



Worthing Mencap & Buddys September 2025

Buddys Friendship Group		
Tues 2nd	Pool at Slicks (Worthing)	Meet at 3pm outside Dome Cinema. Cost £5
Tues 9th	Seafront Walk & Coffee	Meet outside Splashpoint Swimming Pool at 3pm
Tues 16th	Bowling	At Hollywood Bowling, Worthing Seafront. Meet 3pm Finish at approx. 4.30pm. Cost £5
Tues 23rd	Lunch & Bingo	At Buddys 12pm – 2pm. No charge – bring money for drinks/coffee
Tues 30 th	Cook & Eat Session Booking Essential	At Buddys 2.30pm – 4.30pm Cost £6
Evenings		
Mon 8th	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront. Meet 6pm Finish at aprox 7.30pm Cost £5
Mon 29 th	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 1 st Water Sports at Hove Lagoon (£20) 8 th Bowling 15 th Mini Golf 22 nd Lazer Zone – Brighton 29 th Meet with Superstar Arts	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	5th Quiz 12th Bingo 19th Music With Sam & Geoff 26th Autumn Crafts	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