

Suburb News



Robotic surgery at the Royal Free – the future is now, see page 3



You've gotta have faith – read the latest letters on page 6



The RA and the Trust – what's the difference, find out on page 2

Community spirit thrives as winter sets in

EDITOR: SHELLEY-ANNE SALISBURY

Winter may have arrived in the Suburb but community spirit still glows bright. In this issue we open with preparations for the much-loved New Year's Eve RA Fireworks on Central Square and, if anyone wants to dance the night away, there's the St. Jude's New Year's Eve party which is becoming a Suburb fixture.

Alongside the festivities we spotlight the HGS Trust AGM (p 1) and RA Chair, Peter McCluskie, explains (for those still unsure at the back) the distinction between the roles of the Trust and the RA (p 2). We also meet Will Hawkins, the HGST's CEO, who reflects candidly on conservation, challenges and cherishing our architectural heritage (p 4).

Keeping up with technology is an inevitable part of modern life. I went along to the Royal Free

Hospital to discover more about its cutting edge surgical robots which are offering up hope on the back of incredible innovation (p 3).

Revd Em and Rabbi Marc's Letters of Faith continue to bring thoughtful exchange through friendship (p 6), while our Suburb News Youth team from Christ's College tackles nothing less than ruling the world (p 10)!

Proms generosity, Diwali celebrations, Chanukah lights and Kenwood's winter treasures all feature in this issue. And for the practically-minded, there is guidance on retrofitting homes, parking penalties and top tips on keeping the holiday season simple.

Joanna Dabrowska offers up some fabulous festive wines (p 23) and, if we all overdo the celebrations, we can detox with one of Louie Fisher's healthy juice recipes (also p 23).

However you celebrate during the festive season – enjoy!



Proms presents cheque to North London Hospice, (l-r) Declan Carroll, NLH CEO; Anna Cooper, NLH Director of fundraising & communications; Kate Webster, Proms Chair; Susie Gregson, Proms CEO. See full story on page 12 (Photo: Pippa Baker)

HGS Trust AGM

HGS TRUST

In September, the Trust held its 57th Annual General Meeting at the Free Church Hall, attended by 51 residents. The AGM offers an opportunity for residents to meet the Trustee board and raise issues affecting the Suburb.

The meeting was chaired for the first time by Richard Townley,

the new Chair of the Trust Council, who introduced Chief Executive Will Hawkins, appointed in January 2025. Richard thanked former Chief Executive Simon Henderson and outgoing Chair Raymond Taylor for their dedicated service.

Over the past year, the Trust has remained active, processing more than 200 planning applications and conducting about 600

architectural and 300 tree-related visits. The 2024 Home Retrofit Guidance has been widely used with positive feedback and a supporting talk held in late summer (see article, p13).

The Central Square tennis courts have been refurbished, and regular maintenance has continued across public spaces, *(continued on page 2)*

We under promise and over deliver.

For over 50 years, Glentree has been helping homeowners in the Suburb achieve the best possible results – even in a challenging market. Our reach extends far beyond the local area, attracting buyers and tenants from across the UK and overseas, many willing to pay more for the right home.

Make this season sparkle with a little Glentree magic.

Our team is just a call away.



07831 339699 | glentree.com



HGS Residents Association invite you to

The New Year's Eve Firework Display

All residents are welcome to see in the New Year with our Fantabulous Fireworks at Midnight.

Arrive by 11.30pm in time to be directed by our Hi-Vis volunteers to a safe space to watch the display.

There will be a ticketed event in St Jude's Church for those who wish to party for longer: please go to www.stjudeonthehill.com/events.

We wish you all a very Happy New Year.



Children must be accompanied by an adult. NO DOGS PLEASE. There will be a collection towards the cost of fireworks.

MANY THANKS TO OUR GENEROUS SPONSORS – MAJOR SERVICE SUPPLIERS TO THE SUBURB
Repaircare London WINDOW RESTORERS & DECORATORS
litchfields ESTATE AGENTS

The Residents Association and the Trust: What's the difference?

PETER MCCLUSKIE: CHAIR, HGS RESIDENTS ASSOCIATION

The RA and Trust are quite separate organisations with separate functions and virtually no overlap. However, it can be confusing and this sometimes causes issues eg with payments intended for one body being sent to the other and with enquiries being misdirected. I hope the summary below will help to explain the differences and to highlight the work the RA and the Trust do for residents.



The HGS Residents Association (RA) is a volunteer-run community group. The objective is to bring our Suburb community together and to support local groups, activities and enterprises, whilst promoting the well-being of residents and the local environment and heritage. Here are some of the things the RA does:

- Produces and distributes Suburb News to every household and eNews to every member;
- Organises community events in the summer, autumn and on New Year's Eve;
- Funds planting of trees in Suburb streets;
- Gives advice on environmental matters relating to your home and loans equipment to help you;
- Provides grant funding to assist local worthy causes such as the Kids' Garden and projects run by Suburb schools and various other local organisations;
- Sponsors local festivals such as the Proms at St Jude's and the North London Festival;
- Collects donations to the HGS Fellowship charity;
- Organises litter-picking;
- Advises on parking/traffic penalties;
- Keeps a watchful eye on the state of our pavements and overgrown hedges;
- Provides representation and influence on behalf of Suburb residents on committees of the HGS Trust, Hampstead Heath (City of London), Friends of Lyttelton and also the Kenwood Forum, Federation of Residents Associations in Barnet and London Forum.

Membership of the RA is by household and costs £15 per annum, but you can pay as much as you wish to support the work and you can also donate to Fellowship. To join please go to this link: www.hgsra.uk/join or scan the QR code above.



The HGS Trust has a unique, legally-based, role in protecting the character and amenity of the Suburb. It does this primarily via the Scheme of Management which regulates changes made to the exterior of freehold properties and their gardens, as well as via some leases.

The Trust's work is funded by payment of the Management Charge, an annual flat fee (provisionally £211 for 2025-26) payable by all freehold Suburb properties. It also raises its own funds from leasehold ground rents and a modest portfolio of investment properties. As well as this, the Trust:

- Manages its own estate, including communal open spaces such as Central Square and Sunshine Corner and various allotment sites. It also maintains private roads and greens;
- Provides architectural and arboricultural advice to property owners and their professional agents and contractors;
- Promotes awareness and education via walks, talks and publications;
- Maintains links with related organisations around the globe, sharing knowledge and best practices;
- Fulfils its charitable purpose by making grants to local organisations whose work benefits residents.

The Trust is a membership organisation open to all adult residents of HGS (not just property owners). Membership is free and is individual rather than by household.

To become a member please go to this link: www.hgstrust.org/membership or you can scan the QR code above.



Peter McCluskie, Hampstead Garden Suburb Residents Association Chair (Photo: HGSRA)

Will Hawkins, Hampstead Garden Suburb Trust Chief Executive (Photo: HGST)



HGS Trust AGM

(continued from p1)

allotments, and private roads. The Trust awarded £30,000 in grants to local schools and community groups and maintained its popular walking tour programme for residents and visitors.

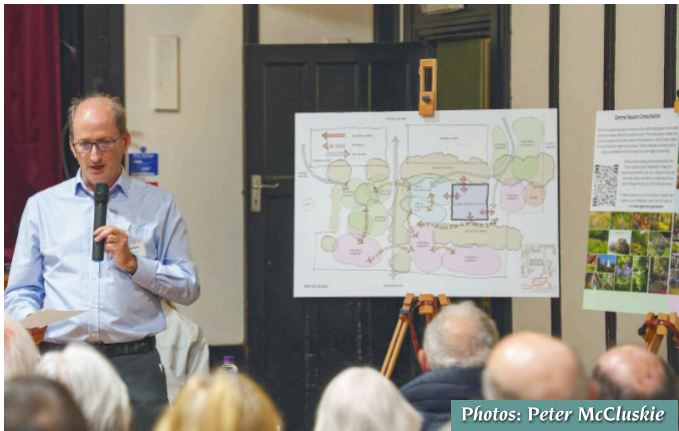
The Chair also highlighted investment in new IT systems and cloud-based services, initiated by Will Hawkins, to improve efficiency and allow for future improvements to how Suburb homeowners interact with the Trust.

Head of Estates Richard Ross discussed a consultation on the future of land around Central Square, assuring residents that any proposals will respect the Suburb's character and ecological value.

During the formal business, questions were raised about the Trust's accounts. The Trust clarified that Scheme of Management funds are ring-fenced for operational use and rebated to residents, while the Trust's own funds can be invested, and support its charitable objectives.

Election results were confirmed, auditors appointed, and residents' questions – ranging from finances to hedge maintenance – were addressed. The Trust thanks all attendees and reminds residents that membership is free and that staff are always available to discuss Suburb matters.

Residents can join the Trust, view our Design Guidance and learn more about our work at www.hgstrust.org.



Photos: Peter McCluskie

HIGH QUALITY TRUSTED HOMECARE

QUALITY CARE AND COMPANIONSHIP IN YOUR OWN HOME

Contact us now for a free care assessment

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

• Companionship, hobbies & social activities	• Medication support	• Hospital to home
• Personal care	• Washing and dressing	• Respite and holiday care
• Alzheimer's and dementia care	• Complex care	• Post-surgery support
• Specialist care	• Live-in 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.

0203 921 1111
camden.hampstead@rightathome.co.uk
www.rightathome.co.uk/camdenandhampstead
St Albans House, St Albans Lane, London NW11 7QE

Right at Home
Quality Care in Your Home

Robotic surgery at the Royal Free Hospital: The future is now

SHELLEY-ANNE SALISBURY

The future of surgery has arrived and it's happening at our local hospital – the Royal Free in Hampstead. World-leading surgeons are working hand-in-hand with robots to perform intricate procedures that would once have seemed the stuff of science fiction.

The Royal Free Hospital has been a pioneer in robotic surgery for over a decade. It was among the first hospitals in the country to invest in robotic surgery and now has two da Vinci Xi robots, the newest iteration being even faster and more precise than before. These extraordinary pieces of technology are manufactured in the US and are capable of movements finer than a human hand. They are a source of huge local pride and a symbol of what can be achieved when technology, expertise and community support come together.

Group Executive of the Royal Free London, Peter Landstrom, told me that by 2040 someone will be diagnosed with cancer every minute. With demand set to rise, this technology has never been more vital. The Royal Free's robots are already some of the busiest in Europe, performing around 450 operations every year, six days a week.

I was recently invited by the Royal Free Charity to a briefing evening, where invitees were given a talk followed by a demo of the latest da Vinci Xi surgical robot.

Mr Ravi Barod, a world renowned consultant urologist and the Royal Free's lead for robotic surgery, explained to me why this technology is transforming patient outcomes. In simple terms:

- **Smaller incisions:** typically just 8 mm across.
- **720° of movement** inside the body, far beyond the flexibility of the human wrist.
- **Faster recovery and shorter hospital stays,** sometimes even same-day discharge.
- **Fewer infections and less blood loss** thanks to unparalleled precision.



Mr Ravi Barod demonstrating the latest da Vinci Xi surgical robot (Photos: Deana Selby)

We were shown a short film of a patient who had undergone robotic surgery for kidney cancer. His recovery time was astonishing. His scar was minimal. He was home within a couple of days and walking the dog after three weeks. Currently, an impressive 92% of cancer operations at the Royal Free are carried out using robotic technology – particularly for liver, kidney, pancreas, gall bladder and bile duct surgery.

Seated comfortably at the command console several feet away from the operating table, the surgeon works in 3D high-definition vision guiding the robot's every move with delicate precision with none of the back or shoulder strain, awkward posture, or heavy optical gear that traditional surgery demands and without having to be physically beside the patient or even 'scrub in'. The robot's highly

magnified 'eyes' and astonishing range of movement mimic (and even outperform) the human hand. Landstrom quipped that it made surgery look easy. However, he was quick to add that it actually takes two years of post-consultant training to master it.

During my visit, I was offered the chance to try the command console myself – thankfully on a synthetic model. My task was to pick up a tiny needle and make a stitch, something that looked deceptively simple when demonstrated by Mr Barod. Let's just say my results wouldn't have inspired confidence in an operating theatre.

Having two robots obviously doubles surgical capacity, shortens waiting times and opens up new possibilities for minimally invasive cancer care. Paraphrasing Mr Barod, robotic surgery means less blood loss, less pain, faster recovery and a much lower risk of infection. It's a no brainer. The only downside is the cost.

The price of the new da Vinci Xi robot is £2.2 million and the producers, in a huge leap of faith, allowed the Royal Free Hospital to take possession before full payment was made. Thanks to generous donations, £1.4 million has already been raised. Deana Selby, the Royal Free Charity's Campaign Communications Manager, told me every contribution, big or small, makes a difference. The Charity is calling on the community to help pay off the much needed £800K which is due to its US manufacturers by the end of December – this year.

The link to donate to the Royal Free's Robotic Surgery Appeal is royalfreecharity.org/surgicalrobot. Alternatively, just scan the QR code. Every pound helps towards paying for this amazing robot.





CLEMENT
creating light...beautifully

STEEL WINDOWS | DOORS | SCREENS | ROOFLIGHTS

clementwindows.co.uk
01428 643393

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

Photo: Mike Elferink



An interview with Will Hawkins HGST CEO

FRANCINE BARSAM

Tasked with preserving the unique character of one of London’s most remarkable communities, the HGS Trust’s work often happens behind the scenes, balancing tradition, design and the realities of modern life. Recently, I sat down with Will Hawkins, the Trust’s Chief Executive, to talk about his role, the Suburb’s ongoing challenges and what he sees for its future.

Will joined the Trust in January 2025 and speaks with genuine affection for the Suburb’s founding principles, the green spaces, the careful architectural design and the sense of social purpose that was founded by Dame Henrietta Barnett over a century ago. “The Suburb is a living heritage,” he says. “Our job isn’t to freeze it in time, but to help it evolve in a way that respects what makes it so special.”

That mission, however, is far from simple. Every alteration, from a garden wall to a loft extension, requires thoughtful review. “We’re custodians,” he explains. “People move here because they love the look and feel of the place, but maintaining that takes care, conversation, and sometimes difficult decisions.” The Trust receives hundreds of applications each year, many involving modern materials or technology that must be considered within the framework of conservation rules.

One of the biggest ongoing discussions is how to balance sustainability with heritage. “We’re very aware of the need for greener homes,” he notes. “The question is how we introduce things like solar panels, double-glazing or insulation in a way that doesn’t harm the aesthetic integrity of the Suburb.” The Trust has begun exploring updated guidance for residents, aimed at encouraging environmentally-friendly improvements that align with the Suburb’s design code.

Recently, the Trust has also been leading a public consultation on the future of the the space to the west of Central Square, behind the tennis courts. He says the process has been about listening as much as planning. “Central Square is the heart of the Suburb, a place people feel deeply connected to,” he explains. “We want any changes to enhance that sense of belonging while honouring the Square’s architectural and historical significance.”

I asked about the ownership of the land in the consultation, to which he replied: “The Trust is the freeholder of all the land in the consultation area, but some of it is under very long leases, including to Freshwater and to St Jude’s. The Freshwater land is much of the area indicated as Nature and Ecology on the schematic plan, and the focus in our consultation question on Leisure and Amenity is concentrating on the land the Trust controls.” He added: “We are really pleased with the level of feedback the consultation has received so far. We specifically asked open, text questions, so there is a lot of qualitative feedback to interpret and understand. Once the consultation closes, trustees will review the findings carefully before deciding on next steps. The Trust will consult further as any future proposals take shape.”

Beyond the bricks and mortar, he is passionate about the community itself. “This isn’t just a conservation area, it’s a place where people live, raise families, and connect,” he says. He highlights the work of local groups, volunteers, and the Residents Association, all of whom contribute to the Suburb’s vibrancy. “There’s a deep sense of shared pride here. That spirit is what keeps the Suburb alive.”

Outside his professional life, Hawkins is known for a rather different kind of creativity. He appeared on The Great British Bake Off in 2022, charming audiences with his precision and artistic flair. “It was a wonderful experience,” he reflects. “Baking and conservation both require patience, planning, and attention to detail.”

Looking ahead, Will hopes the Trust can continue to strengthen communication with residents. “We’re here to listen,” he says. “Sometimes people think of the Trust as a distant authority, but really we’re neighbours too and we want the same thing: a Suburb that thrives.”

As our conversation draws to a close, he reflects on the bigger picture. “We’re incredibly lucky,” he says. “The Suburb is admired around the world as a model of planning and community.”

While the Suburb’s future is never straightforward, Will’s calm approach suggests the Trust will keep evolving, one careful decision at a time.



Window Renovation

We expertly restore wooden windows and doors using proven methods. By replacing damaged sections with our specialised epoxy system and hardwood, then finishing with quality paints and preservatives, your windows will serve you for many years. We enhance your windows’ thermal efficiency through discrete double-glazing upgrades, maintaining their period character whilst improving performance.

Internal & External Decoration

With 40 years’ experience decorating properties across Hampstead, Highgate and North London – from mansion blocks and colleges to private homes – we have established ourselves as leading experts in interior and exterior painting. Our reputation for quality craftsmanship and attention to detail has made us the trusted choice for discerning property owners throughout the area.



Window Restoration & Decorating Specialists

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

Hampstead | Highgate | Muswell Hill | Primrose Hill

Repaircare London
— Ltd —
EST. 1999



020 7101 3311 - 07904 582816
repaircarelondon.com



Our Services

- External & internal decoration
- Draft excluder system
- Laminated glass installation*
- Glazing upgrades
- Brick and wall repointing
- Epoxy resin repairs
- New glazing & putty
- Rotten timber repair
- Front door repair & painting
- Window maintenance programme

*Trust permitting

Fighting prejudice

SARAH SACKMAN MP

I grew up in a Jewish home in the Suburb, attending Kerem House nursery on Kingsley Way and Norrice Lea synagogue with my family. We always felt completely at home. Our immediate neighbours were Christian, Hindu, Muslim and Buddhist, of all faiths and none. The community reflected the foundational values of Henrietta and Samuel Barnett when they conceived of the Suburb as catering for 'all classes of people'.

Yet in recent years, antisemitism, alongside other forms of xenophobia and racism, has been on the rise in wider society. Once confined to the political outskirts, extremists from the far right and far left have been mainstreamed – turbo charged in a digital world. Log online and you could reasonably believe our society is hate-filled and divided.

This has consequences for us locally. The walls around local Jewish spaces have got higher and security tighter. Spaces like Norrice Lea, Central Square Minyan and Alyth Synagogue require an army of round-the-clock volunteers, just like my Dad, wearing high-vis and stab-proof vests.

I was at synagogue with my children in Finchley on Yom Kippur, the holiest day of the Jewish year, when news of a terrorist attack at a synagogue in Manchester filtered through. What should have been a day of prayer and reflection was shattered. I held my girls' hands tighter and I know that many Jewish people in our community felt alone.

But, it took no time till my inbox was flooded with kind words from local residents and community leaders. A call from Reverend Em Kollveit of St Jude's-on-the-Hill, expressed solidarity and shared prayers for Jewish neighbours.

The response demonstrated that the Suburb community, like the vast majority of British people, is decent and tolerant. Adrian Daulby, killed whilst he defended his synagogue, was described by his neighbour, Abdul Raihimi, as "one of the best guys he had ever met in his life." For twenty years, the men of different faiths had shown each other not only tolerance but friendship – a rejection of the politics of division and hate.

As neighbours stepped up for one another, so too did the

Government. Police patrols around local Jewish schools and synagogues rightly intensified, with £10 million extra funding provided to the Community Security Trust. But we cannot just rely on ever higher walls to keep communities safe. We need to educate people. That is why we're investing in anti-racist, antisemitism education in schools and universities to tackle the hate at the roots.

At a local level I am determined to build resilience into the Barnetts'

foundations by listening to residents through an antisemitism survey and raising their concerns in Government, seeking to build community ties by breaking bread at interfaith events and fighting for additional funding for education and security for Jewish, Muslim and other faith communities.

Politicians must use their power to build bridges between communities, to identify solutions not scapegoats, and to foster the kind of community envisioned by the Barnetts.



(Photo: Office of Sarah Sackman)

Summer Reading Challenge 2025

The school summer holidays have become a very special time at the Garden Suburb Community Library. For 12 years we have cooperated in an initiative started by the Reading Agency which challenges our junior members to read six books over the Summer break.

Readers receive prizes during the scheme and on completion of the sixth book they are presented with a certificate and a medal. Those who finish all six books are also entered into a draw to win our special prize. This year we chose a Pickleball and Bat Set for those 15 lucky winners.

In the early days we needed to 'push' this event but now the children come in asking when it will start and it is a joy for the volunteers to see the enthusiasm of each participant. This year we had 102 children taking part, which is an increase of over 30% on last year, resulting in 32 completing the challenge.

Some of the lucky winners are shown here and we apologise for any extra noise coming from neighbours' gardens during the summer!



Arjun

Atlas

Buse



Eddie

Esha

Isaac

James



Jemima

Jessica

Leo



Rex

Roxy

Toby

Zebulun

Photos: Library Volunteers

RIBA

Chartered Practice

The mind-enhancing properties of

natural light

are undeniable.

XUL
ARCHITECTURE

33 Belsize Lane, Belsize Park, London NW3 5AS | +44 (0)20 7431 9014

xularchitecture.co.uk



Photo: Bhanuka Warnasooriya

Letters of Faith

RABBI MARC LEVENE & REVD EM KOLLTVEIT

WINTER 2025

Dear Rabbi Marc,

It has been wonderful to discuss working together on a Night Shelter for the homeless during November and December this year, and I am glad our growing partnership is bearing fruit for the most vulnerable in our community. I've been reflecting on Isaiah 58:6-7: "Is not this the kind of fasting I have chosen: to loose the chains of injustice and to share your food with the hungry and to provide the poor with shelter?" As we prepare, I'm inspired to consider how we can loosen injustice and work together within the bounds of our traditions for the good of others.

Experience tells me that providing food and shelter to those in need nourishes both giver and recipient, deepening our spiritual connection, compassion, and sense of purpose. As a Christian, I believe compassion and justice are woven together and I would value your wisdom from the Jewish perspective. How might Jewish teachings define our work and guide practical steps toward easing the suffering of others outside of our faith groups?

With gratitude for your friendship and partnership,
Revd Em, Vicar of St Jude on the Hill

Dear Revd Em

Thank you for your thoughtful letter and for the spirit of partnership that continues to shape these conversations, and for approaching me to work together on the Night Shelter, as we reach out to think of others especially at this time of year.

I too have been reflecting on the way our joint work honours both tradition and responsibility. Where you cited Isaiah, my mind went to the rabbinic teaching that chesed, acts of kindness, must be extended to all who are vulnerable, regardless of faith or identity, because every human being has been created by the Divine. Maimonides goes further and writes that supporting the poor of the wider society is a pathway to sanctifying God's name. In Jewish thought, compassion is never only a feeling but a discipline. We are urged to build systems that preserve dignity, to help in ways that honour the recipient, and to create avenues for people to re-establish stability. Perhaps part of our work together, alongside the shelter itself, is to model that dignified care for others and help our communities see that giving is not just charity, but actually a form of justice, as reflected in scripture. I believe our shared project shows how two faith communities can enlarge the moral space of a city when we act together.

With gratitude for your friendship and our continued partnership,
Rabbi Marc Levene, Senior Rabbi at Hampstead Garden Suburb Synagogue

u3a in his Suburb home with the assistance of his wife Adrienne. After his retirement as a local dentist, Stephen and Adrienne had more time to devote to their love of jazz and to share their knowledge more widely – which they did with great generosity. Suburb resident, Marilyn Grossman, who was a member of the u3a group, recalls: Stephen's knowledge and experience of jazz was second to none.

Stephen and Adrienne attended a vast number of live jazz performances throughout their marriage. He ran the Group with astonishing expertise. Apart from his great knowledge of jazz, he ran the Group brilliantly, supplying marvellous playlists in the interim period between meetings. Members were encouraged to name two pieces of jazz music and musicians which would be played at the U3A meetings. Stephen would go to the trouble of finding appropriate videos and extra information to

supplement that of the contributor which made for a hugely enjoyable, stimulating yet relaxing few hours in their home each month..

Stephen was also keen on horses and sports activities – participating as well as watching. He was known in the family as 'action man'. He is survived by his wife Adrienne, his sons Richard and Andrew and grandchildren Claudia, Sophia Josey, Anna, Theo and Johnny and great-grandson Lucas.



Photo: Family Archive

LEVERTON & SONS LTD

Independent Family Funeral Directors since 1789



We are your local Funeral Director

Hampstead Garden Suburb
624 Finchley Road | NW11 7RR

levertons.co.uk | 020 7387 6075
finchleyroad@levertons.co.uk

Leverton & Sons have five branches across North London:
Camden | Golders Green | Hampstead | Kentish Town | Muswell Hill

Stephen Humphreys

1935 - 2025

MARGARET HARRIS

If you are a jazz aficionado you will be especially sad to learn of the recent death of Stephen Humphreys who facilitated the Jazz Appreciation group for HGS

John Marshall

1940 - 2025

EMMA HOWARD

It is with great sadness that we learned on Monday 3 November that John Marshall passed away earlier that morning.

John dedicated 40 years of his life to politics, becoming MEP for North London in 1979, Conservative MP for Hendon South from 1987 to 1997 and then Ward Councillor for Garden Suburb Ward from 1998 to 2022.



Photo: Tony Brand

He made huge efforts to help and support our local community and his dedication was exemplary. Comments received from residents reflect how many people and organisations in our community

he helped to support and advise. He was frequently present at local events including the RA's AGM, Proms at St Jude's, events to mark Remembrance Sunday, as well as enjoying the horticultural spectacles, not to mention delicious home-made cakes and teas at the twice yearly local Horticultural Society shows. He also fought hard supporting the volunteers battling to ensure the community library on Market Place remained open.

John offered much support to me over cups of coffee at Toulous café and even in my garden during lockdown, sharing advice on Barnet's policies on CPZs, getting fly tips removed and on many other important matters.

A fuller article on John will be submitted by Councillor Rohit Grover in the spring issue of Suburb News.



Photo: Patricia Major

Garden Suburb Pondiverse

PATRICIA MAJOR

In September 2023 I dug a small wildlife pond in our back garden; it already supports a surprising amount of biodiversity.

A still pond, heavily planted with oxygenators, Iris and Frogbit, its sides overhanging with ferns and Geum Rivale, it has taken on a naturalistic look and seems to have found its own balance.

Many hours have been spent this summer counting frogs and listening to dragonflies whirr about; I am delighted by plops and

flutters and all the small mammals and birds that drink from it. Midnight manoeuvres with a head torch briefly revealed a single newt. It darted off to deeper depths and hasn't been seen since.

My ambition is to plant Hosta pond-side, without them being murdered by slugs! And so I wonder who will be the next amphibian ambassador for the Garden Suburb Pondiverse.

Please write a piece for the next edition of Suburb news and we can perhaps plot the ponds across the Suburb?

Look behind you!

IVAN BERG

As cars get larger and heavier the clear rear view from internal and external mirrors is reduced and reversing safely becomes difficult and often dangerous. The statistics are horrifying. In 2014 the USA National Highway Traffic Safety Administration predicted that backup, or reversing accidents, could result in between 95 and 112 deaths, and 7,072 to 8,374 injuries every year.

In the UK between 2017-2018, approximately 3,400 vehicles were involved in reversing accidents. A quarter of all deaths occur during



BMW i3 rear view camera (Photo: Ivan Berg)

Glebelands Indoor Bowls

TESSA WIRE

Since 1991, Glebelands Indoor Bowls Club in Finchley has been more than just a sports venue. It has been a vital part of the local community, offering warmth, friendship and inclusion all year round.

The club is always looking for new members – whatever your age! While it's true we attract an older membership, you might be surprised to know that bowls is for everyone. Our youngest member is just 17 and our oldest is 100 years old! All you really need is a bit of time on your hands, which is why the sport has long appealed to people who are retired.

With 360 returning members, and more than 40 brand new members joining this year, new faces are always welcome. In recent years our members have asked for more weekend and evening sessions and we're delighted to see that more people are now able to come after work. One keen member even fits in a quick roll-up during their lunch break!

The gentle exercise of indoor bowls helps improve balance, flexibility, concentration and overall wellbeing, while the social side supports mental health, resilience and community spirit.

With eight indoor rinks, nine leagues, 19 competitions and regular casual roll-ups, there are opportunities for beginners and experienced players to get involved.

Open seven days a week throughout the winter season, the club provides a safe, comfortable environment for people of all ages. At a time when many older residents are facing rising heating costs, Glebelands offers a warm space where the heating is always on. After a game, members can enjoy real coffee and a warm meal in our friendly on-site café.

For some members who may feel isolated, a visit to Glebelands may be the only opportunity to socialise or speak to others that week and the club takes great pride in offering that connection.

We also have a free car park and the club is step-free, wheelchair accessible and open to everyone. At Glebelands, every day is a lovely day inside, whatever the weather may bring.

It is easy to book a free 30-minute taster session where you'll find a warm, welcoming community bringing people together since 1991.

Glebelands Indoor Bowls Club,
Summers Lane, Finchley, N12 0PD
glebelandsibc@gmail.com, 8446 2090
www.glebelandsibc.co.uk.



Photo: Tessa Wire

reversing. New research by Accident Exchange has found that 200,000 accidents are caused by reversing vehicles each year in the UK, with the majority of them being the fault of the driver who was travelling backwards. The most common excuse: "I didn't see him."

And all this is why, in 2018 in the USA, backing or reversing cameras were mandated for all new vehicles weighing under 10,000 lbs.

This year, a study at a medical paediatrics conference in the USA found a link between the 2018 mandate and significant reductions in child related backover or reversing accidents: Annual accidents fell by a third. Severe injuries to children under five dropped by nearly 50% and deaths decreased by an astonishing 78%!

It took until 2022 for the EU to take action and make rear view cameras mandatory in all new vehicles. In the UK, the tech is not mandatory, but the vehicle manufacturers association, the SMMT (Society of Motor Manufacturers and Traders), reported that parking assistance tech, including cameras and

sensors, is available as standard on 21.9% of new cars and as an option on a further 36.9%. But what about the 34 million cars over five years old on UK roads?

Well, this is where I come in. Although I have rear sensors in my 5 year old BMW i3, they didn't detect a low wall I was reversing into. Result: some expensive low body damage. Fortunately no people or kids were involved.

After a bit of research, I found that a BMW rear view camera could be fitted by a specialist outfit called Autologic. They came. They fitted. I paid. It took an afternoon. The engineer told me that most cars, even those 10 years old or more, can be thus made safer when reversing.

Two thirds of properties in the Suburb have driveways, and cars are often driven in and reversed out. I wonder how many drivers walk round the car to make sure that the driveway is clear of bikes, toys and toddlers before reversing?

I can now see clearly behind me when reversing in the driveway or parking. I can positively recommend it!

Studio + AnMo

architecture+design+interiors

www.studioanmo.com

Architect and design services offered from concept to completion for a range of project types from listed buildings and renovation in conservation areas to new build, with knowledge and experience of HGS Trust requirements

maureen@studioanmo.com 07890268747
andrea@studioanmo.com 07738755954



Autumn colour in Oakwood Road (Photo: Colin Gregory)

Trees & Open Spaces update

COLIN GREGORY

The Trees and Open Spaces Committee of the Residents Association held a successful open meeting in September. Many good ideas emerged for ways in which the community can help strengthen the protection of our trees. One idea that we will be taking forward is for us to publish details of sites where new trees are planted, so that neighbours can water them, especially after Barnet Council's contractors stop watering them two years after planting. We also plan to make a video on the best way to water a

tree. All this will go on the RA website and we will follow up on other ways in which supporters suggested the RA could improve the information available online about Suburb trees, such as providing lists of the species for each street.

We are delighted to report that our crowd-funding for street trees has again reached its target of £5,000, which will enable 20 extra trees to be planted on the Suburb, in addition to those funded by Barnet Council and the Residents Association. Sixty new street trees should be planted this winter. Tree renewal is a continuous

process, in nature and among tree lovers, and Barnet has to remove a significant number of trees each year because of disease or safety concerns. More than 60 will be removed this year, so we will be renewing the crowdfunding campaign next spring.

Our open meeting attracted some new members to the Committee and we remain keen to recruit more residents who are interested in helping to protect the Suburb's trees. If you would like to volunteer or would just like more information, please email the Chair, Colin Gregory at trees@hgsra.uk.



RA Events Spooky Halloween

There was a chill in the air... eyes were watching... bats were flying... and skeletons stood guard at the door.
In all, it was frightfully great fun!

The Witches, Warlocks, Wednesdays, and Wesleys of the Burb had a truly magical time — joining in arts and crafts, face painting, and tales of despicable deeds that sent delightful shivers down every spine.

A huge thank you to all who joined in the spooky spirit! We hope to see you (and your frogs in pockets) again next year for more ghoulish giggles and Halloween fun!

Patricia Major



Photos: Hella Schrader and Erin Hodgson



Can you spare just £15 a year to help keep our Suburb special?

We hope that your answer is YES because, with your support, this 110 year-old, volunteer-run, organisation can continue to:

Bring the community together with social events like the amazing New Year's Eve Fireworks & Party and the Summer Fair

Support biodiversity via the very popular Kids Gardening Club and Henrietta's Orchard and promote Net Zero projects

Fund street tree planting and defend our green spaces and at-risk heritage trees

Liaise with LB Barnet to keep the Suburb clean and beautiful and run a litter picking volunteer team

Produce Suburb News (and, as an RA member, you'll also get Suburb eNews monthly and access to our recommended traders' database)

Support local charities and community groups including equipment in HGS playgrounds and grants to local primary schools

Just £15 per annum enables you to join over 1,700 other Suburb households that are already members of the Residents Association. You can join online at hgsra.uk/join or call 020 3488 9131. Please contact chair@hgsra.uk if you would like to volunteer to support our many activities and have fun with others in fostering a strong community.



Brookland school parking penalties

GARY SHAW

When Barnet Council awarded itself the right to enforce parking and traffic contraventions by CCTV some years ago, the RA Roads & Traffic Committee objected on the grounds that such powers would most likely lead to an increase in wrongly or unfairly issued penalty charge notices. Our prediction, justified many times since, was proven correct again recently by a particularly egregious operation of

the camera used by Barnet to enforce the zig-zag restriction outside Brookland School. Most readers will know that it is not permitted to stop on the zig-zag area during restricted periods, usually at either end of the school day. What might be less obvious is that some local authorities, including apparently Barnet, have started to interpret the rule more broadly by issuing penalty charges to vehicles that have stopped in the unmarked part of the road adjacent to the

zig-zags. They may have been encouraged to do this by the result of a recent traffic tribunal which found against a motorist who had stopped on the unmarked section alongside school zig-zags to drop off a passenger. At Brookland school, Barnet are attempting to levy a fine on a resident who had come to a halt in the centre of the road outside the school because stationary traffic ahead was preventing her turning from Hill Top into Brookland Hill. Not only is this categorically different from voluntarily stopping to pick up or set down a passenger, but in this case the driver's actions were entirely permissible under rule 243 of the Highway Code which provides an exemption for stopping outside schools when

forced to do so by stationary traffic. There are a variety of other circumstances in which it can be impossible to avoid stopping outside a school, including the presence of oncoming traffic on a narrow road which the camera, trained on a single position, does not always see. No motorist should have to face a fine in such a case and various other parts of the Highway Code provide grounds for a robust defence. The Brookland case, which at the time of writing is being appealed, is the latest in a string of attempted CCTV enforcements which suggest that Barnet's camera operators are either not always conversant with the relevant regulations or are under instructions to issue tickets regardless of the circumstances.

For example there have been multiple cases of PCNs issued to motorists who have stopped voluntarily in box junctions when the exit has been clear (it is only forbidden to stop in the box if the exit is blocked by stationary traffic). Residents should be mindful of the fact that many PCNs are wrongly issued and a good knowledge of the exemptions for box junctions and school markings seems to be increasingly essential. It should never be assumed that the council and its employees are infallible in their interpretation of any parking or traffic regulation and if in doubt one should always appeal. Anyone who needs assistance with PCNs issued for box junctions, school markings, LTNs or any other restriction can contact me at penalties@hgsra.uk.



Annual General Meeting 2026

(RA members only)



Hampstead Garden Suburb Residents Association

The meeting will take place at 8pm on Monday 30th March at Henrietta Barnett School Main Hall, Central Square, NW11 7BN

- Doors open at 7.30pm – light refreshments will be available before the meeting •
- Nomination procedure for RA Council: www.hgsra.uk/docs/noms.pdf •
- Meeting agenda on the RA website from 23 March •



GODFREY AND BARR

WHEN THE WORLD IS CONSTANTLY CHANGING, ONE THING YOU CAN RELY ON LOCALLY IS THE EXPERTISE OF GODFREY & BARR. NOW ESTABLISHED IN HAMPSTEAD GARDEN SUBURB FOR OVER 33 YEARS.

HAMPSTEAD GARDEN ‘SUPERB’

ESTATE AGENTS WITH A MODERN, PROFESSIONAL & PERSONAL APPROACH, WHO ALWAYS GO THE EXTRA MILE TO ACHIEVE SUPERB RESULTS.



20 MARKET PLACE
HAMPSTEAD GARDEN SUBURB
LONDON
NW11 6JJ

020 8458 9119
GODFREYANDBARR.COM

OFFICES ALSO IN MILL HILL
COVERING MILL HILL,
TOTTERIDGE,
ARKLEY & RADLETT

RESIDENTS ASSOCIATION CONTACT DETAILS

Advertising – Suburb News.....advertising@hgsra.uk
Advertising – Suburb eNews.....enquiries@hgsra.uk
Biodiversity, Kids Garden.....biodiversity@hgsra.uk
Events.....events@hgsra.uk
General Enquiries & Information.....enquiries@hgsra.uk
Henrietta Community Orchard.....fruitorchard@hgsra.uk
IR Camera Loan.....ircamera@hgsra.uk
Litter.....litter@hgsra.uk
Master Tradespeople List (recommendations).....mtl@hgsra.uk
Membership (incl. subscriptions & MTL access).....membershipsec@hgsra.uk
Notice Boards.....noticeboards@hgsra.uk

Parking & Traffic Penalties.....penalties@hgsra.uk
Pavements & Hedges.....pavements-hedges@hgsra.uk
Publications (general).....publications@hgsra.uk
REACH (environment).....reach@hgsra.uk
Suburb eNews.....enews@hgsra.uk
Suburb News.....suburbnews@hgsra.uk
Trees & Open Spaces.....trees@hgsra.uk
Website.....website@hgsra.uk

Telephone (Voicemail).....020 3488 9131
Postal Address.....Fellowship House, 136A Willifield Way, London, NW11 6YD

If you would like information on any the RA's committees, or would like to become involved in any of the RA's activities, then please contact us by email, phone or post

SCAN THE QR CODE TO JOIN OR RENEW YOUR RESIDENTS ASSOCIATION MEMBERSHIP

SUBURB NEWS IS PRODUCED AND DELIVERED TO YOU BY RESIDENTS ASSOCIATION VOLUNTEERS

9

If I ruled the world...

At a time of many crises across the world, the team were set a challenging question to contemplate – ‘If I ruled the world, I would ...’ Two pairs have met that challenge head on, but the third pair had a different take on the problem which may have some pointers for how we can all make a difference at our own level.

Suburb News Youth is for all our readers, but especially those still in education. We'd like to hear what you think or what you'd like to see our SNY teams write about!

SNY welcomes a new team of student journalists from another local school, Christ's College. All of the group are in Year 10 and just starting their GCSEs. Next time, we hope that they will be joined by a new team from the Archer Academy.

The world was not made to be lived in all by yourself. Living (and ruling) in solitude is likely to be biased and unfair and those around us should be able to make decisions too. Equality may be the key, therefore a first step would be to preach the idea of fairness.

Working with other people has many positive effects such as increased productivity and efficiency, along with opportunities for knowledge and skill development. Differing opinions need to be listened to if morally or ethically controversial situations are to be solved. We can use rules and regulations, ensuring that conflicts, such as war, are less likely to happen.

These rules might be:

Clear communication

Many conflicts stem from miscommunications and misunderstandings. If we are mindful and communicate clear intentions and ideas, it ensures that everyone understands the message sent.

Listen Attentively

It is vital that we listen attentively and show respect to others. This makes people feel valued and helps prevent misunderstandings. Avoiding acting impulsively can ensure that no negativity is spread. Practising empathy is also a good way to try and see another person's point of view.

Ask questions!

It's important to ask questions, to help clear up any misconceptions and help gain a better understanding of the other person's point of view.

Create safe spaces and be transparent

Make the world we live in a safe space where we are all able to express ideas and everyone can express their own concerns and give gentle constructive feedback openly so that resentments don't build up.

Address issues early and solve problems fairly

Addressing issues early instead of ignoring conflict is an effective way to prevent conflicts from growing and intensifying. When discussing issues, focus on the problem and find fair solutions - rather than attacking people.

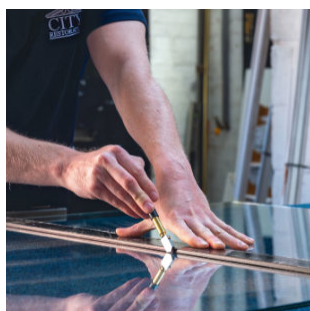
Ruling the world is a great responsibility that shouldn't be put on one person's shoulders. We all live together in this world, so it is only fair that we all rule the world together.

KRITIKA & REIKO
Christ's College

Restoration and refurbishment at its best

City Restoration specialises in internal and external restoration and refurbishment – from roofing and brickwork to masonry repairs, decoration, timber repair and window replacements. We carry out major work throughout London and the southeast, including Hampstead Garden Suburb, where our experience is second to none.

With an in-house workshop in Enfield, we are also able to manufacture all types of bespoke joinery to detailed drawings necessary for conservation works. Our mission is to provide everything that's needed to maintain the Suburb's iconic buildings – all under one roof. That's why we've built a diverse, highly-trained team with a range of specialisms.



020 8804 6178
office@cityrestoration.co.uk
www.cityrestoration.co.uk



If I ruled the world,
I would eliminate geographical luck.

The difference between me and a girl living in a war zone or in an area negatively affected by the climate crisis is purely based on where we were born. I would not intend to destroy the natural diversity that makes this world so beautiful, but I would try to avoid the square of terrain on which you live being the determining factor of your success. Often, the uncertainty of where the next bomb will drop or whether the next flash flood will wipe your home out leads to a deprivation of the basic human needs.

Children may not receive an education, for example. I believe we should find a way of educating our children in a way that does not rely on being in a safe and equipped classroom, as ultimately, this cannot always be guaranteed. Therefore, we must focus on making education dynamic: for example, teaching physics based on the structure of buildings around us, passing down the history of local families or adults teaching kids the titbits of languages they know, which may lead to a broader knowledge of the field. Whilst this style of education may already exist, it is not recognised as valuable in higher education, which needs to change. This could also help us move away from the Western-white-male focused education that limits textbooks worldwide.

Furthermore, we need to find cheaper and safer ways of sourcing food. One way we could go about this is vacuum-packing our food. Most foods, once sealed and refrigerated, can last up to three years. Food that would otherwise be wasted by restaurants and supermarkets in countries across the world could be re-packed, before being shipped to other lands where food is more scarce. Not only would this source food for those who need it, but also it would reduce the food wastage of wealthier countries, which is a major environmental problem.

There is a whole host of problems stemming from geographic luck, not limited to education disparity and food poverty. They consistently put a ceiling on the potential of millions worldwide. However, if we consider making decisions that benefit all, one day no-one will have to pray to have their basic needs met.

LILY & NELLA
Christ's College

If I ruled the world,
I would prevent the escalation of climate change. This could be done by implementing more country-specific climate laws. For example, I would enforce stricter manufacturing regulations in China to reduce the use of fossil fuel-based natural resources to make synthetic clothing fabrics. This could also be put into effect in the world's other high carbon emitting countries, such as the United States.

Another change I would make is the reduction of non-reusable materials. One of the most common of these is PVC (Polyvinyl Chloride) – used by many of us as cling-film. It is highly damaging to the environment as it cannot be recycled. Because of this, much of it ends up being disposed of irresponsibly into the ocean and landfill sites. Approximately, 2.1 million marine creatures and birds perish annually due to plastic pollution. However, this could be far greater as many losses are unrecorded. PVC has been identified as unnecessary by a handful of countries including the United Kingdom, the United States, South Africa, Chile and France. Another reason it should be banned is because it can lead to multiple health issues including liver cancer, kidney failure, infertility and others.

One more problem I would correct if I were to rule the world is deforestation, as it destroys habitats for already endangered animals. The country most responsible for deforestation is Brazil, with 1.4 billion trees cut down every year to be replaced with soy plantations and cattle grazing. To put this number into perspective, the area is the equivalent to 18 football pitches worth of rainforest destroyed every minute of every day.

Whilst these issues are particularly important there are many more that I would change if I could. Implementing these rules would mean a safer and longer-lasting world for humans and animals to continue coexisting among one-another.

PHOEBE & MIZUKI
Christ's College



Safeguarding lifestyles.
Protecting aspirations.
Architects of peace of mind™

With decades of experience, we craft tailored insurance solutions that reflect your unique needs. We're dedicated to exceeding expectations, ensuring your assets and ventures remain secure.



Explore a new level of personalised protection. 020 8658 4334



Lizzie Stevenson Head of Fundraising & Communications, Toynbee Hall; Ali Ghaffari, Proms Trustee; Susie Gregson, Proms CEO; Kate Webster, Proms Chair; Rebecca Sycamore, Toynbee Hall CEO (Photo: Jacob O'Regan)

The positive impact of Proms

RON FINLAY

Proms at St Jude's – the Suburb's annual music, books and arts festival – is delighted to have been able to donate £65,000 to North London Hospice and Toynbee Hall this year, as well as to have contributed in kind to music education in local schools.

Thank you to everyone, including supporters, sponsors, advertisers, donors, Friends and volunteers, for making this possible.

Beyond these donations, Proms also:

- Enabled 750 local students to take part in free live concerts and workshops;
- Held four Teeny Proms for toddlers and pre-schoolers;

- Ran a Family Festival for hundreds of people on and around Central Square;
- Organised a competition for local school students to compose a fanfare;
- Provided work experience to young people aged 16 plus;
- Gave young musicians a platform to perform professionally.

This year's donations take Proms past the significant landmark of £1.3 million donated to charity since the Festival started in 1993.

Traditionally, three pounds in every four has gone to help young people at Toynbee Hall, with the remainder going to the Hospice, but from 2026 onwards, the donations will be split half and half.

TAKE NOTE

Following pilots earlier this year, a new initiative involving Proms is set to run in conjunction with DaCapo Music Foundation and Fantasia Orchestra: Take Note brings music education to State primary schools struggling with budgets for this activity.

Each Take Note session starts with a 45 minute workshop using games and exercises to familiarise the whole school with one of the four instrument groups – woodwind, strings, brass and percussion. It is then followed by a

performance of a piece of music by a quartet or quintet, and experience shows the children pay much more attention once they've got to understand the music better.

Proms helped to cover the cost of one pilot and DaCapo is now fundraising in partnership with Proms and Fantasia for next year's sessions. You can donate at <https://www.promsatstjudes.org.uk/take-note-to-spektrix>.

NEW PATRONS

Proms is very pleased to welcome BBC Health Editor Hugh Pym and When It Hits the Fan podcast co-presenter, communication expert and former Suburb resident Simon Lewis, who have kindly agreed to become Patrons. Many LitFest visitors will know Simon from his interviewing over the years and Hugh has also appeared at LitFest as both an author and an interviewer.

They join Dame Emma Kirkby and John Lill CBE as individuals who share Proms' values and have a strong interest in its success.

2026 FESTIVAL

Work is well underway putting together the programme for next year's Festival, which will run from 27 June to 5 July 2026.

Make sure you put these dates in your diary now!



Simon Lewis (Photo: Andrew Mason)



Hugh Pym (Photo: BBC)

Central Square consultation – thank you!

We received well over **two hundred responses** to our recent consultation on the future of the land around Central Square, and we're so grateful to everyone who took the time to give such rich and detailed feedback. We're now processing your thoughts, and we will provide an update in our column in the next issue of Suburb News. This isn't something we're taking on lightly: we know how important this space is to the residents and visitors of Hampstead Garden Suburb.

We're excited to share the initial findings with you.

HAMPSTEAD - GARDEN - SUBURB - TRUST

www.hgstrust.org ~ mail@hgstrust.org ~ 020 8455 1066



David Davidson (Photo: Peter McCluskie)

Retrofitting your house an HGS Trust Event

JOE MATHIESON,
ARCHITECTURAL ADVISER, HGST

In September the Hampstead Garden Suburb Trust ran an event at Fellowship House based on the Trust's 2024 Home Retrofit Guidance. Retrofit refers to work that improves the energy efficiency of buildings, sometimes including energy generation. The event was led by Trust staff with guest talks from Asher Budwig (REACH) and Alice Brown (AAB Architects). About 50 residents from across the Suburb attended.

David Davidson, Head of Architecture, spoke about the development of the guidance over the past few years. The guide is consistent with the 2010 Design Guidance and was produced in collaboration with environmental engineers. I then spoke about the individual retrofit measures of the document, illustrating them with real examples from the Suburb. Good retrofit can be hard to notice,



Joe Mathieson (Photo: HGS Trust)

particularly with historic buildings, but the Trust has worked with residents on many retrofit projects and seen the results on its site visits. These include bespoke timber double-glazed windows, between-rafter roof insulation, air source heat pumps and solar panels on concealed flat roofs.

Asher Budwig introduced HGS REACH (Residents Action on Climate and Health), which is linked to the Residents Association and gives advice on retrofit within the Suburb. Alice Brown is an architect and retrofit coordinator at AAB Architects. Her talk brought retrofit to life, particularly with her whole house retrofit case study in the Victorian Grade II* listed Holly Village, Highgate. She highly recommended draughtproofing, internal insulation, loft insulation and a heat pump as priorities for a thorough retrofit.

Trust Trustee Gren Manuel chaired the Q&A, which related to practical advice (draughtproofing contractors) and technical aspects (breathable lime render) as well as a more general conversation about the balance of building conservation and energy conservation. Trust Consent is required for any external retrofit changes to properties and the Trust planning team can advise you on what may be acceptable. However not everything requires Trust consent and there is a lot you can do to upgrade your home without affecting its character.

The Trust's Home Retrofit Guidance is available to download at www.hgstrust.org/documents/retrofitguidance.pdf.



Left: The Guitar Player, Johannes Vermeer, Kenwood, the Iveagh Bequest. Right: The Philadelphia version, artist unknown © Historic England. Philadelphia Museum of Art, John G. Johnson Collection.



MARK KING

Perched on our own doorstep, Kenwood House is one of London's loveliest treasures – a place where art, history, and nature meet in perfect harmony. This winter, its grand rooms and glorious, leafy grounds play host to a series of exhibitions and events that celebrate beauty, culture, and community.

VERMEER: DOUBLE VISION
For the first time in over 300 years, two versions of The Guitar Player are displayed side by side at Kenwood. One, from the Iveagh Bequest, bears Vermeer's signature; the other, on loan from Philadelphia's John G Johnson Collection, remains shrouded in mystery. Double Vision marks the 350th anniversary of Vermeer's death and runs until 11 January 2026. Admission is free.

A DAY WITH DIDO
Step into the world of Kenwood's most famous resident, Dido Elizabeth Belle, with a screening of I, Dido followed by a live performance by Chanté Faucher. Celebrating Dido's marriage to John Davinier, the event takes place on Saturday 6 December, with sessions at 11am and 2pm. Book at: english-heritage.org.uk/visit/whats-on/kenwood-a-day-with-dido.

WINTER LIGHTS:

NEVERLAND AT KENWOOD

From 21 November to 3 January, Kenwood transforms into Neverland with a family-friendly light trail inspired by the adventures of Peter Pan. Expect enchanting displays, festive food and drink, and plenty of seasonal cheer.

THE GIFT OF A BOOK

Kenwood's shop offers a curated selection of new titles, perfect for holiday giving – from Guinness: A Family Succession by the 4th Earl of Iveagh to Vermeer: A Life

Lost and Found by Andrew Graham-Dixon. Also don't forget Kenwood's Secondhand Bookshop, open daily and run by volunteers. Donations of all kinds – from literature to cookery – help raise vital funds to support Kenwood.

PRACTICAL NOTES

The West Lodge car park is closed to general visitors until 14 January, except for blue badge holders.

To join the Friends of Kenwood or support their campaign to secure the Curator's role, visit friendsofkenwood.org.uk/join-us.



Portrait of Dido Elizabeth Belle Lindsay (1761-1804) and her cousin Lady Elizabeth Murray (1760-1825) (Photo: Public Domain)



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.



Joanna Dabrowska (Photo: Ian Abrahams)

HGS u3a Wine Appreciation Group

Since it was formed in 2017, Valerie Cowan led our local u3a's popular Wine Appreciation Group. Valerie retired in September and handed over the role of wine expert to Joanna Dabrowska who, as readers will recognise, has been writing about wine for Suburb News.

Valerie had temporarily retired on an earlier occasion and the group did its best to continue without expert help but was relieved and delighted when Joanna agreed to lead their tastings

Malcolm Brahams



Photo: The Institute of Arts and Ideas

How The Light Gets In Festival 2025

SIMONE HALFIN

Taking place annually at Kenwood, and also in May at Hay-on-Wye where it originated, How The Light Gets In is one of the few festivals that incorporate philosophy and live music with delicious food and wine, all within the glorious grounds of Kenwood House. World-leading philosophers and Nobel prize-winning authors mingle and, if you are lucky, you can buy a ticket which gives you entry into the 'Inner Circle' tent to enjoy delicious delicacies and wine and discuss – and even argue – with whoever is appearing at the time. I met, and interviewed, the controversial Roger Hallam, co-founder of Extinction Rebellion, who was one of those disrupting the traffic on the motorway and was jailed for this. In fact, he had been in jail several times and told the

audience how much he actually enjoyed the experience. He felt it was necessary and a moral responsibility to act in the face of ecological breakdown to shape the future positively.

On a lighter side, there is a relaxing space, 'The People's Parlour', where you can curl up and listen to live music. Preen was one of the live bands I listened to and the lead singer, Evi, told me they had just released a new record.

I think the most crowded, and definitely one of the highlights of the festival, was Alastair Campbell interviewing the philosopher behind JD Vance, or so it was billed. In actual fact, Curtis Yarvin barely mentioned JD Vance at all in an hour, but Alastair Campbell gave me a great lesson in how to interview someone who is actually quite irritating, without losing cool. Curtis has quite radical views of liberalism and democracy which are

renowned but somehow did not quite convince the audience. Afterwards, interviewing Alastair Campbell about the festival in general, he felt it was a really good way to bring people together.



Interviewing Alastair Campbell
(Photo: Fellow Festival visitor)



Lighting the Chanukiah
(Photo: Sam Heller)

The miracle of Chanukah

ABIGAIL COX

Chanukah may be a smaller festival, but the miracle behind it is mighty. Over 2,000 years ago, in the second century BCE, the Land of Israel was ruled by the Syrian-Greek Empire. The Greeks tried to suppress Jewish traditions and outlawed the study of Torah and the practice of Judaism. A small band of faithful, poorly armed Jewish fighters, called the Maccabees, rebelled to defend their faith and freedom.

Against all odds, the Maccabees triumphed. When they returned to the Holy Temple in Jerusalem, they found it desecrated and the sacred menorah (a seven-branched lamp) extinguished. Searching for oil to relight it, they found only one small flask – enough for a single day. Miraculously, that oil burned for eight days, long enough to prepare more.

Chanukah means the Festival of Dedication as it celebrates the re-dedication of the Temple.

Each evening of the eight days of Chanukah, families gather to light a special nine-branched menorah called a chanukiah. One candle, the shamash (helper), is used to light the others – one on the first night, two on the second, and so on, until all eight glow brightly on the final evening. The candles are placed in windows or doorways, spreading the light of the festival outward, a reminder of resilience and faith overcoming darkness.

Chanukah is filled with festive customs, especially foods fried in oil, symbolising the miracle of the oil which lasted eight days. Latkes (crispy potato pancakes) and sufganiyot (jelly-filled doughnuts) are favourites at every table. Children and adults play with a dreidel, a small spinning top, marked with Hebrew letters which represent the phrase: "A great miracle happened there." Chocolate coins, called Chanukah gelt, are often given as treats or prizes in the game.

At Alyth, we celebrate Chanukah in a number of different ways: with community candle lighting, our weekly Alyth Social group's Chanukah party with plenty of doughnuts and our weekly Friday Baby Den group which sings Chanukah songs and spins dreidels, much to all the attendees' delight, young and old!



Photos: Peter McCluskie

Diwali Dazzle at Henrietta Barnett School

SURABHI GUPTA

Henrietta Barnett School came alive on 12 October with vibrant colours, music and joy as the Parent Teacher Association (PTA) hosted a spectacular Diwali celebration – its first ever event of this kind. The event brought together students, parents, friends and staff to honour the Festival of Lights, symbolising the triumph of good over evil and light over darkness. The school hall was beautifully decorated with flowers, diya, rangoli patterns, festive lights and Diwali shopping stalls, creating a truly enchanting atmosphere. One of the highlights was undoubtedly the electrifying performance by the professional dancer and DJ, who had the entire school hall pulsing with energy! His infectious energy and easy-to-follow choreography meant that no one could resist joining in and soon the audience transformed into a sea of dancers.

Outside in the school grounds, families enjoyed an array of delicious Indian cuisine and tried their hand at a few games. The PTA and the school community was commended for organising such a joyous and inclusive event, celebrating diversity and unity. The evening concluded with a collective recital of the Aarti, filling the hall with warmth and togetherness. Diwali Dazzle was a wonderful example of community spirit at the school and one that will be fondly remembered by all who attended.

The Diwali Dazzle 2025 was more than just an event – it was where the community came together, step by step, beat by beat!

HAMPSTEAD GARDEN SUBURB

Free Church Christmas Services

- 7.30pm Thursday 11 December KCO Christmas Celebration
- 11am Sunday 21 December Nine Lessons and Carols
- From 6pm Monday 22 December Carol Singing around the Suburb
- 11am Thursday 25 December Christmas Day Service
- 11am Sunday 28 December Family Service
- 11.30pm Wednesday 31 December Watchnight Service followed by fireworks on the Square
- 3pm Thursday 1 January Piano Recital followed by seasonal refreshments



Photo: Michael Elfenbeides

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



Photo: Michael Eleftheriades

Musicians in Residence

REVD EMILY KOLLTVEIT

This autumn, Chloé Dumoulin (piano) and Gabriel Francis-Dehqani (cello), have begun the next chapter of their lives as Musicians in Residence at St Jude on the Hill, living in the vicarage.

They met several years ago as postgraduate students at the Guildhall School of Music and Drama and have since performed together in concert halls across Asia, Europe and North America. They are delighted to now call Hampstead Garden Suburb home and are looking forward to becoming part of the St Jude's community and local cultural life more widely.

The Inspire Series is a monthly musical gathering curated by Chloé and Gabriel and is held on the first Sunday of each month, following Evensong at St Jude's. Each evening will centre on a major work from the classical repertoire, performed by some of London's most exciting musicians. With an aim to bring performances

of every scale and style, the 'Inspire Series' celebrates the breadth of music-making in a relaxed and inclusive setting. Their opening concert on 5 October featured Chloé in a compelling rendition of Liszt's Piano Sonata in B minor which was met with a standing ovation from an enthusiastic audience of all ages.

Audiences are invited to enjoy a glass of craft beer or Pimm's during the performance and to linger afterwards for conversation. Chloé and Gabriel warmly invite their neighbours to join them – whether seasoned concertgoers or curious newcomers – as they share music that inspires, uplifts, and brings people together.

An enchanting Classical Christmas Concert by Candlelighters featuring Chloé, Gabriel and friends will take place on 21 December at 6.30pm at St Jude's, NW11 7AH, raising funds to support young musicians at St Jude's.

Visit www.stjudeonthehill.com/events for tickets and news of future performances.

Brahms' Ein deutsches Requiem

DIANE LANGLEBEN

On 7 December at 7pm, the Alyth Choral Society invites an audience to experience one of the most deeply human works in the choral repertoire: Johannes Brahms' Ein Deutsches Requiem. The venue is Alyth NWRS, Alyth Gardens, NW11 7EN. Conducted by Alison Smart Fisher, this performance promises a moving exploration of solace, hope, and transcendence, rendered with sensitivity and power by the society's accomplished voices.

Unlike traditional requiems that dwell on divine judgment, Brahms' vision is one of comfort for the living – a message that feels especially resonant today. The evening's programme enriches this emotional landscape with music by Clara and Robert Schumann, whose works share Brahms' Romantic depth and lyrical intimacy.

Featuring soprano Eleanor Pennell-Briggs and baritone Pauls Putnins, accompanied by pianists Tim Hooper and Stephen King, the concert offers an

inspiring opportunity to encounter timeless artistry in a local setting. With its combination of spiritual warmth and musical mastery, this is more than a performance – it's a communal moment of reflection and renewal.

North London Festival of Music, Speech & Drama 2026 – Volunteers Needed

The Festival (northlondonfestival.org.uk) takes place in the Free Church from mid-February to mid-May and nurtures young musicians at all levels and ages. Performance opportunities are vital to help these young musicians develop and everyone receives a certificate and feedback from an eminent adjudicator. We need help to staff the reception desk, direct performers and their parents/teachers and manage back-stage practice rooms. There is also the bonus of listening to these talented youngsters. Please contact Rosemary Cook: enquiriesnlf@outlook.com.

Steven Rowe

Brahms Ein deutsches Requiem by Zoro Mettini, 1990 (Photo: Public Domain)



Garden Suburb Theatre

COLIN GREGORY

The Garden Suburb Theatre's next production is a Noel Coward classic, Blithe Spirit.

A masterclass in sophisticated comedy, the play follows novelist Charles Condomine, whose dabbling in a séance summons the mischievous ghost of his first wife Elvira – with disastrous (and hilarious) consequences for his second marriage to Ruth. Written at a time when interest in spiritualism was high, the central character is the eccentric medium Madame Arcati, played over the years by many leading actors such as Margaret Rutherford, Angela Lansbury and Penelope Keith. As the worldly and other-worldly personalities clash, Charles' current wife Ruth 'passes over', joins Elvira and the two 'blithe spirits' haunt the hapless Charles into perpetuity. Performances will take place from 5-8 February 2026 at Upstairs at the Gatehouse, Highgate, N6 4BD. Information and tickets from the Garden Suburb Theatre: <https://www.gardensuburbtheatre.org.uk>.

In September 2025 the Garden Suburb Theatre celebrated the contribution made to the group by longstanding member Terry Rogers, in honour of his 80th birthday. Having launched his career with the Society in 1967, as the back legs of Alfred the horse in Toad of Toad Hall, Terry went on to be involved as an actor, director or technician in more than 80 shows over nearly 50 years. His outstanding contribution to the Society is the many musical shows he wrote, ranging from familiar pantomimes such as Cinderella to literary adaptations such as Rudyard Kipling's The Jungle Book, Jules Verne's Around the World in 80 Days and Homer's Iliad which he adapted as the musical Troy! complete with a giant wooden horse. Most of these productions were performed at the Institute Theatre in Central Square, now Henrietta Barnett School.



Photo: Stephen Lanigan-O'Keeffe

Hampstead Music Club

Founded in 1946 and meeting monthly at Fellowship House, Hampstead Music Club is a charitable organisation of amateur and professional musicians dedicated to promoting the performance, appreciation and enjoyment of music in a milieu of enthusiasm and friendliness. We also organise occasional Masterclasses and Invitation Concerts by professional musicians at Burgh House in Hampstead, which club members can attend at a half price. HMC doesn't hold auditions and everyone is welcome whatever their instrument, voice, experience or ability, so if you would like to join us as a performer (we have an in-house accompanist to support instrumentalists and singers) and/or as a member of the audience please contact hampsteadmusicclub@gmail.com or go to <https://e-voice.org.uk/hampstead-music-club>.

Steven Rowe



Geoffrey Whitworth at Burgh House (Photo: Claire Kitchen)



Temple Fortune office

T 020 8209 0101

E tf@hanover-residential.com

A 15 Temple Fortune Parade, Finchley Road, NW11 0QS

A boutique agency where your property is our top priority. We would love to represent you.

Hanover



Adam Mincer
Sales Manager



Robert Finegold
Lettings Manager

Scan me!



Britain's Biggest Living Garden

DOMINIC ROSE

Hampstead Garden Suburb has been described as one large garden with many houses in it and at 800 acres this would indeed make it Britain's Biggest Garden. The highly connected nature of this space, thanks to our famous hedges and the fact that thousands of small patches of land (gardens or common spaces) are managed and planted differently, create a fantastic platform for wildlife to which we can all contribute. The ambition is to make HGS the most biodiverse urban area in the UK and to provide a case study of how good planning and collective community action can make a real and measurable difference.

BBLG is very excited to be exploring a partnership with Earthwatch, a global charity, to build out the body of scientific data on the role gardens can play in supporting biodiversity and measure the impact of different styles of garden management. This unique project will require the participation of up to 30 local households who can commit to trying some new techniques in their garden and measuring wildlife with simple tools and counts. The project has received generous seed funding from the Residents Association and is now applying



Burying pants
(Photo: Dominic Rose)



Hall and Randall Plumbers

Plumbing, Heating and Boiler Services

Serving Hertfordshire, London and the Home Counties for over forty years, our team of engineers are certified under Gas Safe and Safe Contractor. We are trusted to deliver top-quality services in plumbing, heating and boiler works.

Services:

- Plumbing
- Heating
- Gas Work
- Boiler Servicing
- Guttering
- Electrical
- Maintenance
- Boiler Installations



0208 953 2094

www.hallandrandallplumbers.com

office@hallandrandall.com

for further grants ahead of a launch in Spring 2026.

If you would be interested in finding out more, please email biodiversity@hortsoc.co.uk.

A preview event was held in Lyttelton Playing Fields in September. Gardens for Tomorrow, was supported by experts from Earthwatch and focussed on soil health and sustainable drainage. Over 50 visitors, of all ages, conducted experiments to investigate the soil quality in the park – generally finding it to be highly compacted thick clay with extremely poor drainage with hardly any visible soil organisms. Indeed the only worms found in the park were in the Orchard area which has been deliberately planted and managed for wildlife. Every family was sent home with a pair of (clean!) cotton pants to bury in their garden for 6 months to test how healthy their soil is – the more degraded the pants become, the better the soil.

Our changing climate will bring challenges to humans and wildlife alike across the Suburb. The clay soil cannot absorb the water that falls during the heavy downpours, leading to flooding, which further degrades the soil. There are simple actions you can take to better prepare your garden for the future:

- Add organic matter to your soil. This is as simple as laying on top 5cm of organic mulch once or twice a year. The worms will take this down into the soil and hugely improve its quality and drainage.
- Aerate and top dress your lawns to avoid them becoming waterlogged, which in turn kills off the grass. Free lawn consultations are on offer by emailing biodiversity@hortsoc.co.uk.
- Create 'rain garden' spaces where rain water can flow and collect when it falls and consider plants that can tolerate both wet and dry conditions.

Small changes can have a real impact – together we will make a huge difference.

KIDS GARDENING CLUB

It's hard to believe that the club has now reached the end of its second season. 2025 has seen nearly 100 children, parents, grandparents, carers and volunteers participate and many hundreds more visiting the two gardens by Central Square to enjoy the beautiful, peaceful, productive and biodiverse spaces.

The children continue to take real ownership of the space, particularly enjoying sowing and

harvesting the wide variety of fruit and vegetables being grown and tending to the flowering plants, as well as the regular bonfires and s'mores. Particular highlights from the year include the installation of the waterfall feature in our pond, which is teeming with frogs and newts; the abundant crop of aubergines and growing (and eating) what may be the Suburb's first locally-grown watermelon.

We were thrilled to be featured on BBC London Radio and on BBC London News as part of their 'Make a Difference' awards and it was wonderful to watch the live TV screening from inside St Jude's with so many of those who have contributed to the success of the club. We received a Highly Commended in the awards.

A further celebration came with being awarded the bronze prize by the London Garden Society for the garden display in a public place award. Twenty members of the club travelled to the Guildhall in October to go up on stage to receive it, as well as the spectacular cup which HGS Horticultural Society was awarded as the best affiliated society. All the judges and attendees were so impressed with the enthusiasm of the HGS youngsters for gardening, as well as their impeccable behaviour on the evening. We were treated to a private tour of the Roman ruins in the basement, ending an evening that the children (and parents) are unlikely to forget.

Thanks to all the donors and volunteers who help the club run so smoothly – especially St Jude's, the Residents Association, HGS Trust

and HGS Horticultural Society.

If you would like to join the club for the 2026 season – either with kids or as a volunteer –please email biodiversity@hortsoc.co.uk.

FRIENDS OF LYTTELTON

The end of the first year of this new friends group marks a number of successes in improving the park for users and wildlife alike.

Thanks to a generous grant from the HGS Trust, a swale (stone filled ditch) and a rain garden have been installed to help drain the orchard area, which will soon be planted up by volunteers. We hope this will represent a case study for how to improve drainage elsewhere in the park, as well as in gardens and spaces across the Suburb.

The ten new planters opposite the playground, funded by generous donations, have thrived (and survived) over the dry summer and have proved highly popular with bees and butterflies as well as local visitors.

Barnet Council are seeking funding to proceed with the installation of the circuit path, which received overwhelming local support in the consultation conducted earlier in the year and the Friends group is also applying for further grants to contribute towards this.

The Friends Group conducts regular volunteering sessions in the park, as well as managing the noticeboards and collating ideas to discuss with Barnet. If you think you would like to be a part of the WhatsApp group, scan the QR code using the WhatsApp camera.



Fund a planter campaign

After the overwhelming success of the first planter campaign, which installed ten beautiful, wildlife-friendly and drought-tolerant planters in the park, we are launching a follow-up campaign to fund the installation of up to ten more this spring. All donations are welcome, and will be recognised on engraved plaques. Individual planters can be funded by families, individuals, organisations or businesses for just £350 with a bespoke dedication, an option which has proved highly popular.

Scan the QR code below to find out more.



Dedicated planters (Photo: Dominic Rose)



Horticultural Society 2025 season roundup

CHRISTINE GEISSMAR
HORT SOC MEDIA & PR

The Horticultural Society has enjoyed a season filled with inspiration and a sense of strong community spirit, from the triumphant return of its long-running Flower Show to an impressive sweep of awards in the London Gardens Society Competition. This year's events not only showcased the remarkable talents of local gardeners, bakers and makers but also celebrated the shared enthusiasm that continues to make horticulture such a vibrant part of community life.

SEPTEMBER FLOWER SHOW
The Horticultural Society Flower Show returned in spectacular style to mark its 296th event with colour, creativity, and community cheer. Held on Saturday 13th September, the much-anticipated show drew a large number of visitors to the Free Church Hall where a celebration of horticultural prowess and homemade delights were in full swing.

Organised by the tireless Robyn Price, the HortSoc committee and valuable help from volunteers, the show offered a dazzling variety of entries across multiple categories, from beautiful floral arrangements and lovingly baked cakes to vibrant vegetables and gleaming jars of homemade jam and chutney.

The plant and flower entries, especially the roses, attracted much admiration at the show. Judges faced a difficult task deciding who should take home the prizes as the standard of entries was impressively high across all categories.

Among the vegetable entries, one particular showstopper stole the spotlight – a dramatically curved gourd, its elegant shape and glossy finish drawing admiration (and camera lenses) from visitors throughout the afternoon.

This year's jam-making competition was also a particular highlight, breaking previous records for entries. The air was filled with fruity aromas as judges made their careful rounds, tasting spoonfuls and scrutinising consistency, flavour, and presentation.

Photographic entries featuring cut flowers and garden birds further enriched the visual feast, while the standard of all submissions

reflected an impressive level of talent, passion and dedication from the local community. Prizes were awarded across the board recognising the hard work of each green-fingered participant.

The atmosphere throughout the afternoon was buoyant and welcoming. Lorna Page and her hard-working team served up an array of delicious homemade cakes and teas. Outside, the ever-popular Grimsdyke Brass Band played a cheerful set adding to the event's lively and nostalgic charm.

A raffle held in support of Thrive and the HGS Kids Garden Club added a touch of excitement with some prizes donated by local residents.

The HGS Flower Show once again proved itself to be more than just a horticultural event – it was a true celebration of creativity and the enduring joy of gardening. Here's to next year's 297th!

LONDON GARDENS SOCIETY COMPETITION

We're thrilled to share the exciting news that Caroline and David Broome have achieved remarkable success as multiple winners in the prestigious London Gardens Society Competition – in not just one, but four categories!

Their winning categories are:

- First prize, Gold medal and Cup: Best Small Back Garden
- First prize, Gold medal and Cup: Best Patio
- First prize, Gold medal and cup: Best containers, hanging baskets and window boxes
- Third prize, Bronze: Small Front Garden

Caroline and David's creativity and dedication to their garden have clearly paid off. They also generously opened their garden to visitors earlier in the year, giving a limited number of lucky guests the chance to experience their beautiful space first-hand.

But the green-fingered success doesn't stop there...

MORE LOCAL FINALISTS TO CELEBRATE!

A round of applause also for:

- Dominic Rose and the Kids' Gardening Club – Third prize for their vibrant and inspiring Garden in a public space
- Augusta Wolff – Third prize, for her allotment in the 'Any garden, miscellaneous' category



Congratulations are in order for all the winners who attended a wonderful Trophy Presentation at the Guildhall to collect their prizes and cups. The event showcased a remarkable array of talent and dedication and among the highlights of the evening was the

announcement that the HGS Horticultural Society was awarded first prize – the prestigious Wakefield Trophy – for Best Affiliated Society (accumulating the most points in classes entered). This honour represents a significant achievement for all

participants and reflects the collective effort and pride of the society's members. Their hard work and passion for horticulture continue to bring colour and beauty to the community, earning well-deserved recognition at this year's ceremony.



Photos: Mike Eleftheriades

SELLING YOUR ITEMS OF VALUE COULDN'T BE SIMPLER

➔ From individual 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

**We specialise in getting you the very best price possible
CALL NOW for a no obligation, door to door service**

Simply Sold Ltd





THE GARDEN GIRL

CAROLINE BROOME

December, the month that gardening forgot! With the festive season well and truly upon us, it's hard to connect with nature. But don't be downhearted, the shortest day is just around the corner and before long the first spring bulbs will start to appear.

So, looking ahead at the so-called dormant season – which is anything but – why not invest in some gardening accessories as gifts for your nearest and dearest? With so much out there, you can be spoilt for choice, so here are some of my suggestions.

With December and January the traditional rose-pruning months, it's vital that you have comfortable tools that are sharp. In my experience, cheap is dear when it comes to secateurs. It's well worth investing in a good brand, which offers repairs, maintenance and spare parts, a lifetime investment purchase. My top two options are Japanese Niwaki and Swiss-made Felco. Now, I've tried both for long periods but have returned to Felco. I like the feel of them in my palm, and their red handles are easy to locate in the garden or compost bin! As a pro gardener, I have three different pairs, but if one pair is all you need, Felco no2 is the most popular for first-time Felco buyers. But do try before you buy; it's essential. Sunshine Garden Centre is the nearest stockist. On the other hand, pardon the pun, I have a close friend who swears by Niwaki and wouldn't use anything else.

From rose-pruning to rose-planting: it's bare root season. Bare root roses are more cost-effective and sustainable than potted roses as they don't require a pot or soil, which reduces plastic waste and makes them cheaper to buy and ship. Because they are planted in the dormant season, plants concentrate their energy into producing a strong root system that will establish quicker than potted roses. They also offer



Beautiful winter fragrant flowering Daphne Bholua (Photo: Caroline Broome)

a greater variety of rose types, especially if you buy mail order from specialist rose growers like Peter Beales Roses or David Austin Roses. Both companies offer gift vouchers too.

Talking of planting, with our increasingly dry summers, our clay soil tends to be rock hard and difficult to penetrate with a regular garden fork or spade. After much trial and error, I have found the most effective tool to be a rabbiting spade. Initially used by farmers to dig out rabbit burrows, its narrow, tapered, curved blade and sturdy construction make it ideal for cutting through tough soil with less effort, digging deep planting holes. I use a Burdon & Ball RHS Transplanting Spade.

We are all keen to attract wildlife into our gardens, so look out for gifts that benefit the environment as well as the recipient! Look for a Guardian Caged Seed Feeder, which helps deter pigeons and squirrels, allowing the small birds to benefit. If you hang them near roses, it will encourage the birds to pick off the nearby aphids too. Wooden hedgehog houses are more durable and safer from predators than rattan ones. Amphibian shelters provide safe haven for frogs and toads all year round. The RSPB Shop Eco Frog and Toad House is a sustainable option made from 100% recycled materials. Butterfly and bee hotels provide essential habitat, shelter and nesting sites. Whichever one you

choose will benefit the ecosystem by supporting pollinators and boosting biodiversity, ensuring a healthy garden, and can be a rewarding and educational way to engage young people with nature.

What better way to encourage the next generation of gardeners than to gift them some seeds. Starter packs, typically containing sunflower, carrot, radish and nasturtium seed, are ideal as they germinate quickly and easily and the young growers can eat the fruits of their labours. Seed boxes for children can be personalised too.

For the gardening friend-who-has-everything why not buy a

beautiful plant. Hellebores are evergreen perennials, carrying an array of pastel flowers at their peak early in the year when not much else is in flower. Fragrant winter flowering shrubs such as daphne or sarcococca will surely delight, as well as providing nectar and pollen for insects when food is scarce.

Whatever you choose, your gift will be appreciated by its lucky recipient year on year, and will be something that will remind them of you every time.

Read my latest blogs by visiting <https://www.garden-girl.co.uk/the-blog>.



Hellebore Spring Promise (Photo: Caroline Broome)



Raubritter Rose (Photo: Caroline Broome)



New butterfly box (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

The onset of winter is always a little sad on an allotment and, this year, was rather shocking after such a long and lovely summer. In Creswick Walk, ALL the acorns flew off the large oak tree after a particularly stormy October night and they now have to be raked out of the grass and picked out of the vegetable beds. And the leaves have started to fall as I write this – they will all need clearing as well...

But, except for me, no-one is grumbling. It was a fantastic summer for most crops – particularly tomatoes – which usually succumb to blight before they can ripen. There were still lovely displays in mid-October this year, both red and yellow varieties. Fruit and flowers did very well too, especially those of Mediterranean origin.

Clare Brass has been at Creswick Walk since the 1970s, when allotments were not popular. She always has a good harvest and it was no real surprise that she was the winner of best plot in the annual Suburb competition. Her squashes were quite amazing – large, round, thick and flat – in shades of red, blue and green. The variety is Crown Prince.

Sadly, Clare was unable to attend the Prize-giving, but Emily, a fellow plot-holder at Creswick Walk and a previous winner, received it on her behalf. The Social and the presentation of the trophy took place at Eastholm allotments, a site high up on the

north hillside. It was a lovely afternoon to enjoy a drink and nibbles kindly supplied by the Trust and organised by Nancy, this year's allotments secretary.

Eastholm was 'discovered' by an inquisitive child and his good-natured mum. They found their way through a hole in the hedge,

which led into a lovely grassy area, about the size of a tennis court, with apples, magnolias and other decorative trees. No-one was ever seen on it, so they used it as their secret garden until one day they heard a great booming voice calling out to them: "GET OFF MY LAND"!

History does not relate the precise sequence of events after that, but the voice turned out to belong to the current site secretary. 'Mum' was eventually elected site secretary and Eastholm became a popular HGS allotment.

Sadly, despite the south-facing aspect, some of the hedges

and trees are casting quite a lot of shade, but the Trust is alert to this problem and is trying to keep hedges and trees under control on allotments. This year they will also offer a discount to all HGS tenants whose plots are very shady, as well as to those who do not have water on site.



The allotments back in June (Photo: Liz Hall)

It was a fantastic summer

Riverstone
BISHOPS AVENUE

Misunderstood by Most. Matched by None.
Riverstone Living - Exclusively for over 65s

Most people don't dream of retirement homes, they dream of never needing one. That's why Riverstone was created, a new kind of living for over-65s; luxury apartments and penthouses, bespoke wellbeing and unrivalled service.

Because it's not just where you live, it's *how* you live.
Experience the difference. Book your private tour.



Call: 020 8017 6357
Email: enquiries@riverstoneliving.com
Scan QR code for details
riverstoneliving.com/SB

IN PARTNERSHIP WITH:



glentree

GOLDSCHMIDT

Show apartment now open

Rushbrooke in Romania

ALAN WALKER

It was in the unlikely setting of the Romanian Cultural Institute in Belgravia, where I had just given a talk about my days as an exchange student in Transylvania, that the mention of Hampstead Garden Suburb brought the question: what could I say about J. H. Rushbrooke, the first minister of the Free Church? Not a lot, I regret, was my reply. "But he is so well known and respected, indeed there has just been a book about him published in the Transylvanian capital Cluj-Napoca: *Rolul lui James Henry Rushbrooke în obținerea libertății religioase pentru credincioșii bapțiști din România, între anii 1907 și 1947*. The Latin roots of the Romanian language make it easy to understand that this is about Rushbrooke's role in obtaining religious freedom for the Baptists of Romania (and a copy has been donated by the publisher to Suburb Archives).

James Henry Rushbrooke was born on 29 July 1870 in Bethnal Green, London and baptized in the Church of England. His father, James Rushbrooke, was a station

master on the Great Eastern Railway. At fifteen he became a clerk with Willesden District Council. Attending Westbourne Park Baptist Church he came under the influence of the radical preacher John Clifford (1836-1923) a campaigner for free education and health care, women's suffrage and workers' rights. Rushbrooke formally became a Baptist in 1887. He married a music teacher from Thorpe-le-Soken in 1892, but she and their infant son died within a year.

Rushbrooke entered the Midland Baptist College in Nottingham to train for the ministry in 1894 and from there won a scholarship to continue his studies in Germany. In 1902 he married Dorothea (Dora) Weber, the daughter of the German portrait painter Anton Weber (1833-1909). They moved to Derby where he began his ministry in 1902 and then to Archway Baptist Church in 1906. He became the first minister of the newly founded Hampstead Garden Suburb Free Church in December 1910, the first truly interdenominational church in the country. The building

itself was constructed over the following year. Suburb Archives holds copies of correspondence between him and Henrietta Barnett, dated July and August 1911, that shows he was successful in obtaining a contribution of £250 from the Hampstead Garden Suburb Trust towards the cost of the dome. However his hopes for an outdoor pulpit were not realised – the Trust was concerned about disorderly public meetings being held on Central Square. Despite its distinguishing dome, Rushbrooke was apparently unhappy that the Free Church so closely resembled St Jude's.

Rushbrooke's ministry was not confined to the Suburb or indeed to this country. He played a leading role in the recently founded Baptist World Alliance (of which John Clifford was first President) and planned to attend the international Church Peace Conference in Constance from 3rd to 5th August 1914. Dorothea and their five-year-old daughter Caroline went ahead to visit their German family. As the delegates gathered in Constance the nations of Europe took their sides in Austria's conflict with Serbia. Britain entered the war on 4 August.

Rushbrooke attempted to join his wife and daughter but was arrested on leaving the post office in Schlawa in Pomerania (now Sławno in Poland) from where he had been telegraphing Dorothea to report his safe arrival in Germany. He was suspected of being a Russian spy. The family was eventually reunited but detained for several weeks until they could secure an emergency passport from the American Embassy and were allowed to leave Germany in October. Perhaps he also mentioned that the Suburb's founder, Henrietta Barnett, was herself half German.

Rushbrooke left the Free Church in 1920 to become Baptist European Commissioner and held similar leading posts for the remainder of his life. He died on 1 February 1947. Throughout this time his outstanding concern was for religious freedom and although a Baptist official he was

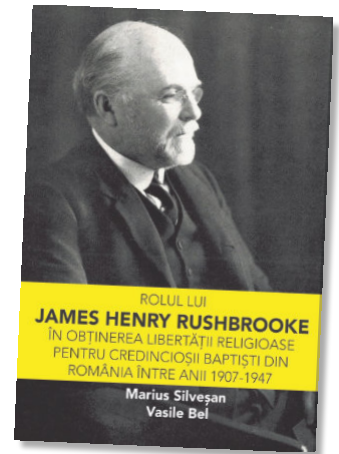


Photo: Editura Risoprint, Cluj-Napoca

said never to have made any pronouncement on the subject without emphasising that liberty of conscience and worship was the right of loyal and law-abiding citizens of all faiths and traditions. He argued that worldly authority, whether through coercion or cajolery, persecution or patronage, was an alien intrusion in the world of religion, and stressed the Baptist doctrine of 'soul freedom' as an assertion on behalf of all.

Rushbrooke did not merely call for soul-freedom but was an active supporter of the struggle for religious liberty in Europe and beyond. He is particularly remembered in Romania where at the end of the War the transfer of Transylvania from Hungary brought several Christian minorities into the predominantly Orthodox nation. The evangelical zeal of the Baptists seemed to threaten national stability and brought protests from an Orthodox hierarchy with little experience of religious diversity. Rushbrooke visited Romania many times and engaged in direct negotiations with the government to secure religious freedom, but the suspicion that the Baptist community was disloyal and potentially a threat led to ever increasing restrictions on its activities until the World War II and the imposition of Soviet style communism brought difficulties and dangers of other kinds.

¹ By Marius Silveșan and Vasile Bel. Editura Risoprint, Cluj-Napoca 2017



Mrs Rushbrooke laying the memorial stone of the Manse on 8 April 1911. (r-l) Mrs Rushbrooke (with trowel); Herbert Marnham (with bowler hat and beard); Rev. Basil Bourchier (Vicar of St Jude's); Mr Rushbrooke; Caroline Dora Rushbrooke (in pram); Miss Weber (Mrs Rushbrooke's sister). (Photo: © Suburb Archive)

Volunteers Needed

Suburb Archives is always on the look-out for volunteers to help with the work of caring for its collection, which is housed at the offices of the HGS Trust in Finchley Road, and with answering queries received from enquirers locally and from further afield. If you are interested in volunteering or would just like to hear more about our work please contact us on suburbarchives@gmail.com.

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 25 years.

Please call Matt or Chloe to discuss
your care needs

020 7482 2188



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



Sights, sounds and smells of a Suburb past

JUDY SMITH

One of the greatest pleasures of being Virtual Museum Chair is receiving letters from the people all over the world who have been exploring the Museum online because of their family connection with Hampstead Garden Suburb.

I recently received both an email and letter from a John Hewett in Somerset who was born in The Suburb in 1936 and left in 1958. He lived at 11 Temple Fortune Hill. He sent various little photos, apologising that the family albums were lost in various house moves.

We all feel so grateful to be living in the local peaceful environment and that life in HGS

has changed very little by the passage of time, but his letter evoked a completely different era.

He writes about the street cries he remembers from his childhood, which he lists, bringing to mind not only memories but sensual experiences from a past era. His list includes:

- Heather
- Lavender
- Rag and Bone
- Knife Grinder
- Breton Onions
- Iron

He also mentions his memories of the air raid shelters – having an Anderson shelter in the dining room and in a crypt at school. He remembers watching and listening for the doodle bugs flying by and

then waiting for the silence when the engine stopped. He writes about his neighbours who kept chickens and they gave food scraps in exchange for eggs.

The sights, sounds and smells of a different age and a reminder that his childhood was during World War II.

He also mentions that Miss Enid Hopper who lived at 4 Temple Fortune Hill became the joint

Managing Director of Gamages with Eric Gamage – a remarkable achievement for a woman at that time. The Gamage family lived at The Manor House in East End Road which is now The Sternberg Centre.

Do you too have childhood memories of Suburb life? Do let us know – we would love to include them in the Museum. You can send your contributions to info@hgsheritage.org.uk.



Maths

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

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.



**GREGORY ABRAMS
DAVIDSON
SOLICITORS**

Keep the holiday season simple

HILARY FROHLICH

We've all been there, buried under a mountain of decorations, frantically wrapping gifts at midnight and wondering why the holidays feel so stressful. Not this year! With good planning and letting go of perfection, you can be present for the moments that matter.

START WITH THESE QUESTIONS

Before diving into holiday tasks, ask yourself: Is this necessary? Will anyone notice? Would I care if I was the guest?

It's easy to get swept up in elaborate plans. Last year I spent hours hand-making decorative flags for the desserts, only to watch them be tossed aside faster than anyone could admire them. This December, I'm determined to focus on what truly enhances our celebrations and let go of the rest.

DECLUTTERING

The weeks before the holidays are the perfect time to clear out unused items and toys children have outgrown. Not only does this

create space, but donating now gives a boost to charity shops. They're typically jam-packed in January, but they need the stock beforehand when shoppers are looking for affordable gifts. Plus, there's something freeing about starting the season with less clutter and more breathing room.

DECORATIONS

Before buying anything new, unpack last year's decorations and assess what you need. When you pack them away in January, write a list of what you have and tape it to the outside of the box. When it comes to decorating, restraint creates impact. A few carefully chosen pieces give you a crisp, elegant look. Your home should look festive, not cluttered. If you're feeling creative, projects like napkin-crackers (see pic) are fun to do and environmentally friendly too.

GIFTS

Keep track of what you've bought by writing a list to avoid duplicates. If you're re-gifting (no judgment, it's practical), make absolutely sure you're not giving it back to the original giver. I love picking up

gifts during sales or when I stumble upon the perfect present. It spreads out the cost and reduces the stress.

While wrapping, use sticky notes to remember what you've bought and who each gift is for. There's no shame in asking for gift ideas rather than purchasing one that ends up in a cupboard.

HOUSE GUESTS? DON'T PANIC!

Check now that you have enough bedding and towels for your guests. A last-minute run to the shops is no one's idea of fun. Friends we visit in Cape Cod always leave us toiletries, but their extra-special touch is a basket in our room with delicious snacks and little gifts like stickers or a key ring to remember our time together. One year they gave us water bottles that stay at their house and are ours when we visit. It's a generous way of saying: "You're always welcome."

A LIST IS YOUR BEST FRIEND

A well-planned list is your best defence against last-minute chaos and impulse buys. Before guests



Napcrackers (Photo: #fospiceofstfrancis)

arrive, write down everything you need – from food and gifts to cleaning supplies – so you can shop once and avoid those frantic trips. A good list ensures you get everything you need and not a whole lot you don't.

AND REMEMBER

The holidays aren't about perfection. They're about meaningful connection. By simplifying and focusing our energy on what

matters, we create space for the magical moments. Don't be a martyr. Say yes to offers of help and ditch the hand-made cake flags. Give yourself permission to do less so you can be present more. That's the greatest gift of all.

Hilary Frohlich runs Neat Home, a service that helps people organise and declutter. Contact: hilary@neathome.uk, 07768 327965.



Lindisfarne Castle (Photo: Ian Procter)

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

Winner of Living Wage Employer

TOP 20 HOME CARE GROUP

Call us on 0208 064 0240

camden@radfieldhomecare.co.uk

www.radfieldhomecare.co.uk

From the Suburb to Lindisfarne

PAUL WENHAM

Sir Edwin Lutyens certainly left a rich heritage in Hampstead Garden Suburb, with its two fine churches, Henrietta Barnett School and many fine houses around both the North and South squares. He also left his mark on many fine buildings in London, not least the Cenotaph in Whitehall and the old Midland Bank headquarters, now a luxury hotel bearing his nickname, Ned.

He was of course famous for his country houses and evidently the re-design of some castles in England, and on a recent visit to the Northumberland we went to Lindisfarne Castle. We had no idea that Lutyens had been involved in the re-modelling of this landmark castle, so it was a complete surprise to see his influence in the design which was very much in the Arts and Crafts mode.

Lutyens had become a great friend of Edward Hudson, the owner, who invited him to stay at the castle and during his visits there he certainly left his mark on this historic building. His work was plain to see with familiar brickwork and internal doors and fittings.

In Northumberland, we visited many castles and museums, but

Lindisfarne stands out as the most enjoyable experience with its Lutyens character so familiar to those of us privileged to live in Hampstead Garden Suburb.

The castle is managed by The National Trust, so entry is free to members. But whether you're a member or not, it's definitely a place worth visiting.



Lutyens' Ship Room, Lindisfarne (Photo: Public domain)



Joanna's Wine column



Louie's Nutrition column

Festive wines and reflections from a year of discovery

JOANNA DABROWSKA

It's that time of year again, when we all start thinking about what to cook – and, of course, what to drink – for the festive season with family and friends. Below, are a few recommendations that I hope will inspire your celebrations.

I've just returned from the Laithwaites Wine Festival and, since the wines were excellent, I've decided to pick a few from their collection for your convenience. A side note for those unfamiliar with the event: the festival takes place every year and is a brilliant opportunity to taste wines from around the world, both fine and affordable. Another wonderful event worth marking in your diary is the Decanter Fine Wine Encounter, also held annually. It offers the chance to taste some truly exceptional wines, many of which are not readily available in shops. I've included links below so you can sign up for notifications for these wine tasting events.

Speaking of discoveries, I've had quite a vintage myself this year. I had the opportunity to travel to the Loire Valley and participate in Loire Millésime where I tasted hundreds of wines, from Muscadet (Melon B is making a huge comeback) to Anjou (Cabernet Franc remains my favourite). I also spent time in South Africa speaking at their Wine Summit about how the wine world is embracing AI and data.

From there, I headed to Languedoc, where I tasted one of the wines featured below, before travelling through Tuscany – Montalcino (home of Brunello), Bolgheri (home of Sassicaia), the emerging Costa Toscana and finally the heart of Chianti, around Arezzo and Florence. I also spent a week in Alentejo, Portugal, learning about their amphora (talha) wine-making traditions. And I still have two more trips planned before the end of the year!

The more I learn about wine, the more I realise how much there

is still to discover – and that's precisely the joy of it. So, if you're looking for adventures closer to home, join me on a little tasting journey right here in London. On with the wines.

LAITHWAITES
Harrow & Hope – Brut Reserve No. 9 (£34) A fantastic sparkling alternative to Champagne for Christmas Day. It was on my table last year and it was brilliant: chalky, refreshing and perfect with salmon or simply on its own. Also excellent with latkes (tested and confirmed!).
Roche Lacour – Crémant de Limoux 2022 (£15.99) Tried at the Laithwaites Wine Festival, and I must say, excellent value for money. Many Champagne producers have their eyes on Limoux, a region producing brilliant Chardonnay, Pinot Noir, and Crémant.

Midi Highlights – Chasm de Cabrespine 2019 (£19.99) The wines for this blend mature in a cave by a running river in a mix of barrels, amphoras and stainless steel. The result is spectacular – vanilla, cherry, raspberry and a hint of minerality. A perfect pairing for turkey.

MAJESTIC
Abbotts & Delaunay – Languedoc Rouge & Blanc 2024 (£10) An estate to watch. It changed hands in 2023 and these first wines show real promise. Expect more Burgundy than Languedoc in character. The white pairs beautifully with rich starters or poultry, while the red suits turkey, duck or rabbit.

Muga – Rioja Reserva 2020/21 (£18.50) A classic. This fine producer delivers quality at an approachable price. Rioja deserves more recognition – it pairs perfectly with beef (bourguignon or wellington).

Baron Edmond de Rothschild – Montagne-Saint-Émilion 2019/21 (£17) My favourite Bordeaux is Moulin Duhart, but this gem from the same producer, on the opposite bank, is a classic choice.

Seasons greeting!



LOUIE FISHER

In our fast-paced world, whipping up a vibrant juice or a creamy smoothie feels like the ultimate health hack. They promise a rapid infusion of vitamins and a tasty way to hit your 'five-a-day' target. But is drinking your fruit and vegetables truly as good as eating them whole? We dive into the science to find out.

SMOOTHIES VS JUICES: WHAT'S THE DIFFERENCE?

Before we explore the benefits, it's crucial to distinguish between the two. Juicing extracts only the liquid, leaving behind the pulp and skin. This means the vast majority of the fibre is removed, resulting in a concentrated source of vitamins, minerals, and natural sugars. Smoothies are made by blending the entire vegetable or fruit. Because the whole produce is used, they retain significantly more fibre than juice, making them thicker and more filling.

THE EVIDENCE
Both homemade juices and smoothies are excellent ways to consume a wider variety of vitamins and powerful plant compounds, known as phytochemicals. For those who struggle to eat enough whole produce, they can be a convenient nutritional boost.

The main benefit of a smoothie over a juice is the retained fibre. The fibre in a smoothie helps you feel fuller for longer, aiding appetite control. It also supports healthy digestion and is linked to a lower risk of heart disease and type 2 diabetes. Since the whole ingredient is blended, you also get a fuller spectrum of nutrients, including the fibre found in the skins and seeds.

One problem with smoothies is that the mechanical action of blending breaks down the plant cell walls, which releases the natural sugars within. These become 'free sugars' – the same type of sugars we are advised to limit. Unlike the sugars in whole, intact fruit, this can potentially lead to a quicker absorption into the bloodstream. For this reason, we should opt for balance – these are probably not something to have every day, and rather they should be enjoyed more occasionally.

A small glass of fresh juice also offers a concentrated hit of vitamins and anti-inflammatory compounds. For example, studies have linked consuming 100% orange or apple juice with lower inflammation levels. However, because the fibre is removed (because we don't blend the whole fruit), juices are essentially just concentrated liquid sugar, which is why experts recommend limiting the portion size of 100%

Smoothies & Juices

Are liquid fruits and vegetables a shortcut to health?

fruit juice to a small glass (around 150ml) per day, and consumed with a meal to mitigate any blood sugar spike.

THE CONCLUSION: BALANCE IS BEST

Neither a juice nor a smoothie should be seen as a replacement for eating whole vegetables and fruits. Whole produce is king because the intact fibre forces a slower digestion and a more gradual release of sugar. Therefore, actually eating your fruit is best.

However, carefully crafted homemade smoothies and juices can be a highly valuable tool. They allow you to easily incorporate healthy additions like leafy greens, nuts, seeds, and protein powder, turning a simple fruit drink into a balanced, convenient meal replacement. The golden rule is to use them as a supplement, not a substitute, for your daily whole fruit intake.

QUICK & HEALTHY RECIPES (READY IN FIVE MINUTES!)

• **The Fibre Fuel:** Combine one large handful of fresh spinach with a frozen banana, a half cup of frozen mixed berries, a tablespoon of chia seeds for extra fibre, and one cup of unsweetened almond milk. This is a highly filling smoothie, rich in magnesium and Vitamin K, thanks to the greens and seeds.

• **Ginger Immunity Shot:** For a sharp, invigorating juice (best made with a juicer), combine a half cup of chopped carrots, one

cored apple, a 1cm piece of peeled fresh ginger, and a generous squeeze of lemon juice. This potent shot is packed with Vitamin C and Beta-Carotene, making it excellent for immune and digestive support.

• **Tropical Green Power:** For a creamy, nutrient-dense treat, blend one cup of frozen pineapple chunks, a quarter of an avocado, a half cup of water or coconut water, and the juice of half a lime. The avocado provides healthy mono-unsaturated fats and a luxurious texture, while the pineapple and lime deliver a vibrant dose of Vitamin C.



DECEMBER 2025
ST JUDE ON-THE-HILL

30
NOV



ADVENT PROCESSION
6.30PM

13
DEC



DESIGNER CHRISTMAS
MARKET 10AM - 5PM

18
DEC



CHRISTMAS CAROL
SERVICE 7.30PM

24
DEC



FAMILY CHRISTINGLE
SERVICE 4PM

24
DEC



MIDNIGHT MASS
11.30PM

25
DEC



CHRISTMAS DAY
SERVICE 10.30AM

31
DEC



NEW YEARS EVE PARTY
7PM KID'S DISCO, 8.30PM COMMUNITY CHAT,
9.30PM DISCO - TICKETS £5 IN ADVANCE,
£10 ON DOOR! THE SUBURB'S HOTTEST PARTY



Info: www.stjudeonthehill.com
Use QR code for NYE tickets

Thanks to our amazing sponsors Repaircare London
Window Decoration and Restoration Specialists
www.repaircarelondon.com

Ring in the New Year at St Jude's – a party not to miss!

EMMA HOWARD

Last year's celebrations in St Jude's from 7pm until 1am were extraordinary. People partied so hard they completely emptied the bar, danced to the incredible live band and DJ, belted out Auld Lang Syne and had a great time. This New Year's Eve bash will be the place to be, and St Jude's can't wait to welcome you!

WHAT TO EXPECT

The stunning lighting will transform the church into a party wonderland and the bar will be open from 7pm to 1am with draught beer, wine, mulled wine and bubbly, soft drinks and tasty snacks (card payment only, no outside alcohol permitted) and, as you will see from the ad on the front page, at midnight there will be a spectacular firework display organised by the HGS Residents Association.

THE EVENING SCHEDULE

7pm: Kids' disco (Parents and guardians: you're invited too!). Kids go free;
8:30pm: Community mingling time before the main event;

9:30pm: Dance the night away with legendary DJ G-Nutz;
Midnight: Step outside for dazzling free fireworks on Central Square courtesy of HGS Residents Association. There will be a bucket collection;
12.15am: Return to St Jude's for Auld Lang Syne and a last drink or two!

GET YOUR TICKETS NOW

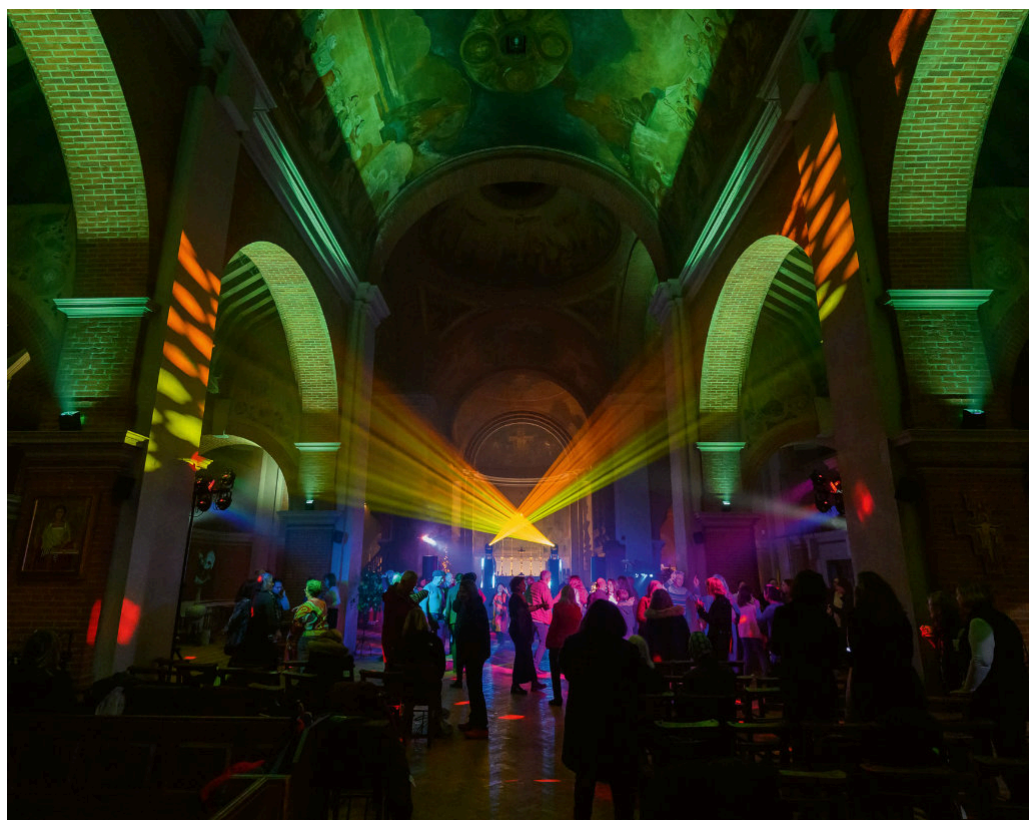
The firework display at midnight is totally free and no bookings are required but numbers are limited to access the St Jude's party so secure your entrance to the party at: www.stjudeonthehill.com/events or scan the QR code.

See you there for a memorable night of community, celebration, and fun!

Tickets will be available on the night if not sold out, but for a higher charge. Under 16s go free.



Thank you very much to Repaircare London – Window Restorers and Decorators, for their generous sponsorship of this year's party



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



Photos: Mike Eleftheriades

Submissions deadline for issue 165 is 1 February 2026 • Suburb News Editor is 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.

