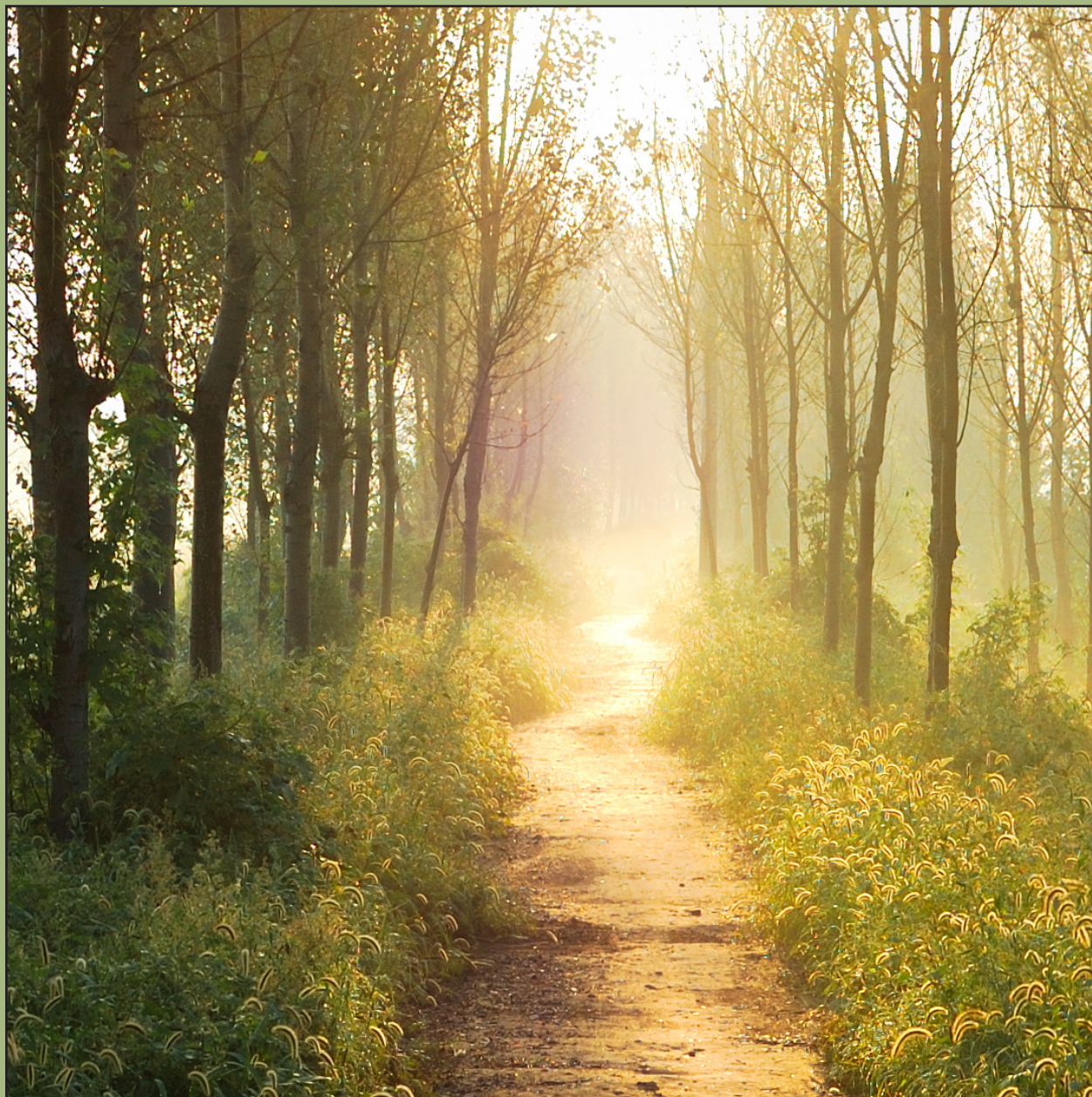


A Path to Hope and Healing



Annual Report 2025

Welcome from the Executive Director

I want to extend a heartfelt thank you to each of you for taking the opportunity to learn more about Wellspring London & Region/Stratford, and the incredible impact that we are having in communities across Southwestern Ontario

2025 was an exciting year for Wellspring London as we celebrated our 25th anniversary of providing no-cost support services and programs to people impacted by cancer in our community. This report highlights some of the wonderful opportunities we had to engage with our members, volunteers and our stakeholders in this milestone year and better understand the impact our organization has on the people we serve. Our Wellspring story reached far and wide, and we constantly heard from people about how meaningful their connection to our community is. This is why we exist! To connect with people and remind them that they are not alone!



As we move through the first half of 2026, we are asking people to consider becoming more engaged with Wellspring London & Region/Stratford. We are currently looking for passionate and dedicated people for various volunteer roles within our organization, including skilled members for our Board of Directors. We are always looking to create partnerships with businesses, organizations, or individuals who could help financially support some of the programs and resources we provide. Ambassadors in our community can help us create awareness with health teams, churches and service clubs so that people can find us should they need our services. In order to support the nearly 1000 active Wellspring members in this region, we need to ask our community for help. Together, we can ensure no one feels alone as they travel along their path to healing.

Please take the opportunity to read through our 2025 Annual Report and celebrate with us as we continue to grow our dedicated partnerships, increase our programs, and honour the amazing volunteers in our cancer community. Wellspring London & Region/Stratford continued to redefine itself in 2025, and our report is reflective of this. We continue to live by the core organizational values of Wellspring - COMMUNITY, COMPASSION, EMPOWERMENT and RESPECT, in everything we do. A heartfelt thank you again for YOUR support in 2025.

Warm regards,
Tracey Jones

A handwritten signature in blue ink, which appears to read 'Tracey Jones'.

Tracey Jones, Executive Director
Wellspring London & Region / Stratford

*"Together, we can ensure
no one feels alone
as they travel along
their path to healing."*

A Guiding Path Forward

Wellspring London & Region / Stratford Board of Directors

Navigating the unexpected path of a cancer diagnosis is a journey no one should have to walk alone. Today, clearing obstacles and offering a steady hand to individuals and their loved ones remains a critically vital service in our community. We proudly recognize the community partnerships that anchor our network and the motivating feedback from our members that guides our direction.

This past year has been defined by remarkable growth and new avenues of opportunity. Thanks to our dedicated staff, volunteers and program leaders, we have charted a clear course forward. Beyond their exceptional professional skills, their genuine enthusiasm for serving our members serves as a beacon of hope along every milestone of the Wellspring mission.

We extend our deepest gratitude to our network of over 100 volunteers, whose unwavering support empowers our dedicated staff to expand our footprint and open new pathways of care. Furthermore, our governance has strengthened with the expansion of our Board. These enthusiastic individuals bring unique personal stories and valuable expertise, enhancing the dynamic interaction among our directors to ensure every organizational step fully supports what is best for Wellspring London & Region / Stratford.

None of this would be possible without the profound generosity of our donors, community groups, and individual allies who contribute financially or volunteer their time. Every contribution matters, paving the way for sustainable support. As you review this report, we hope you feel inspired by the expanding scope of Wellspring's work and how it illuminates the path forward for those affected by cancer.

Our sincerest thanks and gratitude,



Margo Bettger-Hahn
Chair, Board of Directors
Wellspring London & Region/Stratford



Wellspring Board of Directors 2025

**Margo Bettger-Hahn,
Chair**

**Julie Heitbohmer-
Tomchak,
Vice Chair**

**Roman Molodynia
Past Chair**

Mark Hunter

Mat Barber

Konrad DeKoning

Tyler Goldsack

Marianne Lee

In the Words of our Members

I was diagnosed with papillary thyroid cancer on June 5, 2022, and the diagnosis completely changed my world. It was a frightening and isolating journey, made even harder as it was during Covid.

Finding Wellspring has truly been a blessing. Joining this community has become one of the brightest lights following one of the hardest seasons of my life. Being surrounded by people who genuinely understand the emotions and challenges that come with cancer has brought me so much comfort and support and allowed me to give the same back. It's such a comfortable place to be and participate in. Sometimes we discuss our journeys and sometimes we don't. It's whatever each person needs at the time. We are all at different stages of our journey

From the moment I walked in, I felt welcomed with kindness, compassion and understanding. Through programs like peer support, meditation, Reiki, yoga, art therapy, aquafit, art expression, drumming, Zentangle and Tuesdays with Tammy, I have found healing, connection, and lasting friendships.

I am deeply grateful for Wellspring, the incredible staff, the donors that make these program possible, and the supportive community they have created. It has a made a meaningful difference in my life and reminded me that I am never alone on this journey. I enjoy attending so much so that I will rearrange appointments and other activities so that I am able to attend.

Joanne Weir, Wellspring Member

*"From the moment I walked in,
I felt welcomed with kindness,
compassion and understanding."*



Walk for 25 years of Wellspring!



A huge thank you to everyone who joined us in September of 2025 as we paid tribute to the 25th Anniversary of Wellspring London & Region with our Annual Walk. We can't think of a better way to celebrate than by bringing the Wellspring community together to show our support for those who are going through the cancer journey – from diagnosis to survivorship and in some cases, to honour the memory of those we have lost.

Scan to Register



*On September 13th 2026,
Join us as we Walk the Path
of Hope and Healing*

London House Events 2025

In March 2025, we held another wildly successful Battle of the Bands for Wellspring. In its 25th year, this event rocked and rolled it's way to raising over \$110,000! Londoners were jamming to the music put on by our amazing bands, and our very special judging panel determined that Hip Cheque was the esteemed winner of the Paul Stanley Cup. We look forward each year to this long-standing rockin' fundraiser.



Close to 150 people had a fabulous time enjoying the music of the Shelly Rastin Band at a private venue in Ilderton as part of our 25th Anniversary celebrations. Boots and Bling, a country themed party provided a wonderful opportunity to introduce a group of new people to our organization. Guests dressed up in western wear and hit the dance floor. A fantastic silent auction helped raise \$62,000 in support of our slate of no-cost cancer support programs



London House Events, 2025

Wellspring London & Region once again partnered with the amazing community organization, Daughters of Penelope, to hold our third annual charity pickleball fundraiser, Dinking for Dollars in May 2025. We had a full day of pickleball at SMASH Pickleball, London's newest facility. Supporters of both Wellspring London & Region and Daughters of Penelope came out to enjoy a fun day of pickleball and helped raise funds for our two organizations. Once the champions had been crowned, teams joined us for a complimentary pizza dinner and awards ceremony. We look forward to continuing to grow this event with the Daughters of Penelope in 2026!



Our second annual Wellspring London & Region charity golf fundraiser was held at FireRock Golf Club in August 2025. We couldn't have asked for better weather for our full day of golf. We had a great turnout of players for 18 holes of golf and our first annual Amy Morris Memorial Putting Contest. After their round, players joined us for some prize giveaways, a 50/50 raffle, a silent auction, and a lunch buffet.

As the end of each year approaches, we look forward to offering our stakeholders the opportunity to purchase a (cardboard) candle in memory or support of someone they love. In 2025, dozens of candles adorned the walls in both our London and Stratford House Centres, a moving demonstration the love and gratitude our members have for each other and for the caring support they receive at Wellspring.



London House, Program Update

For 25 years, Wellspring London & Region has offered free, life-affirming programs that nurture the body, mind, and spirit of people living with cancer and their loved ones. Through movement, mindfulness, education, creative expression, and peer support, Wellspring creates a compassionate community focused on healing and hope beyond the hospital setting.

Programs such as the Cancer Exercise Program, led by physiotherapists from ReActive Physiotherapy, help participants rebuild strength, stamina, and confidence while reducing fatigue and improving overall well-being. Gentle Yoga, Meditation, Aquafit, and Qi Gong classes encourage relaxation, balance, mobility, and emotional resilience, giving members practical tools to manage stress and reconnect with themselves. Caregivers are also welcomed into many programs, sharing in the benefits of movement, calm, and connection.



Wellspring's Nourish Educational Series, presented with dieticians from NutriProCan, provides guidance on healthy eating, fatigue management, and self-care during and after treatment. Creative programs including Art Therapy, Drumming, Horticultural Therapy, Poetry, and the Knit & Crochet Circle offer meaningful opportunities for self-expression, conversation, laughter, and community.

At the heart of Wellspring's mission is the understanding that no one should face cancer alone. Through caring individual and group support programs, members find a safe space to share experiences, fears, and hopes while building strength through connection and empathy. For a quarter century, Wellspring London & Region has remained a lifeline for those affected by cancer; strengthening bodies, soothing minds, uplifting spirits, and lighting the path toward healing and community.

"Wellspring is a very welcoming place where we all feel safe to share our struggles and our victories."

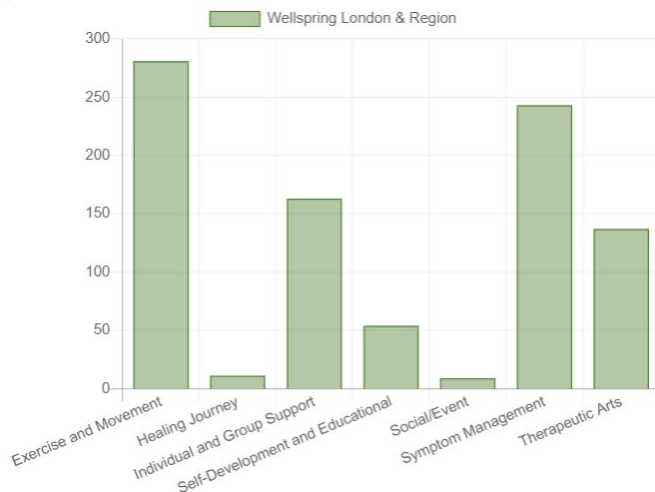


Wellspring London & Region / Stratford Statistics 2025

Program Highlights for the year

- 7,381 Program Occurrences
- 379 New Members
- 852 Active Members

Unique Individuals Served by Program Area

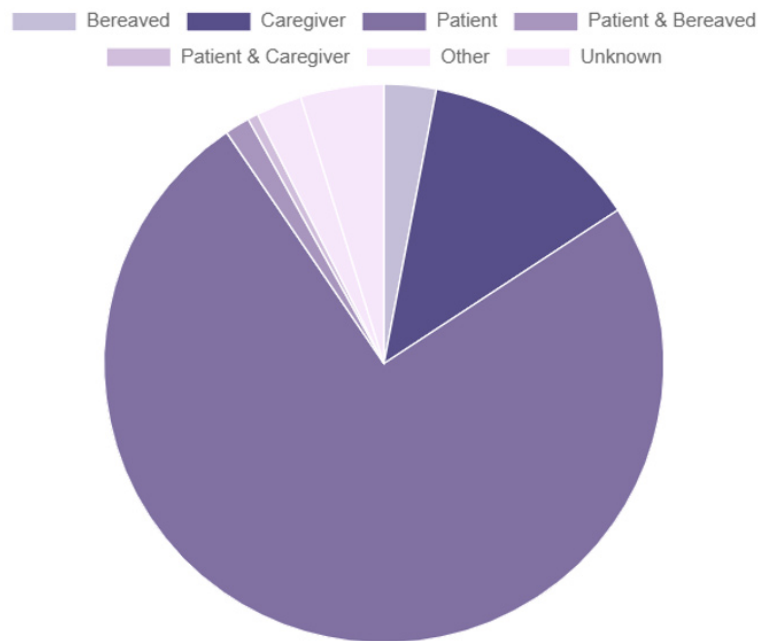


Individuals Served by Delivery



"I really appreciate the time, energy and expertise of the program leaders."

Active Member by type



Overall Experience According to our 2025 Mission Survey



Stratford House, Update

Wellspring Stratford had a very successful and exciting 2025, filled with growth, connection, creativity, and incredible community support! Here are just a few of the reasons we are celebrating another successful year at Wellspring Stratford House.

We were thrilled to have seen more individuals and families reaching out for support programs, wellness classes, peer connection, and resources throughout Perth County. Our Stratford location remains a welcoming and active hub for those impacted by cancer, with participation in both programs and events continuing to grow year after year.

The 18th Annual Wellspring Stratford Golf Tournament at River Valley Golf & Tube was our most successful tournament to date! The event brought together golfers, sponsors, volunteers, and community supporters for a fun-filled day in support of Wellspring programs. A special thank you goes to Shackleton's for hosting and managing our online auction, helping us expand our fundraising reach and making the event an incredible success as well as raising \$35,876!

Our Annual Wellspring Stratford Barbeque in June once again sold out, bringing together members, volunteers, families, and supporters for an evening of food, laughter, music, and connection. This beloved community tradition continues to be one of Stratford House's most meaningful gatherings each year and a great fundraiser, this year raising \$15,710.

2025 also marked the launch of the very first Bosom Buddies fundraiser held at the Stratford Golf & Country Club. This exciting new women-led event raised over \$12,000 in its first year in support of Wellspring Stratford programs and services. The enthusiasm and community support surrounding this event were overwhelming, and plans are already underway for its return in 2026.

Our Friday Fundays program continued to thrive throughout the year, offering members a welcoming social space to gather each week for crafting, conversation, educational workshops, wellness activities, guest speakers, and community lunches. These afternoons have become an important source of connection and support for many of our members.



None of this would be possible without our dedicated volunteers, instructors, donors, sponsors, and community partners who continue to believe in Wellspring Stratford and the important role it plays in supporting individuals and families living with cancer. Together, we continue to build a compassionate and connected community.

In the Words of our Members

Wellspring - It's hard to explain how an 8-minute phone call telling me that I have lung cancer could change my life forever. It's even harder when I was told it had spread. That is how cancer can, has, and continues to dominate my life.

When I told that first person, my husband, that I had cancer it made it so real and terrifying. I drifted from emotion to emotion just like I went from one appointment to another. I was scanned, poked, operated on, experienced chemotherapy, lost my hair and had radiation and the endless bottle of meds piled up in my cupboard. Sometimes I just wanted to scream, "leave me alone". Ever so slowly I started to realize that appointments and every person connected to them, had a role in my cancer journey. The pieces started to come together.

My family and friends tried to figure out the best way to support me, all the while they were trying to understand their own emotions. I will be forever grateful to them.

I had heard about Wellspring Stratford, but I didn't really understand how important it would become in my life. It took me a long time to feel well enough to go out for anything other than a medical appointment. I knew I needed something just for me, and I wanted it to be with people who understood in an authentic way what having cancer meant.



Wellspring Stratford gave me my people, people who made me want to go out my door to be with them. We have gone on field trips to a sunflower farm that helped me to be in nature. We have gotten all dressed up, shared lots of laughs and gone to a function to support a breast cancer fundraiser. I have participated in Friday Fun Days to make art, do crafts, and learned how to write poetry. We even shared our poetry at an open mike event. I must mention the Reiki treatments as being a half hour of pure quiet pleasure. Recently I have attended a monthly support group, and this is where I have deepened my understanding of how complex cancer can be on a person.

Wellspring Stratford gave me a lifeline. I will continue to support and share with others how the staff and the many volunteers have provided me with a community on my cancer journey. Wherever this journey takes me I believe Wellspring will be apart of it.

Ursula Denstech, Wellspring Member

"Wellspring Stratford gave me a lifeline."

Focus on Foundations

Wellspring London & Region / Stratford would like recognize and thank the Foundations that helped us continue to provide our slate of programming at no-cost to anyone affected by cancer in 2025.

Program Sponsors

Arcangelo Rea Family Foundation
Mitchell and Kathryn Baran Family Foundation
Canada Life
CIBC Seabrook Financial Group
Hodgson Family Foundation
Kinsmen Club of Stratford
London Community Foundation
Lutheran Social Services
Miggsie Lawson Fund
Brian and Heather Semkowski Family Foundation
Westminster College Foundation
WOCO

Room Sponsorships

Gerald C. Baines Foundation
Steve Harris and Family
Kayser Family Foundation
Daniel Lockwood
Vera D. Davis Family Foundation

Your gifts helped hundreds of individuals and families find a path to healing in 2025.

"Having free accessible resources is wonderful ..."



Financial Breakdown

Wellspring is truly grateful for each and every donation received from our amazing supporters. Your gifts help individuals and families living with cancer, find their own path towards hope and healing.

The chart below represents the approximate percentage breakdown of how Wellspring raised funds in our communities in 2025.



Amounts taken from 2025 Audited Financial Statements and does not include revenue generated from investments and other assets.

Volunteer Thanks

At Wellspring London & Region, our volunteers are at the heart of everything we do. Their compassion, dedication, lived experience, and professional expertise help create a welcoming community of hope and healing for those living with cancer and their loved ones. From greeting members at the front desk, facilitating peer support and wellness services, assisting with programs and administration, supporting fundraising events, and serving on our Board and committees, more than 80 volunteers generously give their time and talents to ensure no one faces cancer alone.

We are also deeply grateful to Canada Life for supporting ongoing volunteer training and development. Their generosity helps ensure our volunteers continue to receive the knowledge, resources, and support needed to provide compassionate, high-quality care and connection to every member who walks through our doors.

Together, our volunteers and community partners embody the spirit of compassion, resilience, and connection that defines Wellspring. Their commitment ensures that every individual who comes to Wellspring finds comfort, encouragement, and hope.



"I am very grateful for Wellspring and everything the volunteers and staff have done to support me on my journey."

The Path Forward

Wellspring London & Region/Stratford has so much to thank our communities for in making 2025 a tremendous success. New partnerships, increased volunteer engagement, increased donor engagement, and the list continues. There are so many reasons to look back on 2025 and feel inspired, and at the same time, look forward to many more successful years ahead.

The heart of our organization continues to be our amazing volunteers, stakeholders and our staff who work tirelessly to ensure that people who walk through our Wellspring doors receive the support that they need. New programs and volunteer opportunities evolved throughout 2025, and we saw meaningful connections and partnerships with diverse groups of people within our region. Outreach programs and information gathering projects funded by our amazing donors at Wellspring, continued throughout 2025 in communities such as St. Thomas, Woodstock, Sarnia and 10 First Nations communities across our region. These provided additional opportunities to connect with people impacted by a cancer diagnosis outside of our London and Stratford centers, to understand their unique needs for support.

Thank you again for YOUR support of Wellspring London & Region/Stratford throughout 2025. We are truly grateful to have earned the trust of our stakeholders, and we are excited to look to the future of the next 25 years supporting our cancer community.





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