

JANE'S NEW PATH:

Navigating Life After Loss



JANE LOST HER HUSBAND OF 32 YEARS.

Jane: I need to be independent, I need to try and fill the gaps in my life and carve out a new life. I don't want on-line support, I want to meet up with people who are in a similar situation to me, so I'm not feeling awkward and uncomfortable all of the time because I'm grieving.

Diedre: I lost my husband 2 years ago, I wouldn't say I've been there, I'd say I am there, it doesn't just pass. When you do feel ready, there are lots of ways that you can reach out, there's an organisation called The Jolly Dollies, it's run by widows for widows.

Jane: I just want to have something positive going forward, that I'm moving forward in the right direction.

Cat Deeley: Good luck Jane, some great ideas there as Diedre says. The Jolly Dollies sounds like fun.

Ben Shephard: They'd show you a good time for sure.

Cat Deeley: They would.



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Jolly Dollies for widows who want some fun and friendship and support and there you are among other women who have been widowed, they'll know how you feel so you can really trust your reactions with them.

Deidre Sanders
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