



Worthing Mencap & Buddys October 2025

Buddys Friendship Group		
Tues 7th	Pool at Slicks (Worthing)	Meet at 3pm outside Dome Cinema. Cost £5
Tues 14th	Lunch & Bingo	At Buddys 12pm – 2pm. No charge – bring money for drinks/coffee
Tues 21st	Bowling	At Hollywood Bowling, Worthing Seafront. Meet 3pm Finish at approx. 4.30pm. Cost £5
Tues 28th	Cinema or Seafront Walk/ Coffee Subject to film screenings	To be confirmed
Evenings		
Mon 13th	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront. Meet 6pm Finish at aprox 7.30pm Cost £5
Wed 22 nd Oct	Blue Starfish Club Night Tickets £6 - available in advance from Buddys or on the door	The Factory Live, Ivy Arch Rd, Worthing 7pm – 10pm
Mon 27th	Dinner with Buddys	Venue 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 6th – Indoor Bowls 13th – Ten Pin Bowling 20th – Laser Zone - Brighton 27th – Pool & Darts	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 2 nd – 9 th – Short Tennis 23 rd – Skateboarding 30 th – Netball	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	3rd Quiz 10th Bingo 17th Crafts 24th Games 31st Halloween	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