

PARTNER EVENT

Connecting Through Place

Working in Place Sharing Sessions

- Community Connectors with Truby's Garden and Leap.
- Buckinghamshire's Place work
- MK PEP Hypertension Test and Learn with GP Practices
- MK PEP Schools Cycling (Two Mile Ash and Greenley's)
- Resident health & wellbeing programme with YMCA South Midlands.

Leap✦

**Working in Place Sharing Sessions
Slides and Summaries**

Leap✦

The Sharing and Learning Sessions gave partners the opportunity to hear about a range of projects and approaches being delivered across Buckinghamshire and Milton Keynes. From place-based working and active travel to community engagement and wellbeing programmes, each session highlighted practical learning, challenges and successes from work taking place locally.

Resident Health & Wellbeing Programme with YMCA South Midlands
The slides, case studies and additional resources shared during these sessions are available here: <https://leapwithus.org.uk/partner-event-connecting-through-place/>

MK PEP Hypertension Test and Learn

This session shared learning from the MK PEP Hypertension Test and Learn project, which explored how primary care and community organisations can work together to connect people with high blood pressure to local physical activity opportunities. The project focused on understanding how patients could be better supported to move from a health setting into community-based activities, particularly within the three MK PEP South areas.

Key discussions / insights during session:

Discussion highlighted the importance of using data to identify and reach the right people, alongside tailoring communications to encourage engagement. A key learning was that personal follow-up and trusted relationships can make the difference between someone expressing interest and actually attending an activity. Attendees were also interested in the role of GP surgeries and how stronger relationships between healthcare professionals and community organisations can help create more effective pathways into physical activity. Questions were raised about project costs, relationship-building with GP practices and opportunities to develop this approach further in the future.

Bucks Place Universal Work

PLAN ON A PAGE

Place: Aylesbury South-West
Focus: Positive Experiences for CYP



Our Approach

Proposing a deep and focussed approach with the majority of investment in Aylesbury South-West. Complimented with countywide investment in leadership support, collaboration and networking.

Core values of our approach are being informed by insight from data and community voice, having robust and proportionate evaluation, applying and sharing learning and effective communications.

What we know so far

Across Buckinghamshire

System in infancy

System needs greater connectivity

Aylesbury South-West specifically

Large CYP population

Limited opportunities

High deprivation

Hotspot for anti-social behaviour

Creating change by investing in

Support to build on existing progress

Collaboration & Networking

Support to evaluate & learn

Leadership support

Place based test & learn approaches

Capacity & capability building

Condition (of change)	Activities	Outcomes (March 2028)
Identifying the barriers and enablers of physical activity	Listen to and engage with community Share knowledge & build consensus	Better understanding of barriers, enablers & community priorities Shared knowledge of barriers and enablers
Organisational policies, processes and structures enable place-based working	Create cross-sectors Governance Structure Review evaluation methodologies used by local system partners	Place Based Partnership Board established & connected into Opportunity Bucks Governance Co-owned Evaluation and Learning Framework
Capacity and capability across the workforce, volunteers & in communities	Build community capacity and leadership Map local skills & needs	Increased capacity from within community & programme lead Workforce better meets needs of inactive children & young people
Leadership	Leadership development for all levels Celebrate and share leadership stories	Leadership development programme established across Bucks wide system System leaders at all levels are more capable & confident across Bucks

www.leap-wireless.org.uk

The session shared early learning from the Bucks Place Universal Investment work, which focuses on the Aylesbury South West area. Rather than focusing on delivering programmes, it highlighted a shift in approach, understanding what’s happening in a local area, working more closely with different partners, and building strong relationships. Using simple visual prompts (place, system, relationships, and starting with the problem), the session showed how tackling inequalities in physical activity isn’t just about doing more, it’s about working differently.

Key discussions / insights during session:

There was strong engagement from partners throughout the sessions, with useful sharing of activity already happening across the area. A key discussion focused on understanding why barriers and challenges exist, with recognition that this requires a more holistic approach, eg. Resident voice is important, but it’s only one part of a wider picture that helps us understand what’s really going on. There was also good reflection on the importance of relationships, with the idea that “progress travels at the speed of trust” resonating strongly and reinforcing why investing time in this area is so critical.



MK PEP Schools Cycling (Two Mile Ash and Greenleys)



This session shared learning from two active travel journeys: the MK PEP Greenleys Test and Learn project and the work taking place at Two Mile Ash School. Through practical examples, the session demonstrated how schools, local partners and community investment can work together to make walking, wheeling and cycling a more accessible and attractive option for children and families. Rather than focusing solely on increasing cycling participation, the session highlighted the importance of creating the right conditions, support and opportunities for active travel to become part of everyday life.

Key discussions / insights during session:

There was strong interest in the practical delivery of active travel initiatives, with discussion around timescales and schemes such as Access to Bikes, WOW Living Streets Travel Tracker, Modeshift STARS and the Milton Keynes City Council Active Travel Grant. Attendees were also keen to understand the next steps for active travel within MK PEP and the wider Milton Keynes area, reflecting a shared interest in building on the progress already made.

Community Connectors with Truby's Garden

This session showcased the progress, achievements and learning from Truby's Garden, a Muslim faith charity in Milton Keynes.

Through annual investment from Leap, Truby's Garden employed a Community Champion (Movement Champion) who works directly with Muslim women to better understand the barriers and enablers to leading an active lifestyle. Using this insight, Truby's Garden has developed a range of activities that now engage more than 300 women each year.

Key discussions / insights during the session:

The session highlighted the importance of investing in trusted community organisations that already have strong relationships within the communities they serve. Partners heard how movement and physical activity can act as a powerful way to build awareness, connection and trust, often more effectively than statutory organisations working alone.

A key learning was that meaningful change requires long-term investment in capacity and capability, rather than short-term programmes. The discussion also emphasised the need to keep processes simple, ensuring community organisations can focus their time on delivering impact rather than administration.

Finally, attendees heard practical advice about the importance of strong governance, sustainable staffing models and ongoing support for community connector roles.



Resident Health & Wellbeing Programme with YMCA South Midlands

This session provided an overview of YMCA South Midlands' Resident Health & Wellbeing Programme, which supports residents to improve their physical, mental and social wellbeing through a wide range of accessible activities. Attendees heard about the programme's approach, the pathway available to residents, and how activities are designed to help people build confidence, improve health and strengthen social connections within their communities.

Key discussions / insights during the session:

The session highlighted the benefits of providing regular, varied and accessible opportunities for residents to engage in movement and wellbeing activities. Through examples of a typical week's programme and a resident case study, attendees heard how a supportive environment can help individuals improve their wellbeing, develop new routines and become more connected to their local community. The discussion reinforced the value of person-centred approaches and the positive impact that consistent community-based support can have on residents' lives.