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 over-weight or obese. Being too heavy for your height increases risk of heart problems including high blood pressure, which can make exercise more 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.

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 need to be limited if you are watching your weight. Very often the fat used in products these foods are 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 monounsaturates’. 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.

Did you know that the bubbles in fizzy drinks make these drinks very acidic? As well as eroding teeth, the fiz 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 but three 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’, crèche, 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 wide 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
- Nas Indian Cuisine
- Portsmouth Greyhound Stadium
- Southampton 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, PO16 7PX. For offer discounts, please contact the Leisure Card Officer, tel: 01329 234894 on Tuesdays and Thursdays.

Emily Butler
Fareham Leisure Centre
Weekly 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 once each 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 kerbside garden waste collection service which will initially be FREE. 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 2002.

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>Dates</th>
<th>Recycling Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>29/11/04 to 12/12/04</td>
<td>25.76%</td>
</tr>
<tr>
<td>12/12/04 to 26/12/04</td>
<td>27.50%</td>
</tr>
<tr>
<td>26/12/04 to 9/1/05</td>
<td>23.61%</td>
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<tr>
<td>9/1/05 to 23/1/05</td>
<td>27.06%</td>
</tr>
<tr>
<td>23/1/05 to 6/2/05</td>
<td>27.38%</td>
</tr>
<tr>
<td>2/3/05 to 20/2/05</td>
<td>27.04%</td>
</tr>
</tbody>
</table>

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.

Figures don’t include adjustments for contaminated recycling.

The new system

When the weekly alternate collections are introduced, we ask that you please bear with us and we’ll do our best to respond to any queries you may have as quickly and sympathetically as possible. Details of the new arrangements and information on the garden waste collection scheme will be delivered through your door when the scheme is due to start in your area.

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

From Shop to Hat...
The journey of one plastic bottle

You’ve enjoyed the drink and put the empty bottle in your blue top bin, but have you ever wondered what happens to it after that?

1. Our collection crews empty your bin
2. They deliver their load to the Materials Recycling Facility (MRF)
3. At the MRF, everything is sorted into the different materials along a conveyor belt. This is why everything must be loose, not in bags or bin liners, as the workers need to see what they’re sorting. Our plastic bottle is sorted into a skip with bottles of the same type of plastic.
4. Once sorted, the skip load of bottles is crushed and baled, and loaded onto lorries for the journey to the reprocessing factory.
5. At the factory, the bales are broken apart and the bottles cut up into small flakes. These flakes are washed in a big whirlpool bath which removes any labels and dirt. Giant industrial dryers blow the flakes dry. They are then packed into bags or boxes to be recycled. The water used to clean the plastic is filtered and then reused for the next batch of plastic.
6. Our fizzy drink bottle will be recycled into a variety of things, such as industrial strapping, hard wearing wall coverings, or fibre fillings for sleeping bags, duvets and anoraks. Soft drinks bottles are now used to make fleece clothing. It takes about 5 bottles to make one fleece hat and about 25 bottles to make one fleece jacket. Other types of plastic bottles are recycled to make drain pipes, garden furniture, compost bins, signposts, or watering cans. More and more uses are being found all the time for recycled plastic.

For more information please contact the recycling team, tel: 01329 236100, email: waste@fareham.gov.uk or visit our website: www.fareham.gov.uk/recycling

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.

WORKING WITH YOU TO RECYCLE YOUR WASTE

For more information please contact the recycling team, tel: 01329 236100, email: waste@fareham.gov.uk or visit our website: www.fareham.gov.uk/recycling
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. We suggest that you put the food in sturdy, pest proof containers above the ground with fallen debris being cleared from the case of bees, it is advisable to contact the British Beekeepers Association, tel: 02476 696679. Please be aware that as with bees, wasps control treatment.

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.

Microchipping is the process of scanning for microchips or other forms of identification. These animals may never be identified.

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.

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 live 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 extent to which a house is free from hazards to health and safety. The HHSRS places the emphasis on the occupant rather than the building. In respect of the Health & Regulatory Services section, this change in legislation will be relevant in respect of privately tenanted property.

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
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 Britain in 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 amateurs and budding horticulturists to bring a burst of colour to the Borough in 2005.

Supported by our principal sponsors Warner, Goodman and Streit 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 which makes you feel proud we have something for you!

The competition aims to be both light-hearted and realises 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 now than 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 here 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.

Photo: Supplied

Our new Friday programme (as part of the Events Guide for 2005) to fill the summer hols offers a range of environmentally based fun and games sessions to fill some of those long summer days. Whatever your interests and whatever the season, our events aim to inspire and delight. This together with the delightful settings in which they are held, combine to make the events both educational and a pleasure to attend.

The new guide and booking forms are available from the Tourist Information Centre, Community Centres, Libraries and the Civic Offices or on-line.
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.

How will the Local Development Framework affect you?

There are many important matters that need to be looked at when developing a planning framework for the Borough, including the relevant policies and strategies that have been developed by other groups and organisations. These make an important contribution to the well being of Fareham’s community, for example the Community Strategy which was developed by Fareham’s Local Strategic Partnership.

The Fareham LDF will need to promote development that meets the needs of the present without compromising the ability of future generations to meet their own needs. This means looking at:

Jobs and the economy

In order to create jobs and prosperity for Fareham, it is essential to provide land for new businesses to be set up and to allow existing businesses to expand, change and adapt. Studies have been undertaken which have assessed business needs and existing provision.

New homes

A variety of sites within existing urban areas (which have typically been developed previously) will continue to provide land for new houses, but it is unlikely to be enough to meet all of Fareham’s housing needs. Therefore it is likely that some homes will have to be developed on greenfield sites. Studies carried out for the Council have identified a particular need to provide more affordable housing, mostly for the children of existing residents.

Community, Recreation, Health and Education Facilities

Community facilities are an essential part of improving the community’s quality of life. Areas of public open space, such as parks, children’s playgrounds and sports pitches will need to be protected and improved. The Fareham LDF will need to help the Fareham and Gosport Primary Care Trust to create a new community hospital at Coldeast, and identify sites needed for new doctors’ surgeries and other health care facilities. Together with the Education Authority, the Fareham LDF will also help deliver any new or expanding schools, where additional provision is needed to accompany new housing development.

Transport

We will have to ensure that the new homes, businesses and facilities are built in places with good access to public transport and services, so that the need to travel by car is reduced. New development will also need to contribute towards improved roads, footpaths, cyclepaths, public transport and other services.

Environmental Protection

In some parts of the Borough, development will need to be limited. These include areas at risk from flooding and highly valued environments such as the Solent coastline and the Meon Valley. Any new development near sites providing habitats for wildlife and supporting important species will need to be managed carefully to minimise any harm.

High quality and sustainable design

It is important that new development within the Borough is of the highest quality in terms of its design, use of materials and the public spaces that are created. Land should be used efficiently, while respecting the character of the existing neighbourhood, particularly in historic Conservation Areas. The Fareham LDF will also promote development that is constructed and designed to be more efficient in the use of natural resources over the long-term, to reduce impacts on the environment.

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

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.

<table>
<thead>
<tr>
<th>Date starting</th>
<th>Document</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 2005</td>
<td>Town Quay Conservation Area Character Assessment (Draft)</td>
</tr>
<tr>
<td>May 2005</td>
<td>Core Strategy (Issues and Options)</td>
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<tr>
<td></td>
<td>Statement of Community Involvement (Draft)</td>
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<tr>
<td></td>
<td>Development brief for Peters Road</td>
</tr>
<tr>
<td>June 2005</td>
<td>Development brief for Hunts Pond Road</td>
</tr>
<tr>
<td></td>
<td>Affordable Housing Guidance (Draft)</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.
The East South Plan - Your Shout!

South East England is an attractive place to live and work, but if we want it to stay that way we need to plan now to make sure our children and grandchildren continue to enjoy a good quality of life.

The South East England Regional Assembly has produced a draft document called the South East Plan. It includes important choices about development in our region to 2026. The Assembly is looking for public opinion on these choices from 24 January to 15 April 2005. During this period a questionnaire is being sent to every household in the region so watch out for a leaflet giving you a chance to have “Your Shout” soon.

Over the next 20 years, the region’s population could grow by 900,000 increasing the demand for homes and jobs. Two thirds of this new homes is expected to come from people already living in the South East, rather than people moving from elsewhere. We need to plan ahead to balance the need for good jobs and successful businesses with the need to maintain a high quality environment. We must also ensure that new development goes in hand with infrastructure and services.

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, environment and services.

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

We need to reach the right balance for the region. If we have no jobs, 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 policies to 2016 with Government following earlier consultation.

Elections

On Thursday 5 May electors in the Borough will have an opportunity to vote for their Hampshire County Council representatives. There will be seven seats in contention, two of them covering the Fareham area so residents in the Fareham wards will each have two votes. It is also possible that a general election of MPs will be called for the same day. Nomination of county council candidates will take place about a month before; details will be published on the Council’s website and on public notice-boards throughout the Borough.

Polling cards will be delivered to all electors to let them know where to go to vote, but you do not need a polling card to vote as long as you are registered. Alternatively, an elector may vote by post - if you wish to do so, please apply now. Contact details are shown below.

Moved House?

If you move, you can register as an elector for your new address right away. Registration forms are available from Election Services. To be eligible to vote in May, you will need to have submitted your application to be registered by 11 March.

Contacting the Council

Below are the telephone and e-mail contact details for the most commonly requested Council services. For other services please contact the Council switchboard direct, tel: 01329 236100. All four digit numbers are extensions through the switchboard. Six digit numbers are direct lines and follow 01329. For email addresses, @ is followed by fareham.gov.uk. Text 0776 131415 to report vandalism, graffiti, litter and abandoned vehicles.

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.

Emergency Out of telfone: 0800 374448 - Highway Emergency tel: 0845 045 4545

For more information see: www.southeast-ra.gov.uk/southeastplan or phone the 24 hour information line, tel: 01483 555 208.
### APRIL

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tr>
<td>Thu 14</td>
<td>8pm</td>
<td>Beyond Broadway</td>
<td>£14 (£13 Leisure Card)</td>
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<td>Fri 15</td>
<td>7:30pm</td>
<td>Mayor of Fareham’s Charity Ball</td>
<td>£35</td>
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<tr>
<td>Sat 16</td>
<td>10:30am</td>
<td>Movie - National Treasure (PG)</td>
<td>10:30am - £1.50</td>
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<td></td>
<td>1:30, 4:30 &amp; 7:30pm</td>
<td>Matinee - £3 (£2.50 Leisure Card)</td>
<td></td>
</tr>
<tr>
<td>Tue 19</td>
<td>2pm</td>
<td>Movie - The Aviator (12A)</td>
<td>Matinee - £3 (£2.50 Leisure Card)</td>
</tr>
<tr>
<td></td>
<td>&amp; 7:30pm</td>
<td>Evening - £4 (£3.50 - Leisure Card)</td>
<td></td>
</tr>
<tr>
<td>Fri 22</td>
<td>8pm</td>
<td>The Unforgettable Music of Nat King Cole</td>
<td>TBC</td>
</tr>
<tr>
<td>Sat 23</td>
<td>7:30pm</td>
<td>Fareham Philharmonic Society</td>
<td>£10.50 (Over 60s £9, Students £5.</td>
</tr>
</tbody>
</table>

### MAY

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Ticket Prices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun 1</td>
<td>1pm &amp; 4pm</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 (Over 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>Ticket Prices</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</td>
<td>7:30pm</td>
<td>Exposed Productions presents: L’Attitudes</td>
<td>£12 (Over 60s &amp; U16 £9)</td>
</tr>
<tr>
<td>Sat 18</td>
<td></td>
<td></td>
<td></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

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**Show Dates for your Diary**

**TV, Sex & Football**

- **APRIL**
  - Thu 14 8pm: Beyond Broadway
  - Fri 15 7:30pm: Mayor of Fareham’s Charity Ball
  - Sat 16 10:30am, 1:30, 4:30 & 7:30pm: Movie - National Treasure (PG)
  - Tue 19 2pm & 7:30pm: Movie - The Aviator (12A)
  - Fri 22 8pm: The Unforgettable Music of Nat King Cole
  - Sat 23 7:30pm: Fareham Philharmonic Society

- **MAY**
  - Sun 1 1pm & 4pm: Sooty Show
  - Tue 3 8pm: Absolute Earth Wind and Fire
  - Sun 8 7:30pm: Television, Sex and Football
  - Sat 14 6:30pm: Centre Stage presents: Magic of the Movies
  - Wed 18 8pm: Over the Rainbow - Songs in the Life of Eva Cassidy
  - Fri 20 8pm: Tony Jacobs and the Creamcracker Jazz Band
  - Sat 21 7:30pm: Havant Chamber Orchestra
  - Wed 25 8pm: Richard Digance
  - Thu 26 8pm: The Best Blues Brothers Show in the World - Ever
  - Sun 29 9:30am: Great Indoor Sale

- **JUNE**
  - Wed 1 1 & 3:30pm: Bananas in Pyjamas
  - Mon 6 8pm: An Evening with Gervase Phinn
  - Wed 8 8pm: Ken Colyer New Orleans Jazz Band
  - Thu 9 2:30pm: Roll Out the Barrell
  - Thu 16 7:30pm: Exposed Productions presents: L’Attitudes
  - Sat 18 7:30pm: Organ Concert: The Longhorn Trio
  - Sun 26 2:30pm: Group of 10+ £11
  - Tue 28 8pm: One Night of Queen
  - Thu 30 8pm: Voice of the Heart: The Carpenters

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**N.B.** All information given in this issue is correct at the time of going to press.