



Celebrate and Inspire!

Light Up Wellspring this Season with a Candle Tribute.

What does it mean to pay tribute to someone very special? We all have different reasons, but overall we'd probably agree that the point of a tribute is to express our gratitude for the difference that this person has made in our lives. Some tributes are very public and other's are quiet and known only to ourselves. Either way, they open up an opportunity for us to celebrate a life while serving to inspire ourselves and others.

Each holiday season, we offer that opportunity here at Wellspring. As many of you have seen over the years, come late November and December, our hallway is filled with candle tributes made in honour or memory of so many special people. These tributes are doubly meaningful as the funds raised from our **Light Up Wellspring Campaign** support the needs of our current members through our slate of no-cost programs and services. Candle tributes are a beautiful way to acknowledge the gifts we have received in our lives and to 'pay it forward.'

Tributes start at \$20 each, but can be made for as much as you'd like to give. Candles are available at the front desk inside Wellspring, or online at: wellspringlondon.ca. Tax receipts are available for donations of \$20 and over.

This holiday season, we want to pay tribute to YOU, our generous members and donors. Your gifts represent the strength, hope, resilience and love that personifies Wellspring.

**With Thanks and Gratitude to each of you,
Tracey, Joanna and Valerie!**



20 years of Cancer Support!

2020 marks Wellspring London and Region's 20th year of providing no-cost programs and services to individuals and families affected by cancer. Wellspring London was launched in 1999 by the WCA, a London-based human services charitable organization, established in 1874. Wellspring evolved into a stand alone organization in 2011 marked by a very successful collaboration with and physical move into our current premises here at the YMCA Centre Branch.

Congratulations to all our wonderful volunteers and members for sharing your experiences, wisdom and warmth over the years and for helping us to provide 20 years of no-cost cancer support to those in need!

As 2020 unfolds, there will be several opportunities to celebrate, so stay tuned for exciting updates!

INSIDE:

- RENOVATIONS AT WELLSPRING!
- EVENT UPDATE
- OUR THANKS!

Wellspring does not receive any government or United Way funding and is not financially supported by the YMCA. All programs are offered at no cost. Donations are greatly appreciated.

EMBRACING CHANGE! Renovations at Wellspring!

2020 promises to be an exciting year as we look to expand our current footprint and increase the size of our Wellspring London space!

Discussions started more than 2 years ago with the YMCA of Southwestern Ontario about potentially utilizing space beside our presently occupied office. Our plans are to renovate the space to include another large room to be used for support groups, art therapy programs and communal gatherings, including lunch and learns and other meetings.

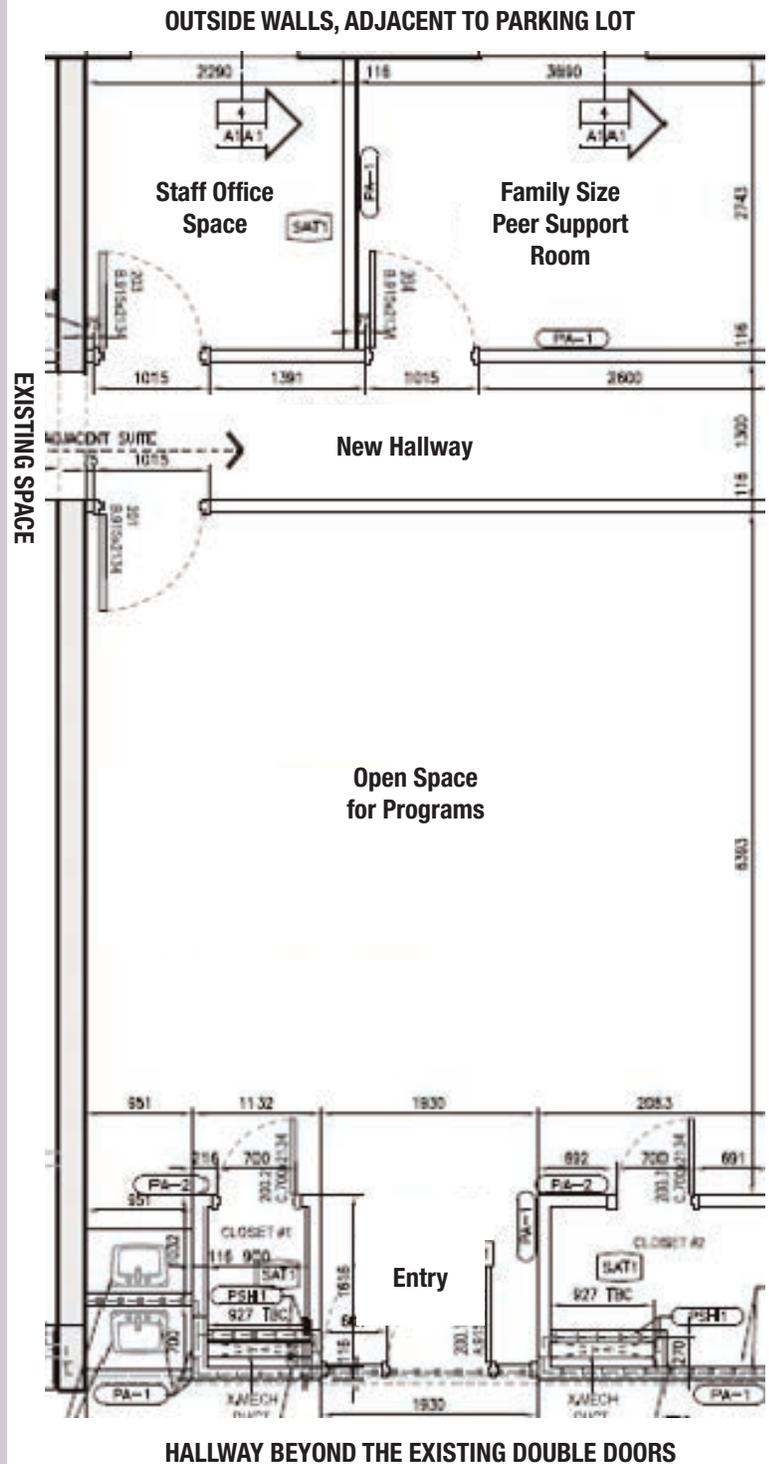
We will also have another administrative office and a family size peer support room, to accommodate larger groups of people needing to talk in private with our volunteers. **We are very excited to say that work will begin in November of this year, with an expected completion date at the end of January!** We want to acknowledge and thank the YMCA of Southwestern Ontario for their commitment to our partnership and the generous financial contributions in helping us make this dream a reality.

2020 marks the 20th anniversary of Wellspring London and Region! This milestone will be celebrated in many different ways, but the unveiling of our new space will be an excellent way to kick off our year. Our current office space will also be getting a facelift! New flooring, paint and some furniture will spruce it up and provide our members with an exceptional experience when they walk through our doors.

We have had people ask us “why is this renovation important?” and our answer is that we are here to serve the needs of our community, and we need the proper amount of space to do that. There are an increasing number of people seeking out the services of Wellspring London and Region and we are learning that our membership has diverse needs. We want to ensure that the programs we offer are relevant and appropriate to meet the needs of our community. The additional space will allow us to provide these supports.

Thank you to our generous donors and supporters for helping us with this exciting project.

Please watch for our “save the date” open house, planned for spring of 2020!



A **VERY SPECIAL THANK YOU** to all the individuals and groups who host events on our behalf. We are truly grateful for your wonderful donations!



HATS ON TO YOU for raising \$65,508!



Thank you for once again supporting the 15th Anniversary of **Boardwalk's Walk For Wellspring** this past September 7th! Congratulations to our top individual Fundraiser, **Lynn Danby** and our top Friends and Family Team, **Bunty's Bunch**. We greatly appreciate all our wonderful volunteers and event sponsors, with very special thanks to **lead Sponsor, Boardwalk!**



Thanks to **ROTARY CLUB OF LONDON HYDE PARK** for putting on a fabulous 9 + Dine for Wellspring. Special thanks to the Golf Committee, our generous Sponsors, Wellspring Member Melissa and Volunteer Cynthia.

The Battle of the Bands for Wellspring



Event Organizer: Adam Bain



Join us as we celebrate our 20th Anniversary on **March 6, 2020!** Tickets go on sale in the New Year. wellspringbattle.ca

BOARD OF DIRECTORS

- Phyllis Retty, Chair
- Steve Harris, Vice Chair
- Adam Bain
- Kirk Baines
- Roman Molodynia
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www.wellspringlondon.ca

If you would prefer to receive your copy of the Wellspring News via email, please send us an email including your full name and address to: mail@wellspringlondon.ca

Stay Connected!

Don't forget to follow us on Social Media for program updates, weather closings and the latest on events at Wellspring!

Facebook: [Wellspring London and Region](https://www.facebook.com/WellspringLondonandRegion)

Twitter: [@wellspringLdn](https://twitter.com/wellspringLdn)

Blog: www.blog.wellspring.ca

Website: www.wellspringlondon.ca



With Gratitude!

Wellspring is grateful to have been awarded financial support from several foundations this past year. Our deepest thanks to the following Foundations:

- Gerald C. Baines Foundation
- Richard and Shelley Baker Family Foundation
- Mitchell and Kathryn Baran Family Foundation
- Canada Life
- CIBC & CIBC Miracle Day
- Hodgson Family Foundation
- London Community Foundation/Jack Nichols Family Fund
- Brian and Heather Semkowski Family Foundation
- RBC Foundation
- Sifton Family Foundation
- Takla Foundation
- Westminster College Foundation
- WOCO Foundation

Our Thanks!

There are so many individuals and groups who generously contribute to Wellspring each year. We are deeply grateful for all you do to support us!

Every year, several groups organize and hold special events for Wellspring. Thank you for all the time and effort that you put into making these events so successful and for helping to raise awareness for Wellspring!

Special thanks to all the businesses who make Wellspring part of their annual budgets.

We are truly grateful for the on-going support of our monthly and Circle of Life donors. Your generosity is overwhelming!

To the hundreds of individuals who make donations to Wellspring each year ... Thank you! You are the heart and soul of our organization. Your gifts make our work possible and make the difference in the lives of our members!

The Wellspring experience
Wellspring offers a tranquil atmosphere full of supportive people.
 They are here for you if you want to open up but they will also respect your silence if you are not yet ready.”

Wellspring Member,
 Sarah

Wellspring provides a wide range of cancer support programs and services, at no cost, to meet the emotional, social, psychological and informational needs of individuals and families affected by cancer.

Wellspring is a registered charitable organization that does not receive any government funding and relies on donations for daily operations and programs. Tax receipts are issued for donations of \$20 and over.



Thank you to Your Neighbourhood Credit Union for supporting our Walk!

Yes! I'd like to support Wellspring London

382 Waterloo St., London, ON N6B 2N8 519.438.7379

Enclosed is a donation of \$ _____

A Charitable tax receipt will be issued automatically for gifts of \$20 or more.

Name: _____

Address: _____

City: _____ P.C: _____

Phone: _____

Email: _____

Cheque enclosed (payable to Wellspring London and Region)

Visa Mastercard

Credit Card # _____

Exp. Date _____

Name on Card _____

Signature _____

I am interested in becoming a Monthly Donor

I am interested in learning more about Legacy Giving