



## Worthing Mencap & Buddys – September 2026

### Buddys Friendship Group

|           |                                                                               |                                                                                           |
|-----------|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| Tues 1st  | <b>Seafront Walk &amp; Coffee</b>                                             | <b>Meet outside Dome Cinema at 2.30pm</b> Finish aprox 4.30pm<br>Cost £3                  |
| Tues 8th  | <b>Lunch &amp; Bingo</b>                                                      | <b>At Buddys 12pm – 2pm.</b><br>No charge but please bring money for drinks/lunch (£5-10) |
| Tues 15th | <b>Cook &amp; Eat Session</b><br>Early booking essential - places are limited | <b>At Buddys 2.30pm-4.30pm</b><br>Cost £6                                                 |
| Tues 22nd | <b>Ten Pin Bowling</b>                                                        | <b>At Hollywood Bowling, Worthing</b><br>3pm – 4.30pm Cost £5                             |
| Tues 29th | <b>Member's Choice</b>                                                        | To be confirmed - please ask for details                                                  |

### Evenings

|          |                                                                                     |                                                                                                |
|----------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| Mon 14th | <b>Ten Pin Bowling</b>                                                              | <b>At Hollywood Bowling, Worthing</b><br>6pm – 7.30pm Cost £5                                  |
| Mon 28th | <b>Burger Night at Harlequins</b><br>Early booking essential as spaces are limited. | <b>At Harlequins, Chapel Rd, Worthing</b> at 5.30pm Finish Aprox 7.30pm<br>See attached sheet. |

### Other regular weekly sessions

|        |                                                                                                                                                                                         |                                                                                  |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| Monday | <b>Gym &amp; Swim</b><br>£8 for one activity or £11 for both                                                                                                                            | <b>Meet at Splashpoint Swimming Pool</b> 10am (gym) or 11am(swim)                |
|        | <b>Monday Club</b><br><b>7th</b> Jurassic Mini-Golf Hove<br><b>14th</b> Hove Lagoon Water Sports (£25)<br><b>21<sup>st</sup></b> Ten Pin Bowling<br><b>28<sup>th</sup></b> Pool & Darts | <b>Meet at Splashpoint at 12.30pm</b><br>£15 unless otherwise stated. Finish 4pm |

|                                                       |                                                                                                                                  |                                                                                    |
|-------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
|                                                       | <b>Football Chat</b> – talk about the weekend matches and fixtures in the week ahead                                             | <b>At Buddys 1pm - 2pm</b><br>No charge                                            |
| Tuesday                                               | <b>Seated Exercise Class</b><br>A session for those with less mobility to stay fit & active                                      | <b>At Buddys 10am – 10.45am</b><br>Cost £5                                         |
|                                                       | <b>Boxing Exercise Session</b><br>Improve fitness with <u>non-contact</u> boxing exercises                                       | <b>At Alan Fletcher Hall, Offington Park Church</b><br><b>11.30-12.30</b> Cost £8  |
|                                                       | <b>Sussex Seals</b><br>Sports & other activities.<br>See program for details.                                                    | <b>Worthing Leisure Centre</b><br>7pm – 8pm                                        |
| Wednesday<br>(fortnightly)<br>9th<br>23 <sup>rd</sup> | <b>Wednesday Lunch Club</b><br>Hosted lunch with main course "special", dessert & hot drink plus activity eg quiz, crafts, games | <b>At Buddys 12pm – 2pm</b><br><b>Cost £12</b><br><br><b>Pre-booking essential</b> |
| Thursday                                              | <b>Model Railway Session</b>                                                                                                     | <b>At Buddys 10am - 11am</b><br>No charge – bring money for drinks/lunch.          |
|                                                       | <b>Fit &amp; Fun</b><br>Group Circuit Training                                                                                   | <b>At Worthing Leisure Centre</b><br>10am – 11.30am Cost £8                        |
|                                                       | <b>Seated Exercise Class</b>                                                                                                     | <b>At Buddys 1.30pm – 2.15pm</b><br>Cost £5                                        |
|                                                       | <b>Buddys Badgers</b> activities for older people with learning disabilities<br>Please ask about spaces.                         | <b>At Buddys 3pm – 5pm</b><br>Cost £6 – including afternoon tea                    |
| Friday                                                | 4 <sup>th</sup> Quiz<br>11 <sup>th</sup> Music with Geoff & Sam<br>18 <sup>th</sup> Bingo<br>25 <sup>th</sup> Crafts             | <b>At Buddys 10am - 1.30pm</b><br>No charge – bring money for drinks/lunch!        |

**To book spaces & for further information please contact Emma W (07736 045527), Emma M (07841042914) John (07713394028) or email [wacsupport@worthingmencap.org](mailto:wacsupport@worthingmencap.org)**