



Worthing Mencap & Buddys – April 2026		
Buddys Friendship Group		
Tues 7 th	Wii Games	At Buddys 2.30pm - 4.30pm Cost £3 including hot/cold drink
Tues 14 th	Lunch & Bingo	At Buddys 12pm – 2pm. No charge. Bring money for drinks/lunch
Tues 21 st	Ten Pin Bowling	At Hollywood Bowling, Worthing at 3pm. Finish approx 4.30pm Cost £5
Tues 28 th	Your Choice – to be decided by group members!	To be confirmed
Evenings		
Mon 13 th	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront. Meet 6pm Finish approx 7.30pm Cost £5
Mon 27 th	Dinner at the Railway Hotel See separate flyer. All bookings and payments by Friday 17 th April.	At the Railway Hotel, Railway Approach, Worthing at 5.30pm. Finish 7.30pm
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 6 th Bank Holiday – no club 13 th Pool & Darts – Slicks 20 th Cinema Super Mario Galaxy 27 th Ten Pin Bowling	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 £4.50
	Sussex Seals Sports & other activities. See program for details.	Worthing Leisure Centre 7pm – 8pm
Wednesday *NEW fortnightly Starts Wed 8 th April	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 AM Group Circuit Training PM Multi- Sports	At Worthing Leisure Centre 10am – 11.30am Cost £8 12.30pm – 1.45pm Cost £8
	Buddys Badgers activities for older people with learning disabilities Please ask about available spaces.	At Buddys 3pm – 5pm Cost £6 – including afternoon tea
Friday	10 th Music with Geoff & Sam 17 th Quiz 24 th Bingo	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