

SUBURB

OUT & ABOUT



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

SIMONE HALFIN

Mitra Seyednia, originally from Iran, came to England three years ago, having worked in Dubai for many years. Mitra lives in Hampstead Garden Suburb. During covid she spent

her time checking out local cafés and realised there was nowhere that really welcomed dogs. Although there were several places who said they were dog-friendly, sometimes the other customers did not like dogs sniffing around them. Mitra believes dogs do feel

it if they are not wanted, so she decided to open Romeo and Juliet, named after her two English cocker spaniels.

Mitra provides the most wonderful dog treats and I asked her if anyone had ever eaten one by mistake, but she just laughed and said it had never happened as they were displayed completely separately. She has made dogs so welcome, with their own baskets, that when they come in with their owners they settle in immediately. Of course, there are many dogless visitors as well! My walking group end up there every Monday for coffee, which is delicious, as is the varied menu. At Christmas it was one of our leaders' birthday and Mitra baked a cake for us all.

On a Wednesday Mitra hosts a coffee morning, providing free drinks, cake and biscuits for anyone passing. She told me they were all neighbours from the area. This coffee morning was instigated by resident Brian Ingram and is such a sociable way to spend time. Part of the pleasure is sitting in such a beautiful space. Mitra told me that when she worked in Dubai, everything in cafés had a sense of luxury – pretty colours,

nice furniture. She has definitely achieved it here and her desire to effect a sense of spring has definitely worked. Mitra also said she has permission from Barnet to put tables and chairs out and an awning in front for people to enjoy the sunshine.

Currently, she runs the café with her 19-year-old daughter (who is waiting to go to university) and one other member of staff, but she hopes to expand and even open for drinks in the evening, possibly this Christmas.

Mitra finds it quite amusing that people ask if they can come in without a dog. If there are any doggy messes or breakages, she is well prepared. She did add that virtually all the dogs who came in were fully trained but might be so relaxed because of the gentle colours everywhere!

Mitra describes her menus as 'healthy with a twist of modern' and having listened to what her customers tell her she adapts the menu to suit everyone. She even got in special Passover foods and devised wraps with matzah. The menu is about to change with the season, so pop along and sample it with or without a dog!

Get a big welcome at Bishopswood Bowling Club



MICHAEL SPIRO

Spring has sprung and it's time to get outdoors, be active and have fun! If you've ever thought about taking up lawn bowling or returning to the game and you want a big, warm welcome, come along to Bishopswood Bowling Club, located on Lyttelton Playing Fields, just off Norrice Lea, next to the tennis courts.

We are now open from around 10am to when the sun goes down in the evening. Our experienced coaches will be delighted to give you some lessons and we can provide equipment too.

Our highly anticipated and well attended Open Days in May did not disappoint. People from the Suburb and beyond turned up and enjoyed the atmosphere, the tuition, chatting to our members. We are a friendly, sociable club and always delighted to see new players – of all

abilities or none. Come in whenever the gates are open. Everyone is welcome to join in, learn about the game and have a go. For more information, please visit the club website at bishopswoodbc.co.uk or contact us on 020 8058 2212 or email: info@bishopswoodbc.co.uk.

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