



June 2025 Worthing Mencap & Buddys Weekly Program

Daytime		
Tues 3 rd	Pool at Slicks & Coffee	Meet outside Dome Cinema at 2pm. Cost £5
Tues 10 th	Worthing Mencap Sport & Fun Day All welcome but please let us know if attending	At Worthing Leisure Centre 10am – 2pm No charge – funded by Worthing Mencap
Tues 17 th	Lunch & Bingo	At Buddys 12pm – 2pm No charge - drinks/lunch cost only - £5- £10 depending on choice
Tues 24 th	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront. Meet 3pm Finish at approx 4.30pm Cost £5
Evenings		
Mon 9 th	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront. Meet 6pm Finish at approx 7.30pm Cost £5
Mon 30 th	Dinner with Buddys	Details to be confirmed
Other regular weekly sessions		
Monday	Gym & Swim £8 for one activity or £11 for both Football Chat – talk about the weekend matches and fixtures in the week ahead.	Meet at Splashpoint Swimming Pool 10am (gym) or 11am(swim) At Buddys 1pm - 2pm No charge
	Monday Club 2 nd – Globalls Brighton £20 9 th Lazer Zone Brighton 16 th Ten Pin Bowling	Meet at Splashpoint Swimming Pool 12.30pm Finish at 4pm. Cost £15 unless stated otherwise

	23 rd Cinema Trip – film to be decided 30 th Foot Golf – Hove £20	
Tuesday	*NEW* 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.
NEW	*NEW* 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	6th Quiz 13th Bingo 20th Crafts 27th Summer Fayre Preparation	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