Healthy Lifestyle - Get the Balance Right!

Choosing healthy foods is central to keeping yourself healthy and protecting against conditions such as heart disease, osteoporosis and certain cancers. Healthy eating is about eating a variety of different foods and enjoying what you are eating.

Eat the right amount for your level of exercise will prevent you from becoming overweight or obese. Being too heavy for your height increases risk of heart problems including high blood pressure, which can make exercise more difficult and can lower self-esteem. The more you exercise - the more you can eat! (consult your GP if you haven’t exercised for a long time).

Use the diagram shown here to check whether your overall choices are healthy!

This is called the Balance of Good Health. It shows the 5 different groups of food we need to include in our diet to make sure we are getting the variety of nutrients the body needs to keep it functioning properly.

Use the diagram shown here to check whether your overall choices are healthy!

**Fruit and Vegetables**

Fresh, frozen, dried, tinned and juice all count towards the 5 recommended portions of fruit and vegetables each day. Brightly coloured vegetables contain beta-carotene which is a powerful anti-oxidant which fights heart disease and cancer. Red peppers, turnips, swedes, pumpkins, sweet potatoes and carrots are all rich in fibre, beta-carotene and vitamin C. Vegetables such as broccoli, cauliflower, cabbage and watercress are all rich in iron, fibre, magnesium and B6. Cook vegetables in a minimal amount of water, or use a steamer to retain the goodness. Try to eat a variety of fruit and vegetables everyday. Fruits and vegetables contain hardly any fat so are the perfect snack if you are watching your weight, plus they help prevent infections and disease.

**Breads, other cereals and potatoes**

Starchy foods in this group should form the main part of meals. They contain carbohydrate that releases energy slowly in the body to keep it going! Choosing the wholegrain varieties has the added benefit of dietary fibre, which can help keep a healthy digestive system and certain varieties can help lower cholesterol and be of particular benefit to people with diabetes.

The more exercise you do, the more of these foods you need to eat.

Contrary to popular belief, in reasonable amounts these foods aren’t fattening - it’s the creamy sauces and the butter that gets eaten with them that piles on the pounds!

**Milk and Dairy Foods**

Foods in this section are the best sources of calcium, which is vital for strong bones and teeth. They also contain protein for growth and strength. They must not be eaten to excess as they can contain saturated fat. Aim for three portions each day of low fat varieties to ensure enough calcium but not too much saturated fat. A portion would be a pot of low fat yoghurt, 1/3 pint semi skimmed milk or ounce of 25g cheese.

For variety you could choose calcium enriched soya products e.g. soya milk or yoghurt.

**Meats, fish and alternatives**

It is essential to include foods from this group as they provide protein and certain minerals such as iron and zinc. Have a good mixture of lean red and white meats not forgetting fish. Non-meat sources of protein, iron and zinc are eggs, nuts and seeds, pulses e.g. beans and lentils and soya products e.g. tofu. It is vital that vegetarians include some of these alternatives in their diets to prevent anaemia.

Oily fish e.g. herring, trout, salmon, mackerel, sardines and fresh tuna contain omega-3 fats that are good for heart health. Try and enjoy oily fish once each week.

**Foods containing fat and foods containing sugar**

An important part of a healthy diet is enjoying what you are eating and for lots of people this means eating cakes, biscuits and other treats found in this group! Foods in this section contain the most calories so half of them, or if you are watching your weight. Very often the fat used in producing these foods is saturated fat, which is damaging to the heart and blood vessels if eaten in large quantities.

When choosing spreading and cooking fats, look for those labelled ‘high in mono-saturates’. These are mainly found in olive, rapeseed and some vegetable oils. Although they still contain the same amount of fat, it is a different type of fat that actually protects the heart from damage unlike the saturated varieties.

Try to keep sugary foods and drinks to mealtimes to minimise damage to the teeth.

Other important parts of a healthy diet include cutting back on the amount of salt used. Using too much can cause high blood pressure, which can lead to strokes. Most of the salt in our diet comes from processed foods such as tinned and pre-packed foods, crisps, nuts, packet soups and ready meals.

**Drinks**

Whilst bearing in mind your food choices, spare a thought for your drinking. Eight non-alcoholic glasses a day will provide enough fluid to keep your body and brain well hydrated. At times of increased sweating e.g. in hot weather or when doing exercise, more fluid is needed. Water is the best drink for the body although you can count tea, coffee and squash as part of your eight glasses.

If you knew that the bubbles in fizzy drinks make these drinks very acidic? As well as eroding teeth, the fizz can damage bones. Why not choose a milk-based drink to help build and protect bones instead of one that will damage them? After all, we can’t clean our bones!!

**Alcohol**: Drinking within sensible limits can reduce the risk of heart disease. However, alcohol contains lots of calories and so your intake should be reduced if you are weight-watching.

‘Sensible’ limits are defined as 14 units per week for women and 21 units per week for men. A unit is half a pint of standard lager, one shot of spirit or one small glass of wine. Consuming all the units on one occasion (binge-drinking) is not advised. For those who drink alcohol, having 1-2 units per day and at least one alcohol free day is best.

**Get active and enhance your life!**

Walking is also an excellent way of getting healthy, fit and enjoying the great outdoors. Why not join in one of a series of led walks in and around Fareham? You don’t need to book a place on a walk and it’s FREE!

Led by trained volunteers, the walks vary in distance and ability and are ideal for beginners and those who just want to increase the amount of physical activity they do. Walking has many health benefits and is a great form of exercise as there’s very little impact on the joints. The only ‘equipment’ you need is a sturdy pair of shoes.

There’s a whole range of sports and activities out there to help you get fit, healthy and live to the full whatever your age or capability. At Fareham Leisure Centre you can swim, play badminton, squash, tennis and football. There’s a variety of fitness classes, ranging from aerobics, aquacise and circuit training to yoga and pilates.

With increasing awareness to become “healthier” the centre’s BodyMatters Health and Fitness Suite offers all the benefits of a private health club at a fraction of the price. Take advantage of the extensive ‘Health & Fitness Class Programme’, creche, swimming pool and sauna giving you more choice and value… you’ll be amazed at the difference it makes!

Fareham Leisure Card - Have you got yours yet?

Fareham Leisure Card offers discounts from between 5% and 50% on a whole range of leisure activities. With 7 more companies recently joining the scheme, there are now 42 outlets in and around Fareham where you can use the card. In addition to those previously listed, you can now use your Fareham Leisure Card at:

- Buds Florist
- Earnley Butterflies and Gardens
- Kitesurf UK
- Naz Indian Cuisine
- Portsmouth Greyhound Stadium
- Southsea Skate Park
- The Oakleaf Brewing Company Ltd

The cards cost just £4.75 per person, £11.60 for a family membership, £3.45 for a student card or FREE to some residents on a low income and are renewable annually. Joining the Fareham Leisure Card scheme couldn’t be easier, simply pick up a leaflet and application form from either Fareham Leisure Centre or Fareham Hall.

For more information about Fareham Leisure Centre, tel: 01329 233652, email: leisure.customerservices@fareham.gov.uk (please provide your name and address so information can be sent to you)

For more information about the Fareham Leisure Card or if your company would like to be part of the scheme

fareham.gov.uk or visit: www.fareham.gov.uk/leisure For details about led walks, tel: 01329 236100 ext: 2463, or write to: Health Improvement Team, Fareham Borough Council, Civic Offices, Civic Way, Fareham, PO17 6PX.

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Monthly alternate waste collections are coming - look out for more information through your door.

Waste and recycling collections in Fareham are changing later this year. In order to meet the recycling target of 40%, and reduce the amount of waste for disposal, your refuse will be collected one week and recyclables the next. Experience shows that weekly alternate collections do have a significant effect on boosting recycling rates and many other Councils in Hampshire and the UK now use this system.

It is also planned to return to the old practice of not allowing garden waste to be disposed of in the household waste (or recycling) bins. However, we’ll be starting a kerbside garden waste collection service which will initially be FREE.

A small number of households in the Borough don’t have a recycling bin mainly because of difficulties with access for the vehicle. We’re working on resolving these issues and all properties will have a recycling collection service before alternate weekly collections begin. In addition large households will be given advice to enable them to cope with this change.

Garden waste

Garden waste will be collected in a reusable polypropylene sack, which can be used around the garden and filled up as you go. You then put the full sack out on the kerbside on your designated day and it will be emptied and the sack returned to you. The garden waste will be composted into a good quality organic soil conditioner. Regrettably, this service can only collect garden waste. Kitchen waste such as fruit and vegetable peelings cannot be collected because it can’t go into public composting schemes due to foot and mouth regulations. However, you can join the thousands of Fareham residents who have their own composters, which are available from between £5 and £20. To order yours tel: 0845 073 0202

Promoting the recycling message

As well as articles in the previous issues of Fareham Today magazine, Project40 leaflets have been delivered all households in Fareham. The messages explained the need to meet our target to recycle 40% of household waste. The leaflet also explained the possible need to introduce these changes to collection methods should the target not be met. We welcome comments from residents, and many of you have already contacted us. These comments have been passed on to your local Councillors.

The Council has given a great deal of thought to opting for weekly alternate collections. We know that many of you are already doing a great deal to support Project40 by recycling your waste. However, analysis of the contents of green top bins indicates there are still many households who aren’t treating recycling seriously and sadly some have not even begun to give any thought to this problem which we all share.

Our recycling rates

Following an extensive communications campaign under the banner of Project40 the recycling rates were monitored fortnightly with the following results:

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Percentage</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>29/11/04 to 12/12/04</td>
<td>25.76%</td>
<td>These results show some improvement but we still fall short of our target of 40%. In view of this it will be necessary to introduce Alternate Weekly Collections to increase performance.</td>
</tr>
<tr>
<td>12/12/04 to 26/12/04</td>
<td>27.50%</td>
<td></td>
</tr>
<tr>
<td>27/12/04 to 9/1/05</td>
<td>23.61%</td>
<td></td>
</tr>
<tr>
<td>10/1/05 to 23/1/05</td>
<td>27.06%</td>
<td></td>
</tr>
<tr>
<td>24/1/05 to 6/2/05</td>
<td>27.38%</td>
<td></td>
</tr>
<tr>
<td>7/2/05 to 20/2/05</td>
<td>27.04%</td>
<td></td>
</tr>
</tbody>
</table>

For details of where to purchase your own fleece clothing made from bottles, as well as a whole range of recycled goods, visit: www.recyclenow.com

New website

The recycling and waste information on our website is being updated. To find your new recycling homepage (shown right), visit: www.fareham.gov.uk/recycling

Here you can find out all about recycling and disposing of your waste. We would like to know what you think of the new pages, how useful you find them and if there is anything else you would like to see covered on the site. We value your comments, so please contact us using any of the details given below.

For more information please contact the recycling team, tel: 01329 238100, email: waste@fareham.gov.uk or visit our website: www.fareham.gov.uk/recycling

WORKING WITH YOU TO RECYCLE YOUR WASTE
We’re unable to provide a treatment in respect of pigeons, foxes and bees. In the Rats are well known inhabitants of the foul water sewerage system, so please ensure you maintain in good repair, any ground on a regular basis.

If you feed wild animals and birds in your garden, please remember the food may also attract rodents to the area.

Pest Control
The Council offers a pest control service for the eradication of rodents (which is FREE for domestic premises) and certain insect infestations. The service for the eradication of fleas (pictured left) and wasps and certain other insects in any premises and for rodents in commercial premises carries a minimum charge of £44 inclusive of VAT.

Microchipping is one of the safest, surest and quickest ways of getting any lost animal back home. The process is simple, a small microchip (pictured left) is inserted between the animals shoulder blades, which is no more complicated than an injection.

Once chipped the animal has its own unique number. This number along with the owners details are logged on a national database. (Details must be updated if you move address, change telephone number etc). When a stray animal is picked up, it is scanned by either the Local Authority, the RSPCA, a vet, or animal welfare organisations etc. If a microchip is found and the details are correct then the owners can be contacted immediately and reunited with their pet.

So bring your dog or cat along to the Civic Offices, Civic Way, Fareham on either Saturday 11 or 25 June from 8.30am - 2.30pm and have them microchipped for just £16.

Microchipping

New Arrangements for Alcohol, Entertainment & Late Night Refreshment Licensing

Since the beginning of February the Council has been responsible for the new arrangements for alcohol, entertainment and late night refreshment licensing. The new licence enables the holder to sell/supply alcohol; provide public entertainment; and sell hot food and drinks between 11pm and 5am.

Existing Licence Holders

Holders of existing licences within Fareham must make an application to the Council to get a new licence in place for their start date in November 2005.

There is a period of approximately 6 months from February to 6 August 2005 for businesses and individuals to get their existing licences converted. A licence is required for any premises wishing to carry out any of the above activities and in addition any person who holds a Justices Licence is required to hold a new Personal Licence in order to be able to authorise the sale of alcohol.

Abolition of Permitted Hours

The new act removes permitted hours and therefore premises who carry out the above activities can also apply to vary their operating conditions in respect of both opening hours and entertainment or late night food provision.

However before such variations are granted applications are advertised on the premises, in the local press and on the Council’s website, this allows for persons, businesses or representatives of each to make representations to the Council if they feel in the vicinity of the premises making the application and are likely to experience problems in relation to the Licensing Objectives.

In addition such applications are copied to a number of other Authorities including: Police and Fire Brigade, to enable them to make representations.

Licensing Objectives

The new act sets down four licensing objectives which are:

- Prevention of Crime & Disorder
- Public Nuisance
- Public Safety
- Protection of children from harm

The Council’s licensing panel hears any applications for which representations have been made. However it can only vary or refuse an application to promote the licensing objectives.

Licensing Policy & Further Information

The Council has developed a Licensing Policy against which all of its licensing decisions will be based, has contacted premises holding existing licences with information on how to apply for converted licences and provided application forms and copies of its Licensing Policy. Further information is available on www.fareham.gov.uk

Housing Act 2004

The Housing Act 2004 received royal assent in November 2004. The act requires the licensing of high risk houses in multiple occupation, a new housing fitness standard and a requirement for sellers of properties to produce a home information pack for prospective purchasers.

The existing housing fitness standard which has been around for some 80 years, will be replaced towards the end of 2005 by the Housing Health and Safety Rating System (HHSRS). The concept of unfitness will be replaced by an assessment as to the general standard of houses in multiple occupation within Fareham Borough Council or you are a tenant in such a house and require an officer to assess the fitness of the same, please contact Health and Regulatory on the number below.

Part 2 of the Act introduces a mandatory national system of licensing for all houses in multiple occupation of three storeys or more and/or five or more occupants. The licences will last for five years.

Further information on this subject will be available later in the year, but should you wish to discuss the general standard of houses in multiple occupation within Fareham Borough Council or you are a tenant in such a house and require an officer to assess the fitness of the same, please contact Health and Regulatory on the number below.

The home information scheme is likely to come into force in 2007 and further information on this subject will emerge in regulations in due course.

For further information on microchipping; pest control; the new alcohol arrangements; or the Housing Act, please contact, tel: 01329 824387, email: health@fareham.gov.uk or visit: www.fareham.gov.uk
Fareham to represent Southern England in the Bloom UK finals

It’s Fareham in Bloom’s 10th anniversary year and it promises to be an exciting one following last year’s success with Fareham achieving two major regional awards in the South and Southeast in Bloom competition.

The Borough was awarded Winner in the Small City category against such places as Portsmouth and Poole and also won the Inter City category against all the other city categories in Southern England. The competition is of a very high standard and looks at everything from our landscaping and floral displays to the cleanliness of the Borough along with our community participation, parks promotion and education as part of Fareham in Bloom.

We should all be very proud of such an accolade and are grateful to our residents, In Bloom sponsors and volunteers who help make Fareham such a bright and pleasant place to live and work.

As a result of this success Fareham has been officially nominated to represent Southern England in the Bloom UK finals!

This is going to be a challenging year with a number of national judges visiting at various times, with regional judging in July followed by final judging in August.

Fareham in Bloom

Have you got what it takes to become a winning entry in this year’s gardening competition? We’re looking for amateur and budding horticulturists to bring a burst of colour to the Borough in 2005.

Supported by our principal sponsors Warner, Goodman and Streut Solicitors, the Fareham in Bloom campaign to Fill Fareham with Flowers has 20 classes to choose from this year. Whether it’s your treasured plant collection or the glory of your garden there is a category for you! The competition aims to be both light-hearted and recognise the efforts of individuals whose passion for plants and gardening really makes a difference. All entries are based on individual merit and awards from Bronze, Silver, Silver Gift and Gold are presented at a presentation in October - so if you’ve not taken part before then why not give it a go.

To enter this year’s competition simply fill in the application form (left) and return no later than Thursday 30 June.

Could you be an In Bloom Judge?

We’re looking for budding horticulturists to help judge the many competition entries we now receive. If you have some time during the first two weeks of July and feel you’d like to contribute to the ongoing success of our campaign then we’d like to hear from you!

Open Garden Scheme

In celebration of this special 10th anniversary year we have arranged, with the support of previous Prize Winning gardeners in the Borough to open their gardens for all to see. This wonderful one day event will be held on Sunday 17 July from 11am - 5pm when you can visit up to ten gardens for an all inclusive £3.50 in aid of charity. Tickets are bought at the first garden visited and refreshments will be available. A leaflet can be sent on request and will also be available from libraries, the tourist information centre and the Civic Offices.
Fareham Local Development Framework

How can you help shape the future of the Borough?

Fareham has become a prosperous, safe and attractive place to live and work. This has not happened by accident but by careful management of development and constant attention to the environment. The Council’s vision for Fareham’s future is based upon the assumption that residents want to preserve all that is good about Fareham, whilst increasing prosperity and making it an even more attractive place to live and work.

To ensure that this vision is achieved, the Council has started to prepare its new plan which will help shape the future of the Borough over the years to 2016. This plan is called the Fareham Local Development Framework (LDF). An essential part of its preparation will be the involvement of Fareham’s community.

Why does Fareham need a Local Development Framework?

Although there has been considerable development in the Borough for several decades, the Fareham LDF will need to provide for more homes, jobs, community facilities and other services for our children and grandchildren. It is important that this provision is managed and controlled through the Fareham LDF, so that the right amount of development is provided and is located in the best possible locations. As part of this process, the Fareham LDF will look at how development affects the social, economic and environmental well being of Fareham’s residents.

How much development will be needed?

The number of homes and the scale and type of economic development to be provided within Fareham, will be identified in the South East Plan. This Plan sets out the planning framework for the south east region and was published for comment in January 2005 by the South East of England Regional Assembly - there are more details on page 14.

South Hampshire Strategy

The draft South East Plan includes a strategy for South Hampshire, which puts forward a number of “sustainable managed growth” options that were developed by the Partnership for Urban South Hampshire (the partnership is made up of the various local authorities within South Hampshire, which includes Fareham). “Sustainable managed growth” is to be led by economic development (such as offices and industry) to help improve the economy of the area. It means that development should only take place if there is the right amount and type of infrastructure to support it, such as public transport, roads, and a range of facilities. The proposed strategy concentrates the new development on the cities of Portsmouth and Southampton.

The amount of homes and land that Fareham will need to provide is not yet known, but the public will be able to comment on draft numbers as part of further public consultation on the South East Plan In the Summer.

For more details on the Fareham LDF, visit our website: www.fareham.gov.uk/ldf or contact the Planning Policy Team, tel: 01329 236100 ext 2363/2318, email: ldf@fareham.gov.uk or write to: Planning Policy, Fareham Borough Council, PO Box 82, Civic Offices, Civic Way, Fareham PO16 7TT.
Fareham Local Development Framework

What will the Local Development Framework look like and how will it be prepared?

Unlike the current local plan which is just one document, the Fareham LDF, will be made up of a set of separate documents, as shown below.

How the local community will be involved

The Council will shortly be consulting on its draft Statement of Community Involvement. This will set out how the community can be involved in the preparation of all of the different LDF documents, as well as for planning applications.

The most important part of the Fareham LDF is the Core Strategy as this will set out the Vision for the Area and what approach will be taken for accommodating new development. The first stage will be to identify what issues face Fareham in the future and how these can be addressed.

The Council will also be preparing the following Supplementary Planning Documents in 2005:

- Guidance on providing Affordable Housing
- Development Briefs for existing allocated housing sites at Peters Road and Hunts Pond Road in Locks Heath, which will show how the sites will be developed in the future.
- Conservation Area Character Assessments for Town Quay and Osborn Road in Fareham which will identify and describe their special physical, architectural and historical features and set out key elements that need to be preserved or enhanced.

A summary of the timing of public consultation for each of the documents that will be commenced in 2005 is shown in the box below.

Your views are needed

You will have plenty of opportunities to give your views as part of the following consultations.

IMPORTANT DATES FOR YOUR CALENDAR 2005

Fareham Local Development Framework - public consultation dates

<table>
<thead>
<tr>
<th>Document</th>
<th>Date Starting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Town Quay Conservation Area Character Assessment (Draft)</td>
<td>April 2005</td>
</tr>
<tr>
<td>Core Strategy (Issues and Options)</td>
<td>May 2005</td>
</tr>
<tr>
<td>Statement of Community Involvement (Draft)</td>
<td>May 2005</td>
</tr>
<tr>
<td>Development brief for Peters Road</td>
<td>May 2005</td>
</tr>
<tr>
<td>Affordable Housing Guidance (Draft)</td>
<td>June 2005</td>
</tr>
<tr>
<td>Development brief for Hunts Pond Road</td>
<td>June 2005</td>
</tr>
</tbody>
</table>

Fareham’s website has updated information on the Fareham LDF at www.fareham.gov.uk/ldf. If you would like to find out more about the Fareham LDF, please contact a member of the Planning Policy Team.

Future editions of Fareham Today will keep you updated on the Fareham Local Development Framework and how you can get involved.

For more details on the Fareham LDF, visit our website: www.fareham.gov.uk/ldf or contact the Planning Policy Team, tel: 01329 236100 ext 2363/2318, email: ldf@fareham.gov.uk or write to: Planning Policy, Fareham Borough Council, PO Box 82, Civic Offices, Civic Way, Fareham PO16 7TT.
What’s the Plan about?
The key areas the Regional Assembly is seeking views on are jobs, homes, where to build, the countryside, essential services (eg hospitals, transport and schools), sharing success across the whole region, water, recreation and leisure, and the environment.

With such a large region and so many topics there are going to be differing views, which is why it is important that people complete and return their questionnaires.

We need to reach the right balance for the region. If we have jobs without homes, businesses may suffer from lack of staff. Building too few homes could lead to higher house prices and homelessness. However, building more homes in areas without jobs may mean unemployment. More development also uses up valuable land and can also add to congestion and our environmental impact.

What else do the Plan cover?
For three important subjects - transport, waste and energy - the Regional Assembly has already agreed plans to 2015 with Government following earlier consultation.

If you have any queries on the application of this new Building Regulation to electrical works you may be considering, please contact the Building Control Partnership, tel: 01329 824823 or email: buildingcontrol@fareham.gov.uk.

Contact your Councillors

Key to groups: Conservative Liberal Democrat

Abandoned Vehicles 2B3849 / 823487 health@
Abandoned Items 2A3487 parks@
Building Control 2B4823 building@
Complaints 2A5050 community@
Community Meetings 2B2593 community@
Community Development 2B4597 community@
Complaints 2B2591 community@
Council Tax 2B4545 counciltax@
Benefits 2A4465 benefits@
Business 2B2445 business@
Development Control 2B2437 / 2B2434 community@
Dog Control 2B3849 / 823487 health@
Drainage Problems 2B2593
Council Property 2B4830 housing@
Highways - 2B2445 (outside lights, pond pumps etc)
hants.gov.uk
2B2445 housing@hants.gov.uk

Emergency Out of Hours 0800 374485
Emergency Highways 045 045 4545
Environmental Health 823487 / 823487 health@
Emergency Services 2A4245 emergencieservices@
Economic Development 2B2466 economicdevelopment@
Electricity 2A4245 electricity@
Estate Control 2B2445 estatecontrol@
Environment 2A4445 environment@
Environment Agency 2B2445 environment@
Environment Agency 2A3487 environment@
Environment Agency 2B2445 environment@
Environment Agency 2B2445 environment@

Exemptions
All floor heating systems
All Extra Low Voltage systems
Generators
Swimming pools
Saunas

Floor and Heating systems
Photovoltaic systems (Solar Panels)
Power supply in gardens (outside lights, pond pumps etc)

The scope of the electrical work covered in Part P includes:

• New Installations, plus;
• Alterations;
• Additions;
• All electrical work in Kitchens (except accessible changes) - all devices supplied to Sheds, Greenhouses, other Detached Buildings.

Except in kitchens and bathrooms, minor repairs to existing fittings, or adding extra sockets or light fittings to an existing circuit are excluded from the new regulations.

If any installer on the approved list wishing to self certify their work must use BS 7671:2001 as the standard by which compliance with Part P can be achieved. Any deviation from this standard will require a Building Regulation application to be made.

Before you sign a contract for any electrical work covered by the requirements of Part P be sure to ask whether the installer is able to self certify. If not, either they, or you, will need to make an application to the local authority for approval under the Building Regulations, and pay the relevant charge.

If you are considering DIY electrical work, please be aware that this new Regulation is equally applicable and an application will be required subject to the above exclusions.
## Show Dates for your Diary

### APRIL

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu 14</td>
<td>8pm</td>
<td>Beyond Broadway</td>
<td>£14</td>
</tr>
<tr>
<td>Fri 15</td>
<td>7:30pm</td>
<td>Mayor of Fareham’s Charity Ball</td>
<td>£35</td>
</tr>
<tr>
<td>Sat 16</td>
<td>10:30am, 1:30, 4:30 &amp; 7:30pm</td>
<td>Movie - National Treasure (PG)</td>
<td>10:30am - £1.50, Matinee - £3 (£2.50 - Leisure Card), Evening - £4 (£3.50 - Leisure Card)</td>
</tr>
<tr>
<td>Tue 19</td>
<td>2pm</td>
<td>Movie - The Aviator (12A)</td>
<td></td>
</tr>
<tr>
<td>Fri 22</td>
<td>8pm</td>
<td>The Unforgettable Music of Nat King Cole</td>
<td></td>
</tr>
<tr>
<td>Sat 23</td>
<td>7:30pm</td>
<td>Fareham Philharmonic Society</td>
<td>£10.50</td>
</tr>
</tbody>
</table>

#### U16 £2)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue 26 - Sat 30</td>
<td>7:30pm</td>
<td>Gosport Amateur Operatic Society presents: Kiss Me Kate</td>
<td>£9 (Over 60s &amp; U16 £8)</td>
</tr>
<tr>
<td>Sat 30</td>
<td>10:30am</td>
<td>Movie - Five Children and It (U)</td>
<td>All tickets £1.50</td>
</tr>
</tbody>
</table>

### MAY

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun 1</td>
<td>1pm</td>
<td>Sooty Show</td>
<td>£8.50 (SuperSaver 4 seats £30)</td>
</tr>
<tr>
<td>Tue 3</td>
<td>8pm</td>
<td>Absolute Earth Wind and Fire</td>
<td>£14.50</td>
</tr>
<tr>
<td>Sun 8</td>
<td>7:30pm</td>
<td>Television, Sex and Football</td>
<td>£15 (£14 - Leisure Card)</td>
</tr>
<tr>
<td>Sat 14</td>
<td>6:30pm</td>
<td>Centre Stage presents: Magic of the Movies</td>
<td>£8.50 (£60s &amp; U16 £8)</td>
</tr>
<tr>
<td>Wed 18</td>
<td>8pm</td>
<td>Over the Rainbow - Songs in the Life of Eva Cassidy</td>
<td>£14.50 (£13.50 - Leisure Card)</td>
</tr>
<tr>
<td>Fri 20</td>
<td>8pm</td>
<td>Tony Jacobs and the Creamcracker Jazz Band</td>
<td>£12 (£11 - Leisure Card)</td>
</tr>
<tr>
<td>Sat 21</td>
<td>7:30pm</td>
<td>Havant Chamber Orchestra</td>
<td>£14.50, £12, £9.50, £5.75 (Students ½ price, U16 £1)</td>
</tr>
<tr>
<td>Wed 25</td>
<td>8pm</td>
<td>Richard Digance</td>
<td>£14 (£13 - Leisure Card)</td>
</tr>
<tr>
<td>Thu 26</td>
<td>8pm</td>
<td>The Best Blues Brothers Show in the World - Ever</td>
<td>£14.50 (£13.50 - Leisure Card)</td>
</tr>
<tr>
<td>Sun 29</td>
<td>9:30am</td>
<td>Great Indoor Sale</td>
<td>Admission FREE, £10 per 6’ table</td>
</tr>
</tbody>
</table>

### JUNE

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 1</td>
<td>1 &amp; 3:30pm</td>
<td>Bananas in Pyjamas</td>
<td>£8 (SuperSaver 4 seats £28)</td>
</tr>
<tr>
<td>Mon 6</td>
<td>8pm</td>
<td>An Evening with Gervase Phinn</td>
<td>£14.50 (£13.50 - Leisure Card)</td>
</tr>
<tr>
<td>Wed 8</td>
<td>8pm</td>
<td>Ken Colyer New Orleans Jazz Band</td>
<td>£12 (£11 - Leisure Card Groups of 10+ £11)</td>
</tr>
<tr>
<td>Thu 9</td>
<td>2:30pm</td>
<td>Roll Out the Barrell</td>
<td>£12.50</td>
</tr>
<tr>
<td>Thu 16 - Sat 18</td>
<td>7:30pm</td>
<td>Exposed Productions presents: L’Attitudes</td>
<td>£12 (Over 60s &amp; U16 £9)</td>
</tr>
<tr>
<td>Sun 26</td>
<td>2:30pm</td>
<td>Organ Concert: The Longhorn Trio</td>
<td>£6 (U16 £2) available from 01329 286666 or on the door</td>
</tr>
<tr>
<td>Tue 28</td>
<td>8pm</td>
<td>One Night of Queen</td>
<td>£13.50</td>
</tr>
<tr>
<td>Thu 30</td>
<td>8pm</td>
<td>Voice of the Heart: The Carpenters</td>
<td>£14 (£13 - Leisure Card)</td>
</tr>
</tbody>
</table>

N.B. Details may be subject to change. For a full list of what’s on at Ferneham Hall and to book your seats, please contact the Box Office, tel: 01329 231942 or email: boxoffice@fareham.gov.uk