RE-Fit Activities

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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 10am – 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	*The Heart of Portsmouth Boxing Academy, Unit M, The Bridge Centre, Fratton, Portsmouth, PO1 1SL*
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: 13/10/26**

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

COMMUNITY FUND

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