we have planted onions, garlic, peas and french beans and we are looking forward to harvesting crops in Spring.

This money will enable us to build up new vegetable beds and other kind of vegetables. Last year we have donated our crops to our School kitchen (Onions and garlic) so we intend to do the same this year.

▼ The new markings on the playground have made such a difference. We have a lot more room to play and this means we have fewer arguments over who gets to play. It has been an amazing change from before and it has made all the children happier! The new markings have encouraged us to be more active and move around more at playtime. Thank you! Natan, Noa, Jacob, Alejandro, Esther (5A)



Orange Performing Arts Presents...



A Performing Arts Academy
for 4 to 18 year olds in
Hampstead Garden Suburb

- ✓ Builds confidence
- ✓ Encourages collaboration
- ✓ Sparks creativity

BOOK YOUR CHILD'S FREE TRIAL NOW!



Classes on Saturdays at
Garden Suburb Schools
Childs Way, NW11 6XU

www.opaacademy.com
info@opaacademy.com
07868 127 157

Improving the Suburb's roads and pavements



Wildwood Road (Photo: Google)

CLLR ROHIT GROVER

Of all the issues that residents raise with me and my fellow Suburb councillor, Mike Mire, the most frequent is the condition of Barnet's roads and pavements. At just under 700km, the Council's highways network is the fourth largest in London. Calculated to be worth some £1.6bn, it is also eye-wateringly expensive to maintain. The sourcing of funds to improve the network can best be described as grabbing whatever money is available from various pots throughout the year, while understanding the prioritisation of how these funds are allocated is about as impenetrable as a social media algorithm.

The main source of funding is the 'Highway Work Programme' which for 2024/25 has a budget of around £14m. This figure does not appear in any one document,

but it is what I have been able to ascertain from the volume of documents and emails that I've waded through to write this article. I could ask Council officers, but the bureaucracy they exist in means they are rarely able to provide straightforward answers to straightforward questions – not through any fault of their own, I might add.

So how does the Council decide where this money is spent? The best explanation I could find is this: 'The Highway Work Programme is developed using an independent condition assessment survey company, XAIS, who undertake a visual survey of public highway footways and carriageways in the Borough and record the data to a defined national standard. This data is then added to that of defects scores, scoring to indicate the relative position on the operational network hierarchy and location in relation to places of education and worship.' In plain English this means roads and

pavements are scored following an annual survey, and the higher the score the more likely they are to make the budget cut – with preferential treatment given to roads and pavements near to schools and places of worship.

It is also worth noting that higher prioritisation is given to 'Principal Roads', which are surveyed separately by Transport for London. Principal Roads have the highest vehicle movement, including HGVs, and the Council has decided to invest more in its Principal Road Network (at 79km Barnet has the most in London) in order to reverse deterioration and return to an appropriate level of service on the most vital transport routes in the Borough.

So what does all this mean for the Suburb over the remainder of 23/24 and 24/25? Deansway will get a 'carriageway patching' treatment ('the remedial patching of

the surface layer, using machine laid patching, to a typical treatment depth of up to 40mm'), as will East End Road, Middleway, Hampstead Way, Temple Fortune Lane and Holne Chase. Asmunds Place, Gloucester Drive and Wildwood Road will receive a 'carriageway resurfacing' treatment ('the removal and replacement of the surface layer with hot rolled asphalt, dense bitumen macadam or stone mastic asphalt, and the specific treatment will be decided by the highway officers. The treatment depth is normally between 40-100 mm'). Wildwood Road and Hampstead Way will receive a 'footway resurfacing', ie new pavement. Roads and pavements are split into 'sections' so in some cases it may not necessarily mean that entire roads and pavements will be treated.

In addition to the annual Highway Work Programme, a further £8m has been approved for the delivery of additional

carriageway schemes over the next two years. The same prioritisation system has been used, but councillor feedback and resident complaints have also been considered as well as 'Highway Inspector Knowledge'. Under this programme, Meadway will get the carriageway resurfacing treatment, while Winnington Road will get carriageway patching.

Finally, the Department for Transport recently allocated £368m as part of a national programme, as a result of which Wellgarth Road will be resurfaced. Additional roads and pavements may be added depending on funding availability.

All of this is separate to day-to-day reactive maintenance, where there is £2.5m in the budget, so if you notice damaged pavements or potholes in roads, please email cllr.r.grover@barnet.gov.uk and cllr.m.mire@barnet.gov.uk and we will ask for repairs to be made.

WINNER DELIVERING FOR BARNET ARCHITECTURE AWARDS
WINNER STUART GRAY AWARD
BEST PROJECT IN HAMPSTEAD GARDEN SUBURB
RIBA Chartered Practice

XUL
ARCHITECTURE
Architecture Inspired By Natural Light
xularchitecture.co.uk - 33 Belsize Lane, London NW3 5AS - 020 7431 9014



Getting up close to a large heat pump hot water system installation (Photo: Sarah Moore Stafford)

REACH Open Homes

SARAH MOORE STAFFORD, HGSR REACH

On Sunday 14 January, four members of the RA's Environment Committee, REACH, opened up their homes to inspire Suburb residents to take energy efficiency measures by showing the steps they have taken in their own homes. On offer were an air source heat pump, solar power, double and secondary glazing, and different forms of insulation all around the houses, from rafters and eaves, to walls, doors and under floors. The home-owners were able to offer practical tips on obtaining permissions, what measures worked best for them, how they found contractors and some idea of costs.

One visitor praised the initiative saying: "it was a great idea to open everyone's eyes to what is possible."

The tours, open to RA members, generated £250 in ticket sales which has been donated to Food Bank Aid (North London).

Following this successful trial, the REACH committee is likely to repeat these tours later in the year. No dates set as yet, but these will be publicised nearer the time.

Safeguard our Green Spaces

MARIA SCHLATTER, HGSRA TREES & OPEN SPACES

The Trees & Open Spaces Committee (TOSC) is a long-standing committee of the HGS Residents Association. It is one of several active resident groups looking after our green spaces. Hampstead Garden Suburb was designed to create a sense of harmony between the built and the natural environment with gardens, allotments and green spaces at its heart. At TOSC, we work to help preserve and enhance the natural setting, historic tree cover and green spaces that make this area such a wonderful place to live.

There are many opportunities and challenges facing us. Tree cover is a major feature of the Suburb and HGS has a higher density of street trees than other parts of the borough. We survey the condition of street trees in the Suburb and coordinate with Barnet Council to help ensure that missing trees are replaced and cared for. Volunteers help with watering our street trees in hot, dry periods. We are currently setting up an HGS street tree crowd-funding campaign together with Trees for Streets and Barnet Council, which will enable residents to contribute towards funding the replacement of missing or dead street trees that the Council cannot afford to finance.

HGS was designed to keep historic field boundary oaks and other mature trees when it was constructed. Insurance companies regularly make ill-conceived and reckless felling applications to remove these mature trees and TOSC resists these applications, where deemed appropriate, advocating more sophisticated alternative remedial solutions such as root barriers.

We monitor changes in our many green spaces and set up initiatives, including Henrietta Community Orchard and the local Community Fruit Harvesters, and support other nature projects such as (Hedge) Hog Watch. To keep abreast of adjacent green space developments, we are represented on several external groups such as Hampstead Heath Consultative Committee, Kenwood Landscape Forum and Barnet Green Spaces Network.

TOSC now has a 'Trees +' section on the RA website to give further details of our involvement and encourage residents to become involved in a variety of volunteering projects.

To find out more about our work, visit hgsra.uk/trees. Do get in touch if you want to help us in our work. We need both volunteers and committee members to join in this fulfilling mission, so please contact us at Trees@hgsra.uk.



Photo: Maria Schlatter

Sponsor a tree in Hampstead Garden Suburb

HGS Residents Association has teamed up with 'Trees for Streets' new National Street Tree Sponsorship scheme. This makes it easy for our residents and organisations to donate towards the cost of planting and maintaining street trees in the Suburb. Trees for Streets hosts sponsorship schemes on behalf of local councils and works in partnership with our own Barnet Council.

Individuals or groups can sponsor trees in our area, and the council contributes funding towards the total cost of each tree. Currently, there are approximately 370 empty street tree pits in the Suburb and your donations will supplement the Barnet Green Spaces Team's financially limited tree replacement scheme.

There are three ways to make donations to this worthwhile cause. You can sponsor the entire cost of a street tree (£250) or a LB Barnet 'Celebration' park tree (£400). In addition, there is a Street Tree Crowd-funding Campaign, where every little helps towards meeting our aim of planting at least 20 additional street trees in HGS every year. Donations can be made via Barnet Council's Trees for Streets Scheme page: <https://sponsor.treesforstreets.org/provider/barnet-council>.

Maria Schlatter HGSRA TREES & OPEN SPACES



Photo: Tom Whitting



Photo: Tom Whitting

Heath Extension Playground update



Heath Extension Playground (Photo: Emma Howard)

COLIN GREGORY
HGSRA TREES & OPEN SPACES

The New Year on the Heath Extension has got off to a good start with the completion of the refurbished playground. When it reopened in 2022 with funds raised by the RA, some play equipment items had to be left out because of cost increases. Donations by the RA and other generous donors have enabled an extra slide and see-saw to be installed, as well as the renewal of the live willow enclosure, which had suffered in the dry weather following its construction.

All of the equipment has been oiled and looks great in the winter sunshine. Local resident Olivia White, who led the campaign to refurbish the playground to cater for a wider age-range of children, told Suburb News: "I'm so proud of how far this park has come! And to see children having so much fun in our newly refurbished playground makes me so happy and I owe it all to our generous community; without them none of this would have happened."

The City Corporation (which runs the Heath) is also improving the cricket facilities. With financial support from the England and

Wales Cricket Board (ECB), two all-weather wickets have been installed on the Heath Extension cricket field, which it is hoped will encourage use of the field by younger players. The cricket nets, which have been in a state of disrepair for some years, are to be moved to the other side of the field and repaired. As with the playground, community support for the Heath charity may be needed to make sure this happens within a reasonable time-scale. More details will follow in due course and a big thank you once again to the generous supporters of the playground rejuvenation.

Don't wait in pain




- + 25 years of experience
- + Over 1,000 hip and knee replacements performed
- + Management of chronic joint discomfort and acute sports injuries
- + Expertise in treating all types of joint and muscle injury/pain
- + Specialist in bespoke computer navigated/robotic joint replacement

For further information or to book an appointment directly – no GP referral required – please contact my secretary, Cheryl Bryan on 07879 884017 or email: cherylbryan156@gmail.com



Mr Amir-Reza Jenabzadeh
MBBS, BSC(HONS) FRCS(TR&ORTH)
CONSULTANT ORTHOPAEDIC SURGEON

- NUFFIELD HEALTH HIGHGATE HOSPITAL
- ONE HATFIELD HOSPITAL
- KINGS OAK HOSPITAL
- THE CAVELL HOSPITAL

SCAN FOR



MY  **doctify**
DETAILS & REVIEWS



A New Year's Eve like never before

All Photos: Michael Eleftheriades

STEVEN ROWE, HGSRA EVENTS

2023 saw a new and exciting New Year's Eve on the Suburb because, as well as the annual firework display, there was, for the first time ever, a proper party in St Jude's. I believe this party is one of the things that heralds an exciting new chapter in the communal life of Hampstead Garden Suburb, with the RA Events Committee and the St Jude's team working closely together to host this great evening.

The excellent photos taken by Michael Eleftheriades will give you some idea of what went on that evening, but even they can't fully capture what a joyous occasion it was. The evening kicked off with live band Guest in the Car followed by a superb disco that got everyone dancing. At the party's peak, St Jude's was filled to the brim with people of all ages dancing the night away to amazing music and lighting. Around 200 people returned to the church after the truly superb firework display to

sing Auld Lang Syne together and many continued dancing until after 1am.

Such successful events don't happen without a lot of hard work and planning. Frontier Fireworks provided a well-designed and professional display in what were very difficult weather conditions following on from an afternoon of torrential rain, hail and strong winds. Community volunteers braved the weather to marshal Central Square ensuring the whole event took place safely, despite

gusts of wind up to 38mph and an extremely waterlogged turf.

I'd particularly like to thank Adrian Hodgson (Chair of the RA Events Committee) and Revd Emily Kolltveit (Priest in Charge of St Jude's), who worked so well together, as well as mentioning DJ G-Nutz (aka Mr Are Kolltveit) and Richard Pijnenburg, whose music and light show played a major role in making the event the amazing success it was. A big thank you also to our generous sponsor, Repaircare London.



Window Renovation

We specialise in the restoration of traditional wooden windows and doors using a proven system. We replace any rotten wood with a specialised epoxy-based system and new hardwood, before applying the finest quality paints and preservatives. As a result, your refurbished windows will provide many years of continued service.

Repaircare London
— Ltd —
EST. 1999

As specialists in the restoration of historic wooden sash and bay windows, we are dedicated to returning these timeless features to their former glory.

For the past 40 years we have operated in and around the North London Hampstead / Highgate area.

Hampstead | Highgate | Muswell Hill | Primrose Hill



Find us on Instagram
@repaircarelondon_ltd



View our website
repaircarelondon.com

07904 582816 | paul@repaircarelondon.com

Internal & External Decorating

With over 40 years of experience in decorating both the interior and exterior of properties ranging from large mansion blocks and colleges to domestic houses in the Hampstead, Highgate, and North London areas, we have established ourselves as a leading expert in our field.



Our Services

- External & internal decoration
- Draft exclusion
- Laminated glass installation*
- Epoxy resin repairs
- New glazing & putty
- Rotten timber repair
- Front door repair & painting
- Window restoration programme

*Trust permitting



Arwen Bryla
I am interested in English literature at school and going to museums to observe the many pieces of art and sculptures in the gallery of creations and arts. I look forward to writing in Suburb News because I would like to create something that is entertaining or interesting to the public. My interests include ice skating and listening to music and, of course, having a blast with friends.



Danny Nokeokouman
I am a student in year 10 at the Archer Academy. For my options I take Geography, Triple Science, and Product Design. I like playing games in my free time and I play for the Archer football team. I have volunteered to work on Suburb News to improve my English writing and language skills.



Enesa Gjinovci
I enjoy studying Psychology and Design and Technology as I am very interested in both subjects. My hobbies are drawing, reading, and studying. I am looking forward to the opportunities that working on Suburb News will offer.



Luca Done Rossi
I am looking forward to working on Suburb News. I am passionate about science, board games and rock climbing, which I dedicate most of my time to. I hope I can progress further with my writing skills and researching capabilities. I am also hoping to bring a new perspective on current affairs.



Melania Styles
I am currently studying Art, Psychology and History GCSEs. I am planning to use my work in psychology to invest in a clinical psychology-based career and will be aiming to take chemistry and psychology at A level to help me get there. I myself also love to debate and took part in Debate Mate during year 8 and 9, so I am very excited for this new opportunity to get my ideas and opinions heard!

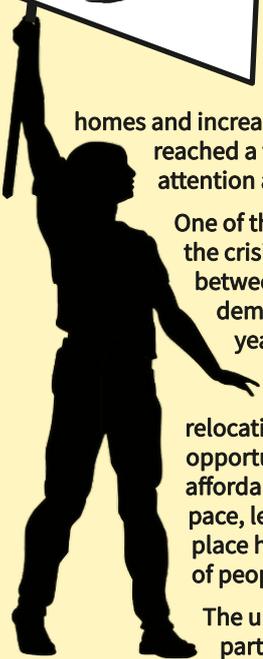


Zeb Futerman
I'm passionate about our evolving and developing world of technology, that my generation is soon to inherit. It is great to be part of Suburb News, I'm really eager to share stories and ideas of mine and connect with the community. My ambition is to bring a genuine voice to the narratives that we explore together.



What politicians could do for us

2024 will bring elections for the London Mayor and London Assembly in May and probably also a General Election. The Suburb News Youth journalists aren't old enough to vote (they haven't commented on that!), but their lives will be affected by political decision-making. So we thought that they should be invited to share their hopes, concerns and opinions and what they would like politicians, irrespective of party, to be considering as they campaign for election.



The British housing crisis has become an escalating predicament, adding on to a tapestry of challenges that impact individuals, families, and the broader economy. Soaring property prices, a shortage of affordable homes and increasing homelessness – the crisis has reached a tipping point, demanding urgent attention and innovative solutions.

One of the more significant reasons behind the crisis is the persistent imbalance between housing demand and supply. The demand for housing has surged in recent years, fuelled by population growth, immigration, increased urbanisation and a growing number of people relocating to urban areas for job opportunities. Due to this, the supply of affordable housing has struggled to keep pace, leading to inflated property prices that place home-ownership out of reach for a lot of people.

The unbelievable cost of housing is particularly pronounced in major cities

like London, where property prices have reached astronomical heights. This has created an unbalanced society, where a fortunate few can afford to climb the property ladder, while a significant portion is left grappling with skyrocketing rents and the creeping dread of homelessness. Moreover, the rental market itself is plagued by issues, with a lack of rent control contributing to spiralling rental costs. As a result, an increasing number of individuals and families find themselves caught in a precarious cycle of renting, unable to save for their own home.

The consequences of the housing crisis are far-reaching. Homelessness rates have surged, with vulnerable populations bearing the brunt of the crisis. Families are forced into inhumane living conditions and individuals find themselves trapped in a perpetual struggle to secure stable housing. We must prioritise the construction of affordable homes, implement rent controls, and encourage property developers to invest in sustainable housing solutions.

In conclusion, the British housing crisis is a complex challenge that requires a multi-faceted approach and demands immediate attention and collaborative efforts from the government, communities and the housing sector. By identifying the root causes and embracing innovative solutions, it is possible to pave the way for a more equitable and sustainable housing future in the United Kingdom.

Rakshiha Chandrajit & Vaishni Jeyananthan – The Henrietta Barnett School

Complete Bespoke Furniture
Design - Manufacture - Fit





enviro-furniture.co.uk

ENVIRO FURNITURE

info@enviro-furniture.co.uk
020 8068 6664



UK Top 20 Home Care Group 5 years in a row



"It helps me a lot knowing I have someone to get my shopping for me each week."

★★★★★ -Jim

- Wellbeing
- Personal care
- Dementia care
- Companionship
- Household tasks
- Outings & activities
- Medication support

Regulated by Care Quality Commission

We are a Living Wage Employer

TOP 20 HOME CARE GROUP

Call us on 0208 064 0240

camden@radfieldhomecare.co.uk
www.radfieldhomecare.co.uk



The cost of a school uniform is a crucial issue to spotlight, as it impacts both students and their parents. Having to buy uniforms annually is not a cheap expense. Pricing depends on the school. Uniforms cost between £200-£400 which is a 21% increase from 2018. Also, families with low income may struggle to resource the money to purchase the uniforms. We believe that this is an unfair hindrance for the parents, especially if they have more than one child. One reason school uniforms cost so

much is that they are sourced from specialised stores and have the school's logo attached to them. Schools also get a cut when you buy the uniform, which may be another reason for the overpricing.

The issue of student loans is another concern for many people. A student loan can cost up to £45,000 according to 2023 statistics. With the cost of tuition rising every year, more students are buried in debt before they even start their careers. The problem with student loans is that they can be difficult to pay off, particularly if you are not earning a lot of money after graduation. Because of the fierce competition, many graduates are compelled to take low-paying jobs to try to make ends meet. This means they cannot afford to pay their loan off and are therefore building up an ever increasing debt, due to added interest. This can lead to several financial problems, including damaged credit scores and bankruptcy. Just 27% of people repay all their debts.

How can these issues be solved? One way is to reduce the cost of uniforms by sourcing the uniforms from more affordable suppliers. As for student loans, there could be more scholarships as only around 0.1% students are awarded a full scholarship, and more flexible repayment plans. The biggest hurdle to a good education should not be money.

Enesa Gjinovci & Melania Styles – Archer Academy

Since 1970, 69% of our planet's wildlife has disappeared.

Current laws are not protecting us from ecological collapse, and broken promises lie discarded beneath scandals and political change.

In 2015, the UK, alongside 195 other countries, pledged to keep global increase in temperature below two degrees Celsius. Yet, in recent years we have heard nothing from those leading our country on this issue. In fact, the situation has become worse. Under new wind power policies, it only takes one person to disagree with wind farm construction and the project is called off. Large scale renewable energy has become much more difficult in Britain.

The Intergovernmental Panel on Climate Change (IPPC) and the UN have said we must stop investing in fossil fuels and yet the UK still does. Our planet is still burning and our oceans are still rising. Peaceful activism just does not work any more.

World governments tell us that change will come, but when? In recent years, we have seen that when faced with a need for urgent action, such as the Covid pandemic, governments have acted at pace. But many are still doing nothing. The question is, how close to the edge will we have to be before the people running our country realise the power they hold? This is not something we can just continue to ignore.

In the upcoming elections, we need to see more politicians raise the climate crisis as a serious issue. Many are willing to back those who can make green policies a central issue and bring this to those in power. This country, and that means all of us, must act. Before it is too late.

Luca Done Rossi & Arwen Bryla – Archer Academy





THE TRANSFORMATIONAL JOURNEY TO THE CROSS AND BEYOND



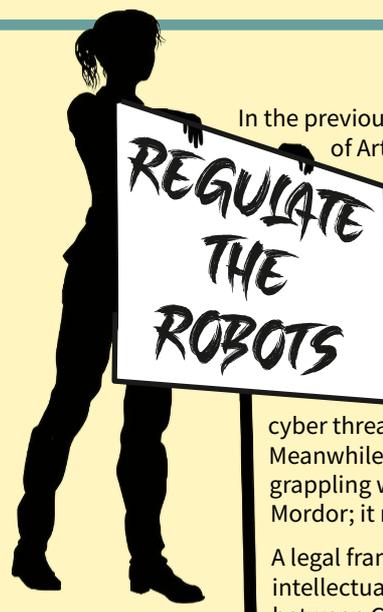
<p>ASH WEDNESDAY 14 FEBRUARY 7PM WITH IMPOSITION OF ASHES</p> <p>PALM SUNDAY 24 MARCH 10.30AM WITH DONKEY</p> <p>SAID EUCHARIST 25 & 26 MARCH 12 NOON</p> <p>STATIONS OF THE CROSS 27 MARCH 11.30AM WITH LUNCH</p>	<p>MAUNDY THURSDAY 28 MARCH 7PM WITH FOOT WASHING</p> <p>GOOD FRIDAY 29 MARCH 12 - 2PM WITH HOT CROSS BUNS</p> <p>DAWN EASTER VIGIL 31 MARCH 6AM WITH HOT BREAKFAST</p> <p>EASTER SUNDAY 31 MARCH 10.30AM</p>
--	---

WITH THE CHOIR OF ST JUDE'S AND MUSICAL DIRECTOR NICHOLAS CHALMERS





www.stjudeonthehill.com
CONTACT REV. EMILY KOLLTVEIT
priest@stjudeonthehill.com



In the previous edition of Suburb News, students highlighted the impact of Artificial Intelligence (AI) on school life, creative licensing and further education. We decided to build on that and look at the regulations that are currently in place and what needs to be changed about them.

In our quest for the ultimate government update, let's warp into the future by modernising laws that govern computers and AI. The Computer Fraud and Abuse Act (CFAA) of 1986, like a vintage Game Boy, needs a firmware update to tackle quantum challenges and level up against cyber threats that make even Sherlock's deductions seem elementary. Meanwhile, the Digital Millennium Copyright Act (DMCA) of 1998 is grappling with AI-generated content like a hobbit facing a maze in Mordor; it needs clear guidelines, not just a map to Mount Doom.

A legal framework refresh is like a cheat code for establishing intellectual property rights in AI-generated content, striking a balance between Gandalf's wisdom and Tony Stark's innovation. The Data

Privacy Act, currently as private as a hidden Easter egg level, needs an overhaul to regulate data in a way that even R2-D2 would nod approvingly. Ethical considerations, much like the Force, should be strong in legislation – transparency in algorithmic decision-making is the light sabre that cuts through the dark side of biased outcomes.

In conclusion, our legal journey through the binary realms of computers and AI needs a Gandalfesque guide. It is not enough to carry on with the regulations as they are. With these regulations almost 30-40 years old, a massive re-write is needed. The government must don the cloak of wisdom and wield the sceptre of progress to navigate the pixels and bytes of the digital age.

Zebediah Futerman & Danny Nokeokouman – Archer Academy

FREEZE INFLATION NOT THE NATION

The cost of living crisis has undoubtedly deeply impacted British citizens - in July 2023, 60% of adults stated that their cost of living had increased in the past month. It has also caused profound concerns in the younger generations of today, ranging from basic necessities to doubts regarding long-term financial stability. The crisis itself stems from unaffordable housing rates, stagnant wages, rising living costs and economic imbalances, to name but a few. These obstacles have challenged younger individuals as they simultaneously attempt to achieve financial independence, success in their dream career and a comfortable standard of living.

A traditional marker of adulthood is home ownership, but this is becoming increasingly unattainable due to the surging property prices and limited housing supply in many areas. The concept

of saving up enough money or qualifying for a loan or mortgage is proving a challenge, especially when added to the initial stagnant wage and student debt loan.

However, there is much that can be done to improve these conditions for young adults by current and future politicians. Firstly, politicians can implement policies to increase the affordable housing supply, put rent-control measures in place to prevent exorbitant rent rises, and provide first-time home-buyers with tax credits or subsidies.

Additionally, politicians should also introduce more paid sick leave and raise the minimum wage to reflect the true cost of living of recent years, ensuring that young people don't have to sacrifice a career path they would love or their personal well-being for financial stability. Happy, passionate employees have so much more to offer.

Finally, it is vital to address the issue of student loan debt. Politicians could advocate for policies to alleviate the burden of this on young graduates, such as student loan forgiveness, income-driven repayment plans and lower interest rates on student loans to enable young adults to work towards their desired future without being held back by debt.

Sofia Kountouri & Saanyakta Kumar – The Henrietta Barnett School

“COVID-19 has the potential to radically reshape our world,” said Ethiopian President Ms Sahle-Work Zewde, Chair of the International Commission on the Futures of Education. And she was right. The pandemic that took over the globe in 2020 has impacted on education extensively. The closure of schools disrupted our traditional learning, leading to a national shift to online and remote learning. Teachers had to learn to adapt to new virtual teaching methods and students faced challenges with this new approach, creating an inconsistency in our overall education. According to studies in 2021, the pandemic had a notable effect on all students' learning, resulting in an average delay of five months in mathematics and four months in reading by the end of the school year. Overall, the situation has increased existing disparities in our education system.

The pandemic has also had a significant impact on inequality, widening the gap between those students from easier and harsher financial circumstances. For example, in June 2020, the Education Endowment Foundation (EEF) produced a review predicting that school closures were likely to reverse progress made to close the void in attainment between pupils from lower and higher income backgrounds over the last decade, estimating it could widen by 36%. Not only are these disparities affecting our current education system, they are also negatively impacting other factors in students' lives.

So, what do the young people want politicians to do to help this cause? Since 2024 is likely to be the year of both the General Election and the London Mayoral elections, action must be taken to support the education of the new generation. Innovation and improvement, consideration of the future, and most importantly, voicing these issues is the starting point for change. Spreading awareness is essential for politicians, and to perform consequent actions to the issues for young people is even more significant. By listening to the voices of the new generation, the government can lay a foundation for a new education system that drives us forward from the effects of the pandemic and into a new era.

Labdhi Ostwal & Rushda Zafar – The Henrietta Barnett School



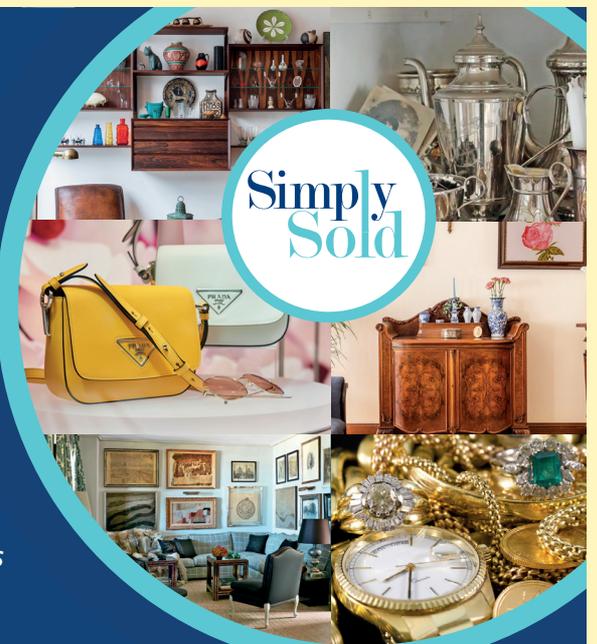
SELLING YOUR ITEMS OF VALUE COULDN'T BE SIMPLER →

From individuals items and specialist collections to complete house clearances, removals, and probate valuations. We do as much as you need - Simply just ask !!!

- As an independent broker acting on your behalf, I aim to get the highest prices for your pieces
- No need to worry about posting your valuables
- I sell through many different auction houses, high-end dealers, collectors and private clients
- With over 18 years in business you will always receive my personal discreet one-to-one service
- Free consultations at your convenience

Perry Field | 07802 157500
E: perryfield@hotmail.com

Simply Sold Ltd



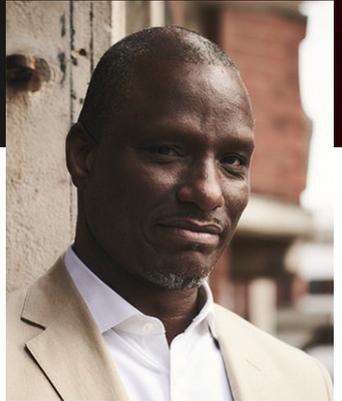
Simply Sold

Something for everyone at Proms at St Jude's 2024



(Left) Liza Pulman & Joe Stilgoe

(Below) Wayne Hernandez



CHERYL KUCZYNSKI

It may be cold outside, but summer is just around the corner. And that means Proms at St Jude's is getting ready to put on a world class arts festival on your doorstep, in and around Central Square.

Between 22 and 30 June there will be something for everyone to enjoy. Evening concerts, free lunchtime performances, literary talks, comedy, heritage walks and a family fun day will all be on offer, bigger and better than last year!

Sheku, Isata and Braimah Kanneh-Mason are making a very welcome return to Proms on Tuesday 25 June. Their first sold-out appearance was in 2018, after Sheku delighted the world with his playing at the wedding of Prince Harry and Meghan Markle. The family has since gone from strength to strength in the musical firmament. Their concert will feature Schubert's popular Trout Quintet and is bound to be in enormous demand.

There are many more wonderful musicians in the 2024 music programme. The festival opens on Saturday 22 June with Proms favourite Fantasia Orchestra, conducted by Tom Fetherstonhaugh, celebrating the work of American composers, including Leonard Bernstein's West Side Story Overture and George Gershwin's iconic Rhapsody in Blue.

On the classical music front, Wednesday 26 June sees the welcome return of The Echo Ensemble with Noah Max, Robert Max and Felix Klieser, featuring Mozart Symphony No 29, Mozart Horn Concerto No 4 and Mozart Symphony No 33.

The jewel in the crown of The National Youth Choir repertoire on Thursday 27 June is Fauré's Requiem. Conductor Nicholas Chalmers is Director of Music at St Jude's and was recently appointed principal conductor of the National Youth Choir. Finchley-born Drew Sellis, organ scholar at St George's Chapel, Windsor, will accompany.

On Friday 28 June Ashley Wass will conduct The Yehudi Menuhin School Orchestra playing film favourites including Chopin Piano Concerto No 2 in F minor Op 21, Mahler Adagietto from Symphony No 5 and Strauss Blue Danube Waltz.

Lovers of more mainstream music also have a treat in store! Fascinating Aida's Liza Pulman teams up with Joe Stilgoe on Sunday 23 June for an entertaining evening of wicked wit, virtuoso piano playing and exquisite vocals, while the following evening, Monday 24 June, The London Tango Quintet will share their passion for Latin-American music and get your hips swaying!

Saturday 29 June will be jam-packed with music and comedy.

The Thumping Tommys will play foot-tapping blue grass and folk music early in the evening in the refreshment marquee, free of charge. Anyone nostalgic for the music of the 60s should book their tickets to hear Wayne Hernandez celebrate the Magic of Motown, with his tribute to the music of The Temptations, The Supremes, Marvin Gaye, Martha Reeves, Diana Ross, Stevie Wonder and The Jacksons. To finish off the evening, the hot ticket is in the comedy tent to enjoy some great stand-up acts. An evening not to be missed.

Last Night of the Proms is always an audience favourite and will be a real treat this year. Conductor, musician and comedian Rainer Hersch will play traditional Last Night favourites alongside his own personal favourites. Together with his skilled Orkestra, Rainer will lead an informal and irreverent programme – and audience participation is always welcome.

LitFest, on Saturday 22 and Sunday 23 June, is a hugely popular feature of Proms at St Jude's. Held at The Henrietta Barnett School, there are always fascinating, entertaining authors teamed up with knowledgeable interviewers. Heritage walks around the Suburb and beyond are always a best-seller and last year's first Family Festival was so well received that it will become a regular feature of the festival. The programme for all of these is being finalised and information will be posted on the Proms website www.promsatstjudes.org.uk. Sign up to the mailing list on the Home page to get news updates as they happen. In addition, leaflets containing information about concerts, walks, refreshments and how to book tickets will be dropped through Suburb doors in April. LitFest details will all be online.

"Proms is a truly magical nine days of events in the heart of the Suburb and we want as many

people from the Suburb and beyond to enjoy and share in it," says Kate Webster, Proms at St Jude's Chair.

According to Kate, there has never been a better time to become a Friend of Proms at St Jude's. "We're delighted that Friends can now claim Gift Aid on Gold, Silver and Bronze categories and take advantage of priority booking for what will be extremely popular concerts, authors and walks." Information on the costs and benefits of becoming a Friend are available online.

Booking for Gold Friends opens on Monday 25 March, Silver Friends on Monday 1 April and Bronze Friends on Monday 8 April. Public booking opens on 15 April.

So, get your diary out and start planning now!



Thumping Tommys



Tom Fetherstonhaugh (Photo: Frank Noon)



London Tango Quintet (Photo: Olivia Wild)



Felix Klieser (Photo: M J Kim)

Fellowship House Talks

Cartier-Bresson to Kilburn High Road

ANDREW BOTTERILL

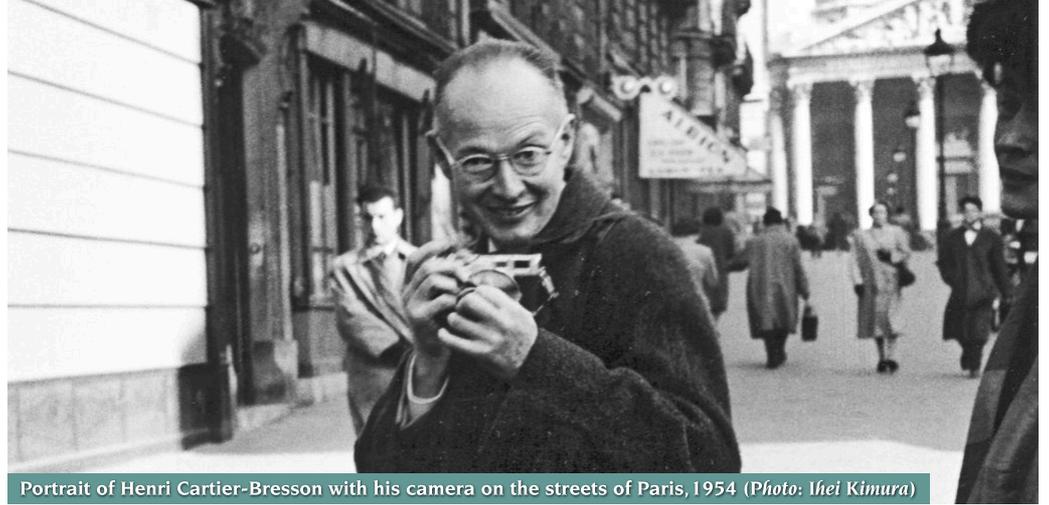
The consistently high standard of Fellowship's weekly Tuesday talks was exemplified yet again in January by former BBC Newsnight editor and award-winning journalist John Morrison, with his illustrated talk 'A Short History of Street Photography'. Anyone who has ever taken or looked at a photograph (ie everyone) would have been educated, fascinated and entertained by John's informative, fluent and humorous presentation. The packed hall certainly was.

John defined street photography as unposed pictures of people in public places. NB you don't need a street. Small cameras becoming available in the 1920s, notably the 35mm Leica, allowed the unobserved photographer to capture unposed 'real life' pictures – a radical departure from the hitherto posed pictures. A new approach was born.

Dominating this scene for a generation was Henri Cartier-Bresson, one of the greatest of all 20th century photographers. His work combines an acute eye, lightning reflexes, striking composition and an elegant irony. We learned of the influence of the co-operative photo agency Magnum (Cartier-Bresson was a founding member) and how later generations challenged the earlier approach. The celebrated English photographer, Martin Parr, shows how far street photography has evolved, with his use of vibrant colour and broad humour over the past 45 years.

As a footnote, John mentioned his own 'street' activities on Kilburn High Road, featured in an exhibition in the Fellowship Art Gallery a year ago. His work can be seen on his Instagram page: @kilburnmyroad.

All residents are welcome to Fellowship's weekly Tuesday talks, now in their fifteenth year. There is no age restriction and £1 (or £3 for non-Members) gets you a talk and complimentary tea and biscuits. The myriad of subjects covered is evident from the website's Weekly Talks page where a random sample of past talks and speakers is listed alongside the current programme.



Portrait of Henri Cartier-Bresson with his camera on the streets of Paris, 1954 (Photo: Ihei Kimura)

There's a Silver Lining at the Garden Suburb Theatre

GST PUBLICITY TEAM

On a dark and stormy night in the Upper Day Room of the Silver Retirement Home, five elderly people are trading stories of their (un)remarkable lives. But with a Biblical storm brewing outside, the flood waters rising and no rescue team in sight, the residents are faced with the realisation that in order to survive they are going to have to do what they have done for their entire lives – do it themselves!

It's The Golden Girls meets The Great Escape.

Seven Suburb residents are rehearsing for Garden Suburb Theatre's next production – Silver Lining by Sandi Toksvig. GST is fortunate to have such a widely represented population within the company. Sandi Toksvig wrote the play as she couldn't see any great parts for 'women of a certain age' in theatre. So she created a play with five really compelling, complex and interesting characters. The Garden Suburb Theatre has been running for over 100 years and many of their talented members have been putting on theatre for decades with the group, so they

were hoping this play would be a hit for both the group and the local community. There was a great turnout at the auditions, making the process of casting extremely difficult but extremely fun.

This play deals with some real themes of loneliness, isolation, and regret of past mistakes as the residents of the care home reminisce and come to terms with the inevitable. However in trading stories and realising how incredible they have always been, they are inspired to do what no one else can – save the day!

The cast are telling human stories that tug at your heart strings whilst tickling your funny bone and remind you just how amazing your elderly friends, relatives, neighbours or loved ones truly are!

A story told in Sandi Toksvig's signature sarcastic, witty, and cutting comedic style.

We hope to see many of you there, celebrating the talent of your friends and neighbours on 18-21 April 2024. Tickets available from: upstairsatthegatehouse. ticketsolve.com/ticketbooth/shows/1173652888.



Photo: Daryl Hurst

LICO's concerts at the Free Church

The London International Concert Orchestra is composed of retired and working professionals, recent graduates and amateur players from all backgrounds and of all ages and nationalities. United by their love of music, their aim is to promote the appreciation of classical music through the presentation of concerts and recitals, providing opportunities for individuals to participate in music making and platforms for up and coming soloists.

Conducted by Alexander Walker, here are the dates and programme details of our next two concerts:

Sunday 3rd March, 7.30pm

Sibelius – Karelia Suite Op.11
Grieg – Piano Concerto in A minor Op.16
Soloist: Samantha Clunies-Ross

Tchaikovsky – Symphony No.1 in G minor Op.13 'Winter Dreams'

Sunday 12th May, 7.30pm

Dvorak – Czech Suite Op.39
Bartok – Dance Suite
Rimsky-Korsakov – Scheherazade Op.3

You can find further details and tickets can be purchased on the London International Concert Orchestra's website: li-co.org.

Ann Sheffield



Alexander Walker (Photo: LICO)

Introducing Graham Jaffe Leasehold Enfranchisement Expert

Buying your freehold or extending your lease contact **Graham** for experienced specialist advice.

Call on **0208 209 2653**
Email gjaffe@gadlegal.co.uk

www.gadlegal.co.uk
746 Finchley Road NW11 7TH

Gregory Abrams Davidson Solicitors is a trading name of National Law Partners Limited.

GAD GREGORY ABRAMS
DAVIDSON
SOLICITORS

OUT & ABOUT

Britain's Biggest Living Garden – we need you

DOMINIC ROSE

2024 sees the launch of 'Britain's Biggest Living Garden', an ambitious project seeking to establish HGS as the most biodiverse area of urban Britain. 'Britain's Biggest Living Garden' will become a national flagship showcasing the impact communities can have on nurturing and supporting wildlife around them.

It is commonly thought that to impact biodiversity you either need a huge estate to 're-wild' or you must accept an unruly garden that is neither usable or beautiful. Both could not be further from the truth.

Domestic gardens are found to be an incredibly important hub of biodiversity. A seminal study by Dr Jennifer Owen recorded over 2,500 species in her modest Leicester garden, a density of species higher than in the African rainforest. Furthermore, the key to unlocking biodiversity in gardens is a wide range of well-maintained and tended-to plants and habitats packed into a small area. An untended garden will, over time, become the domain of brambles, with limited benefit to wildlife.

UK gardens make up an area larger than all UK wildlife reserves put together, equivalent to one fifth the size of Wales. With ever increasing pressure from

development, agriculture and pollution on the remaining countryside, gardens are becoming ever more important for our wildlife. Gardens link together islands of habitat as green corridors, especially where there is a high density of interconnected gardens so wildlife can move freely between them.

Here HGS comes into its own. The founding principles of the Suburb enshrined green space at the core of this urban environment, giving nearly every household access to a garden, surrounding houses with plentiful greens, parks and woodland and, critically, connecting all those densely-packed gardens together as one, through what may be the highest urban density of hedging in the UK.

Dr Steve Head is Founder Patron of the Wildlife Gardening Forum (WLGf), which has an excellent website full of information including tips on how to create and maintain a beautiful garden that also works for wildlife. He has kindly agreed to be our scientific lead on this project and will be coordinating regular biodiversity audits so we can track progress. We've even had some early interest from TV.

So what does this mean in practice and how can you get involved in the project?

- Please visit the website www.britainsbiggestlivinggarden.org

britainsbiggestlivinggarden.org to take a five minute survey to help us establish a database of what wildlife and features you have in your garden. You can also pre-register for our challenge scheme; sign up for more information and express interest in joining the team as a volunteer. After 250 entries we will draw a winner of a £50 voucher..

- Everyone with access to any outdoor space, however big or small, can play a part in increasing biodiversity across the wider Suburb. Even adopting just one of the WLGf's top tips will make a difference (see below). We'll be launching a local 'challenge' scheme where households can grade their gardens for being wildlife-friendly, earn points and window stickers, and even have the chance to win some prizes
- Dr Steve Head will be giving a talk at St. Jude's at 7pm on Monday 29 April, introducing the science behind Wildlife Gardening and the practical steps you can take to increase biodiversity in your garden. We will also be discussing the ambitions for the HGS project and why that could



Photo: Roy Smith

be so important nationally. Open to all.

- Excitingly, Revd Em at St Jude's is hoping to find us a large patch of church land, which we can turn into a flagship community wildlife garden right at the heart of the Suburb to create a shared space for all and a much needed hub for local residents.
- The ambition is to bring children right into the core of this project, establishing children's

gardening clubs where they can learn the skills to be nature stewards of the future.

Together we can achieve something truly amazing here, making the Suburb a beacon of hope for wildlife in our changing world, engaging and inspiring our children – showing them that their individual actions can make a difference – bringing together our community and in the process gaining national recognition.

WLGf's top tips for wildlife gardening:

- **Introduce water** – even just a small saucer, regularly filled, will encourage wildlife.
- **the birds** – a simple bird feeder will get plenty of wonderful visitors, delightful to watch and hear.
- **Reduce your use of chemicals** – the birds and other wildlife you attract will help control pests.
- **Go peat free** – always check any compost you buy and help save our vital peatlands.
- **Create habitats** – whether a bird box, a bee hotel or just a log pile.



Photo: Louisa Rose/ Wikimedia



Other photos: Courtesy Wildlife Gardening Forum

Hall and Randall Plumbers

Plumbing and Heating Services • Property Maintenance



Central Heating, Plumbing Repairs & Advisory Service

Look no further... your local plumbers

Emergency repairs, blocked pipes, drainage, guttering, roofing, central heating and boilers. 12 months guarantee, 40 years experience

132 Manor Way, Borehamwood, Herts, WD6 1QX

Web: www.hallandrandallplumbers.com

Email: office@hallandrandall.com

Tel: 020 8953 2094 • Fax: 020 8905 1602

Evenings: Garry 020 8207 3286 • Greg 020 8953 9828





Anyone for... Pickleball?

JUDY MARCUS

A friend recommended I give Pickleball a try. She loves it and goes every week. Apparently it has taken America by storm so I went to a local taster lesson in Christ's College School in Finchley.

My daughters warned me that it's not very physically demanding and that after playing they always go to the gym. So I was quite open-minded and curious, but also reassured it wouldn't be too challenging for me.

It was cold and dark on the evening I was due to play and I didn't feel like leaving the house but I knew I had to write this piece, so reluctantly I went. I'm glad I did. Pickleball is so much fun!

Almost as soon as we started to play we began laughing. This is I think because the ball moves very slowly and you have to really focus, as it doesn't always go in

the direction you predict. Plus it doesn't bounce very hard. The combination of the slow movement of the ball and our intensity of focus was almost ridiculously funny.

One of my competitors made me laugh. She was determined to make a go of her first time playing but, like the rest of us, she couldn't quite predict the ball's path. In reaching out for a near-impossible return, she kept lying on the floor and stretching herself out to make the return shot.

Pickleball was invented by some parents looking to entertain a large group of children. They gathered a whole mish-mash of random items from the garden shed (dog fetch balls, badminton racquets etc) and made up a game. They called it Pickleball presumably because the items used to play consisted of what Americans might call a 'pickle' of items. Pickleball is very relaxed – it doesn't have the arcane rules of

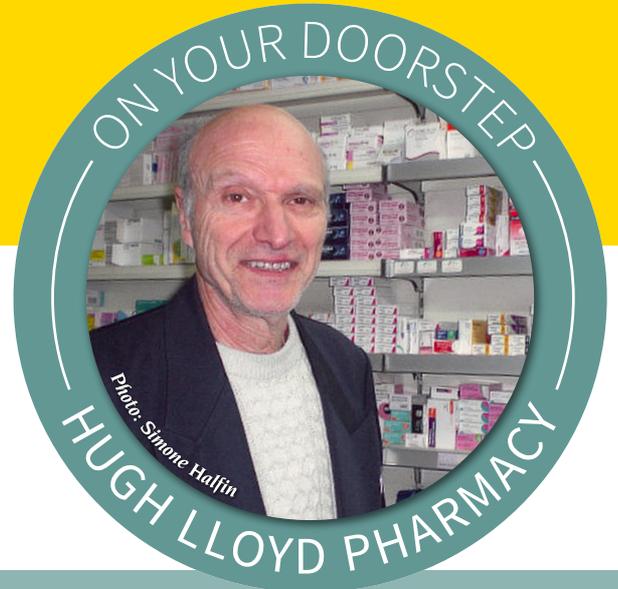
other, more well-established sports so people don't feel excluded or intimidated.

Despite a slow moving ball, the game did get quite fast at times and I had to jog around to make returns. Also, when hitting the ball to serve (underarm only so easier than tennis) I had to give it a fair whack, so I got surprisingly out of breath. The session lasted an hour and a half and seemed to pass super quickly.

I now intend to sign up for the next tranche of lessons, a three week beginners course. I feel keen to keep going with this conveniently-located winter-friendly sport.

However, I've had to go on a waiting list, so clearly I'm not the only one who likes Pickleball around here!

Taster session with Lemon Pickleball is £8 for 1hr 30 mins and is held at Christ's College School, Finchley, N2 0SE.



In this series Suburb News spotlights the independent shopkeepers of Market Place

SIMONE HALFIN

I met Ashley Cristal, the owner of Hugh Lloyd Pharmacy in Market Place, one cold evening as the shop was closing and immediately warmed to this quiet, unassuming man. Ashley owns three pharmacies. He lives in Hendon, near one of his other pharmacies, where he can be seen every day except Saturday when he works at Hugh Lloyd in Market Place. Where did the name come from? It's a simple answer. Back in the 1920s the original owner (a Welshman named Mr Lloyd) had two sons, Hugh and Lloyd.

Ashley, who trained at University College London, has owned the pharmacy for 30 years. Probably most people know his wonderful assistant Parag Patel and three other assistants, Selina, Ruth and Debbie, who are all so helpful whenever I visit. I asked Ashley why he wanted to become a pharmacist, but he said it was so long ago he had forgotten. He then recalled his mother had encouraged him because she had a best friend who was a pharmacist and in those days it was fashionable to be a doctor or a lawyer, but if you were a bit lazy you became a pharmacist or an accountant!

Apart from fulfilling prescriptions, which can be delivered round the area, the pharmacy helps customers with minor ailments. From February other advice on sinus issues, insect bites, sore throats, blood pressure, weight management, urinary tract infections in women, impetigo and earaches will be available. There is a private consulting room in situ that can be used.

The pharmacy also sells a variety of interesting items ranging from slippers to bags – always fun to browse and definitely some bargains to be purchased.

Brexit had a huge impact on obtaining supplies of medication. Sometimes customers had to be referred back to the doctor for an alternative medicine. The pharmacy stayed open during covid and Ashley never had a day off.

Ashley enjoys interacting with his customers and most are well known to him. The same people come time and time again. I asked Ashley about retiring, but he shook his head firmly. Working keeps him mentally and physically fit.

The pharmacy is open Monday to Friday, 9am to 6 pm, and Saturday, 9am to 5.30pm.



Photo: Helen Naftalin

HGS deserves better #litter picking

YOU can help in three easy steps:

1. **SPOT** the litter in your street.
2. **EMAIL** me Helenmnaftal@gmail.com with your name, phone number and address and I'll deliver a litter picker to your door.
3. **ENJOY** clearing your street and maybe the roads nearby and the satisfaction of helping our lovely neighbourhood look its best!

Helen Naftalin

BROWNHILL
insurance group

LOVE ART
INSURANCE

Hampstead Garden Suburb We've Got You Covered.

We are a 3rd generation family business, not a call centre corporation.

Our personal approach attracts clients who expect a little more care and attention.

Private and Commercial

Our individual service and insurance products are tailored to your specific needs.

For art lovers, from art lovers.

Love Art provides specialist advice on how to best insure the collection you love.

SCAN THE QR CODE TO FIND OUT MORE



call us **020 8658 4334**



Your Virtual Museum is looking to the future

JUDY SMITH

Hampstead Garden Suburb's unique Virtual Museum has begun to look towards its future shape and structure.

When originally launched as Hampstead Garden Suburb Heritage in 2008, the plan was to have an actual physical museum building. The call went out across the community for objects, items of memorabilia, artefacts – things that could be housed in a museum.

Within a few years, it became apparent that the wealth of heritage material was in documents, photographs and the amazing historical records that our Suburb organisations had collected over the years.

It was decided in 2013 that a Virtual Museum should be created. The Suburb Archives, The HGS Trust, the Residents Association

and all the Suburb organisations contributed to the huge amount of historical information that now is housed within the Virtual Museum. By then it had become obvious that a physical Museum would not be a viable option.

The Virtual Museum in its current form was launched in 2018. Each year new collections have been added and we continue to grow. Our latest section highlights the People of the Suburb.

The original technical platform that we have used since the Virtual Museum's launch is a sophisticated database. This has now reached the maximum of its technical capacity. We want to be able to have more dynamic and interactive material in the museum. We need to be able to use sophisticated mapping applications, show moving images, take curated guided

walks, look at drone footage of our wonderful green spaces and unique architectural features, virtual reality tours of buildings and much more – all of this will require a new technical platform. If you have experience in any of these technologies and would like to get involved, please contact us at info@hgsheritage.org.uk.

We are also looking to join Bloomberg Connects – the Virtual Museum app launched by Bloomberg Philanthropy. This will

allow visitors from across the world to visit us to learn and appreciate the remarkable Hampstead Garden Suburb.

In the coming months we will be liaising with all the Suburb organisations that are members of HGS Heritage to ensure that the Museum serves their needs.

Please do come along to our AGM which will be held at Fellowship House on Thursday 28 March 2024 at 7.30pm to learn more about our plans for the future.

NSS LEGAL LTD

If you would like to speak to a Private Client Solicitor regarding:

- Making a Lasting Power of Attorney so that someone can look after you if you lose capacity;
- Making a Will to pass your assets to your chosen beneficiaries when you die, taking into account tax efficiency and family dynamics;
- Advice for suitable trust structures either for lifetime inheritance tax planning or upon death in a Will Trust.

Contact NSS Legal Limited at:

www.nsslegal.co.uk

Roman House, 296 Golders Green Road

London, NW11 9PY

020 8209 1222 | info@nsslegal.co.uk

HGS Art

I have lived in the Suburb for over 50 years and am fortunate to be the Chair of HGS Art whose next Art Fair is at Fellowship House on 18-19 May 2024.

HGS Art is a multi-disciplinary group of professional and amateur artists from Hampstead Garden Suburb or close by. We offer events that give our members the opportunity to exhibit and sell many beautiful objects hand-made from glass, silver, wood, mosaic, fabric and ceramic. There are photographers and a wide variety of artists who paint in oil, watercolour or acrylic. The local talent is amazing!

We are so lucky to have such diversity and HGS Art is delighted to offer a platform for everyone to see it. There will be about 25 artists on display and there is also a children's workshop. Refreshments will be available from the Women's Institute (WI), Finchley.

I am also involved with Finchley Art Society, this year celebrating 75 years of group painting, and Memory Lane Singing Club, performing in the community for 30 years.

Painting, crafting and singing are not just creative and fun, but enormously therapeutic. Frustrating and satisfying in equal measure, they are good for the brain and the soul.

If you are interested in joining any of these groups please contact me on v.cowan@hotmail.co.uk or look at their websites. I would be delighted to welcome you to any of them to see what we do.

Valerie Cowan



Valerie (Photo: Deborah Ehrenzweig)



HGS Residents Association sponsors premier Festival Piano Competition

ROSEMARY COOK

Issue 154 of Suburb News published an article about The North London Festival of Music, Speech and Drama. This takes place mostly in the Free Church and nurtures emerging musical talent by providing performance opportunities at all levels and ages.

The Suburb can be justifiably proud of its support for the Arts. Local interest for this competition has resulted in the RA agreeing to sponsor the £750 First Prize at one of the Festival's two Premier Piano Competitions in 2024. The HGS Residents Association Piano Prize is open to pianists currently studying in the Senior Department of any UK Music College, Academy or Conservatoire and is both a

celebration of creativity centred around the piano repertoire and a platform for talented pianists.

In 2023 there were over 700 entries to the various strands of the competition. This year the RA is also generously providing bursaries for young people who cannot otherwise afford the fees to enter the competitions. Everyone receives a certificate and feedback from an eminent adjudicator. Class winners receive medals and may receive cash prizes or vouchers from one of the Festival's sponsors.

The 2024 Festival will run from Monday 11 March to Friday 10 May, with a break from 27 March to 12 April. It welcomes audiences for all competitions, but especially for the end of Festival concert at

6:30pm on Friday 10 May. Come and support our competitors, especially those in the conservatoire-level classes: the Residents Association Competition on Tuesday 30 April, the Emanuel Trophy Piano Competition on Sunday 13 April, the Edith Poulsen Singing Recital Prize Competition on Tuesday 16 April, and the D'Addario String Competition on Tuesday 23 April.

Full details of all competitions and times are on our website northlondonfestival.org.uk, or enquiriesnlf@outlook.com. Even better, sign up to receive the newsletter. I would like to take this opportunity to thank the Residents Association and the Suburb community for their generous support.



Performing at the Unitarian Church in Hoop Lane (Photo: Tamara Craig)

Garden Choir

DEBORAH WALD

The dulcet tunings of the Garden Choir are now into their second decade, under the enthusiastic leadership of Françoise Pierre-Geller. The all-female choir performs songs that span centuries and styles: operatic choruses, the American songbook, spirituals and madrigals, pop and folk. Even TV themes get a look-in – the choir's signature song would make Eric and Ernie smile.

"We begin with warm-up exercises," explains Françoise, "a valuable step in ensuring the sound we make does every song justice." Singers may have little experience of reading music or be more seasoned students of the

vastly experienced Françoise. After studying voice in France and Moscow, Françoise has maintained a performance career alongside teaching chorus work at Glyndebourne, opera and French melody at the Guildhall School of Music and Drama and instilling the *bel canto* style in singers in group and one-to-one classes.

No audition is necessary to join the choir. Together with Jane Jessup, the choir's supportive pianist, Françoise runs through the melodies for soprano and alto voices, teaching harmonies, some of which are especially composed for the group. "I've learned so much, my confidence has grown, and I even sing solos now," says one singer, a retired doctor.

"During that one and a half hours, we sing, we laugh – a lot – and we forget the outside world," says another singer, a former teacher, who moved to the Suburb after her husband passed away 12 years ago. "The choir has given me a new lease of life, as well as some very dear friends," she says.

The choir performs for community groups, in care homes and to raise money for charities, both local, such as hospices, and further afield (food aid programmes in Africa, and supporting Ukrainian refugees). The broad age range of members, from early-30s to 80-plus, creates a strong community feeling.

To find out about joining The Garden Choir, contact Françoise at fgeller@hotmail.co.uk.

Lifeline in Community

CAROLE SPIERS, CHAIR HGSu3A

A comment, shared with me, "U3a is my lifeline," prompted a reflection on the invaluable contributions that HGS u3a makes to people's lives.

While we offer talks and diverse group activities, the essence goes deeper. We create a community where sharing thoughts and experiences are celebrated.

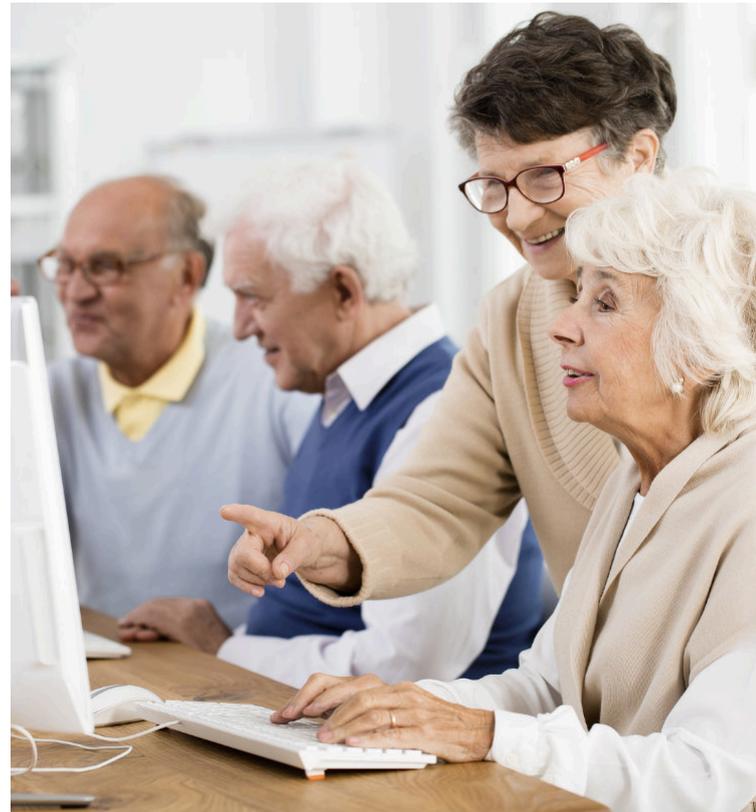
Our activities are a vital component, but they are just one piece of the larger puzzle. We cultivate a space where individuals can freely express themselves, a place where being a part of the older generation is not just accepted but celebrated. It is, in essence, a community.

Belonging to such a community is transformative. It goes beyond the activities and becomes a powerful antidote for those who may otherwise feel left behind and isolated.

The cost of isolation and the broader impacts of loneliness on society, is staggering. While being a part of a community may not prevent illness or eliminate the need for medical attention, it undeniably eases the emotional burden. It's a simple truth: having people around can improve overall well-being.

Age UK say that 1.4 million older people in the UK are often lonely as the challenges of daily life have become more complex.

To tackle this issue, we must dismantle the stigma surrounding ageing. Ageing is a privilege, and each one of us, if fortunate, will traverse this journey. U3a stands as a testament to the power of community in enhancing the lives of the older generation, not just as a social organisation but as a lifeline in a world that can sometimes be isolating and challenging.



BRILL OWEN

CHARTERED ARCHITECTS

We are able to offer a complete service from conception to completion helping you to create a unique home that fulfils your needs

Contact us for a free no obligation consultation on

0208 349 0037

Or email at

architects@brillowen.co.uk

View our recent work at www.brillowen.co.uk

We are Chartered Architects based in North London specialising in refurbishments, extensions and new build houses and flats within conservation areas and to listed buildings.





Californian garden at East Ruston Old Vicarage (Photo: Caroline Broome)

New Victorian or Cottage Gardening?

CAROLINE BROOME

With Spring on the way, my attention turns to the horticultural press for inspiration. With climate change and biodiversity front and centre of our minds, a whole raft of buzz words for new horticultural trends is emerging: Scandinavian Minimalism, New Victorian, Upscale Relaxation and, my perhaps personal favourite, the Survivalist Garden, to name but a few.

Having written about rewilding in my Winter column, it seems a natural progression to look at some of these new trends and see how we gardeners can adapt our existing plots to cope with increasing climate breakdown.

It may seem frivolous to identify colour trends, but there is merit in terms of their ability to adapt to our increasingly hot dry summers and cold damp winters. 'Peach Fuzz' encompasses all plants pastel, roses being the obvious option. Most suited to dry, sunny borders are the *Rosa* Flower Carpet series: choose repeat flowering *Rosa* Flower Coral, a compact ground cover variety sporting large sprays of single apricot blooms, loved by bees and disease-resistant so no spraying required. Judicious pruning in late winter, followed by a thick layer of manure mulch to feed and suppress weeds, and you're done! 'Purple Power' is not as daft as it seems either. Darker-

coloured flowers and shrubs adapt well to a hot, dry environment. *Sambucus* Black Tower is a columnar deciduous shrub, which can be used in much the same way as juniper Skyrocket, to punctuate an herbaceous border for added structure and drama. Peachy perennials such as furry *verbascum* Helen Johnson, *geum* Petticoats Peach and *achillea* Firefly Peach Sky against a striking contrast backdrop of purple Smoke Bush and *weigela* Florida Bristol Ruby, edged with *heuchera* Forever Purple and *sedum* Purple Emperor (all drought resistant and bone hardy) and you've nailed it!

'Edimentals' is the real buzzword of the moment: Put simply, it is any plant that is edible as well as ornamental. Rather than more traditional veg crops, edimentals tend to be low-maintenance and either self-seeding annuals or perennials. Grown in the French potager style, plants are interspersed throughout your ornamental borders. Plants that earn their keep range from herbs (think bronze fennel), nasturtium, *tulbaghia violacea* or society garlic, rainbow chard, even dahlias, through to fruit bushes and fruit trees, trained into cordons or fans against boundary walls and fences. In fact, if you take a look around your garden you will probably be growing any number of edimentals already.

So, let's take a whistlestop look at those new horticultural concepts: Scandinavian Minimalism: sophisticated restraint through the use of simplicity and neutral colours. New Victorian: cottage gardening, using tried and trusted old favourites such as roses, hydrangeas and lilacs. Upscale Relaxation: creating a more lush landscape, an outdoor living space, surrounded by tropical foliage plants and ornamental grasses. Survivalist Garden: planting enough edibles to provide a large portion of food for your family, alternatively known as Good Life Gardening. Surely those of you old enough to remember Tom and Barbara Good transforming their garden into an allotment in deepest suburbia need no further explanation. Xeriscaping: creating borders that reduce or eliminate the need for irrigation; the most spectacular dry garden I've seen is The

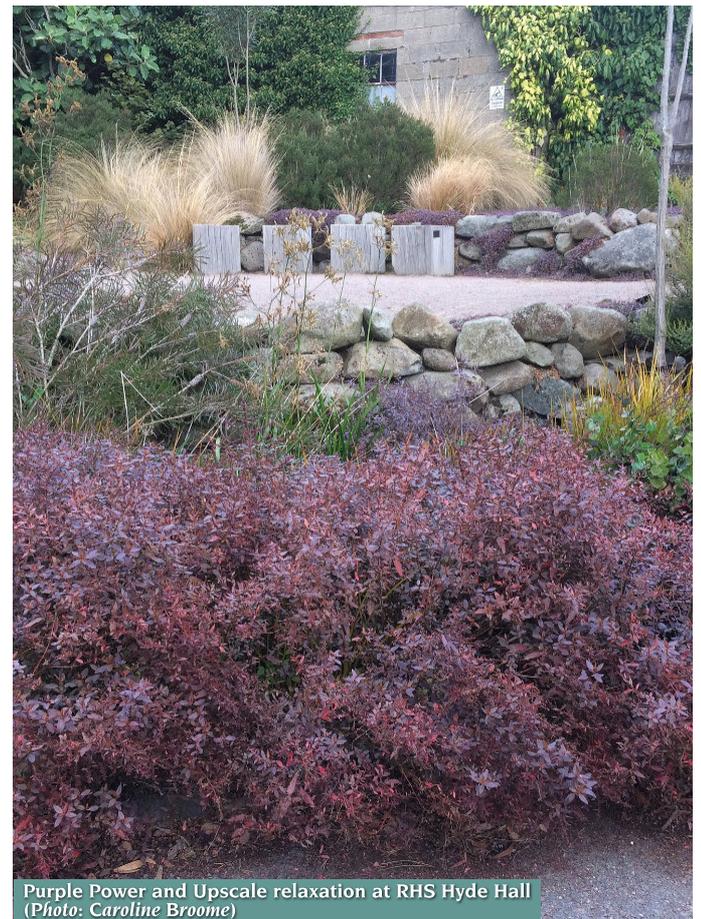
Californian Garden at East Ruston Old Vicarage in Norfolk, and Beth Chatto's dry garden has been flourishing since 1992!

I've come to realise that none of these concepts is in fact new, but I'm ready to accept that in order to attract a new generation of gardener, you need to reinvent existing styles in a more contemporary way. Having said that, I wholeheartedly support the trend towards Biofilic Design, which focuses on the importance of working alongside nature and integrating the natural environment within garden design.

So, the hottest trend for 2024? Work with Nature. Encourage wildlife in, go organic and peat-free. Research your plants to match your soil and situation, relinquishing any plants that under-perform for more suitable varieties. Re-evaluate your aspirations and don't be afraid to try something new.



THE GARDEN GIRL



Purple Power and Upscale relaxation at RHS Hyde Hall (Photo: Caroline Broome)

Four Seasons GARDEN MAINTENANCE

- ♣ Weekly or fortnightly maintenance contract
- ♣ Garden clearance
- ♣ Lawn care (mowing, turfing, fertilisation etc.)
- ♣ Quality plant supply and planting
- ♣ Weed killing & treatment
- ♣ Hedge trimming, tree works
- ♣ Patio cleaning
- ♣ All general garden services

We offer a professional, reliable service with 18 years of experience at an affordable price. Call Roland or leave a message for a free quote.

♣ 07584 574520 ♣ fourseasonsgarden@hotmail.com

All about allotments

AUGUSTA WOOLF

Midwinter on Big Site is a quiet season. The ground is saturated by heavy rain and I've only made brief visits to the plot, disturbing the foxes and being cheered by the robins. Many of the vegetables that we've been eating were harvested and stored in the autumn: squashes and pumpkins, onions and garlic, potatoes. A few hardy plants continue to survive outside and they provide some welcome fresh food: leeks, Brussels sprouts, kale and parsnips.

The garlic cloves will have benefited from the cold snap. I hope it will have been enough for the individual cloves to separate into bulbs that consist of multiple cloves. It will be June before I harvest them but it's good to see their green shoots at this time of year and the promise of future harvests.

I always feel relieved once we have passed the shortest day of the year, and by the end of January I notice that lovely slight surge of energy as the sunlight increases. There's some pruning still to be done and spreading a layer of compost on the No Dig beds to feed the soil, but I need to hold back on the urge to plant seeds. Experience has taught me that rapid growth on the warmth of an indoor window sill only leads to straggling, unhealthy young plants deprived of sufficient sunshine, which never really recover. St Valentine's Day, 14 February is the date when I make the first sowings of frost-hardy vegetables.

Until then, my attention is focused on plans and preparation for the new season, reviewing which varieties were successful last year and which my family actually enjoys eating. The seed companies know exactly how enticing their catalogues are at this time of year, filled with the promise of abundant harvests. Planning what I'm going to grow, placing the seed orders and sorting the packets into sowing order is, for me, a small but significant act of hope for the year ahead.

The Trust office deals with enquiries for potential new plot holders. If you are interested, please call 0208 455 1066 / 0208 458 8085 or email mail@hgstrust.org



Photo: Augusta Woolf



First Flower Show (Photo: HGS Archives)

HGS Horticultural Society celebrates 115 Years

May 2024 will mark the 115th anniversary of HGS Horticultural Society's foundation by Dame Henrietta Barnett and early Suburb residents in 1909. The first ever show was held in a marquee on Central Square, and by coincidence that is probably where this year's Summer Flower Show will be held on 8th June, when we participate in the Residents Association Fair in the Square.

If you have never exhibited in one of our shows before, this might be a good time to have a go and emulate those early residents, who were novices too. This year for the first time, entry to all the classes is free, there are new classes to attract novices and younger members alike, show guides wearing visible sashes will be on hand to help and you can find handy hints as to how to go about selecting and showing your entries in our new-look members' handbook when you join. We have invited Grimsdyke Brass to play at the show in June, as well as filling their familiar slot at the September Show, which will be back in its usual place at the Free Church Hall. You'll find an outline of our annual programme of events below, with full details in the handbook and online at www.hortsoc.co.uk:

- 🌿 A talk on The Myths and Legends of Plants.
- 🌿 Plant Sale (NOTE: on a Sunday this year instead of a Saturday).
- 🌿 Summer Flower Show, as an integral part of the Residents Association Fair in the Square in June.
- 🌿 Autumn Flower Show in September.
- 🌿 Day trip to RHS Hyde Hall Summer Flower Show and Gardens.
- 🌿 Three-Day trip to Gardens of Kent and East Sussex.
- 🌿 Christmas Quiz Night.
- 🌿 Membership Prize Draw for two Tickets to RHS Chelsea or Hampton Court Flower Show (to be confirmed).
- 🌿 Discounts to members at Sunshine Garden Centre, Finchley Nurseries, Flower Station – Temple Fortune, Shutlers – Temple Fortune.
- 🌿 Membership only Quarterly Newsletters.
- 🌿 Opportunity for members to share trips with Muswell Hill and District Horticultural Society.
- 🌿 Cooperating with Finchley Pollinators and on a local biodiversity project.

Marjorie Harris, Press and Publicity Officer

2024 Spring Update

We'll shortly be making improvements to our Central Square tennis court booking system, and doing even more to make sure the courts are only used by residents, and not for professional coaching.

We've recently improved access to Central Square for more users by replacing some old steps with a new smooth ramp from the north east corner between the Free Church and the Henrietta Barnett School.

Later this year we'll be publishing new guidance on how to retrofit your home with future-proof energy generation and efficiency measures that are consistent with the character of the Suburb.

If you missed our Winter Lecture last month on the subject of 'Trees for the Future', the next issue of Trust Times will have a full write-up. This electronic edition will be emailed to all members, so make sure you're registered if you'd like to get that – if you're not sure, just email mail@hgstrust.org or sign up today via www.hgstrust.org/membership

On a related note, if you were a Trust member last year, you're still a member today. At our September AGM we passed a resolution to make Trust membership permanent. Membership will only cease if you are no longer a Suburb resident, or if you ask us to cancel it. (Remember, Trust membership isn't automatic, isn't linked to paying the management charge, and it's totally separate to membership of the Residents Association. In if doubt, give us a ring.)

And finally, don't forget that if you ever have any questions about the work of the Trust, making alterations to your home, or need advice on trees and hedges, we're here 9am-5pm, Monday to Friday, always ready to take your call or respond to your emails. Our details are below.



HAMPSTEAD - GARDEN - SUBURB - TRUST

www.hgstrust.org ~ mail@hgstrust.org ~ 0208 455 1066

Wellgarth Nursery Training College

*Five and twenty nursemaids pushing five and twenty prams
Five and twenty infants all a-howling for their mams*

COLIN GREGORY

This is not from an extended version of The Twelve Days of Christmas, but the opening lines of a poem published in the Suburb magazine, The Town Crier, in 1914 commenting on a proposal to build a house for up to thirty nurses and thirty children aged between two months and seven years in Wellgarth Road. Perhaps surprisingly – or perhaps not surprisingly as the objections were all from men – the proposal was subject to vociferous opposition. Despite this, the building in Wellgarth Road (now known as Wellgarth Manor) opened as the Wellgarth Nursery Training College in August 1915. Henrietta Barnett wrote enthusiastically to the Matron, Miss Zimmern, that the establishment of the College exceeded her largest desire. Comparing the nurture of children to that of plants, she wrote: “As

plant differs from plant, so child differs from child. One requires the warm air of kindness, another the more bracing wind of discipline.” Henrietta was as interested as much in the training of the nurses, aged 16½ and upwards, as the children.

Housing for working women had been a part of her original conception of the Suburb, including at Waterlow Court, Baillie Scott’s wonderfully conceived home for working ladies in nearby Heath Close, as well as provision of a nursery school.

The Wellgarth Nursery Training College had its origins in a women’s trade union organisation established in 1889 by the early feminist Clementina Black. It was re-founded as the Women’s Industrial Council in 1894, with a focus on investigating the conditions under which women worked and issuing reports. In 1910 they turned their attention

to the training of girls in nursing babies and the Manchester Dispatch reported that, as they believed that teaching the art with rubber dolls “is fundamentally wrong, the Women’s Industrial Council have a little scheme in hand to supply the live baby and to encourage nursing on sound practical lines.”

The College started life on 1 September 1911 at 4 King Edward Road, Hackney, with a matron, appropriately named Miss Goodchild, two students, a mother and a baby called Dimples. In a pre-echo of today’s student loans, the first student had to borrow the £26 pounds needed for the first year’s fees from the management committee and earned the equivalent of a week’s fee for every week she helped matron get the house ready. They expanded to twelve children and began looking for larger premises. Henrietta, who knew the chairman of the management committee, offered them a site in her new Suburb and the new building, designed by Alfred Papworth, was begun in 1914. Papworth signed up on the outbreak of war, was later commissioned in the Royal Engineers, and was sadly killed in action in France in 1917 aged 37. The College was not immune from the effects of war either and experienced its first Zeppelin raid a week after moving in to its new premises in Wellgarth Road. They took in refugee children from Belgium, who were very under-nourished, but as Staff Nurse Florence Sillence described: “regular feeding and good fresh air soon made them robust and happy.” Other duties described in her recollections of the early days included putting the goat out and putting it to bed, as well as brushing and swilling out the pram room.

In 1935 a new wing was added and Queen Mary came to visit in 1938. The College was evacuated



to near Swindon during World War II, returning in 1946. Competition from new government training schools meant student numbers declined and the College faced difficulties, but they kept going, opening a nursery school in 1948. Princess Margaret visited during the Suburb’s Jubilee year in 1957 when the College had 32 students and 32 children. In 1960 the College acquired a house in North End Road to provide extra accommodation and raised funds for a further extension in 1965. By the 1970s ideas about how to raise children were changing and in 1978 local authorities began to encourage foster care in preference to residential homes. The College tried to compensate for the loss of income by opening a day centre in 1977, but at the end of the following year the Committee decided the College would have to close. A group of local residents was formed to oppose the closure of the nursery

school, and John Freeborn, RA Chairman, wrote to Mr Bennett, Town Clerk at Barnet, but to no avail, and the College and nursery school closed in 1978.

The building was sold to the Youth Hostels Association and I represented the RA at its opening as the Hampstead Heath Youth Hostel by David Bellamy in May 1981. Although the hostel was successful, the YHA struggled to keep up with modern ideas about family holidays and what was probably one of its more valuable properties was closed in 2004, sold and turned into luxury homes.

Twenty years on, the echoes of ramblers, nursery nurses and babies are ever more distant. Suburb Archives has many wonderful photos of the College in its heyday, a few of which are featured here. I hope this article may have revived a few memories and informed those unaware of this heart-warming aspect of Suburb history.



All photos: HGS Archives

Maths

Combat **Learning Loss** with Expert private coaching in HGS (Meadway)

Online or face-to-face

Common Entrance and 11+, 13+ GCSE, A level and Further Maths

STEP & MAT

Recent successes at Westminster and St Paul’s, as well as Oxford and Cambridge Universities.

Highly experienced former Head of Maths with B.Sc. Maths, 1st Class hon. degree from top UK university and experience in writing 11+ materials.

1-to-1 support that will secure those A*s, grade 9s, top university, Independent or selective places.

Contact: 07811 254061



Healthy eating with Nutrition Coach, Louie Fisher

Aubergine Parmigiana

LOUIE FISHER

Hi, I'm Louie – a Nutrition Coach on a mission to make healthy eating not only accessible, but affordable. I love keeping up with the newest nutrition science to ensure my content is evidence-based so my clients are supporting their overall health and not just their taste buds or waistlines!

I understand that embarking on a journey towards healthier eating can be overwhelming, especially when faced with the common misconception that nutritious meals are always expensive. My goal is to debunk this myth and guide you through a practical approach to affordable, wholesome eating.

Together, we'll rely on research-informed and budget-friendly foods and learn to prepare delicious meals that not only satisfy your taste buds, but also contribute to your overall physical and mental well-being.

To kick start our journey towards affordable and healthy eating, let me share with you a delightful recipe for Aubergine Parmigiana. The ingredients are

cheap, and the recipe is simple, making this a great option if you are entertaining. This show stopper of a dish also incorporates the health benefits of Lycopene, a powerful antioxidant found in cooked tomatoes – the key ingredient in this dish.

Studies suggest that lycopene may play a role in reducing the risk of certain chronic diseases including strokes, heart disease and certain types of cancers. It is also thought to be anti-inflammatory. Chronic inflammation has recently been suggested as a precursor to many chronic illnesses so incorporating Lycopene-rich foods into your diet may be a delicious way to boost your overall health.

Lycopene is also fat-soluble, meaning it absorbs better when in the presence of fat – made possible by the healthy fats from the extra virgin olive oil in this dish.

Remember, your well-being is an investment that pays off in dividends of vitality and happiness. So enjoy!

For even more research-informed and delicious nutrition content, you can follow me on Instagram: @lfish.nutrition.



INGREDIENTS:

- 2 large aubergines, sliced lengthways into long, thin slices.
- 2 tins of chopped tomatoes.
- Tomato paste
- 1 Mozzarella cheese ball or gut-healthy Cheddar cheese if you prefer.
- ¼ cup of grated Parmesan cheese.
- Garlic glove or onion (your preference) – finely chopped.
- Extra virgin olive oil – great for heart health.
- Dried oregano & basil.
- Salt and pepper (to taste).
- Panko breadcrumbs – or a crunchy topping (optional)

INSTRUCTIONS:

- Preheat your oven to 375°F (190°C).
- In a saucepan, start your sauce by sautéing the onions/garlic in extra virgin olive oil until softened.
- Add in your tinned tomatoes, basil, oregano, salt, pepper – allow this all to simmer for 15-20 mins until it thickens slightly (add a smidge of tomato paste if it's too runny).
- Meanwhile, sauté the aubergine slices in a pan with a drop of extra virgin olive oil to soften them.

ASSEMBLE THE LAYERS:

- In a baking dish, spread a thin layer of your tomato sauce.
- Place a single layer of aubergine slices on top of the sauce (the aubergine layers act exactly like layers of lasagne sheets).
- Sprinkle with mozzarella/cheddar and Parmesan cheese, and drizzle lightly with extra virgin olive oil.
- Repeat this process until all ingredients are used, finishing with a layer of cheese (and Panko breadcrumbs) on top.

BAKE:

- Bake for 30 minutes. The cheese should be lovely and bubbly, while the panko breadcrumbs should be a beautiful, crunchy golden.

SERVE:

- Allow to cool for a few minutes before serving.
- Blow your guests away with this delicious, nutritious and healthy meal!



Signature

AT HENDON HALL

Luxury living, exceptional care

At Signature, we know that the only person who can decide what a luxurious care home looks like is you. That's why we're inviting you to join us for a short stay, so you can get to know us - and we can get to know what will delight you most.

Ideal for respite or convalescence, a short break is a great chance to enjoy everything that Signature has to offer. Whether you prefer an evening G&T in the garden, a game of Bridge or a salsa class, an indulgent salon session or good movie in our cinema, come and experience what life at Signature is like for yourself.

RESIDENTIAL | NURSING | DEMENTIA CARE | RESPITE

To book your personal show round, please contact the Client Liaison Managers on 020 3394 0486 or email enquiries.hendon@signaturesl.co.uk

signature-care-homes.co.uk

SCAN FOR THE LATEST EVENT DETAILS



Signature at Hendon Hall, Ashley Lane, Hendon, London NW4 1HF

What makes a good breakfast?

The first thing I do when I get up, I have breakfast – Karl Lagerfeld

MARIE-CHRISTINE O'CALLAGHAN

Long time ago I went to China and missed the chance of eating a black century egg because it was only offered at breakfast. I also realised that, while I was happy to try any number of exotic dishes at lunch or dinner, breakfast for me had to consist of familiar foods: coffee, of course, with a combination of cereals, bread and fruit. This made me wonder what other cultures considered familiar breakfast fare.

China is a vast country with many distinct provinces, each with its own unique cuisine and its own breakfasts. Northern areas tend towards wheat-based foods such as jianbing (pancakes), mintiao (wheat noodles) or baozi (steamed buns); southern regions prefer rice-based meals zhou (rice porridge or congee), miffen (rice noodles) or dim sum, but they all drink tea. And yes, some of them do enjoy a century egg although the eating of the egg is not restricted to breakfast and can be eaten at any time as a snack or an appetiser. And, by the way, the egg is not really 100 years old, but it does take a few weeks to prepare.

In Egypt you would start the day with a (normal) boiled egg,

ta'amiya, which is the local variant of falafel made with fava beans, and ful medamas also made with fava beans which are cooked with vegetable oil, spices, vegetables, lemon, tomatoes etc. Everyone has their own treasured recipe, all served with Aish Baladi (Egyptian pitta bread) and of course, tea.

In France, a typical French petit-déjeuner (breakfast) must have coffee and bread. Often, the day-old baguette will be sliced and toasted, then topped with butter and something sweet like jam, marmalade or honey unless, of course, the boulangerie (bakery) is close enough to allow the early buying of hot and crusty baguettes and fresh croissants, in which case the bread would not be toasted.

Given what they eat for breakfast, the French obviously do not believe in Adelle Davis, an American nutritionist, who advocated 'Eat breakfast like a king, lunch like a prince and dinner like a pauper.'

The English, on the other hand invented the full English breakfast, a substantial meal consisting of bacon, eggs, sausages, baked beans, fried tomato, fried mushrooms, black pudding with fried and toasted bread on the side, or a

variation thereof accompanied by lots of tea.

Except... life today has become very hectic and few have the leisure, the time and the means to cook such elaborate meals, which presumably was a driving factor in the creation of The English Breakfast Society (englishbreakfastsociety.com) which 'works to restore the tradition of the English breakfast back to its former glory.'

All of which made me wonder what actually makes a good breakfast, so I checked the Association of UK Dietitians (www.bda.uk.com/resource/healthy-breakfast.html) and these are their top tips: (1) Include some fruit and vegetables. (2) Think about a protein source. (3) Choose high-fibre options where possible.

In other words, make a sensible choice that will support your health and provide energy for your daily activities. Bon Appétit!



That was Then, This is Now

REACH's co-chair, Jonathan Waxman, pens an imagined letter from Dame Henrietta Barnett to the Trustees of Hampstead Garden Suburb Trust

Dear Trustees

First, I would like to congratulate you on the community that you have built in Hampstead Garden Suburb – a place lively with people of all ages able to enjoy the amenities of a warm community, a safe and secure environment and wonderful green spaces.

However, I would like to take you to task over some aspects of your management of the garden suburb that we founded. We founded the Hampstead Garden Suburb (and other garden suburbs) with a vision in mind, a vision for an inclusive and healthy community for all – meaning both emotional and physical health. Our vision was, in its time, radical and, we hoped, positive. What we never intended to create was a museum; a place preserved in aspic. Do you still have aspic (It was a thing during my lifetime)? No, we envisaged a dynamic community, ready to meet life's everyday challenges.

I look around now and see that today's society faces many new challenges, some of them quite different from those which we sought to address when we established Hampstead Garden Suburb. Pre-eminent amongst those challenges is one that was first dreamed of by my contemporary, Eunice Foote. Eunice was the first to note the global warming effects of atmospheric carbon dioxide. At that time she simply noted the effect. Of course, that was then and this is now. Since then, humans have added so much to the atmosphere (a trillion tonnes, I believe) that we have warmed the whole world by more than 1.2C – maybe even 1.5C. The whole world, imagine that!

Well, clearly we cannot carry on like this and it will end badly unless we change our ways. Many have termed this an emergency and, in my humble opinion, they are spot on.

I would regret it very much if you, the Trustees tasked to continue my work, were to interpret our founding vision as implying anything that might put obstacles in the way of helping our society to tackle this new challenge. As I said, that was then, this is now.

May I suggest you start with the most obvious changes. The windows in the Suburb are far from adequate for residents' needs in terms of both of their physical comfort and the costs of managing their domestic finances. And they are far inferior to what is available, in both cost and quality, to every home-owner outside the Suburb. I hope that you will start to approve windows that are easy to afford, that keep Suburb residents' homes warm and reduce their weekly expenses for this most basic amenity.

Also during my lifetime, another eminent scientist, Albert Einstein, noted and explained an effect he termed the photovoltaic effect; a most marvellous phenomenon by which certain materials generate electricity when they are simply bathed in sunlight. For this work he was honoured with a prize given by another of my contemporaries, Alfred Nobel. By all accounts, this is a most excellent replacement for those dirty forms of fuel which we had to tolerate. May I suggest these photovoltaic materials are adopted wholesale in our beloved Suburb? Let them be installed on every Suburb roof and we will again be a progressive example to the world – just as we intended.

Yours hopefully

Henrietta Barnett

(as imagined by Jonathan Waxman, HGS resident since 1987)



Hampstead Garden Suburb is our home

We have been selling and renting Hampstead Garden Suburb homes since 1989. Most of our team live in Hampstead Garden Suburb and have a unique insight into our special area. So we are not like any other estate agent you'll come across on the high street.

Contemplating selling or renting your property? Call us or email us to find out how Litchfields can assist.

020 8458 5000 | sales@litchfields.com | litchfields.com

litchfields

Submissions deadline for issue 158 is 1 May 2024 • Suburb News Co-Editors are Marie-Christine O'Callaghan & Shelley-Anne Salisbury • suburbnews@hgsra.uk

Please help make Suburb News your newspaper. Articles, letters and news items welcome. Send to the publisher along with High Res pictures at suburbnews@hgsra.uk.

Digital copies of recent issues are available on the RA website at hgsra.uk. Earlier copies are available at hgsheritage.org.uk (some issues still to be uploaded).

Views expressed in Suburb News are not necessarily those of the Residents Association, its committee members or its editors, and they cannot accept any liability for errors, omissions or inaccuracies published. Also Suburb News shall have no responsibility or liability in respect of any claims made, services provided or goods offered in the adverts featured.

Suburb News uses paper from well-managed sources or recycled stock. Pre-press methods use no chemicals, developers or fixers. Vegetable oil-based inks are used in place of pure oil inks. Associate Members receive their copy in a mailing bag made from 100% recycled plastic and the bag is fully biodegradable after use. Please recycle this copy of Suburb News once you have finished with it.

