



Food is the Issue

In solidarity

Community Food Box

When the COVID-19 pandemic began, one of our first concerns was about food supply and access for the community - especially for those who already experience barriers. We know how crises can impact the availability and cost of food, not to mention compounding pre-existing barriers to food access. So, we put our heads together with On The Move Organics and envisioned The Community Food Box Project - a model to deliver boxes of fresh, healthy produce to families who need it.

From March 2020 to March 2021, our partnership delivered a total of 1,345 Community Food Project Boxes to provide enough fresh produce for 21,520 meals for Londoners. While this started out as a temporary program to help combat pandemic-related food insecurity, there are still many families with limited mobility and limited financial means who need this support.

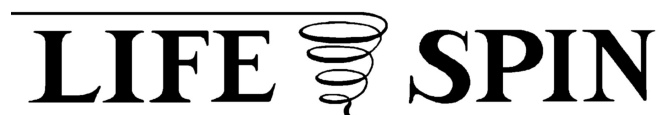
Unfortunately, there is no more funding for the program and it totally relies on donations. Thus, the order form is only open when donations are available. The September/October orders are now filled. Please check back to our website when we are able to make this form available again: <https://www.lifespın.org>.

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, and how often you would like them. The link to purchase food directly is at <https://onthemoveorganics.ca/>

You can donate a box at:

<https://www.canadahelps.org/en/charities/lifespın/campaign/community-food-box-project/>

In solidarity



Fall News from LIFE*SPIN

Many benefits are based on you Filing Income Taxes for 2020

July was the month that began to impact all tax credits and pensions that are tax based. London Housing also now requires a copy of your income tax assessment to apply for and maintain your subsidized housing.

If you have not filed your 2020 taxes yet, we can help!

LIFE*SPIN Community Volunteer Income Tax Program:

Book your appointment to complete your 2020 tax return! We can also do your tax return, as far back as 2010! Please fill out an appointment form at <https://form.jotform.com/201405204019035>

Please remember to set your phone to receive calls from unknown callers, as all our staff are working from home.

LIFE*SPIN Free Store

The LIFE*SPIN's Free Store has been closed to the public, due to Covid-19 province-wide lockdown. We are now accepting orders for curbside pick-up from households we have not been able to assist for the last four months. Please read the instructions fully before filling in the order form. All orders will need to be picked up and we will send you an appointment time.

The order form is available at <https://form.jotform.com/212283395007251>

Office of the Community Advocate

Sometimes you just need help to access supports or resources. LIFE*SPIN's Community Advocate, Leia Beland, is there to help. She can assist you to complete applications for:

- disability supports (ODSP, CPP-D, Assistive Devices)
- financial supports (home modification grants, Disability Tax Credits, low-cost internet, pensions, seniors support and benefits)
- subsidized and co-op housing, and a request for a property standards inspection
- health benefits (prescriptions, dental, vision, special diet, pregnancy allowance) and Discretionary benefits available through the City.

If you would like an appointment to speak with Leia, please complete the Intake Form at <https://form.jotform.com/210975309222251>

We cannot provide any legal advice or assistance. If you need help with a legal matter, including Landlord/Tenant Issues, please contact Neighbourhood Legal Services or Community Legal Services. Both clinics offer free legal assistance to families that are low-income.

LIFE  **SPIN**

In the course of our advocacy work, we often identify common issues and will try to offer **information workshops** or **information resources** that will help. Please do visit the “Resources” tab on our website at www.lifespın.org to see if there are resources that may assist you.

Upcoming Events & Information Workshops

Money Matters/Approaching Retirement—Wednesday, October 20 at 10:00 am. Join LIFE*SPIN’s Community Advocate, Leia Beland, to discuss how to access Canada Pension Plan (CPP), Old Age Security (OAS), Guaranteed Income Supplement (GIS), Trillium Drug Plan, and more. Register: <https://form.jotform.com/211455009703246>

RDSP Workshop—November 10, 2021. Back, due to popular demand! Join our expert, Jesse Malek from PrimeAmerica, to learn all about how a Registered Disability Savings Plan can benefit you if you or your child has a disability. Register for this and mark it on your calendar! Register: <https://form.jotform.com/210324794560252>

****If you missed a workshop that was of interest, the webinars will be posted on our website (<https://www.lifespın.org/community-advocate>)***

Just-4-Girls

Just-4-Girls is Back!!!! Join us for some uber-cool fun activities!!! A social group for anyone who identifies as female between ages of 13 and 17 years old. Come and learn new skills, crafts, make new pals and have a whole lot of fun!!!! To register go to our website under Just-4 Girls: www.lifespın.org

Information Resource

LIFE*SPIN has published the following information resources that address common issues that may be of help to you:

Wills and Powers of Attorney <https://cleoconnect.ca/resource/yourlegalrights/will-and-power-of-attorney-fundamentals-wills-power-of-attorney-for-property-and-powers-of-attorney-for-personal-care/>

Registered Disability Savings Plans <https://cleoconnect.ca/resource/yourlegalrights/registered-disability-savings-plan-who-can-get-one-how-to-get-one-and-what-are-the-advantages/>

Registered Education Savings Plans - You may qualify for a Canada Learning Bond of \$500, when you open a Registered Education Savings Plan (RESP) for your child: <https://static1.squarespace.com/static/5f19a1d28746323bdabaaf31/t/60a2c274a942ae13f6af3cdf/1621279411823/RESP+Information+Booklet>



Information Resource continued

LIFE*SPIN has published the following information resources that address common i
Co-op Housing Kit for London <https://www.lifespın.org/s/London-Co-operative-Housing-Kit>

How to Access Low-Cost Internet Services <https://youtu.be/Xo96suOmG9c>

How to Access Financial Resources Services <https://youtu.be/2KOTyt-xyW4>

How to Access Subsidized Housing Services <https://youtu.be/00J6F-kWuqg>

Housing Issues

Property Standards: If there are 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 at enforcement@london.ca along with a request for an inspection. Once the City of London has inspected the property, they may issue an order to the property owner to make repairs. If you would like a copy of the order to file at the Housing Tribunal, you must request a copy of the order from the City.

To get a copy of the Property Standards Order, complete the form at <https://london.ca/sites/default/files/2020-08/MFIPPA%20access%20or%20correction%20request.pdf>
Send the completed request form to the "Manager, Records and Information Services", City Clerk's Office, City Hall, 300 Dufferin Ave, London, ON, N6A 4L9. You must enclose \$5.00 with your request.

To file your request to the Housing Tribunal <https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwjXtqSgp6nyAhXrB50JHVY3B9QQFnoECAIQAQ&url=https%3A%2F%2Ftribunalsontario.ca%2Fdocuments%2Ftlb%2FTenant%2520Applications%2520%26%2520Instructions%2520>

One of the remedies that you can request from the Housing Tribunal is rent abatement (less rent) until the repairs are made. The Property Standards Order should be attached to your application, as evidence.

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If you need assistance completing these forms, please book an appointment with our advocate, Leia, at <https://form.jotform.com/210975309222251>

*The LIFE*SPIN Team*
www.lifespın.org

