

Truby's Garden
Community Connectors

June 2026

www.leapwithus.org.uk



Welcome and Introduction

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Leap

What is a community connector?

- They are people from the community you want to work with and connect you into a community to understand barriers, challenges and issues to engagement in local services or activity.
- The idea is not new, they have been called community development officers, community champions or community ambassadors in the past.
- They gain the trust and supports the community to have a voice and help shape services and activities to improve health and wellbeing.
- Our community connectors will focus on creating Active Lifestyles.



Why Community Connectors?

- Because inequalities exist in physical activity levels between communities.
- These inequalities impact on the physical and emotional health, employment and life chances of these communities.
- Leap secured additional 3-4yr investment from Sport England (£90,000) to support tackling the inequality in physical activity levels.
- After a 6-to-9-month scoping and listening exercise, community connectors was seen as the best approach to use.



Why Community Connectors?

Levels of activity

Ethnicity

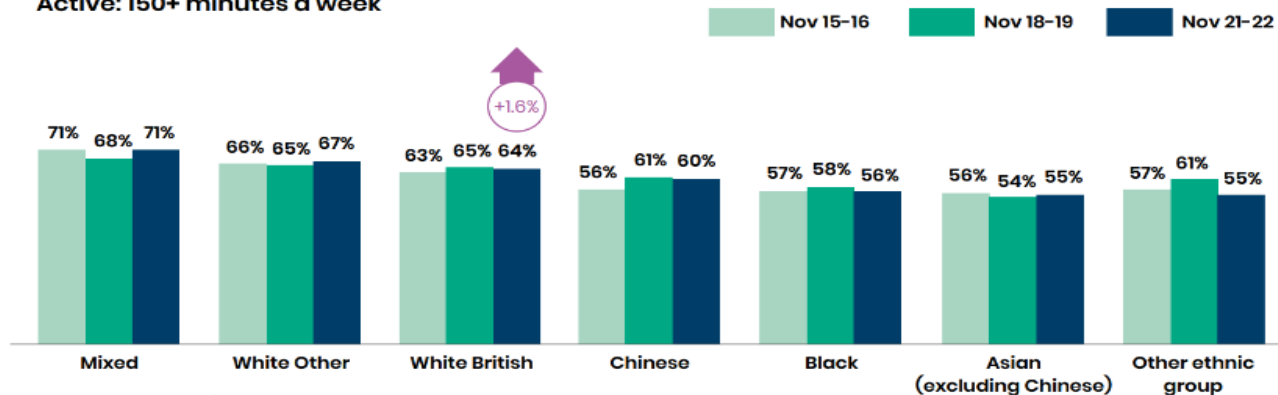


Significant inequalities continue to exist in activity levels between some minority ethnic groups

Activity levels fell generally during the pandemic, with drops greatest among adults with Asian (-4.4%), Black (-4.5%) and other ethnicities (-7.6%). Recovery back to November 2018-19 levels has been seen across all groups, with the exception of those from Other ethnicities who remain down by 6.2%. No ethnic minority group is showing a reportable difference compared to November 2015-16, within our margin of error. As a result, inequalities continue to widen as White British adults have seen activity levels increase over the same period (up 1.6%).

Arrows show change to November 15-16 (six years ago). No arrows indicates no statistically reportable change

Active: 150+ minutes a week



What we have delivered so far

Activities ran across Milton Keynes, bringing women together through sport and wellness.



Cricket

Including new Yo-Cricket & CricFit formats, match days, and the Bucks Cricket tournament.



Swimming

Progress made — some women now more comfortable attending while men are present, by wearing appropriate clothing.



Zumba

Energetic dance fitness classes bringing fun and community spirit to participants each week.



Badminton

Engagement improved significantly after bringing in an experienced coach.



Yoga

Calming sessions supporting flexibility, mindfulness, and mental wellbeing throughout the season.



Wellness Walks

Gentle group walks in nature, encouraging physical activity and social connection outdoors.

Our Impact: Key Achievements

From September 2023 to present, the Leap CC Project has made significant strides in fostering community, health, and confidence among women in Milton Keynes.

300+

Women Engaged

Over **300 unique participants** have joined our sports and wellness activities.

480+

Sessions Delivered

We've successfully run more than **480 sessions** across various sports and wellness disciplines.

100%

Increased Confidence

Participants reported increased confidence in physical activity and social interaction.

80%

Participant Retention

Attendees returned for multiple sessions, demonstrating sustained engagement and satisfaction.

These figures highlight the project's success in creating a vibrant and supportive environment for women to thrive.

Partnership / Sponsorship Key to Success

None of this would be possible without the generous support of our headline sponsors and local businesses.



Bucks Cricket

Headline sponsor — providing coaching, ground hire, and tournament access.



Wolverton Cricket Club

Headline sponsor — providing venue and cricket support throughout the season.



Local Businesses

Provided venue, coaches, and refreshments for the Taster Day — at zero cost to us.



Willen Hospice

Building a partnership to support community wellbeing and holistic health.



Bikeability

Working together to provide cycling skills and confidence for women in the community.



Moorlands Family Centre

Working in partnership to help overcome childcare barriers and support families in the community.



Hedgerows Family Centre

Collaborating to provide women-only access and a safe, welcoming space for participants.

Tackling Barriers for the Community

Childcare

Lack of childcare provision prevents many women from attending sessions.

Transport

The most frequently cited barrier — we are exploring lift-sharing among participants.

Health Issues

Existing health conditions can be a significant obstacle to getting active.

Not Having Time Allocated to Self-Care

Women often put others first, leaving little time for their own wellbeing.

Isolation

Feelings of isolation and loneliness prevent many women from taking the first step to join community activities.

Confidence

Some participants don't have the confidence to carry out a sport in a mixed environment



Engaging Our Participants

We employ a multi-faceted approach to ensure our participants are well-informed, motivated, and actively involved in our programmes.



Visibility & Reach

We create vibrant posters and engaging social media posts to raise awareness of our activities, ensuring all women in Milton Keynes are informed about upcoming sessions and how to join.



Clear Planning & Variety

Our easy-to-read monthly calendars outline all available activities, enabling participants to plan their attendance in advance and explore the diverse range of sports and wellness options. Polls, posters and engaging content is sent out by the Community Connectors a day before each activity to ensure we have good attendance.



Ladies Only
Badminton



Coffee with Cricket



Cric-Fit



Ladies Only Swim



Ladies Walk



June 2026 Calendar

Supporting our Community Connector

**Kurshida Mirza-Chair/ Founder
Trubys Garden**



"Our community is our strength — every woman who walks through the door matters. As a Muslim women led organisation, Trubys Garden enables safe space for women empowering them to achieve their best potential"

Izza Zia -Leap Project Manager



"Three years in, and every day still reminds me why we started — watching women from our community find their confidence, their friendships, and their voice through sport is the greatest reward"

Naveed Ahmed- Committee Project Support



"We are building something truly special for the women of Milton Keynes, encouraging the women to engage, build skills and get active through sport is truly fulfilling."

Alysha Rashid-Leap Community Connector



"It's great to work with such a supportive team and have the opportunity to meet so many inspiring women across the city"

Naheed Nabi- CC Volunteer



"I came to MK 2 years ago & by volunteering with Trubys I have made so many new friends. I am also involved with the Hardship Fund & find it very rewarding & satisfying when I am able to help families in need."

Farhina Azizullah-CC Volunteer



"As Community Connector, I organise events and build relationships that help people connect, collaborate, and support one another. I love working for this charity because we don't just create networks—we create a genuine sense of community where people feel seen, valued, and empowered to make a difference."

Shamim Raja-CC Volunteer

"Together we are stronger — this programme proves that every day."

Alishba Imran-Volunteer Social Media Officer



"My role is all about creating connections through social media and helping people discover the events, support, and opportunities we offer. What I really enjoy most is seeing online interactions turn into real-life friendships, partnerships and stronger communities."

Key Learning from our work...

- Partner with a VCSE organisation with good governance, stability and good leadership.
- Don't over structure the requirements of the investment.
- Focus on building capacity, capability and not just delivering more activities.
- Be patient, sustained change doesn't happen in 12 weeks.
- Lessons from Trubys Garden CC:
 - Understanding barriers
 - Engaging with our community
 - One CC for 10-12 hours a week not enough hence why we have created support team
 - Partnership and collaboration are key

Questions



Partner Event

Uniting the Movement

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