

Short Courses

Fine Arts College Hampstead

ONE WEEK COURSES
& EVENING CLASSES

life drawing
painting
printmaking
illustration
photography
digital photography
art history
film school
acting school
interior design

ENROLLING NOW

0207 586 0312

CALL FOR COURSE DETAILS

short.courses@hampsteadfinearts.com
www.hampsteadfinearts.com/shortcourses

The Arts

Belsize Village's New Gallery

The Dikowski Gallery has opened in Belsize Village. It exhibits the personal collection of its owner, Peter Ross. Having assembled a fine array of largely Victorian paintings over many years, Peter is now selling most of his extensive collection.



His keen eye for a real artistic treasure really shows: they are some of the most charming, moving and delightful pieces of the era. Whether you're just viewing or interested in buying, Peter is always delighted to talk about the paintings and his knowledge of the genre is extensive.



Underwater swimming is Maria Filopoulou's current obsession. Her new paintings overflow with exuberant swimmers enjoying the glistening liquid, bright bubbles, sparkling reflections and gleaming bodies. They float, splash, dive and embrace in a manner so compelling that even non-swimmers feel the urge to plunge in and join them!

Since graduating in 1987 from the prestigious Ecole Nationale Supérieure des Beaux Arts in Paris, Filopoulou's work has been exhibited in Europe, the USA, and countless times in France and her native Greece. It also features in numerous private

Above: The Dikowski Gallery, 10 Belsize terrace, Belsize park, London, NW3 4AX

Below: Detail from Ancient Pool by Maria Filopoulou, at Gallery K 7/5/06 - 5/6/06



New Short Courses at Hampstead Fine Arts College

Fine Arts College, Hampstead (located at Centre Studios, Enfields Lane, NW3) will be offering a programme of short courses in arts subjects for adults of all ages and abilities from this July onwards. They are able to offer an unrivalled working environment in beautiful, light filled studio rooms that will offer local residents a chance to nurture their creativity with the aid of expert tuition from graduate tutors and practising artists, all experts in their fields, with many years of tutoring experience between them.

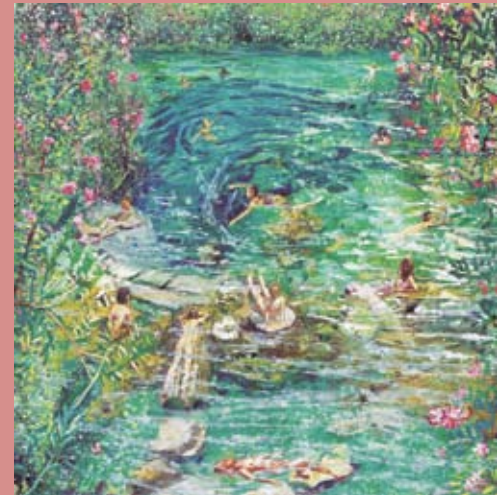
The college has operated as a Sixth Form for 25 years but with the recent expansion to their inspirational new premises, they are now able to offer the short course programme to adults. Courses offered include Life Painting, Life Drawing, Photography, Printmaking, Illustration, Interior Design, History of Art, Filmmaking and Acting. Their short courses director, Nick Graham-Smith, considers that one of their especially novel courses is its film school week which is aimed more at young filmmakers (18-25 year olds) It provides the opportunity to turn an idea into a short film and as such, would be of great interest to many young aspiring film makers. (See Fine Arts' advertisement opposite for contact details)



collections and museums.

In these new paintings, Filopoulou expresses her passionate love of the sea. For her it is not a raging tempestuous adversary – but a blissful, beautiful and seductive companion. 'When you swim in the sea, it encloses you' she says, 'yet the space is unrestricted. The paradox of creating that sense of fathomless space, within the confines of a two-dimensional flat canvas, presents me with a challenge as endless as the sea itself.'

Exhibition: May 7th to June 5th 2006
Gallery K: 101-103 Heath Street,
Hampstead. Tel: 020 7794 4949



Camden Arts Centre



You can't miss Camden Arts Centre with its grand Victorian exterior; on entering you will find an example of state-of-the-art contemporary urban design. Situated on the edge of Hampstead it is on the corner of Arkwright Road and Finchley Road.

If you haven't visited since the refurbishment, now is the time to go with an exhibition by acclaimed Dutch artist Bas Jan Ader and the Café terrace coming into its own alongside a flourishing landscaped garden.

Treasured by artists, local residents and also Londoners looking to discover the newest talent on the art scene, this thriving hub for the visual arts includes gallery spaces exhibiting the best contemporary art from the UK and abroad with an attached Reading Room; fully accessible studio facilities for workshops, courses and events; a Café, Garden and Bookshop.

The exhibition by Bas Jan Ader (1942-1975) is showing at Camden Arts Centre from 28 April until 2 July. This much anticipated exhibition, *All is Falling*, is Ader's first solo show in a UK public space. It follows his inclusion in

group exhibitions at Tate Modern and the Barbican. His life and art remain enigmatically linked by the mystery of his disappearance, in 1975, while sailing alone across the Atlantic on a voyage to make a part of his work *'In search of the miraculous'*. This is a chance to see his influential films and photographic works characterised by a mix of the romantic, the philosophical, the melancholic and the slapstick.

Ader returned to the theme of falling throughout his career. He explored the effect of gravity on both inanimate objects and his own body in films and performances.

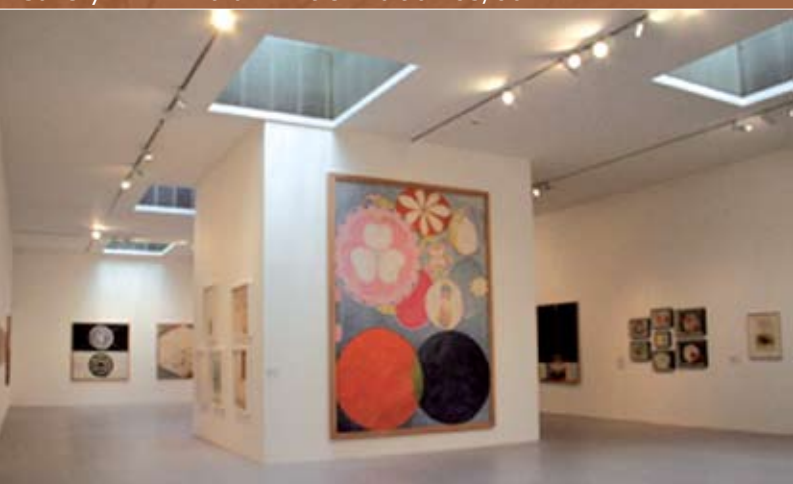
'I do not make body sculpture, body art or body works. When I fell off the roof of my house or into a canal, it was because gravity made itself master over me.' Bas Jan Ader referring to the short films *Fall I* and *Fall II*

An experienced sailor, the ocean held a particular fascination for Ader. In July 1975 Ader set sail from Cape Cod bound for Falmouth, England, part of *'In search of the miraculous'*. Radio contact ceased after 3 weeks and in April the following year Ader's craft, *Ocean Wave*, was found off the Irish coast. On Wednesday 03 May there will be a screening of a new documentary by Rene Daalder on the life and work of Bas Jan Ader. Call on 020 7472 5500 to reserve your free place in advance.



Camden Arts Centre is a thriving cultural oasis. Deceptively large and spacious, its varied exhibitions and education programmes are open to the whole community.

Gallery 1 - Hilma af Klint exhibition 03/06



Originally Hampstead Central Library built by Arnold Taylor in 1897, it became a centre for the arts in 1965. Tony Fretton Architects co-ordinated the stunning refurbishment which re-opened to the public in January 2004 after a £4.2 million redevelopment.

From its inception it provided the local community with art classes and the building's qualities of simplicity and space made it ideal for the showing of art. The 2004 refurbishment has created more space and light by combining original features such as the arches, terrazzo flooring and tall, stone dressed windows, with a functional contemporary design. Upgraded technological facilities in the gallery spaces have meant a greater number of light-sensitive works can be exhibited, and a wider range of artists are currently involved than before. *(cont. left col.)*

Then & Now: Gallery 3 - formerly a public library



Since the sixties, the artistic and education programmes at Camden Arts Centre have developed dramatically. In 1993, the present Director, Jenni Lomax, won the Arts Council Award for Individual Achievement in the Arts and the following year Camden Arts Centre received the Prudential Award for Visual Art.

Artists are at the heart of everything Camden Arts Centre does, a residency scheme gives artists access to the spacious Artists' Studio; look out for open studios.

Artists are encouraged to take risks and have created much breakthrough work. Past artists in residence include Martin Creed, Simon Starling and Francis Upritchard who have gone on to win awards and exhibit internationally. Emerging Ethiopian artist, Assefa Gebrekidan, exhibited an extraordinary multi-sensory piece following a residency last summer which received widespread praise. Its luminosity also provided a great source of inspiration and intrigue to visiting school children. Robin Deacon will be based in the studio from 6 June to 16 July leading a series of talks, performances and films referring to the Bas Jan Ader exhibition – call for more details.

Camden Arts Centre has always focused on art from the artist's point of view. Artists have often responded to an invitation to show there by acting with greater than usual playfulness, by trying out something that's been on their mind for some time, by focussing on an aspect of their work normally marginalized.' Michael Craig-Martin, Artist.

Camden
Arts Centre

The unique in-house facilities have contributed to Camden Arts Centre's reputation for a pioneering education programme. The Drawing Studio is positioned right next to the gallery spaces, course attendees can respond directly to what they have seen in the galleries. You can try out coiling, throwing and a range of other clay techniques in the Clore Ceramics Studio – the most fully equipped in north London. Tutors are all practising and experienced artists and all ages and abilities are welcome.

Wednesday evenings are a perfect time to catch an exhibition after work and free talks or events. The Café is also open until 9pm. Talks are by leading writers, artists and critics, with specially selected film screenings and exhilarating live art performances. The majority of events are free, although advance booking is recommended.



Looking for a children's day out? The next Family Day is on Sunday 4 June when artist Howard Matthew will be running a fun-packed afternoon of activities.

Further highlights include a garden designed by muf - a large terrace area stretches from the Café. The paving design is based on the footprint of two houses which originally occupied the garden site but were destroyed in World War II bombing raids.

To find out about future exhibitions, courses, talks and events visit our website www.camdenartscentre.org or call 020 7472 5500.

Clare Roebuck



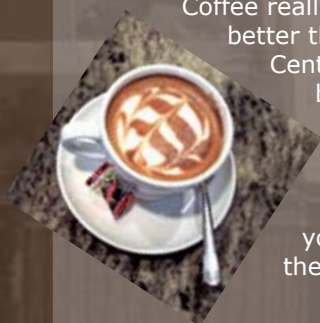
Children's clay class and top, adult life drawing



The lively Cafe and terrace



The Camden Arts Centre Café and terrace is a wonderful haven, visitors can relax with a view of the lightly wooded sloping garden. The Café serves authentic Italian coffee, along with lunches, snacks and homemade cakes. It's the perfect place to revive after touring the centre's exhibitions.



Coffee really doesn't come any better than at Camden Art Centre's Cafe - it was voted best in North London by *Time Out*. You have to try it to see why. Just take a copy of The Hampstead Diary with you for two hot drinks for the price of one. Enjoy !





Burgh House Revisted

With the aid of a substantial National Lottery fund grant, Hampstead's cultural centre and museum has recently undergone a major transformation.

Burgh House is one of the oldest and handsomest mansions in Hampstead, built in 1704, in the reign of Queen Anne.

At this time Hampstead was rapidly growing from a sleepy rural village to a busy Georgian town. The spring in Well Walk had been hailed as a panacea for all manner of diseases, disorders of the blood, and especially gout. Londoners flocked to the healthy heights of Hampstead to take the waters and enjoy the entertainments provided –including dancing, gambling, cards and concerts. A Spa was born.

Burgh House was built on a recently drained piece of land on the edge of the Heath and next to the Spa, in an area called then (as now) New End. Only the front part of the main block was erected in 1704. The builder was Henry Sewell, a wealthy haberdasher from the City, who probably came to Hampstead for his health: he admitted in his Will that he was “ of weak and crazy body and frequently ill”.

Around 1720, Burgh House was taken over and much enlarged by the rich Spa physician, Dr William Gibbons (see his portrait in the hall). He panelled the rooms, added the ornate staircase and erected the wrought-iron gates at the entrance, which bear his initials. But he was not popular with his fellow medics, one of whom addressed a long satirical poem to him, including the couplet:

“Mistakes in practice ne’er could
give you pain. Too well you knew the
dead will ne’er complain.”

Burgh of Burgh House

The Reverend Allatson Burgh, who bought the property in 1822, was the vicar of St Lawrence Jewry in the City. He was also unpopular, when he changed the Litany in his church services, and his parishioners petitioned Queen Victoria to have him removed. But locally Burgh should be remembered as one of the protesting copyholders who, in 1829, helped prevent the Lord of the Manor from building on the Heath.

After Burgh came the Royal East Middlesex Militia, who used the house as their Headquarters and Officers Mess. But sadly the anti-social behaviour of the hundreds of militiamen, who came to Hampstead for weekend training, made them unpopular, too.

Later occupants of Burgh House included a stained-glass designer, Thomas Grylls, an antiquarian polymath, Dr George Williamson, and a merchant banker, Captain Constantine Benson, and then, in the 1930s, Captain and Mrs George Bambridge: she was the daughter of the writer, Rudyard Kipling....



From 1937, Burgh House was empty for eight years. A petition was launched to turn it into a museum, but the war was looming and support was lacking. Having narrowly escaped the bombs of World War II, Burgh House was taken over by the local Council in 1946. Over the next 30 years, the house became a busy community centre, with a Citizen’s Advice Bureau in the basement.

“Keep Burgh House”

By the late 1970s, Burgh House was suffering from over-use and under-investment – and a bad attack of dry rot. The owners, Camden Council, announced plans to privatise this Grade I Listed Building, perhaps to sell as prestigious offices. This caused a number of local residents to form the Burgh House Group in order to save the house for the public. The Group launched a major appeal to the burghers of Hampstead, with the slogan “Keep Burgh House”. Such was the response that the Council agreed to lease the house to the newly formed Burgh House Trust – for a peppercorn rent.

Since its reopening under new management in September 1979, Burgh House has again become a popular community centre, with a special interest in the arts. A major attraction has been the Hampstead Museum, which has recently been totally redesigned with the help of the Heritage Lottery Fund. The same grant has paid for improvements on the ground floor, offering better access to the house, especially for the disabled.

Come and see the new, improved Burgh House in the heart of old Hampstead !

Christopher Wade





Hampstead Museum

Hampstead Museum is a little gem, tucked away on the first floor of Burgh House, between the bustling High Street and the open expanses of Hampstead Heath. Yet many Hampstead residents, and most visitors, have never heard of it, let alone visited. Maybe this article will tempt the reader to sample the Museum's delights.

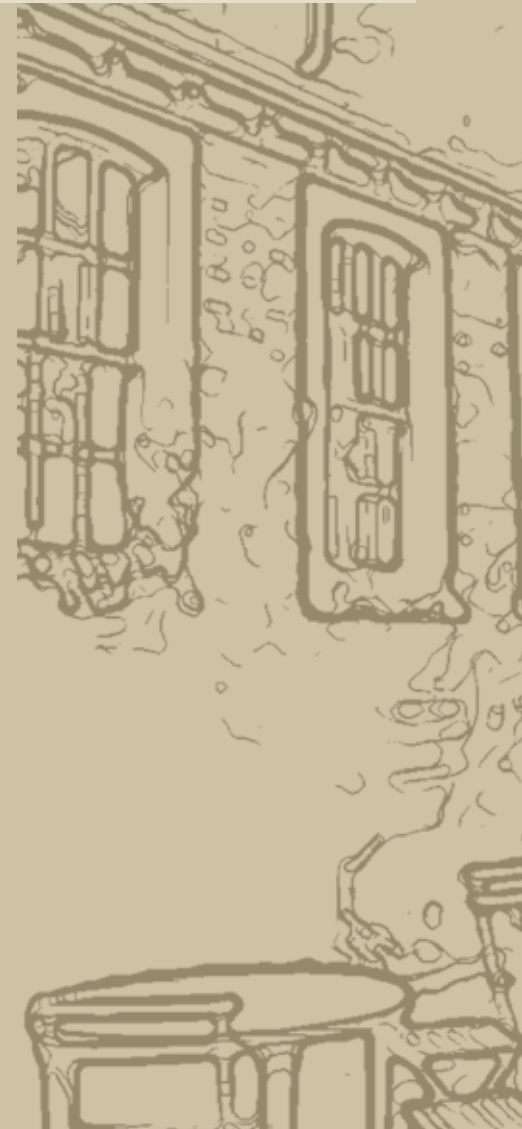
Hampstead Museum was founded in 1979 by local historian Christopher Wade and his wife Diana, who together with a group of willing volunteers began to collect, catalogue and exhibit objects relating to the history of Hampstead. The collection grew, and over the years exhibitions were held on a wide range of subjects from local artists and authors to Hampstead in wartime. The reputation of the Museum increased, and in 2004 the Trustees received a grant from the Heritage Lottery Fund to redesign and improve the displays. This was a challenging and exciting project, and after a great deal of hard work the new, much improved, Museum is now again open to the public.

The Museum tells the story of Hampstead from prehistoric times through to the present, and from the time when a few hunter gatherers roamed the Heath, through its growth in Victorian times, to today's Hampstead of smart boutiques, coffee shops and traffic wardens. The displays are beautifully illustrated with photographs, postcards, models and works of art, many by local artists.

Highlights of the collection include the work of Victorian water colourist Helen Allingham; an original Isokon chair and display on Modernist Hampstead; the Hampstead Mayoral chair and probably the earliest Scout's flag in the country; and a model penguin from High Hill Bookshop, signed by many famous authors. An eclectic collection, with something of interest for all ages!

The Museum welcomes children. There are interactive exhibits, with illustrations by local cartoonist Ken Pyne, a children's trail, and a matchstick model of Burgh House - can you guess how many matches were used to build this? School visits can also be booked, on subjects linked to the National Curriculum. On the website too there are special children's activities, and plans for a Family Fun day in the summer.

A temporary exhibition programme will accompany the reopening of the Museum. Temporary exhibitions give the opportunity to bring items out of the collection that





cannot always be on show, or explore different facets of local history. This summer Hampstead Museum will first be displaying recent donations, and then celebrating 'Appy 'Ampstead, with a new exhibition marking all the fun that has been had on Hampstead Heath, from the world famous Bank Holiday fairs to swimming, skating and even skiing!

So why not come and visit Hampstead Museum this summer? Admission is free, and the Museum is open from Wednesday to Friday, and on Sundays, from 12 noon to 5pm. After your visit you can enjoy delicious home made food in the Burgh House licensed Buttery. Full details of opening times, temporary exhibitions and events can be found on the Museum's section of the Burgh House website, www.burghhouse.org.uk or by telephoning 020 7431 0144.

Carol Seigel
Museum Curator



Lighten Up!



Lay back and relax: this is one of the most comfortable dentistry procedures

BEFORE



AFTER



Paul Catching the latest DVD whilst the Zoom procedure works its magic



Getting whiter teeth could be a lot faster that you ever thought possible

Paul Collins checked out Smile Studio at
Hampstead Dental & Medical Care

Hampstead Dental & Medical Care has a great position on Heath Street, facing New End, the road leading to the theatre of the same name and on to Ye Olde White Bear Pub. In the last year it has become an NHS centre of excellence, offering both NHS and private treatment.

I took the opportunity to have their *Smile studio* teeth whitening treatment to find out for myself just how white my teeth could go. Dr Prashar explained to me that teeth whitening is just about the least invasive dental procedure you can have, with possibly one of the greatest impacts. There used to be very few options for stained and discoloured teeth apart from very abrasive treatments that could damage the teeth's delicate enamel. In contrast the smile system is non-abrasive. It's a patented hydrogen peroxide gel that uses oxygen to break down carbon fibres that form over the years to cause discoloration. Caffeine drinks like tea and coffee, red wine and smoking are all major culprits here.

After an examination and history taking, Dr Prashar took photos to enable before and after comparisons - something that every client gets. He was careful to explain that smile studio doesn't guarantee glacial white teeth - it does usually significantly whiten teeth but the results depend on the individual concerned.

After being fitted with a shield that keeps your teeth visible without having to strain to keep your mouth open, your gums and any exposed dentine are painted over with a protective gel. You then have the option of watching your favorite film or TV show if you bring your own DVD, or you can watch one from their collection through their state of the art cinema specs. The whitening gel is then applied and activated by a source of bright light, the ZOOM lamp - the no.1 rated system in the USA for whitening. This procedure is repeated three times, lasting about twenty minutes each. I had no discomfort during this although some people can experience temporary tooth sensitivity.

Once completed, the gel is very quickly hoovered up and then comes the first opportunity to survey the results. I was very impressed with the outcome. The results can last for two years and you have the option to extend the whitening buy using a simple home treatment kit. With whitening prices starting from only £249, everyone can now afford a brighter smile.

For a free consultation about the SMILE whitening procedure, contact Dr Prashar on 020 7433 3252

Hampstead Smile Studio
91 Heath Street
Hampstead NW3 6SS

email: info@heathteeth.com
www.heathteeth.com

Hampstead

Relax Away Problems

Master clinical hypnotherapist, Monica Black, has been helping people overcome problems like smoking, weight issues, lack of confidence, low self-esteem, stress, pain control, and fears/phobias for over five years. Whatever your problems or issues, she can help you change your life and help you become what you've always dreamed of becoming, provided you want to make that change. She is also a coach, NLP and EFT practitioner and works from Hampstead Dental & Medical Care in Hampstead.

Hypnosis is an effective mainstream psychological treatment, one of whose major advantages is its frequently rapid results. Monica explained that clinical hypnosis is a very safe and well researched therapy and, contrary to popular opinion, you can't be forced to do anything that's against your core beliefs.

Hypnosis works through first inducing a state of deep relaxation and heightened awareness. In this relaxed state the subconscious mind opens up to receiving helpful and beneficial suggestions, bypassing our 'ego' or critical faculty. The helpful suggestions are gradually repeated until new changes become permanent. Often, only one session is all that's needed for a permanent change.

Monica is also a practitioner of EFT - a meridian therapy that involves teaching clients to perform particular tapping techniques that relate to energy lines within the body and whose repetition can alleviate cravings and other negative states of mind.

Treatment for smoking can sometimes be completed in one or two sessions. At a one-off cost of £205 it's inexpensive, especially when compared to how much a smoker might pay for their habit even over just a couple of months. Additionally, Monica often gives further practices and resources that clients can use at home.

For other issues, between one and six sessions may be needed which cost £85 each. Clinical Hypnosis is a well researched, highly effective and validated therapy. For more information call Monica at Hampstead Hypnotherapy on 0777 623 0332 or 020 7433 3252.

Case Study

I asked Monica if she could help me with a craving for carbohydrates, especially chocolate. She carefully explored the problem and made a number of helpful practical suggestions, including some coaching to ensure I shop more effectively so that I'm not so tempted to buy and keep the wrong foods.

Taking to the couch, Monica induced a very pleasant state of deep relaxation, quite similar to day dreaming. Whilst not revealing all

Hypnotherapy

What is Clinical Hypnosis?

A medically approved procedure in which a deep sense of relaxation is created where the recipient is more accepting of helpful suggestions concerning their problems.

What are its origins?

Hypnosis goes right back to the ancient Egyptians and Greeks. However, it was made famous in Europe by Frederick Anton Mesmer (1733 - 1815) who in the 18c found he could induce trances in some people and that these would cure them of their ailments.

Jean Charcot developed the technique of hypnosis further to include the use of suggestions and all modern hypnotists follow this development. Interestingly, Sigmund Freud studied under Charcot for some time, before developing free association as his main technique.

How to find out more

Email Monica at monica@hampstead-hypnotherapy.com or visit her website: www.hampsteadhypnotherapy.com

her techniques, during this stage she introduced a story involving chocolates and other bad carbs. Elements of this story had the effect of inducing a mild aversion to those unhealthy foods. Following the one-off session my desire for instant carbohydrate fixes like chocolate and cakes has dramatically receded. This could obviously be of great help to those who are struggling to lose weight or who want to improve their nutrition.

Mark Askew