

10/25/26

DATE	PAYEE	DESCRIPTION	AMOUNT
Jan			
1	NFDC (Town Hall)	National Non-Domestic Rate Council Offices & Premises 2025/26 November	£499.00
	NFDC (Fawcetts)	National Non-Domestic Rate Sports Ground & Premises 2025/26 November	£419.00
6	Vodafone	Monthly mobile phone charges - 20 mobiles	£291.18
9	Bashley Village Hall	Deposit for Hall Hire for Mayor's Quiz on 07/03/26	£100.00
12	BPCE	Replaces Societe Generale. Kubota Contract Hire	£303.40
14	nalc	Event for Town Development Manager on funding options beyond the precept	£60.00
16	All Clear Pest Control	Rodent Control at Rugby Club, Fawcetts Field & Bowls Club	£195.00
	Ampfield	6 SLR deployments across 2 dates at various locations	£330.00
	AquaCare	January Water Hygiene Monitoring at Bowls Club	£83.12
	Christchurch Garden Machinery	Hedge cutter Repairs Including Materials & PPE Equipment	£134.52
	Christchurch Scout Band	Donation for Supporting Remembrance Day Parade	£100.00
	Cleaning Angels UK	Changing Room Cleaning at Ashley Pavillion x3	£150.00
	DCK Accounting	Accounting Support for November & December 2025, plus investement work	£804.44
	DCK Payroll	Monthly payroll processing - December	£169.92
	Dale Carnegie	Online Leadership Training Course for 3 Officers	£4,320.00
	Eden Springs	Monthly water cooler rental and 18.5ltr bottles	£7.09
	Fireguard Services	Service & Reseal 1 Fire Extinguisher	£36.12
	GDPrint	Leaflets for Milton Churchyard Heritage Walk	£42.00
	South Coast Sports	4 Days Sports Coaching at Ashley Family Hub (HAF) funded by HCC	£800.00
	Gym Tin	2 Days Gym Tin Training for New Milton Youth Holiday Programme (HAF)	£400.00
	HCC (Hants LGPS)	Pension Contributions - December 2025	£12,953.66
	HMRC Cumbernauld	Tax and NIC - December 2025	£15,560.51
	John Shutler	High Priority Tree Works	£4,435.71
	Juice	Poster Design for Ashley Family Hub & Citizen of the Year (£150) Website Updates (£48)	£198.00
	Kat Marsh	2 Days Rugby Coaching (HAF) funded by HCC	£230.00
	Keffen Plant Hire	Removal of log and tonne bag at Fawcetts (£93.60), and clearance of arisings at Ballard Meadow following work carried out by the Friends of Ballard Water Meadow Group (£199.50).	£293.10
	New Forest Association	NFA Annual Membership Subscription	£22.00
	npower	Site wide electricity charges for period October & November	£832.37
	NMSB	General Waste Site Wide	£306.00
	NFDC	Dog Club Planning Application	£294.00
	New Forest Stationers	Stationery Supplies for Town Council usage	£25.97
	New Milton Advertiser	1 Week of Official Unveiling Advert In Paper re Churchyard Heritage Walk	£261.60
	St Mary's Church	Hire of Hall & Kitchen for St Mary Magdalene Churchyard Signage Unveiling	£66.00
		Carried Forward	£44,723.71

10/25/26

		Bought Forward	£44,723.71
	Play Inspection Company	Statutory Annual Play Area Inspections: Ashley, Doe Copse, Long Meadow & Recreation Ground including MUGA	£492.00
	Rejuvenate	Provision of managed services, including pre-paid remote IT support	£1,261.20
	ACT	NEBOSH learning materials and exam fees for employee	£666.40
	SLCC	14th Edition Local Council Administration Book	£149.40
	SSE	Cable damage repair at Fawcetts Field - Recharge to Pétanque Club	£453.74
	SETON	Open Spaces warning signs	£98.53
	SHARP	Quarterly rental of photocopier & copies as required	£705.06
	Stacey Miller	3 Wellbeing Workshops - HAF funded by HCC	£150.00
	Timothy Rice	Organist's Fee for Mayor's Carol Service	£60.00
	Travis Perkins	Hand Tool for Estates & Facilities team	£21.35
	Tullagh Ensemble	Donation following performance at Mayor's Carol Service	£75.00
	Viking	Paper and stationery supplies for Town Council offices	£110.06
	Vita play	Playground Inspections & maintenance December 2025	£351.12
	Waste Management	Mixed Municipal Waste at Ashley Sports Ground - Re-Chargeable	£283.78
	Wessex Sound	Sound Hire for Remembrance Sunday Service Sunday 9th November	£330.00
20	Worldpay	Website Payment Function (Currently not in use/ earmarked for future)	£15.00
28	Citation	On-Site H&S Consultancy - Up to Half Day - monthly charge	£62.81
30	All Clear Pest Control	Rodent Control at Bowls Club	£65.00
	Anthony Harris	Correspondence and attendance with Commercial Lease of Empire Skate building	£1,200.00
	AquaCare	January Water Hygiene Monitoring & 1 date in November (£1,180.91) Leak repair at Ashley Pavillion (£420)	£1,600.91
	Arnewood School	Shrek sound sponsorship (£300) advert for Ashley Hub (£99)	£399.00
	Cleaning Angels UK	Changing Room Cleaning at Ashley Pavillion x2	£140.00
	DAPTC	Online advert for Estates & Facilities Manager	£50.00
	Greenlock Electrical	Site wide remedials on Emergency Lighting (£1,050.31) including replacement of failed emergency lighting at Ashley, Fawcetts & Fernhill (£4,102.90)	£5,153.21
	npower	Site wide electricity charges for period 01-31 December 2025	£855.09
	NMRFC	Ashley Youth Hub Electricity Charge	£647.17
	Pitney Bowes Ltd	Quarterly Rental of Franking Machine	£90.60
	Rejuvenate	Line rental (£173.39) New server cabinet including installation (£2,829.08)	£3,002.47
	SLCC	Advertising for Estates & Facilities Manager	£266.40
	Screwfix	Christmas tree base	£10.49
	John Shutler	Tree works	£2,186.71
	Staff/ Members	Salaries and Expenses - January 2026	£42,298.20
	TimberTrade	Supplies for fence repairs at Fawcetts	£18.00
	Travis Perkins	Materials for Estates & Facilities team	£18.51
31	Lombard	Vehicle leasing, DY20HTT, DX67UYD, BC21NLU, BV71ZJZ, BW21NYH - Dec	£2,452.61
		TOTAL	£110,463.53

SUMMARY

Appendix 2

MONTHLY MANAGEMENT ACCOUNTS - JANUARY 2026

	Actual Jan £	Budget Jan £	Var £	Var %	Actual YTD £	Budget YTD £	Var £	Var %	Annual Budget £	Amount Left £	Left %
AMENITIES	44166	57254	-13088	-23%	627894	662040	-34146	-5%	834451	206557	25%
F&GP	45845	46682	-837	-2%	479628	494527	-14899	-3%	615776	136148	22%
TOTAL	90011	103936	-13925	-13%	1107522	1156567	-49045	-4%	1450227	342705	24%

AMENITIES

MONTHLY MANAGEMENT ACCOUNTS - JANUARY 2026

	Actual				Budget				Annual Amount			
	Jan	Jan	Var	Var	YTD	YTD	Var	Var	Budget	Left	Left	
	£	£	£	%	£	£	£	%	£	£	%	
Amenities - General												
Wages & Salaries	26357	25475	882	3%	266497	254749	11748	5%	305700	39203	13%	
Ers NI	3328	3293	35	1%	33835	32927	908	3%	39513	5678	14%	
Ers Pension	4623	4188	435	10%	46092	41880	4212	10%	50256	4164	8%	
Skip Hire	0	292	-292	-100%	2425	2917	-492	-17%	3500	1075	31%	
Tree Work	1822	3333	-1511	-45%	21809	33333	-11524	-35%	40000	18191	45%	
Tree Planting	60	458	-398	0%	6039	4583	1456		5500	-539	-10%	
Signs	0	333	-333	0%	0	3333	-3333		4000	4000	100%	
Vehicle Maintenance	47	1667	-1620	-97%	7213	16667	-9454	-57%	20000	12787	64%	
Fuel & Oil	0	1333	-1333	-100%	7917	13333	-5416	-41%	18000	8083	51%	
Contract Hire van	3912	4250	-338	-8%	38206	42500	-4294	-10%	51000	12794	25%	
Safety Equipment	279	1167	-888	-76%	3953	11667	-7714	-66%	14000	10047	72%	
Hand Tools	0	62	-62	-100%	319	625	-306	-49%	750	431	57%	
Machinery Replacement	0	333	-333	-100%	1177	3333	-2156	-65%	4000	2823	71%	
Waste Collection - NFDC	0	900	-900	-100%	1891	1500	391	26%	1800	-91	-5%	
Ash Tree Die Back	0	900	-900	0%	0	10000	-10000	0%	12000	12000	100%	
Service Level Agreement	0	900	-900	0%	0	2083	-2083	0%	2500	2500	100%	
Statutory Testing	6822	1333	5489	412%	33396	13333	20063	150%	16000	-17396	-109%	
Sub-Total	47250	50218	-2968	-6%	470769	488764	-17995	-4%	586519	115750	20%	
Sale of Assets	0	0	0	0%	3330	0	3330	0%	0	-3330	0%	
Sub-Total	0	0	0	0%	3330	0	3330	0%	0	-3330	0%	
						0						
SUB-TOTAL	47250	50218	-2968	-6%	467439	488764	-21325	-4%	586519	119080	20%	
						0						
Ashley Sports	-1807	1846	-3653	-198%	10719	18463	-7744	-42%	22156	11437	52%	
Rec (including skatepark)	-425	125	-550	0%	13435	1254	12181		1505	-11930	-793%	
Fawcetts	1842	627	1215	0%	23825	6269	17556	280%	7523	-16302	-217%	
Moore Close	-1875	-362	-1513	0%	-3922	-3617	-305	8%	-4341	-419	10%	
Fernhill Lane	-1033	119	-1152	0%	8215	1195	7020	0%	1434	-6781	0%	
Allotments	45	177	-132	0%	1572	1775	-203	-11%	2130	558	26%	
Donated Seats	0	83	-83	0%	5781	833	4948		1000	-4781	-478%	
Public Open Spaces	395	6067	-5672	0%	41509	60666	-19157	-32%	72800	31291	43%	
Rent Received Dog Club	-79	-156	77	0%	-79	-1562	1483		-1875	-1796	96%	
Flowerbed sponsorship	0	-375	375	0%	-1845	-3750	1905	-51%	-4500	-2655	59%	
Bus Shelter advertising	0	-200	200	0%	-2552	-2000	-552		-2400	152	-6%	
Plant a Tree income	-300	-333	33	0%	-2000	-3333	1333	-40%	-4000	-2000	50%	
HLS income	0	-333	333	0%	-3990	-3333	-657	20%	-4000	-10	0%	
Street Trading Income	-140	-500	360	-72%	-2840	-5000	2160	-43%	-6000	-3160	53%	
Playgrounds	293	250	43	17%	14139	2500	11639	466%	3000	-11139	-371%	
Carrick Wood pathway	0	0	0	0%	24890	0	24890	0%	0	0	0%	
Rec Improvements	0	0	0	0%	3501	0	3501	0%	0	-3501	0%	
Skate Park	0	0	0	0%	5500	0	5500	0%	0	-5500	0%	
FF New Fire Door	0	0	0	0%	3567	0	3567	0%	0	-3567	0%	
Fawcetts Access works	0	0	0	0%	36112	0	36112	0%	0	-36112	0%	
Ballard Lake	0	0	0	0%	18615	0	18615	0%	0	-18615	0%	
Fernhill Pavilion	0	0	0	0%	12472	0	12472	0%	0	-12472	0%	
Fernhill Scorers Hut	0	0	0	0%	4750	0	4750	0%	0	-4750	0%	
Rec Improvements	0	0	0	0%	3501	0	3501	0%	0	-3501	0%	
Bus Shelters	0	0	0	0%	-3500	2917	-6417	0%	3500	7000	0%	
Long Meadow	0	0	0	0%	4000	0	4000	0%	0	0	0%	
Welcome Signs	0	0	0	0%	6082	0	6082	0%	0	-6082	0%	
Cap Ex	0	0	0	0%	-61002	100000	-161002	0%	160000	221002	138%	
SUB-TOTAL	-3084	7036	-10120	-144%	160455	173276	-12821	-7%	247932	87477	35%	
AMENITIES	44166	57254	-13088	-23%	627894	662040	-34146	-5%	834451	206557	25%	

FINANCE AND GENERAL

F&GP	Actual Budget				Actual Budget				Annual Amount		
	Jan	Jan	Var	Var	YTD	YTD	Var	Var	Budget	Left	Left
General Expenditure											
Wages (incl. Youth Work	22722	20835	1887	9%	227755	208346	19409	9%	250016	22261	9%
Ers NI (incl Youth Work)	2908	2000	908	45%	29222	20001	9221	46%	24001	-5221	-22%
Ers Pension (Ditto)	4708	4334	374	9%	47083	43336	3747	9%	52003	4920	9%
Staff Expenses	11	125	-114	-91%	595	1250	-655	-52%	1500	905	60%
Staff Training	637	417	220	53%	5059	4167	892	21%	5000	-59	-1%
Town Development	0	850	-850	0%	3400	8500	-5100	-60%	10200	6800	67%
Telephone	392	583	-191	-33%	4701	5833	-1132	-19%	7000	2299	33%
Postage	296	146	150	103%	1439	1458	-19	-1%	1750	311	18%
Stationery	39	183	-144	-79%	1679	1833	-154	-8%	2200	521	24%
Subs + Pubs	0	208	-208		1751	2083	-332	-16%	2500	749	30%
Photocopier	588	140	448	321%	1923	1396	527	38%	1675	-248	-15%
Events Expenditure	254	1250	-996	-80%	10708	12500	-1792	-14%	15000	4292	29%
Advertising	1556	417	1139	0%	5973	4167	1806	43%	5000	-973	-19%
Neighbourhood Planning	0	1250	-1250	0%	14453	12500	1953	16%	15000	547	4%
Youth Co-ordination	4005	2917	1088	37%	33161	29167	3994	14%	35000	1839	5%
Communications+Media	425	833	-408	-49%	7832	8333	-501	-6%	10000	2168	22%
Professional Fees	5907	3792	2115	56%	41952	37917	4035	11%	45500	3548	8%
Bank Charges	148	250	-102	-41%	2298	2500	-202	-8%	3000	702	23%
Insurance	0	1417	-1417	0%	17484	17000	484	3%	17000	-484	-3%
CAB	0	417	-417	0%	5000	5000	0	0%	5000	0	0%
Mayoral Allowance	0	125	-125	0%	0	1250	-1250	0%	1500	1500	100%
Twinning	0	100	-100	0%	0	1000	-1000	0%	1200	1200	100%
Members Allowances	4733	1500	3233	0%	19284	15000	4284	29%	18000	-1284	-7%
Members Training	0	167	-167	0%	1510	1667	-157	0%	2000	490	25%
Civic Entertainment	0	83	-83	0%	447	833	-386	-46%	1000	553	55%
Grant Aid	0	625	-625	0%	1000	6250	-5250	0%	7500	6500	87%
Events Budget	0	417	-417	0%	3200	4167	-967	0%	5000	1800	36%
Youth Grant Aid	0	1250	-1250	0%	14136	12500	1636	0%	15000	864	6%
Sub-Total	49329	46629	2700	6%	503045	469952	33093	7%	559545	56500	10%
Events Income	1086	0	1086	0%	2372	0	2372	0%	0	-2372	0%
NP Grant	0	0	0	0%	0	0	0	0%	0	0	0%
Misc receipts	0	0	0	0%	364	0	364	0%	0	-364	0%
Insurance recharges	0	0	0	0%	0	0	0	0%	0	0	0%
Misc Recharges	0	0	0	0%	0	0	0	0%	0	0	0%
Donations /Contributions	0	0	0	0%	0	0	0	0%	0	0	0%
Wayleave (Brook Ave)	9	8	1	0%	681	83	598	0%	100	-581	0%
Interest Received	1305	1000	305	31%	12606	10000	2606	0%	12000	-606	0%
Donations/grants Youth	2132	0	2132	0%	26079	0	26079	0%	0	-26079	0%
Sub-Total	4532	1008	3524	349%	42102	10083	32019	0%	12100	-30002	0%
SUB-TOTAL	44797	45620	-823	-2%	460943	459869	1074	0%	547445	86502	16%
Rent - Town Hall prepaid	0	0	0	0%	0	0	0	0%	7540	7540	100%
Rates	499	416	83	0%	5015	4991	24	0%	4991	-24	0%
Town Hall utilities	0	0	0	0%	0	4208	-4208	0%	5050	5050	100%
Town Hall costs	0	0	0	0%	0	12500	-12500	0%	15000	15000	100%
Equipment Maint	80	104	-24	0%	837	1042	-205	0%	1250	413	33%
Transfer to/from Reserve	0	0	0	0%	0	0	0	0%	0	0	0%
Office Equip and F&F	0	42	-42	-100%	97	417	-320	-77%	500	403	81%
Christmas Lights	469	500	-31	0%	3006	3000	6	0%	25500	22494	88%
SUB-TOTAL	1048	1062	-14	0%	8955	26158	-17203	-66%	59831	50876	85%
Misc income	0	0	0	0%	0	0	0	0%	0	0	0%
IT Equipment	0	0	0	0%	3567	1000	2567	0%	1000	-2567	-257%
Defib	0	0	0	0%	0	0	0	0%	0	0	0%
CCTV	0	0	0	0%	6163	7500	-1337	0%	7500	1337	18%
SUB-TOTAL	0	0	0	0%	9730	8500	1230	0%	8500	-1230	-14%
F&GP TOTAL	45845	46682	-837	-2%	479628	494527	-14899	-3%	615776	136148	22%

Minutes of the Meeting of the Amenities Committee of New Milton Town Council held on Monday 02 March 2026 at 6.30pm at the Town Hall, Ashley Road, New Milton.

Present:

Chairman: p G R Blunden - Chairman p M Craze - Vice Chair

Councillors: p D E Hawkins p R Murrow
 J Baker p A D O'Sullivan
 p D Rice-Mundy p V Schooling
 K Trehorn

In attendance:

Councillors: Cllr D N Tungate

Officers: Graham Flexman - Town Clerk
 Mark Jeffries - Estates and Facilities Manager
 Sam Welch - Administration Officer

98. OPEN ACCESS

The Chairman referred to Appendix 2, and the Town Clerk guided members through the amended policy highlighting in particular the updated wording relating to drones.

The Chairman noted much of the Council's land is leased from NFDC, and therefore our policies are aligned with theirs and with those of neighbouring authorities, adding that being out of step could encourage disproportionate activity in our area.

Discussion followed regarding scooters, during which Cllr A D O'Sullivan proposed that the current wording be amended to include the word "powered" before "scooters".

This was supported by all members.

It was then

RECOMMENDED: That the amended Open Access Policy be endorsed by the F&GP Committee for approval by full Town Council.



NEW MILTON
TOWN COUNCIL

Open Access Policy

All our public open spaces and access land is there for you to enjoy

What can I do on access land?

You can walk freely and on all types of access land. Within New Milton there are many public open spaces with streams and muddy areas, so you should take care if you are walking in an unfamiliar area. You must always keep dogs under close control near open waterways.

You can also experience other informal activities such as bird watching, enjoying wildlife, picnicking, photography and running on our public open spaces, but some things are not permitted, such as camping, lighting fires, setting off fireworks, swimming, fishing, metal detecting, releasing balloons or lanterns, dog fouling.

Flying recreational drones in and from our public open space areas is **not** permitted. If you wish to fly a drone for film, survey or commercial purposes within any of our public open spaces, you **must** contact us to obtain permission before your flight.

Cycling is permitted on certain types of open space track, but use of some Mobility Scooters / off roaders is not allowed at Ballard Nature Reserve or Barton Common both being Sites of Importance for Nature Conservation (SINC). <https://documents.hants.gov.uk/biodiversity/SINClearlet.pdf>

Horse-riding is permitted on Barton Common, but it is a criminal offence to drive motor vehicles across common land, including Quad bikes / powered scooters, without the landowner's permission.

In fact, on all our public open spaces within New Milton, the use of Quad Bikes is not permitted. Whether walking or riding, please keep to main tracks and keep dogs on close leads during the ground bird nesting season between 1 March - 31 July, to avoid disturbing rare birds.

Whenever you are out in the countryside, please act responsibly and follow the [Countryside Code](#). Countryside Code says we should protect the natural environment. We all have a responsibility to protect the countryside now and for future generations, so make sure you don't harm animals, birds, plants or trees and try to leave no trace of your visit.

When out with your dog, make sure it is not a danger or nuisance to animals, horses, wildlife, people.

Can access be restricted?

The Countryside and Rights of Way Act 2000 ("CROW" Act) allows for certain restrictions to be placed on open access land. Some areas are "exempt" from access rights.

These include land within 20 metres of a dwelling, arable land, active quarries or landfill sites / railway lines.

Details of Rights of Way and Accessing Land can be found on the official GOV.UK website:

<https://www.gov.uk/right-of-way-open-access-land>

What people cannot do on our land (per CROW Act) - see list over page

There is a national list of general restrictions that limit what people using their open access rights may do. Unless you give them permission or they have a separate right to do so, they cannot:

- ride a horse or bicycle on the land
- drive a vehicle (except mobility scooters and powered wheelchairs)
- bring an animal, other than a dog
- use a vessel or sailboard on any non-tidal water
- camp
- play organised games - this includes competitive games that use a set pitch or defined area of play, organised starts and finishes and associated equipment (a family group or a small group of friends engaging in games such as rounders, cricket or playing with a frisbee are not playing organised games)
- hang-glide or paraglide
- use a metal detector
- light, cause or risk a fire
- hunt, shoot, or trap or snare animals or birds
- fish, unless they are doing this in tidal water from the coastal margin
- feed any livestock
- undertake commercial activities on the land such as:
 - trading or selling
 - charging other visitors for things done on your land
- commercial filming or photography
- making maps
- intentionally remove, damage, or destroy any plant, shrub, tree or root
- damage hedges, fences, walls, crops or anything else on the land
- leave gates open, that are not propped or fastened open
- leave litter
- intentionally or recklessly disturb livestock, wildlife or habitats
- disturb, annoy or obstruct others
- post any notices
- commit any criminal offence



Appendix 4

YSM Report for March F&GP

HAF Updates

Over the February half term, we successfully delivered a full programme of HAF sessions, providing meaningful activities, support, and engagement for the young people who attended. Building on this success, we now have funding secured for eight further sessions during the Easter holidays and an expanded programme of sixteen sessions over the summer break. This continued investment allows us to maintain momentum, strengthen our provision, and broaden the opportunities available to local young people at key points throughout the year. Each set of sessions is planned to meet identified needs within the community and to ensure that children and families continue to benefit from consistent, high-quality support.

For the upcoming Easter programme, we have also expanded our offer to include targeted transition sessions for current Year 6 pupils who will be moving on to secondary school at the end of this academic year. These sessions are designed to provide additional guidance and reassurance for those who may find the transition particularly challenging, helping to build confidence and familiarity ahead of September. The programme will include a range of workshops, alongside opportunities for pupils to familiarise themselves with the Arnewood School site, easing potential anxieties by helping them get to know the environment and routines in advance. As always, we are delighted to be delivering a varied and enriching set of activities, ensuring that the young people we work with continue to feel supported, engaged, and excited about the opportunities ahead.

See Flyer attached.

Ofsted Registration

We are now officially Ofsted registered, marking an important milestone in our ongoing commitment to delivering high-quality childcare and support for the young people and families we serve. Achieving this registration demonstrates that our provision meets the rigorous standards set out by Ofsted in areas such as safety, welfare, staffing, learning opportunities, and overall organisational effectiveness. It also provides families with additional reassurance that our services are delivered within a well-regulated framework and that we are dedicated to maintaining best practice across all aspects of our work. This accomplishment not only reflects the hard work and professionalism of our team, but also strengthens our ability to grow, develop new programmes, and offer an even broader range of opportunities to the community.

Food For Thought

We are in the final stages of a funding bid to support local young people to learn about how what we eat can impact health and wellbeing. We plan to run three groups, with six sessions per group.

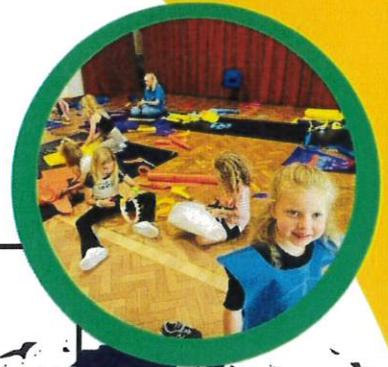
See Overview attached.



NEW MILTON
TOWN COUNCIL

Age 10-16

Holiday Clubs



Arnewood School
Gore Road
BH25 6RS

9:00am-
3:00pm

Monday 30th March-
Football. Wellbeing workshop
Tuesday 31st March-
Football. Bracelet making/art
Thursday 9th April-
Football. Board games
Friday 10th April -
Football. Board games



Multi-Sports
Music lessons
NERF & laser tag
Baking
Podcast making
Archery
Fitness
Health & wellbeing
& more!

Ashley Hub
Normans Way
BH25 5FN

9:00am-
3:00pm

Wednesday 1st April-
Rugby. Art Workshop
Thursday 2nd April-
Rugby. Art Workshop
Tuesday 7th April-
Rugby. Art Workshop
Wednesday 8th April-
Rugby. Arts & Crafts



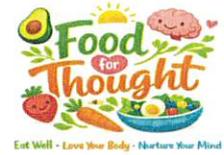
louise.beardmore@newmiltontowncouncil.gov.uk



Funded by



Food & Mood is a preventative, community-based programme supporting young people's wellbeing through affordable food skills. Delivered in partnership with New Milton Town Council, the project reduces pressure on families, builds confidence and creates practical resources that benefit the wider community.



Introduction:

Food for Thought is a 6-week preventative wellbeing programme for young people, combining low-cost cooking skills, emotional wellbeing education and confidence-building.

The project supports young people experiencing stress, low mood and financial pressure at home by helping them understand the link between food, mood, energy and mental health, while developing practical life skills they can use immediately.

Participants will co-create six easy, affordable recipes, learning how to prepare simple meals that support both physical and emotional wellbeing. These will be turned into accessible recipe cards, designed by young people, to be shared with families and the wider community.

The programme is trauma-informed, non-judgemental and practical, focusing on prevention and resilience rather than crisis response.

Aims & Objectives:

Overall Aim

To improve young people's wellbeing, confidence and resilience by increasing access to affordable food skills and understanding the relationship between food, mood and mental health.

Objectives

By the end of the programme, young people will:

- Understand how food affects mood, stress, sleep and energy
- Gain confidence preparing low-cost, nutritious meals
- Develop healthier coping strategies during times of stress
- Contribute to co-produced recipe resources for local families
- Feel more empowered and capable within their home environment

Week 1- Food, Feelings & Energy

Focus: How food impacts mood and stress

Recipe: One-pot comfort meal (e.g. lentil pasta / veggie chilli)

Wellbeing link: Blood sugar, mood swings, emotional regulation

Output: "Food & Feelings" reflection card

Week 2- Cheap Eats That Fill You Up





Focus: Eating well on a tight budget

Recipe: £1–£2 meal (e.g. jacket potatoes with toppings / noodle stir-fry)

Wellbeing link: Anxiety, food insecurity, confidence

Output: Budget recipe card with cost breakdown

Week 3- Stress, Snacks & Emotional Eating

Focus: Food choices during stress or low mood

Recipe: Simple snack or breakfast option

Wellbeing link: Stress responses, cravings, routines

Output: “When I’m stressed, I can...” coping card

Week 4- Food, Sleep & Motivation

Focus: The food-sleep-mood cycle

Recipe: Easy evening meal or breakfast-for-dinner

Wellbeing link: Energy, motivation, rest

Output: Sleep-friendly food swaps card

Week 5- Cooking for Confidence & Independence

Focus: Life skills and self-belief

Recipe: Batch-cook / freezer-friendly meal

Wellbeing link: Independence, control, future planning

Output: Personal “My Go-To Meal” recipe card

Week 6- Create, Share & Celebrate

Focus: Reflection and young people’s voice

Activity: Finalise recipe cards, name recipes, celebration

Output: Completed Food & Mood Recipe Pack

SMART Outcomes (from survey)

% of participants report increased confidence in cooking simple meals

% report improved understanding of how food affects mood and stress

% report feeling more confident supporting their own wellbeing

% of participants contribute to at least one recipe card

Recipe packs shared with families and community settings

Evaluation Methods

Pre- and post-course confidence scales

Short wellbeing check-ins

Session feedback forms

Young people’s quotes and reflections

Attendance and engagement records