



May 2025 Worthing Mencap & Buddys Weekly Program

Daytime		
Tues 6 th	Lunch & Bingo	At Buddys 12pm – 2pm No charge - drinks/lunch cost only
Tues 13 th	Seafront Litter Pick & Coffee	At Splashpoint Swimming Pool 2pm - 4pm No charge
Tues 20 th	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront. Meet 3pm Finish at approx 4.30pm Cost £5
Tues 27 th	Wii Games	At Buddys 2pm – 4pm. Cost £3
Evenings		
Mon 12 th	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront. Meet 6pm Finish at approx 7.30pm Cost £5
Thurs 29 th NOTE Not Monday due to Bank Holiday	Karaoke & Takeaway Night Order locally from fish & chips, Indian or Chinese, kebabs or bring a healthy alternative! Booking Essential	At Buddys 6pm – 8pm Cost £3 plus money for food Aprox £10-£15 depending on choice
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 5 th Bank Holiday – no club 12 th Jurassic Mini Golf – Hove 19 th Ten Pin Bowling 26 th Bank Holiday – no club	Meet at Splashpoint Swimming Pool 12.30pm Finish at 4pm. Cost £15 unless stated otherwise
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 *NEW*	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	2nd Quiz 9th Bingo 16th Crafts 23rd Plants 30th Music	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