

August 2025

Buddys Friendship Group		
Tues 5th	Lunch & Bingo	At Buddys 12pm – 2pm
Tues 12 th	Seafront Games & Picnic	Meet outside Splashpoint Swimming Pool at 1pm. Cost £3
Tues 19th	Annual Littlehampton Day Out Pub lunch, ice creams & Harbour Park	Meet outside Dome Cinema, Worthing at 10am or outside Sainsburys, Littlehampton at aprox 11.30am. Cost £3
Tues 26th	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront. Meet 3pm Finish at approx. 4.30pm. Cost £7 (note increase due to summer holidays)
Evenings		
Mon 11 th	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront. Meet 6pm Finish at aprox 7.30pm Cost £7 (note increase due to summer holidays)
Mon 25th	Bank Holiday – No dinner	
Other regular weekly sessions		
Monday	Gym & Swim £8 for one activity or £11 for both	Meet at Splashpoint Swimming Pool 10am (gym) or 11am(swim)
	Football Chat – talk about the weekend matches and fixtures in the week ahead	At Buddys 1pm - 2pm No charge

	Monday Club 4th Volks Railway Brighton 11th BBQ & Outdoor Games 18th Brighton Pier 25th Bank Holiday	Meet at Splashpoint Swimming Pool 12.30pm Finish at 4pm. Cost £15 unless stated otherwise
Tuesday	Seated Exercise Class A session for those with less mobility to stay fit & active	At Buddys 10am – 10.45am Cost £4
	Games, Coffee & Chat Board Games (eg Uno, Dominos, Jenga, Ludo) or bring your own to share	At Buddys 11 – 12pm No charge Special Offer Coffee & Cake £4
	Sussex Seals Sports & other activities. See program for details.	Worthing Leisure Centre 7pm – 8pm
Thursday	Model Railway session	At Buddys 10am - 11am No charge – bring money for drinks/lunch.
	Fit & Fun AM Group Circuit Training PM Multi Sports See flyer for details	At Worthing Leisure Centre 10am – 11.30am Cost £5 12.30pm – 1.45pm Cost £5
	Buddys Badgers activities for older people with learning disabilities Please ask about available spaces.	At Buddys 3pm – 5pm Cost £6 – including afternoon tea
Friday	1st Quiz 8th Bingo 15th Music with Sam (TBC) 22nd Crafts 29th Games	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