

Grief & Bereavement Support Groups - UK Wide

A practical directory of named bereavement organisations, peer groups and specialist routes. Information checked 21 September 2026. Group dates, venues and eligibility can change, so confirm directly before travelling.

General bereavement support

Cruse Bereavement Support	Coverage England, Wales & NI	Best for Any bereavement
Cruse has more than 80 local branches across England, Wales and Northern Ireland. Many branches offer peer-to-peer groups, including walking groups, alongside one-to-one and information sessions. Local provision differs and some branches have waiting lists.		
Cruse Understanding Your Bereavement	Coverage Local Cruse branches	Best for Understanding grief
Group information sessions offered by participating Cruse branches. They introduce ways of understanding grief and can be a gentler first step for someone unsure about a peer group.		
Cruse Scotland - Support Groups	Coverage Scotland	Best for Adults
Cruse Scotland hosts in-person and online group support sessions around Scotland alongside early support, counselling, helpline and GriefChat services.		
Cruse Scotland - Early Support	Coverage Scotland	Best for Recent bereavement
One-to-one or group sessions intended for people in the first six months after a bereavement, providing an earlier route into support.		

Partner loss and widowhood

WAY - Widowed and Young	Coverage UK wide	Best for Partner loss, <=50
UK-wide peer-to-peer network for people who were aged 50 or under when their partner died. Members can access online and in-person peer support across England, Scotland, Wales and Northern Ireland.		
WAY - Under 35 Group	Coverage UK / online	Best for Younger widowed people
A private peer group within WAY for members who were 35 or under at the point of bereavement.		
WAY - LGBTQ+ Group	Coverage UK / online	Best for LGBTQ+ partner loss
Private members' peer group for LGBTQ+ people navigating partner bereavement.		
WAY - Man Cave	Coverage UK / online	Best for Bereaved men
A private peer space for men within the WAY community.		
WAY - Military Group	Coverage UK / online	Best for Military bereavement
Peer group for members whose spouse or partner was serving in HM Forces or a similar military organisation when they died.		
WAY - Mental Health Group	Coverage UK / online	Best for Grief + MH/ND
A peer group for members living with an additional mental-health or neurodivergent condition alongside bereavement, including depression, PTSD, ADHD, anxiety or autism.		
WAY Up	Coverage UK / online	Best for Widowed 51+
An independent UK-wide online community commonly signposted by WAY for widowed people who were 51 or over at the time of bereavement.		

Pregnancy and baby loss

Sands Local Support Groups	Coverage UK wide	Best for Pregnancy / baby loss
Sands has a countrywide network of more than 100 local groups, usually run by bereaved parents and family members. Groups may offer meetings, telephone or email support.		
Sands Online Support - All Adults	Coverage UK / online	Best for Baby loss
Online meetings bring together adults directly affected by pregnancy or baby loss when a local group is unavailable or online feels easier.		
Sands Online Support - Men	Coverage UK / online	Best for Bereaved men
Dedicated online support meetings for men affected by pregnancy or baby loss.		
Sands Online Support - South Asian Communities	Coverage UK / online	Best for South Asian communities
Dedicated online meetings are offered for people from South Asian communities affected by pregnancy or baby loss.		
Sands Online Support - African & Caribbean Communities	Coverage UK / online	Best for African/Caribbean communities
Sands provides tailored online support for African and Caribbean communities, with dates published through its online meeting programme.		
Sands Online Support - TFMR	Coverage UK / online	Best for TFMR
Dedicated online support meetings for people affected by termination for medical reasons.		

Children, young people and families

Cruse local child & family support	Coverage England, Wales & NI	Best for Families
Local Cruse services can provide bereavement support and information for families; what is available varies between branches, so checking the local service finder is important.		
Cruse Scotland - Children & Young People	Coverage Scotland	Best for Children / families
Specialist bereavement support and family-friendly resources for bereaved children and their families, including support linked with schools.		
Sands family support	Coverage UK wide	Best for Whole family
Sands support is available not only to parents but also siblings, grandparents, other family members and friends affected by pregnancy or baby loss.		

Other ways to connect

Cruse peer walking groups	Coverage Selected local branches	Best for Gentler peer contact
Some Cruse branches run walking groups, which can feel less intense than sitting face-to-face in a room and may suit people who find conversation easier while moving.		
Sands local remembrance & community activity	Coverage UK wide	Best for Connection / remembrance
Many local Sands groups also take part in remembrance services, awareness activity and community events alongside their direct support work.		
Cruse Helpline	Coverage UK wide	Best for First contact

Not a group, but a useful bridge when someone wants to talk before attending one. Cruse's trained bereavement volunteers provide emotional support by phone across the UK.

Cruse Scotland Helpline & GriefChat	Coverage Scotland	Best for First contact
Telephone and typed-chat support can provide a lower-pressure first contact before trying a group or counselling service.		

Before going to a group

You can ask questions first. It is reasonable to check who the group is for, whether you need to book, whether you can simply listen, whether somebody can come with you to the venue, and what happens if you become overwhelmed. Grief groups vary greatly: some are open drop-ins, some are facilitated peer groups and others are membership-based or specialist groups. You do not have to tell your whole story on your first visit.

Information check

Checked against current public information from Cruse Bereavement Support, Cruse Scotland, WAY Widowed & Young and Sands. This directory is a starting point rather than a guarantee of current meeting availability.