

# Re-Fit

## Activities

Jim Cook 07799900792  
 Paul Allen 07783348973  
 Ashley Christopher 07833474492  
 Volunteering Pathways - 07590865085  
<https://ssj.org.uk>

DAY	ACTIVITY	DETAILS / MEETING POINT
Various	Re-Set Education Life skills & St. Vincent Vocational Courses Levels 1, 2 & 3	Ask staff for a details
<b>MONDAY</b> 10:45am - 12pm	<b>GYM</b>	John Pounds Centre, 23 Queen St, Portsmouth, PO1 3HN
<b>MONDAY</b> 5pm - 7pm	<b>BADMINTON</b>	Charter Community Sports Centre (St Lukes) Greetham St, Southsea PO5 4HL
<b>TUESDAY</b> 10:30am – 12pm	<b>GOLF</b>	Tenth Hole, Eastern Parade, PO4 9RF
<b>TUESDAY</b> 12pm – 4pm	<b>LAWN BOWLS</b> Seasonal April to End of Sept	Pemroke Bowls, PO1 2NR
<b>WEDNESDAY</b> 12pm - 1pm	<b>FOOTBALL</b>	GOALS Tangier Rd, Portsmouth PO3 6QA (Pick up 11:30am at Portsmouth and Southsea station, 11.35 New Road bus stop )
<b>THURSDAY</b> 10:15am - 2pm	<b>CYCLING</b>	<b>IMPORTANT NOTICE: You need to be a competent rider and have a reasonable level of Fitness to join this activity</b> Please Contact Jim for more details 07799900792
<b>THURSDAY</b> 5pm - 7pm	<b>BADMINTON</b>	Charter Community Sports Centre (St Lukes) Greetham St, Southsea PO5 4HL
<b>FRIDAY</b> 11am - 1pm	<b>TABLE TENNIS</b>	Somerstown Community Centre, Rivers St, Portsmouth PO5 4EZ
<b>FRIDAY</b> 12pm–1pm	<b>BOXING &amp; BOXERCISE</b>	<b>CURRENTLY On hold</b> Heart of Portsmouth Boxing Academy, Omega Centre PO5 4LP

### Re-Fit Pompey Criteria

**Last updated: 14/04/2025**

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@ssj.org.uk](mailto:re-fit@ssj.org.uk)

