



Worthing Mencap & Buddys – Feb 2026		
Buddys Friendship Group		
Tues 3rd	Wii Games	At Buddys 2.30pm - 4.30pm Cost £3 including hot/cold drink
Tues 10th	Lunch & Bingo	At Buddys 12pm – 2pm. No charge. Bring money for drinks/lunch
Tues 17th	Worthing Treasure Trail (Part 1) followed by coffee	Meeting outside Splashpoint Swimming Pool at 2.30pm Finish at aprox 4.30pm Cost £3
Tues 24th	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront Meet at 3pm. Finish aprox 4.30pm Cost £5
Evenings		
Mon 9 <sup>th</sup>	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront. Meet 6pm Finish aprox 7.30pm Cost £5
Mon 23rd	Takeaway & Karaoke <b>Limited Spaces - Booking Essential</b>	At Buddys. Starting 5.30pm Finish 7.30pm Cost £3 (includes soft drinks) Plus money for takeaway £5-£10)
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)
	<b>Football Chat</b> – talk about the weekend matches and fixtures in the week ahead	<b>At Buddys 1pm - 2pm</b> No charge

	<b>Monday Club</b> 2 <sup>nd</sup> Cinema (film to be decided) 9 <sup>th</sup> Ten Pin Bowling 16 <sup>th</sup> Superstar Arts visit – drama & music 23 <sup>rd</sup> Indoor mini- golf Worthing	<b>Meet at Splashpoint Swimming Pool 12.30pm</b> Finish at 4pm. Cost £15 unless stated otherwise
Tuesday	<b>Seated Exercise Class</b> A session for those with less mobility to stay fit & active	<b>At Buddys 10am – 10.45am</b> Cost £4
	<b>Games, Coffee &amp; Chat</b> Board Games (eg Uno, Dominos, Jenga, Ludo) or bring your own to share	<b>At Buddys 11 – 12pm</b> No charge Special Offer Coffee & Cake £4.50
	<b>Sussex Seals</b> Sports & other activities. See program for details.	<b>Worthing Leisure Centre</b> 7pm – 8pm
Thursday	<b>Model Railway session</b>	<b>At Buddys 10am - 11am</b> No charge – bring money for drinks/lunch.
	<b>Fit &amp; Fun</b> AM Group Circuit Training PM Multi- Sports 5 <sup>th</sup> Basketball 12 <sup>th</sup> Short Tennis 19 <sup>th</sup> Netball 26 <sup>th</sup> Badminton	<b>At Worthing Leisure Centre</b> 10am – 11.30am Cost £8 12.30pm – 1.45pm Cost £8
	<b>Buddys Badgers</b> activities for older people with learning disabilities Please ask about available spaces.	<b>At Buddys 3pm – 5pm</b> Cost £6 – including afternoon tea
Friday	6 <sup>th</sup> – Quiz 13 <sup>th</sup> – Valentine’s Day Crafts 20 <sup>th</sup> – Music with Geoff & Sam 27 <sup>th</sup> - Bingo	<b>At Buddys 10am - 1.30pm</b> No charge – bring money for drinks/lunch!

**To book spaces & for further information please contact Emma W (07736 045527), Emma M (0784104291) John (07713394028) or email [wacsupport@worthingmencap.org](mailto:wacsupport@worthingmencap.org)**