

The WAY Foundation was founded in 1997 and offers a self-help network for members across the UK.

WAY enables them to share their unique understanding of being widowed young and currently has around 1,600 members.

Activities include (depending on area):

- Regular meals and/or drinks
- Family picnics
- Bowling, cinema and theatre trips
- Walks and outdoor activities

Most people have no idea what you're going through in bereavement, but other WAY members understand. It helps to share your experience with others who are on a similar journey.

#### **Coping with children on your own?**

WAY members include those with young children and those with grown up children. Whatever challenges you face as a bereaved parent, WAY members can help you cope.

#### **Alone and feeling like you've lost your future?**

Many WAY members don't have children and can identify with how you're feeling. They can share your grief and help you take life on again.

#### **Were you bereaved several years ago, but still feel unable to look forward?**

When you've been bereaved for a while, friends and acquaintances like to think you're coping well. They want you to be better. WAY members understand it's not like that. They talk, they know what it's like. And they won't disappear when they've had enough of your grief.



If your partner died before your 51<sup>st</sup> birthday, WAY can help you -

Men and women, gay or straight, married or unmarried, with or without children.

By joining WAY you will have access to:

- A list of local members and contact details
- social activities in many regions
- secure online message board and chatroom
- regular newsletter
- helpful book/video/CD loan service
- short breaks arranged by members
- residential AGM weekend
- information on other organisations and bereavement support groups

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Registered Charity No. 1072649  
Patron: Lindsay Nicholson



## **Widowed and Young?**

**You're not alone!**

**WAY offers support and friendship for men and women up to 50 who have lost a partner.**

**If you've been bereaved, join WAY and meet others who know how you're feeling. They've all been there too.**

**Self help groups across the UK offering friendship, support and information**

## **Providing a WAY forward**

**"WAY gave me the confidence to move forward."**

**"WAY has been a lifeline for me and my children."**

**"I felt so alone till I met others in WAY, they understand how hard it is."**