



Worthing Mencap & Buddys – October 2026

Buddys Friendship Group

Tues 6th	Lunch & Bingo	At Buddys 12pm – 2pm No charge - bring money for drinks/lunch
Tues 13th	Pottery Painting at Mambo Jambos (Squires Garden Centre) Booking Essential	Meet at Buddys at 1.30pm for minibus. Returning aprox 4.30pm Cost aprox £20 depending on item chosen (includes minibus)
Tues 20th	Ten Pin Bowling	At Hollywood Bowling, Worthing 3pm – 4.30pm Cost £6
Tues 27th	Scarecrow Trail followed by coffee at Ferring Country Centre	Meet Outside Dome Cinema at 2pm or Ferring Cost £4

Evenings

Mon 12 th	Ten Pin Bowling	At Hollywood Bowling, Worthing 6pm – 7.30pm Cost £6
Wed 21 st	Blue Starfish Club Night Disco & live music	At Factory Live, Ivy Arch Rd, Worthing 7pm – 10pm Cost £7
Mon 26 th	Dinner with Buddys Early booking essential as spaces are limited.	At Railway Hotel, Railway Approach, Worthing at 5.30pm Finish Aprox 7.30pm See attached sheet.

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 5 th Soft Archery (Worthing Leisure Centre) 12 th Pool & Darts 19 th TBC 26 th TBC	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 <u>non-contact</u> 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) 7 th 21 st	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	2 nd Quiz 9 th Crafts 16 th Bingo 23 rd Music with Geoff & Sam 30 th Halloween	At Buddys 10am - 1.30pm 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