



## **Worthing & Adur Connects Support**

Information, advice & support service for adults (18+) with learning disabilities and/or autism or other lifelong disabilities.

We are able to support with:

- Reading, understanding letters and bills
- Making phone calls
- Managing or applying for benefits eg Universal Credit & PIP
- Budgeting
- Housing
- General Information and advice
- Disabled bus pass applications (where eligible)
- Referrals for employment/volunteering support

We also offer a wide range of social & sports activities throughout the week at Buddys & in the local community.

Worthing Mencap also runs a six month training program providing hospitality & customer service experience in Buddys, our community cafe. Please ask for more details.

**Hub Support is available at:**

**Buddys (Monday – Friday 10am – 2pm)**

**Shoreham Centre (Wednesdays 10am – 2pm)**

We may also be able to support with off-site visits or appointments depending on individual need.

**No appointment necessary but if you would like to arrange a specific time please get in touch using the numbers or email below.**

### **WAC Support Team**

Emma 07736 045527

Lorna 07736 045528

John 07713 394028

Alison 07841 042914

Email [wacsupport@worthingmencap.org](mailto:wacsupport@worthingmencap.org)

**Worthing Mencap & Buddys, 121 South Farm Rd, Worthing BN14 7AX**