



## April 2025 Worthing Mencap & Buddys Weekly Program

<b>Daytime</b>		
Tues 1 <sup>st</sup>	<b>Marwell Zoo Trip - FULL</b>	Meet at Buddys at 9am – return at aprox 5pm <b>Pre- bookings only</b>
Tues 8th	<b>Wii Games &amp; Karaoke</b>	At Buddys 3pm – 5pm. No charge - drinks/lunch cost only
Tues 15th	<b>Cinema or Film at Buddys depending on screenings – to be confirmed</b>	To Be Confirmed
Tues 22nd	<b>No session - Due to Staff Training</b>	
Tues 29th	<b>Ten Pin Bowling</b>	At Hollywood Bowling, Worthing Seafront. Meet 3pm Finish at aprox 4.30pm Cost £5
<b>Evenings</b>		
Mon 14th	<b>Ten Pin Bowling</b>	At Hollywood Bowling, Worthing Seafront. Meet 6pm Finish at aprox 7.30pm Cost £7 NOTE higher price due to school holidays
Mon 28 <sup>th</sup>	<b>Dinner with Buddys</b>	To be confirmed
<b>Other weekly sessions</b>		
Monday	<b>Gym &amp; Swim</b> £8 for one activity or £11 for both	Meet at Splashpoint Swimming Pool 10am (gym) or 11am (swim)
	<b>Football Chat</b> – talk about the weekend matches and fixtures in the week ahead.	At Buddys 1pm - 2pm No charge

	<b>Monday Club</b> - varied program of activities in the local community	Meet at Splashpoint 12.30pm Finish at 4pm. Cost £15 unless stated otherwise
Tuesday	<b>Games, Coffee &amp; Chat</b> Board Games (eg Uno, Dominos, Jenga, Ludo) or bring your own to share	At Buddys 10.30am – 12pm No charge Special Offer Coffee & Cake £4
	<b>Sussex Seals</b> Sports & other activities. See program for details.	Worthing Leisure Centre 7pm – 8pm
Thursday	<b>Model Railway session</b>	At Buddys 10am - 11am No charge – bring money for drinks/lunch!
Thursday <b>NEW STARTING 24<sup>th</sup> APRIL</b>	<b>Circuit Fitness</b>	<b>At Worthing Leisure Centre</b> 10am – 11.30am Cost £8
	<b>Multi- Sports</b>	12.30pm – 1.45pm Cost £8
Thursday	<b>Buddys Badgers</b> activities for older people with learning disabilities Please ask about available spaces.	At Buddys 3pm – 5pm Cost £6 – including afternoon tea
Friday	<b>4<sup>th</sup> Quiz</b> <b>11<sup>th</sup> Easter Crafts</b> <b>18<sup>th</sup> CLOSED GOOD FRIDAY</b> <b>25<sup>th</sup> Bingo</b>	At Buddys 10am - 1.30pm No charge – bring money for drinks/lunch!

**To book spaces & for further information please contact Emma on 07736 045527 or Lorna on 07736 045528 or email [wacsupport@worthingmencap.org](mailto:wacsupport@worthingmencap.org)**