

Support for Widows and Widowers

These services offer connection, understanding, and practical guidance for people navigating life after the loss of a partner - whether you're recently bereaved or looking to rebuild your life with peer support.

Army Widows' Association

A volunteer-led charity offering comfort, support, and friendship to the widows and widowers of service personnel.

info@armywidows.org.uk | 0300 666 0136
www.armywidows.org.uk/



SCAN ME

National Widowers' Organization

Offers online resources, peer support, and dedicated programmes for men grieving the loss of a partner, including the Men's Grief Network.

info@nationalwidowers.org | <https://nationalwidowers.org/>
Men's Grief Network: <https://staging.nationalwidowers.org/>



SCAN ME

Way Up

A UK-based online community for people widowed in their 50s and 60s, offering peer support, discussion forums, and in-person meet-ups. Free to join, with member-only access and regular social activities.

<https://way-up.co.uk/>



SCAN ME

WAY – Widowed and Young

Supports people widowed before age 51 with peer groups, events, and practical advice. Annual membership is £25.

<https://www.widowedandyoung.org.uk/> | 0300 201 0051



SCAN ME