



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 th	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront. Meet 6pm Finish aprox 7.30pm Cost £5
Mon 23rd	Takeaway & Karaoke Limited Spaces - Booking Essential	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)
	Football Chat – talk about the weekend matches and fixtures in the week ahead	At Buddys 1pm - 2pm No charge

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

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