

Embracing Change

2022 Annual Report



Wellspring Member, Nicole



Tracey Jones, Executive Director

Welcome from the Executive Director

A very warm welcome to our Wellspring London & Region/Stratford community as we launch our second annual report for 2022! We are thrilled to be able to share our successes, challenges and lessons learned along the way as an evolving organization coming out of the COVID pandemic. There have been some changes throughout 2022, as you will read, but many things remain the same. Our commitment is steadfast to our members, volunteers, stakeholders, and our larger cancer community to ensure that we are meeting their needs.

2022 has been another remarkable year and I feel like this is the perfect time to invite our London and Stratford communities to learn a little more about how our reopening has unfolded and the work that we have done with our program leaders and volunteers to ensure that the transition to being back in the office is as smooth as possible. I want to take the opportunity to personally thank the Wellspring London & Region/Stratford Board of Directors for their leadership and guidance as we have continued to navigate these unknown waters throughout COVID, along with our incredible team of dedicated staff members and our volunteers in both Stratford and London that have

worked tirelessly to help us each step of the way with our vision and goals for our Wellspring centres.

Please take the opportunity to read through our annual report and share in our stories of our thriving communities, dedicated partnerships and the commitment to our organization through the eyes of our AMAZING volunteers. Wellspring London & Region/Stratford has redefined itself in so many ways in 2022, and our report is reflective of this. We continue to live the core organizational values of Wellspring, that being COMMUNITY, COMPASSION, EMPOWERMENT and RESPECT, in everything we do.

There is still much work to be done in creating awareness throughout our region and ensuring that the people in our communities who need the programs and services of Wellspring know that we exist. A future where we are no longer “the best kept secret” but instead “the most well-known and credible source of support for anyone impacted by cancer”.

“A heartfelt thank you for YOUR support in 2022.”



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Thank You!



Roman Molodynia
Chair, Board of Directors

Today, our doors are reopened and the programs at our locations have been reinstated. In addition, our online programs continue, and we are now able to support many members who cannot always attend in person.

Message from the Board of Directors

In 2020, who could have imagined that, because of a virus, we would have to close our Wellspring doors for months and that those months turned into two years!?

Cancer presents its own challenges and struggles. To add, COVID brought new layers of challenges. Often, when life throws you lemons, there is an opportunity to make lemonade. Wellspring's competent staff got to work immediately to create online workshops and programs which have proven to be effective and popular.

The work to convert our programs to online was begun immediately by our executive director, Tracey Jones, and her staff (Joanna Meilleur, Valerie Johnston-Way, Lisa Stacey, Karen Weber and Mandy Lancaster). Their dedication, hard work and compassion resulted in Wellspring being able to continue services to our members throughout these difficult two years.

Special recognition goes to our donors and to the YMCA for their invaluable roles in helping us get through these daunting COVID years. Also deserving special mention are the many volunteers whose magnanimous presence adds to the warmth and open-heartedness of our Wellspring home.

Having weathered these recent upheavals of COVID, the Board is confident that Wellspring is in a strong position to continue and to grow in 2023 its important work first begun in 1999.

The Board sincerely extends a huge thank you to all those who help support Wellspring. Due to the amazing generosity of our London community, our financial situation continues to be well grounded. It's because of the kindness, work and support of our members, our partners, our donors and staff that Wellspring is a relevant and compassionate organization for all who struggle with the challenges of cancer.

Margo Bettger-Hahn,
Vice Chair

Steve Harris, Past Chair
Gord Hardcastle

Anne Sawarna
Jennifer Foster

Julie Heitbohmer-Tomchak
Mat Barber

Leave A Legacy and make a lasting impact



As most of you know, Wellspring London & Region/Stratford relies upon donations from the community to help provide our critical no-cost cancer support programs and services. Many of you have generously supported us over the years through our various fundraising initiatives as well as our In Memory and In Honour programs. These gifts have made a tremendous difference to our members and are greatly appreciated!

While huge strides are being made in cancer research, the reality is that cancer continues to affect approximately 43% of all Canadians.^{1*} It is of prime importance that future generations have access to the supportive cancer care programs that Wellspring provides at no charge. This is why we are launching a Leave a Legacy program.

Most of us have given some thought to our estates and likely want to leave the majority of our assets to our loved ones. However, most people don't know that leaving even a small percentage – 5% for example, to charity, can make a bigger impact than imagined. For example, 5% of an average estate worth \$837,000, translates to a \$42,000 donation, a far bigger donation than most people would be able to make during their lifetime.^{2*}

Of course, a Bequest is not the only way to Leave a Legacy. There are also advantages to making a gift of Life Insurance, Stocks and Bonds or through Retirement Funds. It's important to speak to family members as well as a financial advisor to educate yourself on the many tax (and other) benefits available, to determine which type of planned gift is the best fit for you and your family.

If you decide to Leave a Legacy gift to Wellspring, we would greatly appreciate being informed of your plans. Wills can be changed at any time and you are under no obligation to let us know of your intentions, but it does help us tremendously with future planning.

We are truly grateful for your support and belief in the work we do! Together we can ensure that our critical programs and services are in place for those who will need them in the future.

Thanks to generous and caring donors like you ... no one will have to face cancer alone.

If you would like to discuss leaving a legacy gift to Wellspring London/Stratford, or would like more information sent to you, please contact Joanna at: joanna@wellspringlondon.ca or call: 519-438-7379

^{1*}Stats Can 2022. ^{2*}CREA Stats Sept 2022



The holiday season can be an emotional time

for families, but particularly so for cancer patients, survivors and their loved ones. It is also a time to think back on the year that has passed, and reflect on those we would like to honour, or who are in need of support.

Each year, Wellspring offers the opportunity to recognize these special people in our lives by making a donation in their name and dedicating a candle in their honour.

After a donation is made, a virtual candle will be displayed on our tribute wall. You can also include a short message, such as "In loving memory of Anne." Cardboard candles will be available at our London & Stratford locations as well.

Candle tributes start at \$20 but can be made for as much as you like.



This holiday season, we are inviting local businesses to make Wellspring their 'Charity of Choice' and help support our Light Up campaign. Businesses are encouraged to put on their own in-house fundraisers or to make a corporate donation. If you know of a business who may be interested in this opportunity, please contact Karen at: karen@wellspringlondon.ca.

As always, we are overwhelmed with gratitude for the many tributes and donations that we receive at this time of year. A heartfelt thanks to all of you for Lighting Up our tribute wall with love and support. [Click here to make your Light Up Donation](#)

On Thursday December 15th, Wellspring Stratford will be holding an open house. Everyone is invited to drop by and see our new Stratford location and at the same time you can purchase and dedicate a candle in honour of your loved one.

Program Highlights

London and Stratford

2022 has been another successful year with regards to reintroducing some of our in-person programming, while continuing with our virtual programs that have been offered since the onset of the COVID pandemic.

Art Therapy and meditation continue to be our most popular programs within Wellspring, offering people the opportunity to be creative and practice mindfulness online weekly. A warm welcome to our new Art Therapist, Hailey Tallman!

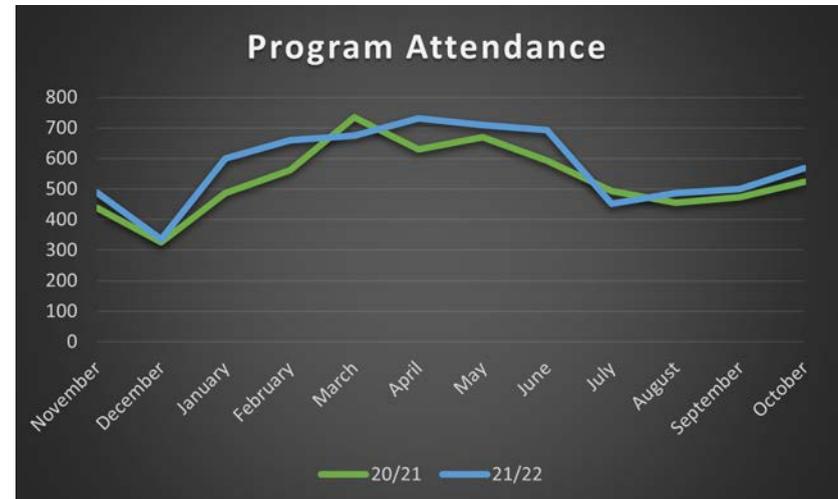
Qi Gong was introduced online in the spring of 2022, with a fantastic response from our members! Thank you to our long-time volunteer, Ron Hicks, for approaching us with this idea to facilitate a class for our members! This has been a wonderful new addition to our programming this year.

Reiki, Therapeutic Touch, Peer Support and Yoga are back in person at our Wellspring Centres in London and Stratford! It is so nice seeing our members come through the doors of our cozy space again, reconnecting with each other. We look forward to offering more in-person programs in 2023! Stay tuned! We would like to say a heartfelt thank you to many of our Program Leaders who have retired from Wellspring this year! Valerie Hobson, Wanda Sawicki, Catherine Heighway, Lotus Why and Judith Elliott. Your inspiration, compassion and gifts were greatly appreciated by all of us here at Wellspring.

Making a Splash!

Aquafit was the first in person program that was reintroduced to our members in April 2022. Since then, we have been offering Aquafit twice a week at the YMCA Startech.com Branch and Centre Branch, with a total of over 90 different members participating.

Given the success of the program and partnership in London, Wellspring Stratford just recently started their own Aquafit with the YMCA of Three Rivers. We are looking forward to seeing the positive feedback from our members with this new partnership in place. Thank you to our friends at the YMCA of Three Rivers.



Memberships: *information is given for November 2020-October 2021 & November 2021-October 2022 New members: 20/21:177, 21/22: 233

What's New in Programming for 2023



As we begin a new year and move along into 2023, we are going to start even more in person programs including Nourish, Cancer Exercise, and Journey Through Words. Please subscribe to our Newsletter and/or follow us on social media to stay up to date with program offerings!

Just Show Up – Interactive Connections

Just Show Up – Interactive Connections is a program for children ages 6 to 14 years old who have a parent or guardian impacted by a cancer diagnosis. This program will give children the opportunity to build social networks with friends who understand the family dynamics in dealing with cancer and reduce isolation through therapeutic activities and fun socialization. We are accepting registration for our first session which will begin in March 2023. This program is proudly sponsored by The Sifton Foundation and Friends of Dr. Lisa Faden.

A big thank you to our friends at the YMCA of Southwestern Ontario!

A big thank you goes out to the incredibly dedicated staff at the YMCA of Southwestern Ontario specifically to those at Centre Branch. We are so appreciative of all the ongoing support you give to us and our members, especially transitioning back to in-person services. We are truly grateful for your commitment which helps us continue to serve people impacted by cancer in our community.



“My experience with the Art Therapy program was life changing. The volunteers and staff had such understanding and kind hearts, I felt at home right away.”

Wellspring Member, M.

Events update

London and Stratford

We are so grateful to the many groups who have stepped up to support both our Wellspring Centres over the course of the year through a variety of 3rd Party events. Heartfelt thanks to the many organizers and committee members who work so hard at putting together these amazing community events on our behalf!

Boardwalk's Walk for Wellspring

This year Wellspring held our 18th Annual Boardwalk's Walk for Wellspring in three different locations – we were SO fortunate that the weather was gorgeous on all three days!

Our first Walk was held on Saturday, September 10th in St. Thomas. Tracey Jones, our Executive Director lead a lovely group for a casual stroll through Pinafore Park.

The following day, September 11th, we held our Walk in London at Springbank Gardens. The new location was a welcomed change, and a perfect setting for the walk! A few weeks later, on October 2nd we held our first ever Walk in Stratford and had a great turn-out!

Thanks again to all those who participated, and/or donated to our walks. Special thanks to Boardwalk, our generous Lead Sponsor and to all our other sponsors and volunteers! Congratulations to our Top Fundraisers, Lynn Danby (The Tumornators) and Sandra Close (Start with Today). Heartfelt thanks to Anjali Venga for sharing her story! Together we raised an amazing \$50,000 this year, and we achieved our goal of reaching \$1 million dollars in cumulative funds raised since this amazing event began 18 years ago.

Way to go Wellspring community! See you next year!



Stratford's big move!



Wow – 2022 has been such a busy year for us in Stratford with so many exciting things to share! The biggest news of the year though was the fact that we found a new home for our organization! It was decided that we needed to look for another space for our organization and leave our house on Well Street, as it wasn't 100% accessible to all our members. We can't thank the Immaculate Conception Church enough for all of their support over the past decade in which we called this location our home.

We welcomed our community on October 5th with a soft open house to show our past members and friends through the new space. Guests enjoyed a little tour and some snacks and beverages while catching up with each other. The inside is fresh and clean with a very cozy setting to welcome people in for reiki, therapeutic touch, meditation, and chair yoga. We also use the board room where we can do our crafting, art therapy, and mat yoga programs.

Please plan to join us at our Wellspring Stratford site on Thursday, Dec. 15th from 2 pm – 4 pm, where we will be unveiling our Community Wall of Supporters and Donors for our Stratford location. Our Holiday Celebration will showcase our new office and our current roster of programs and volunteer opportunities as well as invite people to take part in our annual Light Up Stratford campaign. We look forward to seeing you there!

**Stratford's new space is located at:
55 Lorne Ave East, Unit 6, Stratford, ON. N5A 6S4
519.271.2232**



Your Donations

providing support, hope and comfort

Wellspring is so grateful to each and every one of our amazing donors!

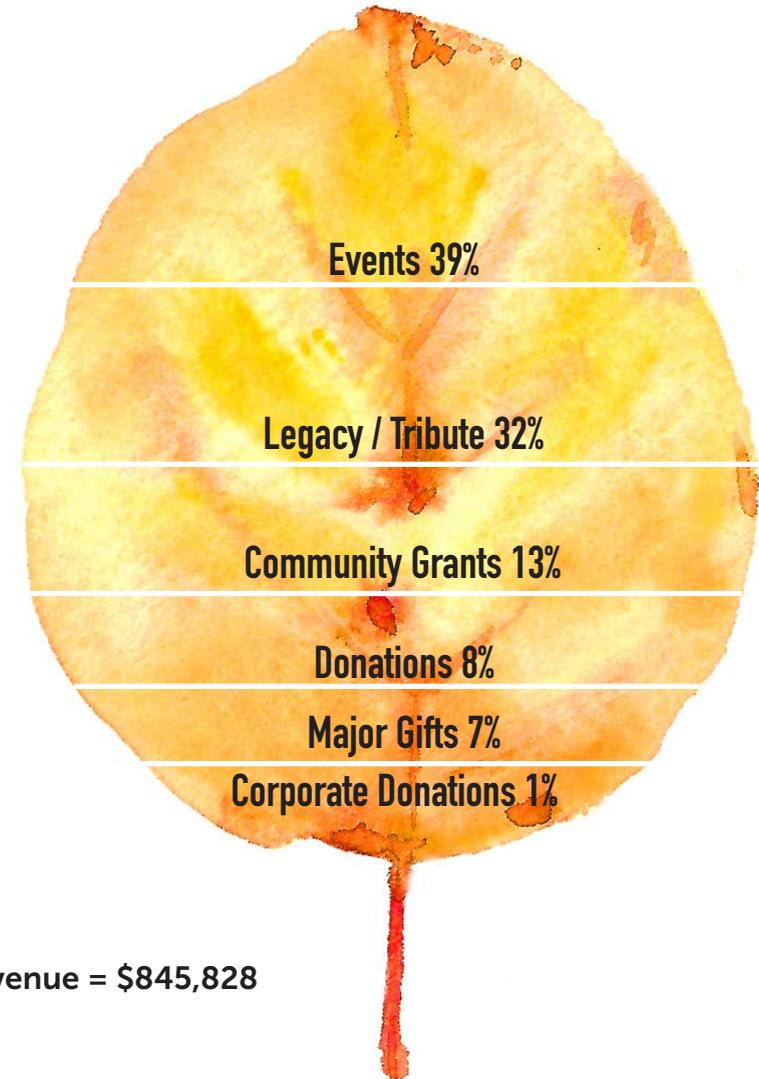
Every year your gifts enable us to provide our programs and services at NO-COST to those affected by a cancer diagnosis AND ensure that this vital support will be there for those who need it tomorrow and beyond.

Our 'Living Leaf Chart' represents the approximate percentage breakdown of how Wellspring raises funds in our communities.

*Amounts taken from 2021 Audited Financial Statements and does not include revenue generated from investments and other assets.

"From the instant I entered the hallowed doors to Wellspring, my night changed to day, my gloom to hopefulness, my misery to comfort, my darkness to a radiant light."

Wellspring Member, R.



Total Revenue = \$845,828

Friends of Wellspring



Friends of Wellspring is a group of like-minded Wellspring members who have been raising funds for Wellspring programs for over 10 years. In addition, our group also spreads awareness about Wellspring.....and we have had fun along the way! Throughout the year, we organize community fundraisers and raffles in support of Wellspring.

We are fortunate to have members and friends who have knitted, crocheted, sewn, made wood-

crafts, jewellery, painted, made stained glass, collected, sold, lifted, carried and more during this time. There is so much talent within our community, and we are so grateful for all the amazing crafts and unique one-of-a-kind items that are donated to the Friends of Wellspring.

So far in 2021/22 we have raised \$12,000 through sales in our 'store' at Wellspring, at garage sales, book sales, craft sales, euchre parties and raffles. Our goal this year is to raise at least \$14,000.

We thank you for your support in 2022.

We welcome anyone who is interested in giving back to Wellspring to join our Friends of Wellspring group. We hope to see some new faces in our group next year! If you are interested in joining the FOW, please call Wellspring at: 519-438-7379.

Thank you to ALL our amazing, dedicated volunteers!

Thank YOU!



Wellspring London & Region/Stratford has so much to thank our communities for in making 2022 a tremendous success. Some of the themes we have highlighted throughout our annual report centre around **COMMUNITY, PARTNERSHIPS** and our **VOLUNTEERS** – the backbone of our organization! We simply would not exist without these three important groups affording us the opportunity to serve our cancer community. Some of our take-aways and lessons learned in 2022 are as follows:

- We saw an increase of members using our services again in 2022, so more people are engaging with us through our programs! These programs would not be possible without generous donations from our COMMUNITY, along with our program leaders, staff and volunteers.
- Our VOLUNTEERS have played a pivotal role in our ability to fundraise and open our centres again to the public.
- New and existing PARTNERSHIPS with the YMCA of Southwestern Ontario, the YMCA of Three Rivers (Stratford), ChildCan, St. Joseph's Breast Care Program, and the London Regional Cancer Program allow us to serve more people in our communities across the region.
- We are extremely grateful to be back in our office space again in 2022! We cannot thank our friends at YMCA Centre Branch enough for their unwavering support of our staff as we have reestablished ourselves in London. Additionally, Wellspring Stratford was given a very warm welcome by the larger COMMUNITY as we moved into our new space at 55 Lorne Ave East.
- We expanded our staff team at our London site to help us focus on our strategic goals of reaching more people, strengthen and expand our PARTNERSHIPS, and grow and invest in our COMMUNITY.



Thank you again for YOUR support of Wellspring London & Region/Stratford throughout 2022. We are truly grateful to have such incredible support despite the challenges that not-for-profit organizations continue to face in the wake of the COVID pandemic. We look forward to another year of success in 2023 as we ensure that those affected by cancer never have to feel alone. Wellspring is that open door to hope and healing.