



## Suburb News goes to The Market Place

The shops in Market Place are in the heart of our Suburb and often seem to be forgotten by residents. Suburb News plans to bring you an occasional series of articles to try to raise their profile. We hope this will benefit readers and the shops themselves, both the long established and the recently open, and help the Market Place to thrive. We are starting with a report from a new enterprise, the CyClub, who are endeavouring to get us to Spin!



## Getting into a spin at CyClub

Sharon Jaffe and Hils Bentwood are on a mission to keep us fit through Spinning.

After a successful launch of their CyClub Pop-Up on 1 January in the former coffee shop of Avenue House, they have brought a new studio to Market Place, which opened its doors in June. The benefit of Spinning, is its high intensity cardio interval training which gives a high calorie burn session and great workout.

The CyClub has managed to introduce a new group of people to exercise through the beginner's classes and there has been an overwhelming response. The

intimate, softly lit studio offers a more discrete way of exercising without feeling that "you're being watched", appealing to many who are too intimidated to join a gym.

The studio has attracted an audience from teenagers to grandparents. This allows friends and also families to work out together with couples, and parents with older children who come and spin side-by-side overseen by the instructors at CyClub.

Local businesses benefit from the increased footfall and sport-clothing clad people doing additional shopping after class. This is an initiative with many

"spin offs", bringing fitness training to the local community, but also bringing generations together and encouraging people to use the good facilities we have in Market Place.

You can visit the studio at 45 The Market Place, Falloden Way, NW11 6JT. There is no sign up fee or membership, just pay-as-you-go for £10 a class. The CyClub is offering readers of Suburb News, who are new to spinning at The CyClub, 50% off their first class; just enter the code HGSNEW at checkout on [www.the-cyclub.com](http://www.the-cyclub.com).

DAAPHNE BERKOV

## The RA joins the police

As many of you may be aware, and following an unfortunate increase in criminal activity lately in the Suburb involving a number of violent assaults, car thefts and house burglaries, the Council of the HGS Residents Association recently invited the local Police to attend a Council meeting, and subsequently an Open Meeting arranged for all residents at Fellowship House to discuss ways in which the Police could provide more protection and security for residents. Although a number of ideas and strategies were discussed, an invitation was made by the Police to a Council Member to be given the opportunity of accompanying Police Officers (covering Hampstead Garden Suburb and surrounding areas) to observe what takes place and how the Police deal with matters whilst on duty during a normal day. Being very much interested in what goes on 'behind the scenes', I volunteered to take up this invitation.

Perhaps I should explain that one of the reasons for agreeing to take part in this exercise was because when I first moved onto the Suburb with my family over 27 years ago, I recollect seeing on a regular basis a number of Police Officers walking the pavements in the Suburb whilst 'on the beat', and always felt reassured by their presence in the area. However, and since that time, there has been such a marked decrease in this activity (mostly due to lack of Police funds and other resources) that we hardly see the Police now unless they are in their vehicles travelling at high speed in the

area to get to an emergency, or where they are in attendance at an incident which has already taken place. Indeed, it is very noticeable that many residents now rely on a private security firm to give them some protection, and their private security vehicles can be seen driving around the Suburb acting as a deterrent, or where they operate a 'meet and greet' service when residents are returning home.

After a series of interviews, some security and other checks were made by the Police, I met the appropriate criteria required to accompany them on a day shift and arrangements were made for me to attend the main area headquarters at Colindale Police Station. My observation commenced with attending a briefing to all those Police Officers starting duty that day to make them aware of any significant matters that had been reported in the area in the previous 24 hours and I was then taken around the Police Station and introduced to a number of Police departments and also the holding cells. I was also given a Protection Jacket to wear when I was with the Police on duty and when in their vehicles. Throughout this experience I was accompanied by Police Officers who explained matters to me as the day progressed.

Unfortunately, many of the activities and procedures I saw cannot be disclosed in this article for reasons of confidentiality and in order to protect Police operational measures. However, having patrolled the Suburb and surrounding areas for a number

of hours with the Police, it is apparent that although we do not necessarily notice the Police presence in our area on a day-to-day basis, this does not mean that they are not around. Indeed, and whilst the Police are conscious of the time it takes for them to get to an incident when necessary, and having seen how the Police operate from their perspective, and the manner in which they have very much in mind their accountability for their actions, they are aware of what is happening in the Suburb and of residents' views about security. I can say that the Police are doing the best they can and I now appreciate, having seen all this from their perspective, how much we rely on them to be there.

Finally, I have no doubt that this exercise has been very positive and educational, and I would like to thank Inspector Jason Moseley and PC Andrea Maloney as well as all the other Police Officers I met at Colindale Police Station for their assistance and co-operation during my time with them.

I believe the Police welcomed the interest taken in their activities and you can be assured that the RA Council will continue to monitor the Police presence in the Suburb. Coincidentally, it is has been observed that since the Council's recent involvement, there has been a noticeable increase in the visibility of the Police and a reduction in criminal activities.

JEREMY HERSHKORN  
COUNCIL MEMBER, HGSRA

## Conserving your Suburb: the role of Consam

The Conservation & Amenities Committee (Consam) is a standing committee of the HGS Residents Association (RA). The committee came into existence 50 years ago, shortly before the Suburb was designated as a conservation area.

Consam's main role is to work with the Hampstead Garden Suburb Trust (the Trust) and the London Borough of Barnet (LBB) to help conserve, protect and enhance the appearance, character and tradition of the Suburb. This includes reviewing changes to the outside appearance of properties, hedges, planting of front gardens, external lighting, and street furniture such as lamp and parking posts. In this way Consam endeavours to keep alive the spirit of Sir Nikolaus Pevsner's description of "the most nearly perfect example of that English invention and specialty, the garden suburb." Consam meets monthly throughout the year.

Consam continually monitors new planning applications for alterations and extensions to properties. Each week Consam circulates to the HGS Email Group (also known as the HGS List), a list of LBB planning applications edited to include only Suburb properties. This

allows RA members to consider whether they wish to comment on the proposed changes, either directly to LBB or via Consam.

Most alterations to properties require the consent of the Trust and LBB. The Trust notifies owners of neighbouring properties and residents can confer with the Trust over the applications, relevant documents and photographs.

The RA appoints nominees to the Conservation Area Advisory Committee for the Suburb, which advises LBB, and the Trust's Property and Plans Committee, which advises the Trustees. These two committees look at specific planning applications for Suburb properties; Consam thus has advisory input into the planning process.

Issues recently discussed at Consam have included infringements of the joint Trust/LBB Design Guidance, basements, new CPZ areas (in conjunction with the RA Roads and Traffic Committee), mobile phone transmitters, a proposal to attach a smart-meter antenna to the spire of St. Jude's Church and conservation issues with pavements. Some of these were considered sufficiently important for the RA to hold well-attended public meetings.

Over the past year Consam has devoted a good deal of its time to considering the visual and environmental impact of the increase in paving in Suburb front gardens, often to create or increase off-road parking. This has often resulted in unnecessary loss of vegetation, i.e. hedges and other planting, spoiling the original special atmosphere of the Suburb. Consam has raised this issue with the Trust, which is currently working on additional guidance on paving.

The RA has decided that its annual Conservation Award (now worth up to £100) should in future extend to work which improves the overall appearance of a Suburb property, and should not be limited to purely architectural works. The Award could, for example, be given for de-paving and restoration of a garden to the original intentions of the Suburb's creators.

Consam is chaired by Peter McCluskie and may be contacted at [raconsam@hgs.org.uk](mailto:raconsam@hgs.org.uk).

The HGS Trust/LBB Design Guidance is available from [www.hgstrust.org/documents/property-design-guidance.pdf](http://www.hgstrust.org/documents/property-design-guidance.pdf).

And as a booklet from the Trust Office, 8455 1066 or 8458 8085. Email: [mail@hgstrust.org](mailto:mail@hgstrust.org).

## Pets' Corner

Following on from the article profiling Tudor in our Winter issue this year (SN125) and our

appeal for more Suburb pets to share their stories with us, we received this from Jasper with a

canine rather than feline view of life. Are there any more who would like to share with us?

## Hello, I'm Jasper and this is my story



I came to my owners aged four months, from a breeder in Ipswich. I was the last in the litter and the only dog left when my owners arrived; I'm a Norfolk terrier but people sometimes mistake me for a Yorkshire terrier as we have similar colouring. I celebrated my 11th birthday recently at the end of September 2016.

At night I sleep in my owners' bedroom. In the morning I am fed at 7am and then one of them takes me for a long walk before the day settles down. During the day I'm taken for regular walks – that's an advantage of working from home. I particularly enjoy staying close to the front door to ensure I don't miss anyone coming or going. Equally I can be a fierce guard dog when it's needed and absolutely love to rip up the post!

My owners know I am a very affectionate dog and I like nothing better than to lick anyone I consider a friend. I am also a very loyal dog and love having company so I am always following my owners around the house.

I am obsessed with birds and whenever I see any flying towards the back of our house I run around barking like crazy as I'm scared that it might come into the house. I love being able to run around off my lead on the Heath Extension, and am prone to chasing squirrels: I can't be

trusted not to run into the road.

My worst habit is that I am obsessed with food. Wherever I see food, I try to get hold of it and trawl the roads and pavements to see if I can find any goodies. By the time it is 4pm I start continually whining as I want to be fed, but have to wait until 5pm when I am fed again.

My owners call me the wonder dog as I have recovered

from a jump out of a first floor window (following food!), I also ruptured my cruciate ligament several years ago jumping off a lap onto a wooden floor but luckily I am fully recovered. Recently I suffered a burst spleen, which occurred due to a ruptured tumour. Luckily I was operated on by the wonderful Richard at Medivet and have made a complete recovery. Thankfully the tumour was benign, and I am completely back to my normal happy self.

I love my family, especially as I know I have been the centre of attention in their home ever since I arrived; they love me to bits and wouldn't be without me. And I feel the same way too about them.

I trust that you enjoyed reading my story and I hope you get to hear other pet stories in Pets Corner.

DAAPHNE BERKOV

**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 at home and will make an offer to purchase, free of any obligation.

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53-64 Chancery Lane, London WC2A 1QT  
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