



Worthing Mencap & Buddys – March 2026		
Buddys Friendship Group		
Tues 3 rd	Wii Games	At Buddys 2.30pm - 4.30pm Cost £3 including hot/cold drink
Tues 10 th	Lunch & Bingo	At Buddys 12pm – 2pm. No charge. Bring money for drinks/lunch
Tues 17 th	Ten Pin Bowling	At Hollywood Bowling, Worthing at 3pm. Finish aprox 4.30pm Cost £5
Tues 24 th	(Soft) Archery Taster Session Booking Essential	Venue to be confirmed
Tues 31 st	Worthing Treasure Trail (Part 2) followed by coffee	Meeting in town centre (outside Guildbourne Centre) at 2.30pm. Finish at aprox 4.30pm Cost £3
Evenings		
Mon 9 th	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront. Meet 6pm Finish aprox 7.30pm Cost £5
Mon 23 rd	Dinner at The Castle See separate flyer Booking essential by Friday 13 th .	At the Castle Pub, Goring By Sea 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 2 nd Indoor Mini Golf 9 th Pool & Darts 16 th Film – to be decided 23 rd Indoor Bowls 30 th Brighton Visit	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
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	6 th Quiz 13 th Crafts 20 th Bingo 27 th Easter	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