

May 2024

Daytime		
Tuesday 7th	Seafront walk & Coffee/Ice Creams With a four legged visitor!	Outside Splashpoint Swimming Pool at 2.30pm Finish at 4.30pm in town centre. Cost £3 plus coffee etc
Friday 10 th	Cricket Fun Day with DIScoverABILITY BOOKING ESSENTIAL	At Hove Cricket Ground Cost £5 including minibus travel Leaving Buddys at 11am
Saturday 11 th	Worthing Mencap Spring Fayre Stalls, refreshments & entertainment from Jenna Hall	At Buddys 9.30am – 1pm
Tuesday 14th	Lunch & Bingo BOOKING ESSENTIAL	At Buddys from 12pm – 2pm Cost depending on food choice £4 - £8
Tuesday 21st	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront Meet 3pm. Finish aprox 4.30pm Cost £5
Tuesday 28th	Wii Games	At Buddys 3pm – 5pm Cost £3
Evenings		
Thursday 9th	This Is Our Show with Worthing Musical Comedy Society (variety showcase from the musicals) Limited tickets still available	5pm at Worthing Connaught Theatre £20
Monday 13th	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront Meet 6pm. Finish aprox 7.30pm Cost £5
Wednesday 29 th	Dinner with Buddys NOTE - different day due to bank holiday	Details to follow
Other weekly sessions		
Monday	Gym & Swim £7 for one activity or £10 for both	Meet at Splashpoint Swimming Pool 10am (gym) or 11am (swim)
Tuesday	Sussex Seals - Sports & other activities. See program for details	Worthing Leisure Centre 7pm – 8pm
Thursday	Model Railway session	Buddys 10am - 11am No charge

Continued overleaf...

Thursday	Buddys Badgers activities for older people with learning disabilities	Buddys 3pm – 5pm Cost £6 – including afternoon tea
Friday	3rd Quiz 10th Planting Pots 17th Bingo 24th Music with Geoff & DJ Sam 31st Here comes summer	Buddys 10am - 1.30pm No charge
Upcoming Dates		
Wednesday 22 nd May	Worthing Mencap/Superstar Arts Fundraising Dinner with entertainment from Suspiciously Elvis Please note that this is not a supported social activity.	At Fernando's Grill, Worthing Cost £22 See flyer for further details
Tuesday 11 th June	Worthing Mencap Sport & Fun Day Please let us know if you would like to come.	Worthing Leisure Centre 10am – 2pm No charge

To book spaces & for further information please contact Emma on 07736 045527 or Lorna on 07736 045528 or email mynetwork@worthingmencap.org