

**LIFE\*SPIN recognizes that poverty is systemic, and we want to provide programs and resources that are geared towards enhancing the lives of low-income families through education, advocacy, and community building.**

### Advocacy

LIFE\*SPIN's greatest contribution to London is the creation of a safe place for low-income citizens – families, our disabled, seniors, children and individuals – to find help that is truly needed and a sense of dignity. For 30 years, LIFE\*SPIN has been the one-stop-shop to receive knowledgeable specialized assistance for ALL individuals, to obtain government benefits to which they may be entitled, such as Old Age Security, Guaranteed Income Supplement, Assistance for Children with Severe Disabilities, Canada Pension Plan, Ontario Works, subsidized housing, Ontario Disability Support Program, and other provincial disability supports and benefits. Advocacy is a critical service to the unemployed, the under-employed, those with limited literacy skills, disabilities and mental health challenges. If you would like assistance to fill out these types of applications, please register for an appointment at: <https://form.jotform.com/221304055872248>

The advocacy assistance registration form in Arabic:  
<https://form.jotform.com/221675674032254>

The critical needs you bring to us, help us to define and create resources, programs and services we may offer you. Delivery of these initiatives often involves students from the university community, particularly students enrolled in law, nutrition, social sciences, occupational therapy, information & media studies, as is evidenced in the publications available on our website at [www.lifespın.org](http://www.lifespın.org), including:

[Wills and Powers of Attorney Fundamentals](#)

[Assistive Devices Handbook](#)

[Co-op Housing Kit](#)

[Assistive Devices Program Handbook](#)

[Resources for New Parents](#)

[Registered Education Savings](#)

[Assistance for Children with Severe Disabilities \(ACSD\) Application Guide \(English Version\)](#)

[Assistance for Children with Severe Disabilities \(ACSD\) Application Guide \(Arabic Version\)](#)

*We cannot provide any legal advice or assistance. If you need help with a legal matter, including Landlord/Tenant Issues, please contact Neighborhood Legal Services (519-438-2890) or Community Legal Services (519-661-3352). Both clinics offer free legal assistance to families that are low-income.*

### **Upcoming Workshops:**

In the course of our advocacy work, we often identify common issues faced by the families we serve and subsequently offer workshops or information resources that will help. LIFE\*SPIN's Community Advocate, Nicole Davis, continues to host workshops that will help inform you what benefits may be available and how to access them.

We are looking forward to providing our first on-site workshop in September. However, we will also continue to provide zoom workshops just for you. If you have not joined us by Zoom yet, here is an instructional youtube video that explains how you join <https://youtu.be/mbbYqiurgeo>

We started this year's workshops on topics relating to Discretionary Benefits- what it covers and how to apply, as well as covering the topic of Health Benefits – what is available to low-income families and how to apply! You can find a recording of these topics as well as other workshops we have taped on our website at [www.lifespın.org](http://www.lifespın.org) at <https://www.lifespın.org/community-advocate>

Over the summer, we have scheduled two powerful workshops you need to consider, as they are both packed full of information, and the advantage of attending gives you the opportunity during the workshop to ask questions! Registration information below:

#### **Assistance for Children with Severe Disabilities (ACSD), Tuesday, August 22 at 11:00am**

Nicole will lead the workshop with our Arabic translator, Aram, to provide this very important workshop in both English and Arabic! ACSD is a critical support for some families. *\*We have also produced a manual that is both in English and Arabic, to go with this workshop* that will help guide you, step-by-step, to access the supports that your family needs to help both you and your child. (A comprehensive manual to go along with the workshop will also be available on our website here: [English Version](#) and [Arabic Version](#) ) Not to be missed! Register today at: <https://form.jotform.com/231354505673253> (English Registration); and, Register at: <https://form.jotform.com/232145751105245> (Arabic Registration)

**“When I’m 64” Benefits Workshop, Tuesday, September 19 at 11:00 a.m.** For all our folk approaching 65-years-old. Find out what you need to know to apply for your Seniors Benefits! When you turn 65, a lot of programs change, for not only your income benefits, but also your access to health benefits, dental, and so much more! Please join us if you are 63 to 64 years of age or if you are assisting a friend or family member who is about to turn 65. We can help inform you on what you will need to do and how to go about it! Sign up for this very important workshop! Register at: <https://form.jotform.com/231354927935262>

For this workshop, you will have the option to join us by zoom or in-person in our Living Room (868 Dundas Street East, London N5W 2Z7). See Below. If you need bus tickets to attend, please note this on your registration form, and register by September 1<sup>st</sup> to give us time to get these to you. The in-person seats are limited to the first 20 people who register, as we will want to sit at safe distances. We will ask that you have a rapid Covid test when you arrive and the space has a Hepa Filter as well.

**Community Conversation – following the “When I’m 64” Benefits Workshop, Tuesday, September 19 at 12 Noon.** Following the workshop in the LIFE\*SPIN Living Room, we will provide a light lunch and conversation to the participants who attended in-person. This will give us a chance to hear from you regarding the best ways we can help you or what information needs you have. Your voice will add to an important discussion and help us serve you better.

Please do visit the “Resources” tab on our website at [www.lifespın.org](http://www.lifespın.org) to see if there are resources that may assist you.

## **Projects and Events**

LIFE\*SPIN appreciates all of the students that volunteer from Western University and Fanshawe College, as well as our high school youth who contribute to Community Service at LIFE\*SPIN.

***Children:*** Presently, we have a team leading the Pocket-Sized Farms Day Camp with regular on-line virtual meetings, and for outings. The farmers learn to grow a garden, do fun arts and crafts and take expeditions within the City, as well as attend outings to the Sun Fest, visit splash pads and swimming pools, and utilize the hiking trails in the City. Fun is had by all and if you happened to miss your child participating this year, make sure you mark it in your calendar for next year!

***Seniors:*** We will have Occupational Therapy Students again working on a Seniors Fair project for February 14<sup>th</sup>, 2024 for our clients who are 65 and up! In preparation for the event, we will be making calls out to our older adult clients at LIFE\*SPIN to do a check-in and survey regarding needs and interests, so we are sure to have the resources you identify, at the Seniors Fair in February! If you are in this age category, we will be calling you this fall!

## **LIFE\*SPIN Community Volunteer Income Tax Program**

If you have not filed your 2022 taxes yet, we can help.

Book your appointment now to complete your 2022 tax return! We can also do your tax returns as far back as 2012! In order to prepare your E-filing of your return for you, we require you have your T-slips for each year. If you are missing T-slips, you can call Revenue Canada at 1-800-959-8281 and they will mail them to you.

All appointments are completed by telephone, but first you need to schedule an appointment. Please fill out an appointment form at <https://form.jotform.com/221305529033244>

## LIFE\*SPIN Free Store

**The LIFE\*SPIN Free Store is re-opening September 5<sup>th</sup> with a revised Safety Plan.**

LIFE\*SPIN serves low-income families from across the entire city, many of whom have young children and many who have long bus rides to get here. It is important to us that they can find appropriate clothing for applying for work, going to school, and participating in our community.

Some of our families are new to Canada and we will make every effort to assist them to access housewares and linens to set up a home. Occasionally, furniture becomes available, however you will need to have transportation to pick it up from the donor's house. Please take these large item requests to the LIFE\*SPIN office, once you have transportation organized.

This is how you register and shop at the store:

- ✓ Shoppers are registered on-line using the Intake Form below. **You will need to register once each calendar year.** Register at <https://form.jotform.com/232054349303247>
- ✓ For the safety of our volunteer staff and our customers, no one is permitted to shop without **verification of their identification (ID)**. You can attach your ID to this registration form, or show it at the door the first time you come and we will match it to your on-line registration form.
- ✓ If you do not have ID, and if unhoused or at risk of being unhoused, please visit the London InterCommunity Health Centre – they have an ID clinic to assist you to obtain your identification.
- ✓ If you do not have ID and are in receipt of Life Stabilization benefits from Ontario Works or Ontario Disability Support Program, or are housed and low-income, please visit Service Ontario and bring any documents with proof of address, such as bills, lease, etc.
- ✓ Some support services, such as Ark Aid, Indwell, etc. will submit group orders for you to pick up where you receive other services. Ask your support workers there, if this would assist you.
- ✓ Each household can shop at the Free Store once a week.
- ✓ The Free Store will be open on Tuesdays, from 10:00 a.m. to 2:00 p.m. and on Wednesdays, from 3:00 to 7:00 p.m.
- ✓ Shoppers will line-up at the side, on Ontario Street, 3 meters from the door, and you are asked to stay back two meters from the person in line in front of you.
- ✓ Before shoppers enter the store, we will provide you a clean mask and hand-sanitizer. Two shoppers will be permitted at a time, for up to 15 minutes. We request only one shopper from each household enter at a time.
- ✓ Housewares may be available (such as linens and small kitchen appliances).
- ✓ Limited quantities of new items may be available. Each shopper is welcome to one new outfit each week, so all our valued customers have a chance to receive one. "Sharing ~ with enough for all".

- ✓ For safety, our staff will take a Rapid Covid Test each morning, before opening. In the event that someone tests positive, the store will not be able to open that day.
- ✓ The Code of Conduct is posted at the door. For the safety of our volunteer staff and other shoppers, this will be strictly honoured by all who enter. Disrespectable conduct will result in immediate suspension of this opportunity for a minimum of one month.

Thank you for your patience and kindness during this transition

### **Sharing ~ with enough for all**

The Free Store location is 872 Dundas St., London, ON N5W 2Z7

### ***30-Year Anniversary!***

LIFE\*SPIN has endeavored successfully over the years to metaphorically be a candle – a flame lit in the dark - a lighting of hope to those struggling in poverty.



Come and celebrate our longevity and sustainability, as we continue to bring a voice to the experiences of the silenced, growing and adapting to the needs of those we serve.

Please feel welcome to share a few words of what LIFE\*SPIN means to you and your family, or send us an email to [life@xeculink.com](mailto:life@xeculink.com) for our anniversary scrapbook.

**When: Saturday, October 28, 2023**

**Where: LIFE\*SPIN, 866 Dundas Street**

**Time: 2:00 pm to 4:00 pm**

**Register: <https://form.jotform.com/232254193933255>**

## Food Security

As food costs continue to rise, we know that many of the families we serve are struggling to feed their families nutritious food, especially fresh produce.

The Community Food Box Program is for low-income Londoners who are at high-risk of bad health outcomes from exposure to COVID and *for those who struggle with shopping, due to age or mobility*.

With generous support from On the Move Organics (OTMO) and their regular customers, as well as donations from LIFE\*SPIN donors, we are able to provide a limited number of free boxes of fresh fruits and vegetables to our community. Here is an excellent article on the program: <https://www.facebook.com/photo?fbid=669593008532941&set=a.454422093383368>

### **The September/October order is open for ordering**

*We will send one box to each low-income household registered, over the course of the two months. OTMO will be delivering by postal code areas and **they will email you before they deliver**. As orders are added to their regular delivery routes, we cannot tell you when your order is coming.*

***If we are unable to make the delivery, we will make sure the food goes to another family in need.*** \* Please check the address/buzzer you entered, before you submit the form  
\* *if you can't be home for the delivery, please leave a note on your door for the driver. This should provide a neighbour's contact information, so they can receive it for you.*

The order form can be found at <https://form.jotform.com/221305917411245> It will only work, when boxes are available to order You can also purchase your own boxes of fresh produce to be delivered to you. You can pick out exactly what items you would like and how much, The link to purchase food directly is at <https://onthemoveorganics.ca/>

## Just for Us

This is a free group for female identified youth between 13-18 years old. This group will replace the LIFE\*SPIN Just for Girls with a new title and a new and mighty program of interesting and fun activities! The “Just for Us” group will meet the 3<sup>rd</sup> Thursday of every month, beginning Thursday, September 21<sup>st</sup>, 2023 at 6:00pm with a Pizza Party! at LIFE\*SPIN (866A Dundas Street, London). We provide bus tickets and definitely fun! Register here for Thursday, September 21<sup>st</sup> <https://form.jotform.com/232265512887260>

## Housing Issues

Property Standards: If there are property repair issues with your housing, you need to contact your landlord in writing. If you do not hear back from them in two weeks, please send a copy of

the letter to property standards enforcement along with a request for an inspection. For more detailed information, please visit the links below.

Tenant Information: [Information for tenants | City of London](#)

Landlord Information: [Information for property owners, landlords, and property managers | City of London](#)

Improved Property Standards "Landing Page": [Property Standards By-law | City of London](#)

"Report a Concern...": [Report a Concern with your Rental Unit or Building · City of London Portal](#)

We hope you have a wonderful summer and we look forward to seeing you later this year.

*The LIFE\*SPIN Team*