Worthing Mencap & Buddys – November 2026		
Buddys Friendship Group		
Tues 3rd	**Lunch & Bingo**	**At Buddys 12pm – 2pm** No charge – bring money for drinks/lunch!
Tues 10th	**Crafts with Sue G**	**At Buddys 2.30pm – 4.30pm** Cost £5
Tues 17th	**Ten Pin Bowling**	**At Hollywood Bowling, Worthing** 3pm – 4.30pm Cost £6
Tues 24th	**Trip to the Sea Life Centre**	Contact us for further details
Evenings		
Mon 9th	**Ten Pin Bowling**	**At Hollywood Bowling, Worthing** 6pm – 7.30pm Cost £6
Mon 30th	**Dinner with Buddys** Early booking essential	**The Castle, Goring by Sea** at 5.30pm Finish Aprox 7.30pm
Other regular weekly sessions		
Monday	**Gym & Swim** £10 for one activity or £14 for both	**Meet at Splashpoint Swimming Pool** 10am (gym) or 11am(swim)
	Monday Club 2nd Ten Pin Bowling 9th Lazer Zone- Brighton 16th Pool & Darts 23rd Lazer Zone - Brighton 30th "Hexed" – Disney Film Worthing	**Meet at Splashpoint at 12.30pm** £18 unless otherwise stated. Finish 4pm
	Football Chat – talk about the weekend matches and fixtures in the week ahead	**At Buddys 1pm - 2pm** No charge
Tuesday	**Seated Exercise Class** A session for those with less mobility to stay fit & active	**At Buddys 10am – 10.45am** Cost £5

	Boxing Exercise Session Improve fitness with non-contact boxing exercises	**At Alan Fletcher Hall, Offington Park Church** **11.30-12.30** Cost £8
	Sussex Seals Sports & other activities. See program for details.	**Worthing Leisure Centre** 7pm – 8pm
Wednesday (fortnightly) 3rd 17th	**Wednesday Lunch Club** Hosted lunch with main course "special", dessert & hot drink plus activity eg quiz, crafts, games	**At Buddys 12pm – 2pm** **Cost £12** **Pre-booking essential**
Thursday	**Model Railway Session**	**At Buddys 10am - 11am** No charge – bring money for drinks/lunch.
	Fit & Fun Group Circuit Training	**At Worthing Leisure Centre** 10am – 11.30am Cost £8
	Seated Exercise Class	**At Buddys 1.30pm – 2.15pm** Cost £5
	Buddys Badgers activities for older people with learning disabilities Please ask about spaces.	**At Buddys 3pm – 5pm** Cost £7
Friday	6th Quiz 13th Bingo 20th Christmas Cards 27th Games	**At Buddys 10am - 1.30pm** No charge – bring money for drinks/lunch!
Other Dates Saturday 21st November	**Worthing Mencap Christmas Fayre**	**Offington Park Methodist Church, South Farm Rd, Worthing** **9.30am – 2pm**

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