

July 2025

Buddys Friendship Group		
Tues 1st	Seafront Walk & Coffee	Meet at Splashpoint Swimming Pool at 2.30pm
Tues 8th	Lunch & Bingo	At Buddys 12pm – 2pm
Tues 15th	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront. Meet 3pm Finish at aprox 4.30pm Cost £5
Wed 16 th	Sports & Activities Day at Ferring Country Centre Booking Essential	Meet at Buddys at 9.45am – return at aprox 2pm Cost £3 towards minibus transport
Tues 22 nd	Seafront Games & Picnic	Meet outside Splashpoint Swimming Pool at 1pm
Tues 29th	Wii Games	At Buddys 2pm – 4pm Cost £3 including hot/cold drink
Evenings		
Mon 7 th	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront. Meet 6pm Finish at aprox 7.30pm Cost £5
Wed 9 th	Blue Starfish Club Night Tickets £6 – available from Buddys or on the door	At Factory Live, Ivy Arch Rd, Worthing 7pm – 10pm
Mon 28th	Dinner with Buddys	Details to be confirmed
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 7th Worthing Wheel 14th FootGolf, Hove £20 21st To be confirmed 28th Jurassic Mini Golf, Hove	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	4th Quiz 11th Bingo 18th Craft 25th 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