

Re-Fit

Activities

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

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

Re-Fit & Re-Set Pompey Criteria

Last updated: 14/05/26

Re-Fit offers free educational, sport and employment support activities to adults (18+) who are affected by these complex issues: criminality, substance use, 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

