



London Community Resources

Many of London's working poor, those new to unemployment and families surviving on social assistance are struggling to house, feed, and clothe themselves, and their families, as well as meet the special challenges created by the Covid-19 pandemic.

We refer you to our website: [lifespın.org](https://www.lifespın.org) to provide information on income supports and resources that are available to help you through the difficult challenges you are struggling with. There is information on access to food, income supports, community resources, mental health supports, and children's activities and programs. We hope this information will help you find the supports you need.

LIFE*SPIN Community Advocate

Depending on the situation, LIFE*SPIN is still providing information, support and community-based programs to low-income Londoners through remote services. 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 assistance with one of these issues, you can request a telephone appointment to speak to Leia. Please submit your request at: <https://form.jotform.com/210975309222251>

Leia has a full caseload at the moment, but will begin accepting new clients in January. She will try to get back to you as soon as possible.



Thank You Note to your Christmas Sponsor

To all of the families that are being sponsored this Christmas, we ask that you write a Thank you note to the Sponsor! Christmas Drawings are especially appreciated!

LIFE*SPIN Community Volunteer Income Tax Program

We can complete your personal income taxes for up to 10 years. We will begin booking 2021 taxes in late February. The registration will re-open in January for those needing 2020 or earlier.

<https://www.lifespın.org/taxprogram>

LIFE*SPIN Free Store

LIFE*SPIN's Free Store has been closed to the public due to Covid-19 but is offering new clothing for the family through curbside pickup. This year's orders are all filled, but the registration will re-open the first week of January. Please go online and fill out the application for clothing.

<https://form.jotform.com/212283395007251>

Just 4 Girls

J4G is a group of female identifying youth (aged 12 - 18) that have met in person at LIFE*SPIN for programming in the past. The purpose of this great program is to build relationships, self-confidence and learn skills by doing and trying new things.

They will be hosting sessions online for approximately 30 minutes in duration. Signup: <https://form.jotform.com/210324857399262>

WORKSHOP: Registered Education Savings Plans February 9, 2022 at 10:00am

A Registered Education Savings Plan (RESP) provides a government contribution of up to \$2,000.00 towards your child's education, if you are of low-income. This further education can refer to apprenticeship programs, trade schools, universities and colleges. Join us with expert Taylor Wilson, from LIBRO Credit Union to find out the nitty gritty of it all!

Register for this zoom:

<https://form.jotform.com/212985530991263>

Nshwaasngong Child Care & Family Centre

London's new Indigenous-led Child Care & Family Centre is now opened for child care and Family Centre programming, as of November 15, 2021. For information: <https://www.nshwaasngong.ca/>



Take Care, Be Kind & Be Safe,

The Life Spin Team



LIFE*SPIN will also be sending out a housing survey early in the new year, to tenants living in subsidized housing. If you are interested in taking part in an anonymous survey- or know someone who is, please contact Leia at life@exculink.com

WORKSHOP: Housing Issues and Supports

Leia, our Community Advocate, will hold a very important Zoom informational session regarding Housing issues on January 5th at **10:00am**

We will cover Subsidized Housing/Co-op Housing/Landlord & Tenant/ Property Standards/ Accessing Furniture & Mattresses / Subsidies for Utilities This will inform and help you in your process. Register today!!!

Register at:

<https://form.jotform.com/210325264557251>

Other LIFE*SPIN Programs:

- Office of the Community Advocate
- Free Store
- Just 4 Girls
- Volunteer Income Tax Program
- Seniors Programs
- School Backpack program
- Legal and Financial workshops
- Pocket Sized Farms day camp
- Community Housing initiative
- Community Gardens

*Please note that registration for many of these programs will not be accessible until after the new year.

LIFE*SPIN

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Charitable #891967969RR0001