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.

The right eating 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.

### The Balance of Good Health

- **Fruit and vegetables**
- **Breads, other cereals and potatoes**
- **Foods containing fat and foods containing sugar**
- **Milk and dairy foods**
- **Meats, fish and alternatives**

### 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 1 ounce of hard 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. herrings, 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 a pint of standard large beer is one shot of spirit or one small glass of wine. Consuming all these foods 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.

### 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 large beer, one shot of spirit or one small glass of wine. Consuming all these foods 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 life 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 whole range of leisure activities. With 7 more £3.45 for a student card or £6.90 for a family membership, there are now 42 outlets in and around Fareham where you can use the card. In the 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 Library.
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 a 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 2002.

Promoting the recycling message

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

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.

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Our recycling rates

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Recycling Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>28/11/04 to 12/12/04</td>
<td>25.76%</td>
</tr>
<tr>
<td>12/12/04 to 26/12/04</td>
<td>27.56%</td>
</tr>
<tr>
<td>27/12/04 to 9/1/05</td>
<td>23.61%</td>
</tr>
<tr>
<td>10/1/05 to 23/1/05</td>
<td>27.06%</td>
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<tr>
<td>24/1/05 to 6/2/05</td>
<td>27.38%</td>
</tr>
<tr>
<td>7/2/05 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.

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 fuzzy 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 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.
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 ground, in roof spaces or hanging from tree branches.

If you feed wild animals and birds in your garden, please remember the food may also attract rodents to the area. Individuals in receipt of income support are not normally required to pay for any pest control treatment. If you find wild animals and birds in your garden, please remember the food may also attract rodents to the area. We suggest that you put the food in sturdy, pest proof containers above the ground with fallen debris being cleared from the ground, in roof spaces or hanging from tree branches.

Pests 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 ground, in roof spaces or hanging from tree branches.

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.

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.

Individuals in receipt of income support are not normally required to pay for any pest control treatment. If you find wild animals and birds in your garden, please remember the food may also attract rodents to the area. We suggest that you put the food in sturdy, pest proof containers above the ground with fallen debris being cleared from the ground, in roof spaces or hanging from tree branches.

We’re unable to provide a treatment in respect of pigeons, foxes and bees. In the case of bees, it is advisable to contact the British Beekeepers Association, tel: 02476 699679. Please be aware that as with bees, wasps are beneficial insects and therefore should only be destroyed if causing a nuisance due to their location, for example, nests in the ground, in roof spaces or hanging from tree branches. Please note, due to the height of certain nests, the pest control officer may inform you that they are unable to treat for health and safety reasons. You will not be charged for the visit unless a treatment is undertaken.

Please help us identify vulnerable land
Every year a number of gypsies and travellers illegally encamp on our land and although the Council works hard to substantially protect the land, there are areas that go undetected. If you see land across the Borough that appears particularly vulnerable to a possible invasion by gypsies and travellers (eg. if fencing, gates or barriers are damaged, which could make access for the travellers onto the land easier) then we’d be grateful if you could let us know about it.

Please contact Health & Regulatory, tel: 01329 236100 ext 2393 or email: health@fareham.gov.uk. If the land is Council owned we will arrange to make repairs, and if the land is privately owned we will contact the owner and offer them advice.

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 anyone 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 rented 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.
**Open Garden Scheme**

**For more information contact:** Horticultural and Education, Matt Wakefield, tel: 01329 824543, email: parks@fareham.gov.uk or visit: www.fareham.gov.uk/parks

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**Art in the park**

**The Children’s Art Competitions** continue to be popular with an opportunity for children of all ages to get arty and creative by colouring, decorating or designing a piece of artwork. This year’s theme is set around The Sea and our Coastline.

There are three categories for 2005. Pre school children can create a picture entitled ‘My Favourite Fish’ and children aged 5-8 years may produce their piece with the title ‘On the Sea Shore’.

Older children from eight to eleven years can also create their masterpiece by designing a flower bed with the title ‘The Sea Bed’.

The winning entry will be turned into a floral flower display in a park for the summer of 2006.

For all categories an A4 template picture frame printed on white paper gives an opportunity to do your own thing using whatever materials you wish to show off your artistic flair!

**Photographic Competition**

New for this year there are classes for older children between 12 and 18 years as well as adults with one of two creative art photographic categories. Participants can capture their winning shot in either black and white or colour with this year’s theme, ‘Life on the Beach’.

An exhibition of all entries will be on display in Fareham Shopping Centre during the autumn.

A guide and application are available as detailed below.

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**Get outside for 2005**

Each year we work hard to find new and fun ideas to promote the rich and wonderfully varied sites that we have in the Borough and this year along with some of our most popular days there are some great and quite different events on offer.

New for 2005 is a *Creepy Crawly Day* where you can get close to those eight legged beauties - the Spiders, and even go on a study of moths by torchlight!

We also have a number of themed seasonal fun days with a *Foreshore Foray* where you can take a closer look at life beyond the ocean wave and the array of marine wildlife that can be found on the beaches at Hill head whilst taking time to sample some of our flaky friends!... and get ready for a night of ghost busting at one of our woodland parks in an exploration to relive some *tingling tales*!
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 7TF

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 Moon 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.
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.

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 separate documents will be prepared at different times over the next few years. The role of each of these documents and a detailed timetable for their preparation has been set out in the Local Development Scheme, which can be viewed on the Council’s website at www.fareham.gov.uk/ldf or you can receive or collect a copy from the Civic Offices.

IMPORTANT DATES FOR YOUR CALENDAR 2005

Fareham Local Development Framework - public consultation dates

Note: public consultation will last for 6 weeks

<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>
</tr>
<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>
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<td></td>
<td>Affordable Housing Guidance (Draft)</td>
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### Show Dates for your Diary

#### APRIL

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Thu 14</td>
<td>8pm</td>
<td>Beyond Broadway</td>
<td>£14 (£13 Leisure Card)</td>
</tr>
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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 &amp; 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>Matinee - £3 (£2.50 - Leisure Card) Evening - £4 (£3.50 - Leisure Card) TBC</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 (Over 60s £9, Students £5)</td>
</tr>
</tbody>
</table>

#### U16 £2)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue 26</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>£1.50</td>
</tr>
</tbody>
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#### MAY

<table>
<thead>
<tr>
<th>Date</th>
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<th>Event</th>
<th>Details</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>
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#### JUNE

<table>
<thead>
<tr>
<th>Date</th>
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<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed1</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