

THE VOICE

THE VOICE

ON THE OTHER END OF THE LINE

The London & District Distress Centre (LDDC) is a community-based agency that provides individuals in need with short-term empathetic listening and confidential telephone support, operated 24 hours a day by highly-trained and caring volunteers.



Diva Day an Unforgettable Event

On Sunday, March 5, the 3rd Annual Diva Day took place at Windermere Manor. This afternoon of pampering and entertainment is a major fundraiser for the Distress Centre. A wonderful day was enjoyed by all, especially the Surprise Session featuring Maureen Hagan, Vice-President - GoodLife Fitness Clubs, who spoke on how to balance life and work.

As the Chair of the event, I would like to personally thank everyone who attended as guests. Also a huge thank you to the 70 volunteers and practitioners who helped make the day such a success. Many thanks to Heather and Hannah at Windermere Manor and their very talented staff. Special thanks also to Jim Poag and Poag Jewellers, who graciously donated the diamond pendant given away that day.

The thanks do not stop there: Sixty Silent Auction donors delighted the ladies with fantastic shopping opportunities. And to make sure none of the Divas left empty-handed, many sponsors, practitioners, and donors contributed to our gift bags, filled to the brim with product samples and coupons.

We look forward to seeing everyone again next year!

- Sheila Marcoux

THANK YOU TO OUR DIVA DAY SPONSORS

ULTIMATE DIVAS

A- CHANNEL, 102.3 BOB FM, GOODLIFE FITNESS CLUBS

BOLD DIVAS

CHARTER HOUSE PRINTING, POAG'S JEWELERS, VIVID DESIGN, THE WINDERMERE MANOR

PAMPERED DIVAS

A UNIVERSAL LIMOUSINE, BELL CANADA, BELL MOBILITY (125 YORK ST, LONDON), ETHOS THE SPA, O'MY LUBRICANT, THE ULTIMATE WHITENING CENTRE, INNER INSIGHTS, WHOLISTIC SCHOOL AND SPA

COMFORT DIVAS

REVITA MEDISPA, A POLE LOT OF FUN, CDS PHARMACIES & I.D.A

The London and District Distress Centre gratefully acknowledges funding received from United Way of London & Middlesex and the City of London

THANK YOU to CHRISTOPHER BALLARD and ARTSCAPE MAGAZINE for the ongoing media support.



LONDON & DISTRICT

**BEING THERE
MAKES A DIFFERENCE
BECOME A VOLUNTEER**

LDDC telephone distress line volunteers provide short-term crisis intervention, empathetic listening and support to any person in need, 24-hrs a day, 365 days a year

For information, please call:
667-6710 or visit our website
www.londondistresscentre.com

A Night at the Centre

It is so dark out
the night is generally quiet.
Someone is up and about
their soul isn't very quiet.

Bent head, listening ears
give peace by phone.
Volunteers help the soul bear
what the caller can't do alone.

To assist is the goal—
solace is attained.
The night is now whole;
we have eased the strain.

Alice Cox

January 11, 2006 5:00 a.m.

VOLUNTEERS! Our Most Valuable Resource

The volunteers of the London & District Distress Centre are members of our community who come from a diversity of backgrounds and are selected for their empathy, maturity, willingness to learn, and their ability to listen, be non-judgmental and respect the caller's right to confidentiality.

Our volunteers are carefully screened and undergo over 35 hours of intense training in active listening, crisis intervention, suicide assessment and prevention. Staff supervise all volunteer activities and provide support and feedback as needed to ensure a quality service for the community.

Volunteers are the heart and soul of our agency.

Interested in becoming a volunteer? Call Wendy at 667-6710.
To apply online, visit us at www.londondistresscentre.com

Since You Last Heard From Us...

December Spectacular

Thank you to those of you who were able to "Stay-Away" this December. We know what a busy time of year this is and were thrilled that you actually cared enough to take the night off. Raising over \$1,700, this first-time event was well received. Thank you also to the group of volunteers for donating their time to produce the lovely ornaments that were delivered with your tax receipts that evening.

We started January off with a bang!

The Charles H. Ivey Foundation heard our appeal and pledged a \$3,000 donation toward our new promotional campaign for the Distress Line. We will be working to raise the balance through 2006 and anyone with a particular interest in this need and who wishes to contribute is welcome to contact Kristen Loblaw at 667-6585 or by emailing: fund@londondistresscentre.com.

The Agape Foundation continued this granting trend by generously approving \$6,000 to help assist us in relocating our offices and replacing some very tired equipment and furniture. A 24-hr service provides lots of wear and tear, but we now are settled and much more comfortable.

We kept the momentum rolling into February

The Plunkett Foundation granted us \$10,000 for the purchase and implementation of a computer software program call Chaos Organised. Bringing the Distress Centre into the 21st Century, the software will allow us to improve our services to our callers, while increasing program evaluation and statistical tracking and accountability to our funders and to you, the public.

March Madness - What a way to end the year!

Over \$9,000 was raised through Diva Day this year, an amazing 49% increase over last year. Support of this event will help to fund recruitment and ongoing training of our telephone volunteers. Events such as Diva Day help to ensure that this service continues to support our community 24 hours a day, 365 days a year.

SERVING THE COMMUNITY - ONE CALL AT A TIME

People We're Helping

Janice is a widowed pensioner. Isolated and lonely, Janice calls to check in with us daily. Janice has no local family and very few personal support systems. Due to her limited vision and mobility, there are few activities she can participate in and because of this she can become easily frustrated.

Janice often wakes up with night terrors and LDDC volunteers talk her through these panicky moments. We at the Centre are able to engage her in meaningful conversation about the weather, social issues and current events, thus allowing her to continue to feel a part of the community.






Recently, Janice's calls have changed. She is now talking about having to move into a nursing home. She is in her 80's and has fought for years to keep her independence. At the Distress Centre we've started to talk about the steps she can take to make sure she's safe and offer her resources that will make that transition easier. We also promise to be available whenever she needs us. **As a 24-hour service, this is a promise we can keep.**

**Name and some details have been changed to protect caller's identity*

Donor Information

There are so many ways that you can help those in need. By making a donation to The London & District Distress Centre, you ensure that people throughout London and area can continue to get the support they require, **24 hours a day, 365 days a year.**

There are lots of ways to give:

-  **Send a commemorative** donation to recognize a special date or remember a special person.
-  **Plan a special event** with your colleagues and donate the proceeds to the Distress Centre. It could be a raffle, bake sale, dress-down day, summer BBQ, or employee golf tournament.
-  **Have a speaker visit your club, church or association** - ask for details.
-  **Become a monthly donor** - it saves on mailing costs and allows us to better plan our funds for the coming year.
-  If your company has a **Matching Gift Program**, be sure to let them know about your donation to the London & District Distress Centre.

Contact Kristen for more information about how you can help.

Administration Lines

Executive Director

Jean Knight
667-6709

Volunteer Coordinator

Wendy Stewart
667-6710

Fund Development

Kristen Loblaw
667-6585

DISTRESS LINE - (519) 667-6711

SENIORS HELPLINE - (519) 667-6600