



2022-23 Gratitude Report Milestones & Resilience

FISCAL YEAR: APRIL 1, 2022 - MARCH 31, 2023

Our Mission

We are delighted to present to you Wellspring Cancer Support Foundation's Gratitude Report for the fiscal year 2022-23, a year that has been marked by milestones, resilience, and an unwavering commitment to our vision of helping people live better with cancer.

This year holds special significance as we celebrated our 30th anniversary. Over three decades, Wellspring has touched the lives of countless individuals, providing them with hope, support, and a sense of community during their cancer journey. But our work isn't done.

Through the support of our community, this past year we:

- Reopened our doors to in-person programs. We once again saw the immense impact that being physically present has for our members.
- Remained committed to providing online programs. Online programming continues to flourish, enabling us to reach individuals regardless of their geography, health or other constraints.
- Launched our Community Hubs pilot, a groundbreaking initiative that brings our unique blend of support services to local Toronto hospital settings.
- Forged new partnerships to build diversity and inclusion. Our first French-language partnership with Ovarian Cancer Canada is an important step in extending our support services to the francophone community.

However, none of these accomplishments would have been possible without the unwavering support of our donors, volunteers, and partners. Your generosity, dedication, and belief in our vision have been the bedrock of our success. Your contributions have transformed lives, instilled hope and created resilience in the face of adversity.

Looking ahead, despite a difficult fundraising environment, we are filled with optimism and a deep sense of purpose. We are committed to expanding our reach, improving our programs, and creating a network of support that extends across communities and borders. Together, we will continue to make a difference in the lives of those affected by cancer.

Thank you for your support, trust, and belief in our mission. We are grateful for the opportunity to serve our community, and look forward to the journey ahead.

With heartfelt gratitude,



Christina Smith
CEO, Wellspring



D'Arcy McDonald
Board Chair, Wellspring

Our Impact

SUPPORTED:

7,700

people living with cancer

↑ 9% increase from last fiscal

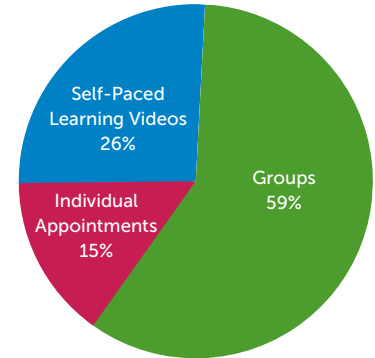
SUPPORTED BY:

235

engaged volunteers

↑ 50% increase from last year

PARTICIPANT VISITS:



HELD:

25,000

program sessions

AS FINANCIAL STEWARDS:

\$0.20

cost per dollar raised

In our 2022 Mission Survey, member respondents said:

96% Wellspring helps me feel less isolated.

95% I manage stressful situations better.

94% I can express my needs and feelings better.

92% Wellspring increased my physical well-being.

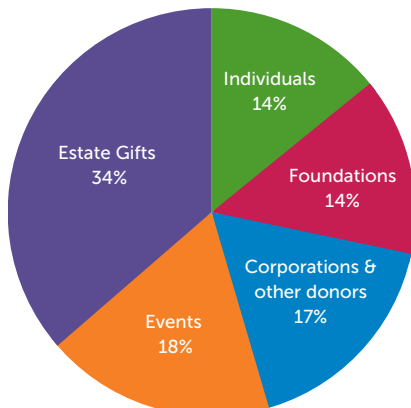
95%

My quality of life has improved as a result of participation in Wellspring programs.

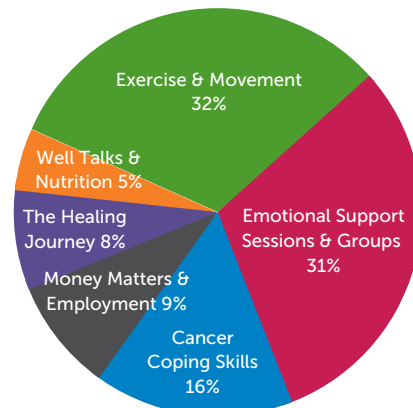
*Based on 623 member responses.

Our Financials

SOURCES OF FUNDING:



PROGRAM EXPENSES:



Our Milestones

NEW DELIVERY CHANNELS

Return to In-Person Programs

One of the significant highlights of this year was reopening our doors to in-person programs. After the last few years of providing online-only programs because of COVID, we saw the immense impact that being physically present has for our members. The warmth, compassion, and healing energy that radiated through our centers is remarkable. We owe a debt of gratitude to our staff, volunteers, and members for their resilience and trust during the the last few years.

Continued Expansion of Online Programs & Recorded Webinars

While we were able to transition to remote operations during the pandemic, we also recognize the importance of maintaining accessibility. Our online programs and resources continue to flourish, enabling us to reach individuals far and wide. This year, we created new educational video series about cancer and nutrition.

The success of our online programs reaffirms our commitment to providing a lifeline of support regardless of location.

New Community Hubs

This year, we proudly launched our Community Hubs pilot, a groundbreaking initiative that brings our unique blend of support services directly to local hospital settings.

Hospital patient surveys showed a need for symptom management. By embedding Wellspring programs within Toronto hospitals, we are able to offer this support, in locations most convenient to them.

Hubs are currently being piloted with:

- St. Michael's Hospital
- Princess Margaret Cancer Centre

We are looking at opening more pilots this coming year and will monitor the effectiveness of this initiative with the goal having Wellspring make an even greater impact on the lives of those battling cancer.



"I do believe my quality of life has been improved by Wellspring. Through support and counselling programs I found hope and emotional support. I learned coping skills and how to create new and healthy habits and practices that have made me feel happier, more hopeful and less stressed about my terminal illness. I feel more like myself again."

– Wellspring member



"Wellspring brightened my days and enhanced my life at a really difficult time. People share coping mechanisms and help you process your feelings at Wellspring. The Cancer Exercise program helped me increase my range of motion, reduce tightness, and keep my body working as well as possible. It was tailored to me, and that was very helpful. I'm much healthier physically and mentally."

– Nada Farrah, Wellspring member

NEW COLLABORATIONS

Wellspring plans and coordinates every new undertaking with the aim to maximize resources available to those we serve, while avoiding duplication of services.

To that end, we are both proud of and deeply grateful to our trusted partners who align with our vision and are equally committed to ensuring sustainable supports are available to those living with cancer for years to come.

New collaborations from this past year include:

- Ovarian Cancer Canada
- L'Chaim - National Council of Jewish Women Canada



NEW PROGRAMS

Prehab Cancer Exercise Program

This new program is targeted to individuals who have a surgery scheduled, or about to be scheduled as part of their treatment protocol. Evidence suggests that regular exercise in preparation of surgery:

- Reduces treatment-related side effects
- Improves mood
- Improves strength and stamina
- Protects brain function during chemotherapy
- Provides a great opportunity to meet other people on a similar treatment path

We are already seeing great success from this program and significant doctor referrals.

Ovarian Programs in English and French

Our new partnership with Ovarian Cancer Canada included the development of Ovarian Cancer Support Groups and Peer Support in both English and French. This also included the development of a French website (go.wellspring.ca/fr). As we create more national partnerships, we anticipate more French programs and resources will be created.

L'Chaim Peer Support

Thanks to our partnership with L'Chaim Cancer Support for Jewish Women, we are now offering Peer Support for Jewish individuals with cancer or their caregivers.

We have agreements with 14 organizations for a variety of services including program delivery, volunteer training, and licensing programs for expanded delivery:

- ♥ Bladder Cancer Canada
- ♥ Humber River Hospital
- ♥ L'Chaim - National Council of Jewish Women Canada
- ♥ Lung Cancer Canada
- ♥ Lymphoma Canada
- ♥ Myeloma Canada
- ♥ Oakville-Mississauga Prostate Support Group
- ♥ Ontario Parents Advocating for Children with Cancer
- ♥ Ottawa Regional Cancer Foundation
- ♥ Ovarian Cancer Canada
- ♥ Pancreatic Cancer Canada
- ♥ Unity Health - St. Michael's Hospital
- ♥ University Health Network

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- ♥ = program delivery
 - ♥ = licensing Wellspring programs
 - ♥ = training for volunteers

"Wellspring has helped me to get stronger physically, emotionally, mentally and spiritually."

— Yaslyma,
Wellspring member

Wellspring is a place where you don't have to explain your feelings. People understand fear without the need to be brave or pretend. Here you can learn to cook healthy meals, have a cup of tea or attend a class of personal healing. The psychological burden of facing cancer and the fear of recurrence is the hardest to deal with ...

As a Doctor and patient, this was the hardest part to admit: Initially, like so many cancer patients, I was a hesitant participant. But, with the support of fantastic staff, art therapy was a huge world of healing for me and lead to survivorship leadership, advocacy and awareness. I am so grateful for their guidance and want to encourage people to step outside their comfort zone and step into the comfort of Wellspring.

— Dr. Alexandra Ginty, MD CCFP (EM) FCFP Asst. Clinical Professor (Adj) McMaster University and Wellspring member



wellspring.ca

Helping people live better with cancer

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