

# COMMUNITY RESOURCES



In this section, you will learn about:

- Resources available at LRCP
- Resources available in the community including Canadian Cancer Society, Wellspring, and Home and Community Care
- 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. If there is not a volunteer on duty, you are still welcome to sign out library books or take pamphlets for free.

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. You can borrow up to 1 wig and 3 turbans.

To access this service, visit the volunteer room on Level 1 (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 (519-685-8112). Hours may be subject to change so please call in advance.



## Resources in the Community

### Canadian Cancer Society



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 (1-888-939-3333).
- **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 (1-800-263-6750).
- **Community Services Locator** is a searchable directory of over 4,000 cancer-related services across Canada ([www.cancer.ca/csl](http://www.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 [www.cancer.ca](http://www.cancer.ca).

### Young Adults with Cancer Canada (YACC)

YACC's got your back! YACC is a national network of hundreds of young adults affected by cancer. Their mission is to support young adults living with, through, and beyond cancer with digital, local and national programs. Visit [www.youngadultcancer.ca](http://www.youngadultcancer.ca) for more information.

### 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  
Stratford, ON N5A 4L7  
519-271-2232



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

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

*\*Online programming is available.*

## Home and Community Care

(South West Local Health Integration Network)

During your treatment, you may need some help in your home. Care coordinators 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 the Home and Community Care office in your area.

## 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 the 'Introduction' section of this guide for the contact details of the office in your area. For more information, visit:

<https://healthcareathome.ca/southwest/en/Contact-Us>



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.

### **Transforming Care at the London Regional Cancer Program**

Generous support helps the London Regional Cancer Program (LRCP) provide the best possible care today and improve care for tomorrow.

Donations to the LRCP make a difference in cancer care by:

### **Helping Patients in Need**

- The Patient Assistance Program is 100% donor funded. The program helps cancer patients and their families with unexpected costs when they need it most. It helps relieve patients' stress and worry and allows them to focus on their health and well-being with fewer side effects.

### **Supporting Research That Saves Lives**

- Research teams at the LRCP work together to save lives through cancer research. Some research topics include how to stop the spread of cancer, learn new ways to diagnose and monitor cancer, how to treat a tumour with fewer side effects, and new treatment plans for patients.
- Cancer research teams develop new ideas. They need funding to get their research started. The Catalyst Grants Program offers funding for researchers to start or continue their work. The program funds the discovery and development of new ideas to improve patient care. It is the only program of its kind in London.

### **Training the Next Generation of Cancer Specialists**

- Our physicians and scientists provide the foundation for leading-edge cancer care. This means high-quality patient care as well as new research into cancer prevention, diagnosis and treatment. At the LRCP, the goal is to enhance and expand our cancer training programs to become the national training centre of choice for all cancer health care professionals.

To make a donation or for additional information, please contact London Health Sciences Foundation at:



London Health Sciences Foundation  
747 Base Line Road East London, ON N6C 2R6  
Tel: 519.685.8409 | Fax: 519.685.8265 | Toll Free: 1.866.540.5473  
Email: [foundation@lhsc.on.ca](mailto:foundation@lhsc.on.ca) | Website: [www.lhsf.ca](http://www.lhsf.ca)

***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:**

---



---



---

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:

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

I'd like to make a monthly gift of:

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

**Payment Options**

Visa                       MasterCard                       Amex

---

<i>Card Number</i>	<i>Expiry Date</i>	<i>Security Code</i>
--------------------	--------------------	----------------------

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
----------------