Welcome to the Autumn issue of Fareham Today. This is a really important way for us to tell you about developments in and around the Borough of Fareham. I know many of you use this publication as your main source of information about the work we do on your behalf and as the results showed from the survey we published in the Spring edition, an encouraging 91% said they read every edition of Fareham Today, with which I am delighted, and in this edition we have more results from this survey.

During the Summer months we have been busy implementing many new and exciting projects centring on our commitment to recycling across the Borough. In particular we are changing the way we recycle glass to make it even more efficient than before. We take recycling very seriously and are always seeking new ways in which to become a greener Council, including a number of campaigns to encourage all Council staff to think green and become actively involved in recycling. Also during the Summer I have been pleased to be able to report to each Community Action Team (CAT) public meeting on issues relating to the Council and to answer any questions which residents wished to put to me.

Fareham Leisure Centre has been awarded the Country’s ‘Centre of the Year’ at the FIA (Fitness Industry Association) FLAME Awards held in June. This is a great achievement for us and would not have been possible without a significant amount of effort and support from many people. The FIA is a governing body that supports and represents all organisations within the fitness industry and the FLAME awards recognises the excellence, achievement and hard work of fitness centres and individuals across the UK.

From one award to another, we are thrilled that Holly Hill Woodland Park in Sarisbury has been awarded the prestigious Green Flag Award for the second year running and the Sensory Garden of Reflection in Osborn Road South, in Fareham Town Centre has also successfully achieved the award this year for the first time. The Green Flag Award is the national standard for parks and green spaces and recognises and rewards the best green spaces in the country, two of which are in Fareham!

And finally, according to ‘smartnewhomes’ (The new homes website), “Fareham is the place to be”. Results have showed that house prices in the area had fallen by just 3.6% compared to a UK average of 11.5%, confirming that Fareham is a popular and desirable place to live.

As always should you have any issues that you would like to raise with me, I look forward to hearing from you. I assure you that all comments and suggestions you make will be carefully considered.

(please see page 23 for Cllr Woodward’s contact details)
What do you do towards your 5x30?
The South East Public Health Board recommends moderate exercise for 30 minutes, five times a week.
Health & Fitness

Top Tips for Active Ageing

We’re all living longer - it’s not the years in your life that count but the life in your years! Staying strong and healthy is vital for staying independent and being able to enjoy life. Poor health and mobility can lead to falls with the possibility of injury and admission to hospital; even without an injury, a fall can shake your confidence.

So what can we do to stay strong and steady on our feet?

- **Medicines** - If you’re taking more than 4 medicines a day, ask your doctor to check them every year. You can also ask your local pharmacist for a Medicines Use Review; this takes approximately 30 minutes and the pharmacist will explain exactly what each medicine is for, check the timing and dose and ask about any difficulties in taking each drug. It’s a good idea to keep an up to date list of all your medication in your purse or wallet, and ask the pharmacist before buying over the counter medicines as some do react with prescription drugs.

- **Eyesight** - Make sure you have your eyes tested every year and if you need glasses, wear them! If you are unable to get to the opticians, some local firms will visit you for a home assessment (e.g. Boots) or contact “The Outside Clinic” (tel: 0800 85 44 77 or visit: www.outsideclinic.com). If wearing bifocals or varifocal glasses, be aware of the difficulty with steps and kerbs - when looking down, you’re looking through the reading part of the glasses which can distort the picture and lead to a fall.

- **Feet and footwear** - Looking after your feet and having regular foot care check ups are important for balance and mobility. Wash and massage your feet daily and keep the nails trimmed. Age Concern runs foot care clinics across Hampshire where you can have your nails cut - tel: 01329 842481 for information on your nearest clinic. Well fitting shoes and slippers are also important for balance and walking - avoid slippers which are loose and worn out or don’t have backs and sandals or shoes with high heels.

- **Drink plenty of fluids** - Dehydration is one of the most common reasons for an older person to be admitted to hospital. Make sure you drink 8-10 glasses of fluid every day - water and juice as well as tea and coffee. Drinking little and often will reduce the need for urgent trips to the toilet.

- **Strong bones** - Osteoporosis weakens the bones and makes them more liable to break as a result of a fall; this silent condition now affects 1 in 2 women and 1 in 5 men over the age of 50. Look after your bones by doing regular weight bearing exercise e.g. walking or dancing; eating a calcium rich, well balanced diet; stop smoking and take alcohol in moderation. For more information contact The National Osteoporosis Society, tel: 01761 471 771 or visit: www.nos.org.uk

- **Exercise** - Muscles and joints get weak and stiff if not used. Exercise helps with many conditions and improves stamina, posture and energy levels. Build a few exercises into your daily routine - while waiting for the kettle to boil or during the TV advert breaks. Better still, find a class near you and have some fun, meet new friends and enjoy a cup of tea afterwards. Keep going and you’ll soon see and feel the benefit.

- **Home Hazards** - Keeping an eye out for things that could cause you to slip or trip can make your home a safer place to live. Homecheck is a home safety service offered to Fareham residents over 60 - contact 01329 236100 for more information. More information on staying steady and preventing falls can be obtained from Help the Aged, tel: 020 7278 1114 or visit: www.helptheaged.org.uk or Age Concern, tel: 0800 328 7154.

Powerchair football holiday scheme

The power chair football holiday programme is open to all ages and anyone who uses a wheelchair (manual or power) can join in the fun in a safe environment.

For further information, or to book the course, please contact Martina Heath - Community Football Development Officer, tel: 01329 824593 or email: maheath@fareham.gov.uk

Dates for courses:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs 29 and Fri 30 Oct 2009</td>
<td>9:30am-12:30pm</td>
<td>Portchester School, Fareham</td>
<td>PC3</td>
</tr>
<tr>
<td>Thurs 18 and Fri 19 Feb 2010</td>
<td>9:30am-12:30pm</td>
<td>Portchester School, Fareham</td>
<td>PC4</td>
</tr>
<tr>
<td>Thurs 15 and Fri 16th April 2010</td>
<td>9:30am-12:30pm</td>
<td>Portchester School, Fareham</td>
<td>PC5</td>
</tr>
<tr>
<td>Thurs 3 and Fri 4 June 2010</td>
<td>9:30am-12:30pm</td>
<td>Portchester School, Fareham</td>
<td>PC6</td>
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**Stay Warm, Wise and Healthy**

**FREE Electric Blanket testing - Wednesday 14 October**

We’re working in partnership with Hampshire County Council Trading Standards and Hampshire Fire and Rescue, to bring FREE electric blanket testing to the residents of Fareham for the 11th year running.

Could your electric blanket leave your room looking like this? (below) If your blanket hasn’t been tested in the last three years or is old, contact Trading Standards, tel: 01962 833620 / 833625 / 833626 to book an appointment or email: electric.blankets@hants.gov.uk (About 40% of electric blankets tested, fail this safety check).

Charred bedding after an electric blanket fire

There’ll also be information available on a range of topics including:

- Home safety
- Home security
- Energy Efficiency and advice on how to access Grant Schemes
- Staying on your feet this winter
- Fire safety
- Council Tax/Housing Benefit entitlement
- Healthy eating
- Physical exercise
- Plus FREE tea and coffee!

We look forward to seeing you there and hope you’ll pick up some useful tips on Staying Warm, Wise and Healthy in 2009.

For further information, please contact the Health Development Team at Fareham Borough Council, tel: 01329 236100 ext 2463 or 2392 or email: communityinfo@fareham.gov.uk

This event is organised in partnership with Hampshire Fire and Rescue and Hampshire County Council.

**Short Walks in Fareham**

These 30 minute walks have been specially developed and designed to be gentler walks for first timers who do not have a lot of confidence or have health problems and find it difficult to move around (although keen walkers are also welcome). Come and join us on a variety of different walk routes that are alternated each week! The walks are suitable for wheelchair users and parents with buggies.

The walk group meets every Friday at Fareham Leisure Centre’s main reception, at 10:30 am. There is no need to book, just come along and remember to wear comfortable shoes.

All walkers taking part in this walk, will receive a 10% discount voucher to use in the leisure centre café (conditions apply).

For more information about this walk or to request a walking pack, please contact Fareham Borough Council, tel: 01329 236100 ext 2463 / 2392 or email: communityinfo@fareham.gov.uk

**An Introduction to Nordic walking**

Nordic walking is the fastest growing fitness activity in the world. It is suitable for all ages, highly effective, affordable and fun!

Nordic walking is an enhancement to ordinary walking - it makes something we can all do twice as effective! Walking with poles originated as an off-season training method used by cross-country skiers in the early 1930s.

Nordic walking works your upper back, legs and arms, reduces neck and shoulder tensions and improves the health of your heart and lungs.

Other benefits:

- It burns up to 40% more calories than traditional walking - but it feels easier
- It is less stressful than other forms of exercise on the knees, shins, hips and back
- It can be done anywhere, there is no need for hills or country paths
- It conditions the chest, arms, shoulders and other core muscles.

An eight-week walking course is coming to Fareham, to book your place on the course or for more information please contact Fareham Borough Council, tel: 01329 236100 ext 2463 / 4574 to register your details.
Health & Fitness

Chairobics

Chairobics is a fun and enjoyable way to increase your physical activity levels whilst sitting down.

The sessions combine movement with music and aim to improve strength, mobility and flexibility while helping you improve your health and well-being.

Sessions last for approx 45 minutes and are taught by fully qualified exercise instructors. These sessions are a great opportunity to meet new people and sing along to music, while keeping active. Anyone is welcome to come along and join in; you might even like to bring a friend!

Sessions are taking place in various parts of the Borough, for more information and to find out where your nearest session meets, please contact the Community Development Officer (Health & Well-being), tel: 01329 236100.

Fareham Leisure Card

Have you got yours yet?

Fareham Leisure Card offers discounts on a whole range of leisure activities across the Borough. The scheme, that is only available to residents of Fareham, offers a wide range of discounts (between 5% and 50%) on leisure activities including sport, entertainment, beauty, travel, dining out and gardening.

The cards cost just £5.75 per person, £13.65 for a family membership, £4 for a student card or FREE to eligible residents on a low income and are renewable annually. (Please see the Terms and Conditions on the back of the application form).

Joining the Fareham Leisure Card scheme couldn’t be easier, simply pick up a leaflet and application form from either Fareham Leisure Centre or Ferneham Hall.

For more information about the Fareham Leisure Card or if your company would like to be part of the scheme and offer discounts, please contact the Leisure Card Officer, tel: 01329 824894 on Tuesdays and Thursdays. You can use your Fareham Leisure Card at:

- Ambush Paintball and Lasertag
- Amnesia The Hair Fitness Centre
- Andark Diving & Water Sports
- Bathroom World Fareham Ltd
- Bembridge House Bed & Breakfast
- Blue Reef Aquarium
- Body Fusion Sports Injury Clinic NEW
- Cameron Flights Southern Ltd
- Clever Cats (children’s mime, music and movement)
- Crofton School of Shotokan Karate
- Curves NEW
- Cuts and Clobber
- Direct Electrical
- Earnley Butterflies and Gardens
- Fareham Leisure Centre
- Farmer Palms Farm Park
- Ferneham Hall
- Go Bowling
- Gosport Horse-Drawn Carriages
- Gosport Ice Rink
- Hargroves Cycles
- IHT (Interior Home Touches) NEW
- Kitesurf UK
- Liquid Logistics and Earth Events Ltd
- Luckett’s Travel
- Manor Farm Country Park
- Meon Valley Cycle Hire
- Mid Hants Railway Watercress Line
- Naz Indian Cuisine
- Passion Flower Florists
- Portsmouth Greyhound Stadium
- Razzamatazz
- Royal Victoria Country Park
- Royal Victoria Railway
- Solent Nurseries
- Sports & Remedial Massage
- St Margaret’s Nurseries
- TAGF Activities Ltd
- Team Sport Indoor Karting
- The Oakleaf Brewing Company Ltd
- The Royal Navy Submarine Museum
- The Spirit Within Holistic Therapies NEW
- Titchfield Haven Nature Reserve
- Wickham Vineyard
Forever Remembered

On Wednesday 11 November 2009 (Armistice Day) at 11am, Fareham Borough Council is holding a special service at Holy Trinity Church in Fareham to “Forever Remember” those who gave their lives in the service of their country.

If you’re a Fareham resident and would like the name of a loved one who has died as a serving member in a British Armed Forces conflict, to be added to a list of names to be read out at the service, please complete the online form at www.fareham.gov.uk or use the form below and send to: The Chief Executive’s Office, Fareham Borough Council, Civic Offices, Civic Way, Fareham PO16 7AZ to arrive by 30 September 2009.

<table>
<thead>
<tr>
<th>Your details:</th>
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<tbody>
<tr>
<td>Mr/Mrs/Ms/Miss ____________________________</td>
</tr>
<tr>
<td>First Name __________________________________</td>
</tr>
<tr>
<td>Surname ____________________________________</td>
</tr>
<tr>
<td>Address (must be within the Borough of Fareham) ____________________________</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Details of deceased:</th>
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</thead>
<tbody>
<tr>
<td>Full name of deceased __________________________________</td>
</tr>
<tr>
<td>Date of death (if known) ______________________________</td>
</tr>
<tr>
<td>Relationship to applicant _______________________________</td>
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</tbody>
</table>

Please note: If the name of your loved one already appears on a memorial within the Borough of Fareham, you do not need to complete this form as their name will already be on the list to be read out at the special service on 11 November.

What do you think?

Fareham Today Survey feedback

The spring 2009 edition of Fareham Today featured a questionnaire to find out what you think about the quality and content of the magazine. We received 200 replies and the winner of the prize draw for £100 was Mrs D Wild of Fareham.

Thank you to all those who completed and returned the survey. 91% said that they read every issue of Fareham Today and 88% read all or most of it. The majority (85%) also thinks that the frequency of four issues a year is about right.

The most popular features in the magazine are: town centre events, community information, recycling and parks & open spaces. In response to the question about what else you’d like to see in Fareham Today, suggestions included more ward news and community information; news about improvements and changes planned; articles on clubs and associations in Fareham; and information about how your Council Tax is spent. One person suggested that we should celebrate a hero and pointed out that there are some good people in Fareham - you may be interested to know that we have run a Citizen of Honour scheme since 1997. Look out for the winter edition of Fareham Today for details of how to nominate someone for this award.

A few of you would like to see information relating to schools or libraries. As these services are provided by Hampshire County Council and not Fareham Borough Council we don’t usually cover these areas in Fareham Today, as they’ll be covered in the County Council’s magazine ‘Hampshire Now’, which is delivered to every household or can be viewed at: www.hants.gov.uk

We try and bring you a balance of articles in each edition of Fareham Today but always welcome your thoughts and suggestions. If you’d like to write a letter to the editor you can email: publicity@fareham.gov.uk

Customer Service Centre tel: 01329 236100 email: customerservices@fareham.gov.uk Website www.fareham.gov.uk
Our environment

Action on climate change
How will climate change affect us?

We’re already beginning to experience the effects of climate change with an increase in extreme weather events. In the south east it’s likely to lead to hotter, drier summers and warmer, wetter winters meaning heat waves, flooding and high winds are becoming regular occurrences.

We need to learn about and adapt to the future impact of climate change as every tonne of greenhouse gas emission we reduce from now on matters. The Government has set a target of reducing carbon emissions by 20% by 2020 and by 80% by 2050. These are ambitious targets and we all need to play our part in helping to meet them.

What is Fareham Borough Council doing?
We’re taking action to help combat climate change, including:

• A series of flood risk and coastal erosion plans have been commissioned covering the entire coastline from Portchester to the River Hamble
• We have a programme of work in place to reduce energy consumption in the Civic Offices, the Council Depot and Ferneham Hall
• We’ve produced a sustainable travel plan to help reduce car usage by staff commuting to work and during business hours
• We’re running awareness campaigns to ensure staff switch off lights and appliances when they’re not needed
• We’re endeavouring to make our vehicle fleet more environmentally friendly
• The Local Development Framework will set high standards for new buildings and new developments to meet, in terms of energy and water conservation
• During 2009/10 we’ll develop a climate change strategy to take all of these things into account.

How can I become involved?
The Council cannot act alone. Everything will depend on local businesses and local residents acting together to reduce carbon emissions and becoming more energy efficient. Fareham residents are already doing their bit for the environment in many ways and Fareham has the highest recycling rate in the county and Hampshire has the highest recycling rate in the country. Here are some other things you could do:

• Look at ways in which you can save energy and of course money, in your home and do a home energy check. See www.energysavingtrust.org.uk
• Calculate your own carbon footprint and see how it compares to the national average. See www.direct.gov.uk/actonco2
• Act with your neighbours to set up a local greening campaign. One has already been set up in Stubbington. If you’re interested in setting up or joining a group visit www.greening-campaign.co.uk
• Walk, cycle or use public transport wherever possible. For journeys to work, join a car sharing scheme and you’ll be helping the environment while saving money on travel costs. Visit www.hantscarshare.com
• Buy food produced locally. A farmers’ market with over 40 stalls is held in Fareham on the first Saturday of every month.
Air quality in Fareham

Across the Borough we have over 40 air quality monitoring tubes measuring monthly levels of nitrogen dioxide from motor vehicles. The tubes are located on houses or on lampposts. In June 2008, we installed a continuous nitrogen dioxide monitor on the Gosport Road, Fareham. Information from the tubes and the monitor can be found on the air quality pages of www.fareham.gov.uk

Air quality issues in Fareham

Due to high levels of nitrogen dioxide from motor vehicles, two areas of the Borough have been declared Air Quality Management Areas - part of the Gosport Road, Fareham and Portland Street, Fareham. Alongside other partners such as Hampshire County Council, FirstGroup and Gosport Borough Council, we’ve developed an Air Quality Action Plan to improve the air quality in these areas. The main aim of the plan is to reduce congestion on these and nearby roads and therefore improve air quality.

Examples of improvements include:

• Provision of a bus rapid transit system between Gosport and Fareham for use by high quality, low emission buses as well as cyclists
• Redevelopment of the Quay Street roundabout
• Our own initiatives such as reducing the emissions from the refuse collection fleet, implementing a work travel plan, promoting a Bike to Work day, public transport and cycle route information on our website, a walking to health programme
• Provision of green travel awareness signage on the A32 and at the bus station.

Reporting smoky vehicles

You can help to reduce vehicle emissions by reporting lorries and buses which are extremely smokey to the Vehicle and Operator Services Agency (VOSA) at www.vosa.gov.uk which is also linked from the pollution section of www.fareham.gov.uk

How can I help to improve air quality in Fareham?

• Out of 10 car trips, could you make one by other means? If every driver did this, it would cut traffic to the levels seen in the school holidays
• Switch off your engine - 10 seconds of idling uses more fuel than restarting
• Cycle or walk - the air in a car can be 3 times as polluted as that breathed by cyclists and walkers
• Support national initiatives such as Bike to Work Week - cycling burns 600 calories per hour
• Subject to eligibility, make sure you use our concessionary travel scheme
• Join other commuters at Fareham Railway Station making 1.4 million journeys each year
• Consider using an alternative fuel vehicle - LPG, electric cars and hybrids
• Replace your car - smaller, more fuel efficient models can save you money and reduce emissions
• Encourage your employer to develop a work travel plan
• Work Smarter - Consider car sharing, home working, telephone conferencing, use public transport to attend meetings
• If half the UK motorists received a lift one day a week, pollution could be reduced by 10% and traffic jams by 20%
• Schools should have a school travel plan
• It is recommended that adults take regular exercise five days a week - walking or cycling to work could help you achieve this.

For further information on climate change and air quality in Farehams, contact Regulatory Services, tel: 01329 236100, email: regulatory@fareham.gov.uk or visit the pollution section of the A-Z at: www.fareham.gov.uk
A day in the life...

of a Community Action Team (CAT) Officer

By Annette Rickman

I am one of six Council employees who, in addition to our various roles across the Council (I'm a full-time Team Leader for the Customer Service Centre), work as Community Action Team Officers for 20 hours a month. As CAT Officers we each have a dedicated geographical area of Fareham (my area is Fareham South West and my Chairman is Councillor Leslie Keeble) and our role is to facilitate regular meetings in the community for you, the residents. The meetings are chaired by a dedicated Councillor who talks about proposed developments in the area plus giving you the opportunity to tell us what’s good about where you live and what needs improving.

8:00am I am due to start work at 8:45 so I’ve arrived early to do some CATs work beforehand. I log onto my computer and check through my emails.

Last week I visited a newly formed community group that wishes to apply for CATs funding to purchase equipment for the group. I required further information and this has been emailed to me by the applicant. I’ve also received an update on another funding project. Some residents have requested public benches at two locations in Fareham. This is a great opportunity to re-use two benches currently located in an area that’s being re-developed. The benches are still in good condition so being able to re-use them elsewhere is a real bonus.

I email the relevant ward Councillors and Mark Dunning, the CAT Officer whose area one of the benches will be relocated to, to keep them updated.

8:15am At the weekend I delivered some flyers around the Borough to promote the CATs meeting being held locally. I keep a record of time spent on CAT work, so I add these details to my log.

8:20am I have my first CAT meeting tonight so I use my checklist to make sure everything is in hand.

My Chairman and I have already set the agenda for the meeting and this is published on our web pages. I have arranged for some agendas to be printed off so one can be placed on every attendee’s chair at the meeting. I collect them from the Council’s print room to save some time later.

Whilst there, I also visit the IT team to check that my presentation for the evening meeting is all set up on the laptop I will be taking with me.

8:45am I start my duties as a Customer Service Centre Team Leader and put my CAT files away.

1:00pm I take a break for lunch. During the morning I received an email from Democratic Services to inform me that a recent Neighbourhood Initiative Fund decision has been approved. I prepare the ‘successful bid application’ letter and request that the Finance Team raise a cheque for the approved funding.

1:30pm I meet up with my CAT Manager, Lindsey Ansell, to make sure everything is in order for tonight. We operate a buddy system with another CAT Officer so I also speak with my buddy, Richard Wright (CAT Officer for Portchester) who confirms that he’ll also be attending tonight’s meeting. This will be very useful to help with not only the practicalities but also for some moral support!

2:00pm Back in my role as CSC Team Leader.

4:00pm I finish early using some time off in lieu, so that I have time to set up the equipment for the CAT meeting which tonight is at Fareham Methodist Church. The equipment consists of PA kit, a laptop for my presentation and some leaflets to hand out to everyone.

We arrive at the venue in plenty of time to set up. Janine Daniels, another CAT Officer (for the Western Wards) has also come along and helps with placing the literature on the chairs.

The Executive Leader of the Council, Councillor Seán Woodward, will be giving a presentation at tonight’s meeting and this is going to include a practical exercise so there are also some additional posters and documents to prepare.
6:00pm After several initial checks the venue is all set up and ready to go. I take a short break and hope that my meeting will be well attended and that my presentation about funding opportunities is well received.

6:30pm Councillor Keeble, Councillor Woodward, my fellow CAT Officers and the Police all begin to arrive. I update the Chairman about any last minute changes and information received.

6:35pm Residents start to arrive - we welcome them to the meeting and ask how they heard about it and ask for their postcodes (we’ve been doing a lot of publicity in preparation for this round of meetings so we want to find out what’s working and where people are travelling from).

7:00pm Approximately 30 residents have turned up for tonight’s CAT meeting. The Chairman welcomes everyone and the meeting begins.

The Executive Leader’s presentation takes place first, followed by an opportunity for residents’ questions. Sgt Burt, the local Police Sergeant for the area provides a local Police update and I carry out my presentation on the funding process.

8:30pm The meeting draws to a close, although we have allowed for walkabout time to give residents the opportunity to come and speak to any of us on a one to one basis, which they do. I have received four new funding enquiries which I will follow up over the next week.

8:40pm Richard has already started packing the equipment away and once the last resident has left Lindsey and I assist him. It’s been a long day but I’m pleased it went well.
Recycling

Glass Recycling in Fareham
The message in your bottle is... Glass lasts forever - Don’t bin it, bank it!

When it comes to the recycling of glass, our message is to make glass recycling clear and simple. In this edition we reinforce the importance of recycling glass and tell you about a change in the way we’re collecting coloured and clear glass.

We estimate that around 35% of the glass packaging in the Borough is still being thrown away and not recycled. Any energy savings which would have been made by recycling this glass are lost, and more energy is required to dispose of it.

Glass is an excellent packaging material. It can be recycled endlessly without any loss of quality. It’s now even easier to recycle your glass bottles and jars, thanks to some changes taking place at our recycling banks.

The old style separate banks for green and brown glass are being phased out and replaced with a combined new bank for mixed coloured glass, while clear glass will remain in a separate bank. By the end of October this year all sites around the Borough will be changed, meaning you’ll be able to recycle green, brown and blue glass bottles and jars in the same bank.

The existing recycling skips are also being phased out and replaced with smaller banks. This will mean that the same vehicle can empty all banks, rather than requiring two different vehicles to do the same job.

These changes will make the service more convenient and less costly. Storage and organising the collections of the glass is easier with just two types - clear and mixed coloured glass. Transporting the glass is more cost effective, and further reduces the impact on the environment.

The clear glass remains separated because the recycling industry requires a higher quality end product to make new bottles and jars of clear glass. Mixed coloured glass can now be separated very effectively by the Council’s reprocessing partners using the latest optical technology.

Pilot collections from flats
To make it even easier to recycle glass, we’re running a trial collection from several blocks of flats in the Borough. Small glass banks have been installed in a few blocks, collecting clear glass in one bank, and mixed coloured glass in the other.

Wendy Nevard - Waste Advisor with the new clear glass bank and inset, the one for coloured glass.
**The benefits of recycling glass**
Glass bottles and jars can be recycled again and again. The quality of the glass does not deteriorate and the environmental benefits are clear:

**For every tonne of glass recycled:**
- 345 kW hours of energy is saved
- 225 kg of CO₂ is saved
- 1.2 tonnes of raw materials are saved
- 1 tonne of refuse is saved

Selling the glass back to the packaging industry makes a significant contribution towards the cost of refuse collection.

**Recycling the right type of glass**
Please remember, not all types of glass can be recycled.

Glass ovenware, and glass used for windows, drinking glasses or light bulbs cannot go in the recycling banks. We can only collect glass packaging – bottles and jars used for food, liquids and medicines (green, blue, brown and clear).

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**Glass Collection and Recycling in Fareham**
Of all the material recycled from April 2008 to March 2009, 13.6% was glass (the amount of glass recycled has increased by 64% over the past five years). During April 2008 to March 2009, you took 2,203 tonnes of glass to the 31 recycling centres across the Borough.

**Using the recycling bank sites**
In order to minimise disturbance to nearby residents, we ask that you only use the recycling banks between 8am and 8pm.

**Please remember:**
- All glass bottles and jars must be empty and clean.
- Corks, lids & tops should be removed. The metal lids from jars can be recycled in your blue top bin.
- Only bottles and jars can be recycled in the glass banks. No other types of glass are recyclable.
- All plastic carrier bags and cardboard boxes should be taken home or put in the litter bins where provided.

Please inform Fareham Borough Council (tel: 01329 236100) if the recycling banks have been damaged, are full or if waste has been fly-tipped at the sites.

**Finding a recycling bank site near you**
A full list of all the sites is available on our website: www.fareham.gov.uk/recycling or tel: 01329 236100 and we’ll send you the information.

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**Please remember -**
**Glass lasts forever... Don’t bin it, bank it!**

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Customer Service Centre tel: 01329 236100  email: customerservices@fareham.gov.uk  Website www.fareham.gov.uk
Providing housing with support for vulnerable people in Fareham

There are many residents of Fareham with care and support needs. They range from vulnerable people with a learning disability, physical disability, mental health disorder or homeless; to the frail elderly and young people leaving a care home. These individuals often find themselves in need of housing suited to their needs in order to maintain their independence within the community.

We work closely with Hampshire County Council’s Wellbeing and Partnerships Group, to provide the care, support and housing required by these important members of the community. Within the group there are two officers responsible for delivering the services in Fareham; a Supporting People Local Co-ordinator and a Locality Housing Officer.

Supporting People is a national programme, with a £30 million budget in Hampshire. The local co-ordinator for Fareham ensures the required support services are made available; that they are of good quality; represent value for money and delivered to required performance levels. We work with the various agencies involved in delivering the programme including the care and housing providers, as well as service users to ensure that the services are needed and are operating efficiently.

The Locality Housing Officer works directly with those residents with care needs to explore the housing options available to them and then to support them until they finally move into their new home. Our primary objective is to ensure that people with care needs have the same access to housing as anyone else.

This might be achieved through working directly with clients, their families and various agencies who may be involved with them to find the right housing and care solution. The client may currently live in their own home, with the family, in a residential or hospital setting, in supported accommodation or could even be homeless.

There are approximately 1,250 people living in Fareham that receive help through the Supporting People Programme, of which 600 live in specially provided supported housing schemes. The remainder live in self contained accommodation, with the support provided to their own home. Hostels are generally used for those in crisis, or those who are immediately homeless and they often provide round the clock support for as long as it’s required. Schemes vary in how much support they can give, ranging from support 24 hours a day to some schemes that provide support for just one or two hours a week.

For more details the Supporting People Local Co-ordinator can be contacted at simon.crouch@hants.gov.uk The Locality Housing Officer can be contacted at eduncan@fareham.gov.uk
Providing a New Home for Rebecca

Partnership working is the key to delivering the supporting people programme. In addition to Hampshire County Council’s Adult Services and ourselves, a number of other agencies are often involved in finding the best housing solutions for clients with care and support needs. A typical example of the results of this inter-agency working is how we solved the specific housing needs of Rebecca Hickingbotham.

Rebecca is a wheelchair user and was brought up in Fareham, where her family still resides. Rebecca was placed in the highest priority housing need and subsequently our Locality Housing Officer was asked to work on a housing solution for Rebecca, in partnership with her care manager at Adult Services. The need established was for a wheelchair accessible two bedroom flat in central Fareham for Rebecca and her full-time carer.

In certain cases, working in partnership with housing associations, we’re able to allocate newly built affordable housing units for clients with supported housing needs. In ideal situations we’re able to ensure that any adaptations needed are incorporated at the design stage, thus preventing the disruption and added expense of carrying out works after the property has been occupied. Such was the situation with the flat we secured for Rebecca. A new development in West Street, Fareham by First Wessex Housing Group included a ground floor unit that, with certain adaptations would be the ideal home for Rebecca and her carer.

A case conference was called including the Occupational Therapist, our Private Sector Housing Team that deals with disabled adaptations, the housing association, their architect and builder to discuss an innovative solution which would overcome the many hurdles to provide the required adaptations to help Rebecca move towards a more independent way of life. By capturing Rebecca’s needs at an early stage we were able to modify the design of the flat to meet her requirements. A Disabled Facilities Grant was made available to fund the additional works required.
Bringing parks and people together

You may not realise it but Fareham’s parks, countryside and horticultural services are supported by an impressive volunteer network, without which many of the activities and services provided would not be possible.

The quality of what you see as you travel across the Borough, is testament to their dedication, commitment and willingness to give freely of their time. On 27 July 2009 we were delighted to receive two Green Flag awards, retaining the flag at Holly Hill Woodland Park and gaining the second for the Sensory Garden of Reflection. The awards are the national standard for parks and are held in high acclaim.

We support and take great pride in our volunteers with many playing an integral part in the management of sites. There are many groups, some site specific and others operating across the Borough.

People volunteer for a variety of reasons but one of the key reasons is the love of their local environment, providing skills and knowledge which complement those provided by the Council. Volunteering also offers friendships or the development of new skills and in some cases the possibility of a new career.

The people that make a difference: Fareham in Bloom Coordinators

The Fareham in Bloom campaign was established in 1996 and is run in partnership with a dedicated group of coordinators who give their time and commitment throughout the year to deliver a range of activities. This has been applied to a host of parks and environmentally related subjects aimed to promote pride and excellence, whilst actively encouraging community participation.

Fourteen years on, we feel we’ve established something very special; in fact it could be said, quite unique. Involving literally thousands of people who participate and give willingly to support what has become a very well respected community engaging campaign; Fareham in Bloom continues to excel with new and innovative ideas.

The work of the In Bloom team:

- Manages and develops Fareham in Bloom – gardening competition, over 400 entries in 2009
- Project manages the campaign throughout the year
- Plans and implements an extensive programme of events and activities such as tree adoption, bulb planting and summer school activities
- Develops education and awareness in schools, amongst the community and horticultural groups
- Organises clean ups and litter picking
- Produces publicity material, portfolio, year book and displays.
Allotment Associations

We’re very proud of our allotment provision in the Borough and work in partnership with the three associations who manage them.

There are 11 sites with over 1,800 plots within the Borough of Fareham. These are spread amongst three allotment associations in Fareham, Locks Heath and Portchester.

All the roles within the associations are voluntary, from the Chairman to the site supervisors and they actively promote allotments as a leisure pursuit and are proud to be committed to their long term preservation and sustainability. Due to the high demand for these plots we now have waiting lists and are looking at the possibility of a new site.

Allotments not only enable residents to grow fruit and vegetables for their family and friends but also make good use of the land, assist in the sustainability and biodiversity of the local environment and at the same time, save money on the weekly food bill.

The Fareham Conservation Volunteers (FCV)

Established in the mid nineties, the group is active in nature conservation and habitat enhancement to some of the Borough’s key countryside sites. Every fortnight they meet and work alongside the ranger team carrying out everything from erecting deer fencing to coppicing woodland, building a boardwalk or clearing invasive scrub from an important area of grassland. Over the years FCV has provided an exceptional contribution to the countryside in Fareham, much of which forms the improvements we see today with the many stiles, bridges, gates, seats and paths.

The Friends of Holly Hill

The Friends have a membership of approx 65, the core of which is actively engaged every week in the management of the park. Many are highly skilled in carpentry, engineering and rural land management techniques. Some of the members have been in this group for over 14 years and have a detailed knowledge of the park which they’re keen to share with members of the public at events organised there. The Friends are also active in sourcing external grants for projects which help to enhance the site. Holly Hill’s success is purely derived from the work and dedication the group has shown over many years of working in conjunction with the Countryside Service.

The Friends of Warsash Common

This group helps to maintain and enhance this important wildlife area; meeting monthly to help implement the management plan alongside the Council’s Countryside Team. They have been involved in a wide range of projects, including newt and reptile surveys and are currently setting up fixed-point photography positions which will help us understand the changes in vegetation structure over the coming years and the impact climate change may have.

The Gillies Conservation Group

Members of the Fareham Society form the conservation group which works solely on the Gillies. They meet 4-5 times a year to undertake practical work but also operate a weekly butterfly transect (a count to estimate population density) during the summer months. Long established, the group has been a key component in the site’s development over many years.
Environmental Improvements

Proposed improvements to the eastern end of West Street

During the summer months we have carried out consultations with local businesses, residents and special interest groups on ways to improve the eastern end of West Street. The scheme will complement recent investment at the western end of the street and help promote Fareham as an attractive shopping destination. We have allocated £250,000 for these proposals, while Hampshire County Council is contributing a further £100,000 through the Regeneration of Older Urban Areas Initiative programme.

The proposed improvements include:

1. new high quality paving for footways
2. new street furniture including seats, litter bins and cycle racks
3. new swan neck street lights in a traditional style to compliment the existing Victorian street lights in the High Street
4. tree planting, subject to finding planting locations free of underground services
5. reduction of the bus lay-by area to increase the area for pedestrians, and (6) widening of footways in the northern section of Quay Street.

The issues that emerge from the consultation exercise will be reviewed in detail by the Council in the coming months, following which a final scheme design will be considered and approved by councillors. It is anticipated that implementation of the scheme will take place in spring or early summer of 2010.

The plan (below) was issued for consultation and may not reflect the final agreed layout.
Targeting Anti-Social Behaviour

Over the past few months we have been working with Hampshire Constabulary and other partners across Hampshire and the Isle of Wight to reduce the number of anti-social behaviour incidents.

Since July, extra police officers have been on patrol in hotspot areas to combat anti-social behaviour. Alcohol has been confiscated from those drinking underage and officers have also been working with local licensees to ensure children cannot buy alcohol. Flyers warning parents of the dangers of purchasing alcohol for their children and advising that it is a criminal offence to do so that could result in a £80 fixed penalty notice or end up in court and be fined up to £5,000, are being distributed across the Borough.

To find out what the priorities are for Fareham and see what work has been carried out during the summer, visit www.hampshire.police.uk

To report any incidents of anti-social behaviour contact Hampshire Constabulary, tel: 101.

Purse thefts

It only takes a second for a thief to steal your purse from your handbag and you can take a few precautions to ensure that when you’re shopping your valuables are safe.

Whether you’re in a supermarket, charity shop or any other shop it’s important that you keep your handbag with you at all times and never leave it in a shopping basket or trolley unattended.

Always keep the zip or clasp closed on your bag and don’t leave your purse near the top of your bag. For extra security you can obtain a lanyard (a woven piece of cord used to attach your purse to your handbag) from your local police station. The lanyard prevents anyone from taking your purse from your handbag but still allows you to use it without any difficulty and without having to remove the lanyard.

If your handbag or purse is stolen report it to Hampshire Constabulary, tel: 0845 045 45 45.
Fareham Town Centre

Operation Christmas Child

Shoe box appeal 2009

Last year’s Shoe Box appeal was a fantastic success, thanks to the generosity of the readers of Fareham Today. In the Borough alone 10,300 gift filled shoeboxes were sent to children in Kyrgyzstan, Romania, Ukraine, Serbia and Bosnia. Thank you.

Once again Operation Christmas Child’s asking for gift filled shoe boxes for 2009, to help put smiles on the faces of many more children that have been affected by civil wars, natural disasters and extreme poverty. Choosing gifts and then filling and wrapping a shoe box is a fun and rewarding activity for all the family, especially when you know these gifts are going to be used and treasured.

For a list of what should and shouldn’t be included in the shoe boxes and for more information about Operation Christmas Child, visit: www.samaritanspurse.uk.com

Please take your gift filled shoe boxes (including £2.50 or more per box towards distribution, transport, processing and promotion) to Salisbury Green United Reform Church between 1 and 30 November, Monday to Friday 10am-5pm. If you’re unable to drop the box off between these times, please contact, tel: 01489 572718.

Events

Dates for your diary

Every Monday
Fareham Open-Air Street Market 9am - 3pm

Sat 19 Sep
Live Performance by Shirin

Sat 26 Sep, 31 Oct & 28 Nov
Fareham Country Markets 9am - 3pm

Sat 3 Oct, 7 Nov, 5 & 19 Dec
Fareham Farmers’ Markets 9am - 2pm

Sat 24 - Sat 31 Oct
Fareham October Fest – daily funfair - Deeds of Arms display Sat 24th

From Thu 19 Nov
Special Christmas Markets every Thursday

Sun 22 Nov
Christmas lights - See the town burst into festive illumination when the lights are switched on at 4.30pm - fun activities all day, including live performances from local groups.

Please take your gift filled shoe boxes (including £2.50 or more per box towards distribution, transport, processing and promotion) to Salisbury Green United Reform Church between 1 and 30 November, Monday to Friday 10am-5pm. If you’re unable to drop the box off between these times, please contact, tel: 01489 572718.
Fareham now has a dedicated Play Ranger (funded from a successful application to the Big Lottery Fund) who organises play opportunities for all children and young people across the Borough. The service operates an open access scheme within public parks and open spaces, providing equipment and encouragement for children to engage in natural play ideas.

The service aims to:

• Provide play opportunities for children and young people.
• Work in parks and open spaces to ensure that all children have access to safe and challenging play opportunities.
• Listen to what children say and what they would like to do within the local community.
• Liaise with other agencies and together with partnership working provide play opportunities for all children.
• Help to raise the awareness of the importance of play for children and the right of children to use public spaces to play in.
• Offer children more choices by showing them games, activities and acting as positive role models.

Children are free to come and go as they please from these sessions and there is no registration required. We’ll be doing our utmost to ensure children are kept safe while at the same time provide opportunities for them to be challenged and have fun outdoors come rain or shine!

Please note that the Play Ranger service is not a childcare facility and parents/carers remain responsible for their children at all times.

For more information please contact Paul Carter, tel: 01329 236100 or email: pcarter@fareham.gov.uk
Fareham has a fantastic selection of markets, all year round

Ranging from weekly traditional markets and monthly farmers’ markets through to one-off speciality markets, Fareham has so much to offer you’ll be spoilt for choice.

**Traditional markets**

These take place every Monday in West Street, Fareham and every Wednesday in West Street, Portchester.

They offer everything from fresh fruit and vegetables to household goods and clothing. It’s convenient to park, close to local bus services and there’s easy access to the town centre shops.

These weekly markets feature many regular traders and the one in Fareham offers probably the best market of its type in southern Hampshire, with up to fifty stalls on display.

**Farmers’ Markets**

These take place on the first Saturday of every month from 9am to 2pm and run throughout the year.

Around forty stalls are on display, selling everything from organic fruit and vegetables, free range eggs, cheese, exotic and rare breed meats, home-baked bread and cakes, to locally brewed beer and garden plants.

The farmers’ markets create an environment where consumers and producers are brought together. All produce has been grown, reared, caught, brewed, pickled, baked or processed within the ‘local’ area and wherever possible, the producer or someone directly involved with the production of the goods, will sell the produce themselves.

**Speciality Markets**

A wide selection of speciality markets are held from time to time in Fareham town centre – ranging from French markets and craft markets through to the festivities of the Christmas markets.

To see if there are any speciality markets being planned soon or for further details on all our markets, take a look on our website: www.fareham.gov.uk under ‘Markets’ or ‘What’s on’.
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Thu 1</td>
<td>19:30</td>
<td>Essence of Ireland</td>
<td>£17.50 (£16 Leisure Card)</td>
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<td>Fri 2</td>
<td>19:00</td>
<td>SNAP Dance Club</td>
<td>£6 in advance</td>
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<tr>
<td>Sat 3</td>
<td>19:00</td>
<td>Hampshire Police Choir and Band</td>
<td>£12</td>
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<tr>
<td>Tue 6</td>
<td>19:30</td>
<td>An Appointment with Doctor Christian Jessen</td>
<td>£19.50 (£17 Leisure Card/students/ NHS staff/parties 10+)</td>
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<td>19:30</td>
<td>Real Diamond</td>
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<td>Sat 10</td>
<td>19:30</td>
<td>Havant Chamber Orchestra</td>
<td>£17.50, £15, £12 &amp; £7.50 (£16s/students under 19 £1, students over 19 £1/2 price)</td>
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<tr>
<td>Sun 11</td>
<td>15:00</td>
<td>Wrestling</td>
<td>£12 (£16s £10, family 2+2 £35)</td>
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<tr>
<td>Wed 14</td>
<td>19:30</td>
<td>Tony Stockwell</td>
<td>£20 &amp; £18.50</td>
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<tr>
<td>Thu 15</td>
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<td>The Band of the Brigade of Gurkhas</td>
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<td>19:30</td>
<td>Menace to Move</td>
<td>£12 (£16s/Over 60s £8)</td>
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<td>TBC</td>
<td>South Coast Idol</td>
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**NOVEMBER**

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<tr>
<td>Tue 3 - Sat 7</td>
<td>19:30</td>
<td>Gosport Amateur Operatic Society presents: Blitz!</td>
<td>£12 (£16s/Over 60s £10, Student NUS Card £6, Tue only - all tickets £9.50)</td>
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<tr>
<td>Sat matinée</td>
<td>14:30</td>
<td>Fareham Art Group</td>
<td>FREE admission</td>
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<tr>
<td>Tue 3 - Sat 7</td>
<td>TBC</td>
<td>Moscow Ballet La Classique presents: Nutcracker</td>
<td>£20 &amp; £19 (£16s £18.50 &amp; £17.50)</td>
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<td>Sun 8</td>
<td>10:30</td>
<td>Moscow Ballet La Classique presents: Nutcracker</td>
<td>£20</td>
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<td>Fri 13</td>
<td>19:30</td>
<td>Jim Davidson 2009</td>
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<td>Tue 17</td>
<td>19:30</td>
<td>Joe Pasquale</td>
<td>£17 (£16 Leisure Card)</td>
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<td>Fri 27</td>
<td>19:00</td>
<td>SNAP Dance Club</td>
<td>£6 in advance</td>
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<tr>
<td>Sat 28</td>
<td>19:30</td>
<td>Havant Symphony Orchestra</td>
<td>£17.50, £15, £12 &amp; £7.50 (£16s/students under 19 £1, students over 19 £1/2 price)</td>
</tr>
<tr>
<td>Sun 29</td>
<td>14:30 &amp; 19:30</td>
<td>Royal Marines Band</td>
<td>£15.50, £14 &amp; £13</td>
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**DECEMBER**

**Christmas Party Nights** start on Tuesday 8 December, with seven dates to choose from each starting at 7:30pm at a cost of £32. See below for contact details to book your tickets.

**Christmas Murder Mystery Meals** will be held at 7:30pm on Wednesday 9, Thursday 10 and Wednesday 16 December at a cost of £34. See below for contact details to book your tickets.