



**HORSHAM CENTRAL**  
PRIMARY CARE NETWORK

Park, Holbrook, Orchard & Riverside

# WIDOW AND WIDOWER SUPPORT



# WIDOW AND WIDOWER SUPPORT

## Table of Contents

Army Widows Association.....	3
National Widowers' Organization: US-based for men.....	4
Way Up: Online forum with in person meet ups.....	5
Widowed and Young (WAY): For under 50's.....	6

# Army Widows' Association

A volunteer run organisation and charity aiming to offer comfort, support, and friendship to the widows and widowers or service men and women.

Phone: 0300 666 0136

Email: [info@armywidows.org.uk](mailto:info@armywidows.org.uk)

Website: <https://www.armywidows.org.uk/>



@ARMYWIDOWS



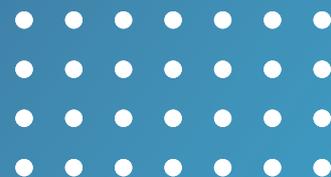
@ArmyWidowsA



/company/army-widows-association



/ARMYWIDOWSASSOCIATION



# National Widowers' Organization

The National Widowers' Organization is set up for males experiencing the loss of a partner. A 'virtual tool-kit' that simultaneously allows for men to meet and support others going through the same. Though based outside of the UK they offer resources and blogs so as to support male experiences of being widowed.

Through the National Widowers' Organization there is a programme, Men's Grief Network, being run that works towards this goal of uniting and support men and the Widower to Widower peer support programme.

Email: [info@nationalwidowers.org](mailto:info@nationalwidowers.org)

Website: <https://nationalwidowers.org/>

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



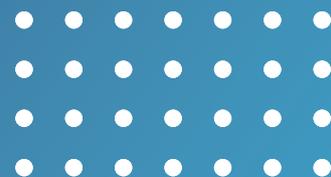
@widowersorg



@nationalwidowersorganization



/Widowers



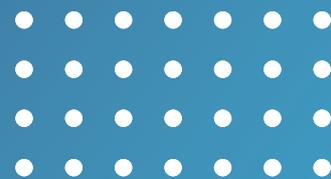
# Way Up

Way Up is a UK-based online forum aimed at (though not exclusively for) those widowed in their 50's and 60's. Free to join, their forum is for members only and aims to provide support, perspectives, and friendships.

Though based online this group do meet up in person and have organised trips abroad, activities, and fun meet ups that allow members to engage more with others and find new activities.

Though they don't offer contact details their contact form can be found on their website and offers responses within 72 hours.

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



# WAY Widowed and Young

WAY is for those that lost their partner before having turned 51 years of age. A peer-to-peer support group with an annual cost of £25 to join and also acts as a signposting service to other websites, blogs, and books that advise and support those in this situation. WAY also provides practical support including information on relevant bereavement benefits you may be eligible for following the passing of a partner.

Phone: 0300 201 0051

Open 9.30am-5pm from Monday-Friday

Email: Available via their contact form on the website  
<https://www.widowedandyoung.org.uk/contact-us/>

Website: <https://www.widowedandyoung.org.uk/>



@WidowedAndYoung



@widowedandyoung



/widowedandyoung



/company/widowedandyoung



@waywidowedandyoung6328

