

# Map of Services in Worthing and Adur

## Key

- ▲ Community social clubs
- \* Transport NOT available

### ACROSS WORTHING & ADUR

**Community Clubs**      **07904 976736**  
**Information and Advice**   **0800 0191310**  
**Help at Home Service**      **01903 726276**  
**Home Visiting Service**    **01903 726276**

**Wednesdays, Social Club\*** and  
**Exercise Class**  
 10.00 - 12.30 £1.50  
**The Bingo Club\***  
 13.30 - 15.30 50p per book  
**Shoreham Centre**, Pond Road,  
 Shoreham-by-Sea, BN43 5WU

**Wednesday Fellowship Club**  
 11.00 - 13.00  
 £4 return - excluding lunch  
**Southwick Methodist Church**, Manor  
 Hall Road, Southwick, BN42 4NA

**Mondays, Social Club and Exercise Class**  
 10.00 - 12.30  
 Social Club £1.50, Exercise Class £2  
**Marsh House**, Park Lane, Southwick,  
 BN42 4DL

**Fridays, Social Club\***  
 10.00 - 12.00  
 £2.00 - excluding lunch @ £4.95  
**The Gardeners Arms**, West  
 Street, Sompting, BN15 0AR

**Tuesdays, Lunch Club**  
 11.00 - 14.00 £5  
**Milward Court Community Hall**,  
 Wilmot Road, Shoreham-by-Sea,  
 BN43 6BU

### WORTHING

**Thursdays, Lunch Club**  
 10.30 - 14.00  
 £1, lunch £5.00  
**Harriet Johnson Centre**,  
 Loose Lane, Sompting,  
 BN15 0BG

**Mondays, Social Club and Exercise Class**  
 14.00 - 16.00 £2  
**Chesham House**, South Street, Lancing,  
 BN15 8AJ

### ADUR

**Fridays, The Outings Club**  
 From 10.00  
 From £7- excluding venue  
 entrance or meals  
 Various locations

Every 2nd and 4th **Friday, Afternoon Tea Club\***  
 13.00 - 16.00 £4.50  
 Last **Sunday** of the month, **Sunday Lunch Club\***  
 11.30 - 14.00 £5  
**Shoreham Methodist Church**, Brunswick Road,  
 Shoreham-by-Sea, BN43 5WB

### Information and Advice

free information and advice on any topic including  
 benefits, debts, care packages and social activities

### Help at Home Service -

hassle free hiring of vetted,  
 caring home helps

### Home Visiting Service -

a paid for service for those in  
 need of company