

## OTHER RESOURCES



In this section, you will learn about:

- Resources available at LRCP
- Resources available in the community including Canadian Cancer Society, Wellspring, and the Community Care Access Centre
- London Health Sciences Foundation



## Resources at LRCP

There are many services and support programs available to people living with cancer and those who care for them.

### **The Patient & Family Resource Centre**

The Patient & Family Resource Centre offers computers with internet access, books, pamphlets and DVDs with information about cancer, cancer treatment, nutrition, coping with cancer, and much more.



The volunteers in the Resource Centre can help you find what you are looking for.

The Patient & Family Resource Centre can also be a quiet place to sit and relax. It is located on level 1, underneath the main set of stairs.

### **Look Good Feel Better: Find support, gain confidence, lift spirits, take Control**



Look Good Feel Better offers free two hour hair and cosmetic workshops for women with cancer. These workshops are led by trained volunteers. You will learn tips and techniques to help with the appearance-related side effects of cancer and its treatment.

You will receive a complimentary kit of skincare and cosmetic products and you will meet other women with similar challenges.



To register for the workshops:  
- 1-800-914-LOOK (5665)



Visit [www.lgfb.ca](http://www.lgfb.ca) for more information

## **Wig and Turban Service**

Many people receiving chemotherapy or radiation treatments experience temporary hair loss. The London Regional Cancer Program provides a large assortment of wigs and turbans in a range of styles and colours to lend to cancer patients free of charge.

To access this service, visit the volunteer room (Room A1-901) on Level 1 and speak to a volunteer. The volunteer can help you select a wig or turban that best suits your needs and share information on how to properly care for the wig.

The Wig and Turban Boutique is open Monday to Thursday from 9:00 a.m. to 3:00 p.m. and Friday from 9:00 a.m. to 12:00 p.m.

## **Resources in the Community**

### **Canadian Cancer Society**



Canadian Société  
Cancer canadienne  
Society du cancer

The Canadian Cancer Society fights more than 200 different types of cancer through cancer prevention activities, advocacy efforts on important cancer-related issues and much more. The organization also funds world-class research and offers free information and support services that are proven to decrease stress and anxiety in patients and caregivers.

The work of this community-based charitable organization is supported by volunteers and funded by donations from the public and money raised through fundraising activities.

## Who can use the Canadian Cancer Society's services?

These services are available to patients, their caregivers (family members, friends and others) and the general public. The Society's services are free, confidential and available in more than 100 languages.

## What types of services are offered?

- A **Cancer Information Service** provides answers to questions about all types of cancer and many other cancer-related topics including referrals to community services.
- **Cancer.ca** is the Society's website that offers reliable information that is easy to read. A wide-range of brochures and booklets can be downloaded and these materials are also available in print through the LRCP Patient & Family Resource Centre. Cancer.ca also has an online cancer encyclopedia for those looking for more in-depth information and a Community Services Locator that can help people find cancer-related services in their community or one nearby.
- A **Peer Support** service connects patients and their caregivers to volunteers who have had cancer or cared for a loved one with cancer.
- **CancerConnection.ca** is an online community for patients, survivors and caregivers. This community provides 24/7 support for people living with cancer and their family and friends.
- **Wheels of Hope** volunteer drivers provide safe rides for people diagnosed with cancer to their treatment appointments.
- **Smokers' Helpline** offers support, advice and information about quitting by telephone, online or text messaging. 1-877-513-5333 or [www.smokershelpline.com](http://www.smokershelpline.com).
- **Community Services Locator** is a searchable directory of over 4,000 cancer-related services across Canada ([cancer.ca/csl](http://cancer.ca/csl)).

## How do I contact the Canadian Cancer Society?



For more information on the services listed above in your community, please call 1 888 939-3333 (TTY 1 866 786-3934), email [cis@ontario.cancer.ca](mailto:cis@ontario.cancer.ca) or visit [cancer.ca](http://cancer.ca).

Wellspring



### **What is Wellspring?**

Wellspring is a walk-in cancer support centre for individuals affected by cancer, as well as their family and friends. This support can begin with a diagnosis and can continue through treatment and beyond. The medical world can be stressful, chaotic, and tiring. Wellspring tries to be a safe haven – a place of strength for those affected by cancer.

Wellspring has trained and experienced volunteers on duty who are honoured to welcome you and listen to your story. They can offer suggestions, take you on a tour, or register you in a program.

### **Who can access their services?**

Wellspring services are for individuals 18 years of age and older who have been affected by a cancer diagnosis. Anyone who has been a cancer patient and those who care for them, including family and friends, can become a member. Membership is free. It also does not matter where you live. We are always here to help.



## What types of programs and services does Wellspring offer?

Regular programs include:

- Art therapy
- Aquafit therapy
- Yoga
- T'ai Chi
- Qi gong
- Reiki
- Therapeutic touch
- Meditation
- Look Good Feel Better



\*Wellspring also offers specialty groups such as Cancer Exercise and the Return to Work program.

Ongoing support groups include:

- Patient
- Caregiver
- Survivor
- Bereavement
- Parents and Children

Cancer affects the whole family. Wellspring's programs are designed to benefit all family members. Services include a variety of regional resources, a lending library and internet access. All programs are professionally led to help people become physically and emotionally stronger. Professionals discuss coping skills and the energy healing programs allow members to feel rested and re-energized.



Wellspring offers a Children’s HeART Art Therapy program for children whose parents or grandparents are dealing with cancer. A parent can contact us to schedule this valuable service .

### Contact Wellspring



#### **Wellspring London and Region**

382 Waterloo Street  
(Inside the YMCA)  
London, ON N6B 2N8  
519-438-7379

#### **Wellspring Stratford**

48 Well Street  
519-271-2232



[www.wellspringlondon.ca](http://www.wellspringlondon.ca)

[www.wellspringstratford.ca](http://www.wellspringstratford.ca)

### Home and Community Care

(South West Local Health Integration Network)

During your treatment, you may need some help in your home. Case managers will work with you and your family to get the information and services you need.

You do not need a referral from your health care team. You or a family member can call your local.

#### **What types of services do they offer?**

- Nursing
- Medical supplies and equipment
- Occupational therapy
- Speech-language therapy
- Personal support, e.g., bathing, personal hygiene and dressing
- End-of-life care
- Nutrition counselling
- Social work
- Physiotherapy

#### **How do I contact Home and Community Care?**



See contact page at the front of this binder to find your local Home and Community Care’s phone number.

## London Health Sciences Foundation



London Health Sciences Foundation (LHSF) is a registered charity accredited by both the Better Business Bureau and Imagine Canada. Our goal is to inspire community support of our hospital.

Donors help fund research, equipment, education, and advanced patient care that saves lives.

### **Supporting London Regional Cancer Program (LRCP)**

LHSF sees a future where you and your loved ones get the best cancer care in Canada, right here in London. To make that happen, LHSF is working to raise \$40 million for our Cancer Care campaign. This will help to fund and support the work of the doctors, researchers, nurses and staff. The London Regional Cancer Program uses donor funds to:

With the support of our community, LHSF will help:

#### **Make scientific discoveries**

- Great things happen when researchers and health care professionals share knowledge. Sharing knowledge helps answer cancer-related questions. Some of these may include how cancer spreads, why individual cancer patients react differently to the same drugs, and how to treat a tumour with fewer side effects.

#### **Improve the patient experience**

- LRCP's current design does not meet the demands of a modern cancer centre. A redesigned space would let health care professionals focus on patients and their families in a place with more privacy, comfort, and safety.

#### **Support patients through their Journey**

- Everyone deserves the best care. With community support of LRCP's Patient Assistance Program, more patients and families in need will have emergency and short term financial support related to their cancer treatment so they can focus on healing.



## **Train the next generation**

- Trained staff members are important in cancer care. Providing innovative training for the next generation of cancer care experts means continuous high-quality care and a new understanding of cancer prevention, diagnosis, and treatment.

London Regional Cancer Program's current design does not meet the demands of a modern cancer centre. A redesigned space would let health care professionals focus on patients and their families in a place with more privacy, comfort and safety.

For additional information, please contact  
London Health Sciences Foundation at:



747 Baseline Road East  
London, ON N6C 2R6

Tel: 519-685-8409  
Fax: 519-685-8265

Email: [foundation@lhsc.on.ca](mailto:foundation@lhsc.on.ca)  
Website: [www.lhsf.ca](http://www.lhsf.ca)

Toll Free: 1-866-540-5473

### ***I'm a Grateful Cancer Patient - Donation Form***

London Health Sciences Foundation provides patients and their families with an opportunity to show gratitude to those who played a special role in the care they received while at LHSC. Whether you choose to salute a special doctor or nurse, an entire department, or a clinical program, your donation is a meaningful way to say ***"Thank You"***.

I'd like to say ***"thank you"*** to: \_\_\_\_\_ (*Caregiver's Name*)

**Share your words of gratitude here:**

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I'd like to arrange an interview to share my story. Please contact me at: \_\_\_\_\_

**I want to support the London Regional Cancer Program.**

I'd like to make a one-time donation of:

\$250       \$100       \$500       Other: \$\_\_\_\_\_

I'd like to make a monthly gift of:

\$10       \$25       \$50       \$100       Other: \$\_\_\_\_\_

**Payment Options**

Visa                       MasterCard                       Amex

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<i>Card Number</i>	<i>Expiry Date</i>	<i>Security Code</i>
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Cheque (Payable to London Health Sciences Foundation)

**I want my gift to support:**

- |                                           |                                                                     |
|-------------------------------------------|---------------------------------------------------------------------|
| <input type="checkbox"/> Patient Care     | <input type="checkbox"/> London Regional Cancer Program Renovations |
| <input type="checkbox"/> Cancer Research  | <input type="checkbox"/> Impact Fund (highest priority need)        |
| <input type="checkbox"/> Cancer Education | <input type="checkbox"/> Other: _____                               |

**Contact Information** (address required for tax receipt)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

**Please send this completed form along with your Cancer Care donation to:**

London Health Sciences Foundation  
747 Base Line Road East  
London, ON N6C 2R6

For more information or to make a donation online, please visit our website at [www.lhsf.ca](http://www.lhsf.ca) or contact our foundation directly at [foundation@lhsc.on.ca](mailto:foundation@lhsc.on.ca) or 519.685.8409. **Thank you** for your generous support.

Appeal: df**gp
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