

| DAY | ACTIVITY | DETAILS / MEETING POINT |
|---|---|--|
| Monday 10am - 12pm | Education & Vocational Courses | St. Vincent's College Health & Social Care Levels 1, 2 & 3 Monday 10am-12pm CGL |
| Monday 10am – 1pm | Walk n Talk Neil & Ashley | Various locations - New Forest |
| Monday 5:30pm-6:30pm | ABC Workout Abs, Body, & Core Craig | Meet at The Cowherds Southampton Common SO15 7NN |
| Fortnightly Tuesday's 10am – 12pm | Allotment- Seasonal Castleshaw Community Allotments | Castleshaw Close, Millbrook, SO16 4QP For details – Pippa Grey 07719065638 pippa.grey@ssj.org.uk |
| 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 & Neil | Meeting 1:30pm at Goals Soccer Centre Millbrook Point Rd, Southampton SO15 0JZ |
| Wednesday 10am - 1:30pm | FOREST 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 |
| Thursday 10am - 12noon | GYM & LANE SWIMMING Craig & Mo | The Quays Leisure Centre, Harbour Parade SO15 1BA |
| Thursday 12pm - 2pm | Re-Fit & CGL Golf Group- Neil | Various locations Chilworth Driving Range. Southampton Municipal Golf Course |
| Thursday 1:30pm - 2:30pm | WOMEN ONLY FITNESS Mo | Hope Street, 30-32 The Avenue, Southampton SO17 1XN |
| Friday 10:30 - 11:30am | BOXING Mo & Scott | Pound For Pound Palace Drivers Wharf, Northam Rd, Southampton SO14 0PF, UK |
| Friday 1.30pm - 3pm | LAWN BOWLS May to Sept Ashley & Rebecca | Southampton Sport Centre - Thornhill Rd, Bassett, Southampton SO16 7AY Or minibus pick up. |
| Friday 12:30pm to 2.30pm | GYM Craig & Mo | The Quays Leisure Centre, Harbour Parade SO15 1BA |

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).

For a referral form, please contact us at:
re-fit.southampton@ssj.org.uk

Minibus pick-up routes

(If you want to be pick up, please let us know)

Minibus route for Cycling –

| | |
|---------|--|
| 10am | Leaving Jordan House, 166 Millbrook Rd East, SO15 1LQ |
| 10:06am | Opposite Edmund Kell Hall, Bellevue Rd, Southampton SO15 2AY |
| 10:10am | (Bus Stop Opposite Aldi) Bevois Valley Rd, S014 0JA |
| 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 Football

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|--------|--|
| 1:00pm | Leaving Jordan House, 166 Millbrook Rd East, SO15 1LQ |
| 1:08pm | Opposite Edmund Kell Hall, 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 |
| 1:30pm | GOALS - Millbrook Point Rd, Millbrook, Southampton SO15 0JZ |

Minibus route for Walk & Talk

| | |
|---------|--|
| 10:00am | Leaving Jordan House, 166 Millbrook Rd East, SO15 1LQ |
| 10:08am | Opposite Edmund Kell Hall, 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 |

Minibus route for Golf

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|------------|--|
| 11:50am | Leaving Jordon House, 166 Millbrook Rd East, SO15 1LQ |
| 12:00 pm – | The Quays Leisure Centre, Harbour Parade, SO15 2AY |
| 12:15pm - | Opposite Edmund Kell Hall, Bellevue Rd, Southampton SO15 2AY |

Minibus route for Lawn Bowls

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|---------|---|
| 1pm | Leaving Jordan House, 166 Millbrook Rd East, SO15 1LQ |
| 1:06Pm | Opposite Edmund Kell, Bellevue Rd, SO15 2AY |
| 1:12Ppm | (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 |
| 1:18pmm | Right onto Hill Lane, corner of Darwin Rd |
| 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.

Re-Set Educational sessions

If you are interested in learning more, contact: southampton-academy@ssj.org.uk
or Rebecca Ravenscroft - 07719025235