

DAY	ACTIVITY	DETAILS / MEETING POINT
Various	Education & Vocational Courses	E.g. NVQ Health & Social Care Levels 1, 2 & 3 Monday 10am-12pm CGL
Monday 10am - 12.30pm	WALK & TALK Various locations - Ashley	Meeting 10am at Jordan House, Millbrook Road East SO15 1LQ Or minibus pick up. Further information overleaf.
Monday 6pm-7pm	CIRCUITS & BOXERCISE Craig & Mo	Northam Community Centre, Kent St. SO14 5SP Starting 9 th October
Tuesday 10am - 12noon	GYM & LANE SWIMMING Craig & Mo	The Quays Leisure Centre, Harbour Parade SO15 1BA To SWIM, you must be able to swim at least 25m confidently and unaided. Further information overleaf.
Tuesday 1.30pm - 3pm	FOOTBALL Craig & Ashley	Meeting 1:30pm at Goals Soccer Centre Millbrook Point Rd, Southampton SO15 0JZ Or minibus pick up. Further information overleaf.
Wednesday 10:10am – 1pm	CYCLING Ashley & Colin	IMPORTANT NOTICE: You need to be a competent rider and have a reasonable level of Fitness to join this activity Meet 10am at the rear garden 72 Howards Road, Shirley, SO15 5BJ Or minibus pick up. Further information overleaf.
Thursday 10am - 12noon	GYM & LANE SWIMMING Craig & Mo	The Quays Leisure Centre, Harbour Parade SO15 1BA
Friday 9.30am -10:30am	WOMEN ONLY FITNESS Mo	Hope Street, 30-32 The Avenue, Southampton SO17 1XN
Friday 12:30pm to 2.30pm	GYM Craig & Mo	The Quays Leisure Centre, Harbour Parade SO15 1BA Starting 6 th October

Re-Fit Southampton Criteria

Re-Fit offers free educational, sport and employment support activities to adults (18+) who are affected by these complex issues: criminality, substance misuse, homelessness, or a dual diagnosis (mental health with any of the above concerns).



Please note the activities may change.
For a referral form, please contact us at:
re-fit.southampton@ssj.org.uk

Minibus route for Cycling –

10:00am	Leaving Jordan House, 166 Millbrook Rd East, SO15 1LQ
10:08am	The Alexandra, 6 Bellevue Rd, Southampton SO15 2AY
10:12am	(Bus Stop Opposite Aldi) Bevois Valley Rd, S014 0JA
10:14am	(Opposite Lidl) Banister Rd, SO15 2XD
10:16am	Co-Op, Archers Rd, SO15 2LT
10:18am	Right onto Hill Lane, Left onto Darwin Rd then Suffolk Ave.
10:20am	72 Howard Rd, SO15 5BJ

Minibus route for Walk & Talk –

10:00am	Leaving Jordan House, 166 Millbrook Rd East, SO15 1LQ
10:08am	The Alexandra, 6 Bellevue Rd, Southampton SO15 2AY
10:12am	(Bus Stop Opposite Aldi) Bevois Valley Rd, S014 0JA
10:14am	(Opposite Lidl) Banister Rd, SO15 2XD
10:16am	Co-Op, Archers Rd, SO15 2LT
10:20am	Landguard Rd AP
10:25am	Co-Op Garage Millbrook Rd West.

Minibus route for Football

1:00pm	Leaving Jordan House, 166 Millbrook Rd East, SO15 1LQ
1:08pm	The Alexandra, 6 Bellevue Rd, Southampton SO15 2AY
1:12pm	(Bus Stop Opposite Aldi) Bevois Valley Rd, S014 0JA
1:14pm	(Opposite Lidl) Banister Rd, SO15 2XD
1:16pm	Co-Op, Archers Rd, SO15 2LT
1:20pm	Landguard Rd AP
1:30pm	GOALS - Millbrook Point Rd, Millbrook, Southampton SO15 0JZ

Minibus route for Lawn Bowls

12:55pm	Leaving Jordan House, 166 Millbrook Rd East, SO15 1LQ
1:00pm	Patrick House, 361 Millbrook Rd West,
1:08pm	The Alexandra, 6 Bellevue Rd, Southampton SO15 2AY
1:12pm	(Bus Stop Opposite Aldi) Bevois Valley Rd, S014 0JA
1:14pm	(Opposite Lidl) Banister Rd, SO15 2XD
1:16pm	Co-Op, Archers Rd, SO15 2LT
1:18pm	Right onto Hill Lane
1:25pm	Outdoor Sports Centre Thornhill Rd, Bassett, Southampton SO16
7AY	

IMPORTANT Notice for Lane Swimming-

This session is for health & fitness lane swimming and not fun swimming.

Re-Fit participants must not enter the children's pool, and diving area.

You must be able to swim a minimum of 25m (1 length of the big pool).

You must follow any of the lifeguard instructions.

Please bring a padlock for the lockers.

Do not attend if you are drug or alcohol affected.

Please come and speak with the Re-Fit team before entering the pool.