

Our Purpose:

To make the Lakeshore a healthy community by contributing to the physical, emotional, and social well-being of the people living here, and by helping the Lakeshore community realize it's opportunities and deal with its problems

What We believe:

- That everyone has the right to live in a healthy community.
- That a healthy community is a place where people belong, have choices, have friends and support, are adequately housed and fed, make a contribution, have an adequate income, are safe, have employment.
- That the community and the agency, and the individuals who live and work here, are partners – sharing the responsibility for determining and meeting needs.
- That services and programs offered to meet needs and make a healthy community must be: accessible, coordinated, effective; and must include: education, prevention, advocacy, community development.
- That some members of the community have greater needs and fewer choices and therefore require more of our services, advocacy, and support. By empowering these members, the whole community is strengthened.

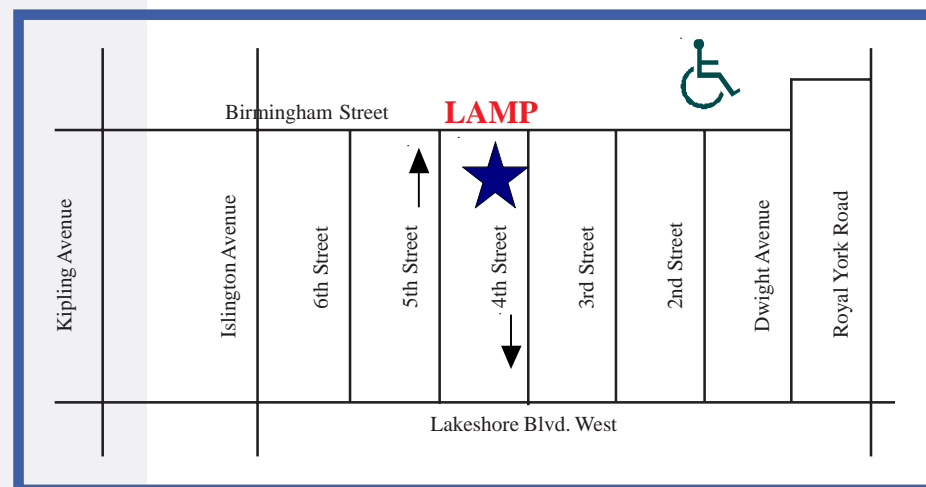
LAMP WANTS YOU...

- To serve on a new Fundraising Committee.
- To join our Community Relations and Membership Committee.

LAMP values and appreciates the skills, knowledge, and commitment community-minded citizens contribute to our society. We welcome all new members who are dedicated to building a healthy strong community.

Join a LAMP Committee Today!
Call Jasmin @ 416-252-9701 ext. 308
See how you can get involved

Where we are



185 Fifth Street, Etobicoke, ON
M8V 2Z5
(416) 252-6471 Fax (416) 252-4474
www.lampchc.org



Your Community Health Centre

LAMP

Summer Edition 2004

Province Provides Needed Financial Boost to Community Health Centres

The provincial government has announced a \$14 million dollar increase in the budget of Ontario's community health centres.

This announcement, which was part of the government's first budget, also called for the creation of new community health centres.

"What this will actually mean for LAMP in terms of new programs or enhancing existing ones is unclear at this moment, but obviously this is very good news," said Susan Milankov, the Chair of LAMP's board of directors.

It shows the government of Ontario's commitment to health care reform and sees community health centres as an effective strategy to get there. It is an endorsement of our model which was also clearly endorsed by the Romanow Commission.

Community Health Centres were established in Ontario in 1972 but this is the first time they have been mentioned in the Ontario budget since 1992. **LAMP did not receive any increase in funding from the Ministry of Health from 1992 to 2003.**

This injection of new money will no doubt assist us in being better able to meet the changing needs of our community.

The location of the new centres is still not known, however it is no secret that LAMP staff are hoping that one of the new centres resides in Mississauga.

Mississauga is one of the fastest growing areas of the country and yet it does not have a community health centre. We get lots of calls from people there who would like to be able to access the services provided by a community health centre.

The government also expanded the **Early Years Challenge Fund**, a program designed to promote innovation in health care in the early years. Our services now provide a new model of pre and postnatal programs. Breast feeding rates in this program have climbed to 70%, while the national rate remains at 31% and the provincial at 29% - clearly demonstrating its effectiveness.

By Russ Ford, Executive Director

Congratulations LAMP!!!!

LAMP Community Health Centre has recently received accreditation for the way the organization operates, serves its clients and supports its participants. The stamp of approval, an intensive review of total centre operations, comes from the Community Organizational Health Incorporated, a professional peer review organization which conducts thorough organization audits to ensure quality control and assurance. This is the second time LAMP Community Health Centre has been commended for providing high quality professional health care, innovation and excellence in community initiatives, programs and services. The external review also recognized the organization's sound practises in finance, risk management and client feedback. Of special note was LAMP's Board of Directors which provides strong leadership for the organization. LAMP was also commended for its highly effective partnerships with local organizations who join to deliver comprehensive health care that addresses other needs like educational, financial, social, and emotional problems. This multi-faceted approach to personal wellness is what makes community health centres so important to keeping people healthy and preventing illness.



Dan Abrahams, past Chairperson, thanked the volunteers present who participate in activities across the agency.

Special recognition was given to Ron Neil, Susan Jansic, Florence Miller, Karen Savage, Kelly Smith, Najma Sultan Jehan, Peta-Gay Ferguson, Beverly Gordon, and Tiffany Jiminez.



certificates of appreciation.



Finally, two LAMP volunteers have been nominated for provincial recognition – Michele Odo and Vivian McGeown will be invited to a recognition ceremony in the near future.

In addition, our Federal MP, Jean Augustine, recognized three of our volunteers at a tea at the Old Mill on April 30th – Muriel French, Ernie French, and Beverly Gordon received

We are so **PROUD** that volunteers have always played such an important role in our organization!

We Salute You All!

Did you know ...

That in 2003 LAMP had 504 volunteers contribute 20,130 hours to our work.

On Wednesday April 21st LAMP celebrated our 20th Volunteer Recognition Party which featured entertainment by the Bradly Richardson Quartet and singer Patricia Farfan.

Russ Ford our Executive Director and

The Etobicoke Sunrise Rotary Club Donates \$1,500 to Help Lakeshore Youth

LAMP Community Health Center is extremely grateful to the Etobicoke Sunrise Rotary Club, for their generous donation of \$1,500 to The South Etobicoke Youth Assembly (SEYA). This money will provide young, aspiring designers with a sewing machine and serger. The clothing created will be showcased in SEYA's Annual Fashion and Talent Show, "Ruckus 2004".

Street Culture 101: Bring On Da Ruckus is an event being held on the 26th of June 2004. Ruckus is a showcase led by youth volunteers in South Etobicoke, to improve youth in

the arts, giving them experience while they develop their skills. The community as well as the G.T.A. benefits from this showcase, which is now into it's fourth year. Ruckus opens the stage for teens of the area who are challenged to grow through arts and entertainment by demonstrating their passion, spirit, creativity, cultural diversity and community pride.

The South Etobicoke Youth Assembly was developed as a collaborative to celebrate, voice opinions, and support youth in the community. It is a collaboration between LAMP

Community Health Center, Inner City Visions, Teen Zone (Toronto Parks and Recreation), Stonegate Community Health Center, and youth from or around the South Etobicoke area. All SEYA's activities are meant to empower youth, showcase their talents and abilities, build strengths, foster creativity and offer local youth an opportunity to make a difference in their community and in the lives of others. It is an amazing chance to gain experience and learn by doing. **For more info on this year's event, contact Natalie Hay or Jasmin Dooh @ 416-252-6471 ext.'s 246 or 308.**



Family Service Association of Toronto, has had a long mutually supportive partnership with LAMP for 26 years. FSA is a non-profit social service agency, which offers a wide variety of programs and services to help people cope more effectively with life's stresses, develop a sense of well-being, and strengthen their relationships and family life. Here at LAMP we have two professional counsellors offering a range of counselling services including one-on-one, with couples and families, and parenting group programs.

Sometime the challenges we face in our daily lives become too difficult to manage alone.

We may want someone to talk to who can help us explore and understand our present difficulty, find solutions and expand our tools to deal in new ways with life's challenges.

FSA Counseling and Violence Against Women Services at LAMP are available to anyone living or working in Toronto. These services are confidential and the environment is encouraging and supportive. There is a sliding-scale fee for service, based on your family size and income; counseling services are subsidized by the United Way.

People come to speak to our counsellors, who have expertise around the following issues: relationships, woman abuse, parenting, depression, anxiety, stress management, loss, life stages/ transitions.

Through counselling, we can help you learn:

- **To build on your strengths and increase your self esteem**
- **To restore a sense of control and hope in your life**
- **Different ways to cope with stress, depression and solving problems**
- **How to build better relationships**
- **Better community connections and support**

FSA's Counselling Service also offers a free parenting program called COPE (Community Parent Education Program), aimed at helping parents encourage positive behaviour in children and to improve parent-child relations through a group parenting course. The program is unique in that two groups are run at the same time one for parents and one for children aged 4-10. This promotes a sense of families working together to enrich their relationships. The groups work on building skills in stress management, "keeping your cool", avoiding conflict, healthy communication, problem solving and increasing mutual positive interactions. We have been delighted to run our COPE groups here at LAMP over the past year. COPE is offered every Spring and Fall.

Besides the Counselling and Violence Against Women's programs, FSA offers a wide range of specialized programs throughout Toronto, for example: support for seniors and their caregivers; counselling for lesbians and gay men, people affected by HIV/AIDS; educational workshops helping families through separation and divorce, and other services.

To set up an appointment at LAMP for Counselling call our Service Access Unit at 416-595-9618. To find out more about all of our services and locations check our website at: <http://www.fsatoronto.com>, or call our Service Access Unit.

1st Annual Cultural Talent Show a Success!

On Friday December 12th, 2003 the youth, volunteers and staff at Street Level put on a night of fun, culture, talent and tastes in honour of our 1st Annual Cultural Talent Show (ACTS). The evening began with giving a warm welcome to the 50+ guests in attendance. The first act was Kadion, who passionately read two poems by Maya Angelo. This was followed by a solo from Aisha, who sang "Flying

Without Wings". Ricardo and friends and tweens Amanda and Aisha presented the dance performances – definitely one of the highlights of the evening. The dancers filled the room with their contagious, incredible energy. The evening was made complete with delicious cultural food (prepared by the youth themselves), exciting raffles and featured a beautiful art display and craft sale.

Great Work Street Level!



It looks to be an exciting summer for the Inner City Visions Project. I.C. Visions has another brand new innovative program starting up in June. It is an audio recording program for urban

music. This program will provide free recording time for Urban Youth Artists ages 15-19. Plans are in the works for another CD compilation.

To register, email inner_city_visions@hotmail.com. Our photography program is planned to start up again this summer, and we just had our second annual Photography Exhibition, a part of Contact 2004, at The Assembly Hall. ICV has also started up our own clothing line called Face To The Sun. You can check it out at the Skater shop on Lakeshore, called Sumo. I.C. Visions recently traveled up to Lake St. George in Aurora to hold two workshops on Hip-Hop Culture and Media for the local Lakeshore Youth. We brought ROCHESTER A.K.A. JUICE up with us, he performed and the kids loved it. Once again we will be open during the summer from 6 - 10 p.m. on Sundays for drop-in BBQ's with open turntables for DJ'S, and artist support.



More Funding!!

We are pleased to announce that our **More than A Mat: Real Housing Project** and the **Out of the Cold Adult Drop In Program** have received renewed funding through the Supportive Communities Partnership Initiative (SCPI). Both of these programs have been running for over three years now, and with two additional years of confirmed funding, we can continue to advance our goal of improving housing for people in the Lakeshore.

More than A Mat: Real Housing Project has been an initiative aimed at mobilizing local residents to find ways to improve the affordable housing shortage.

The project has been involved in a number of exciting initiatives (see article on page...) Over the next two years, the program will focus on community capacity, co-ordination and partnership building. We hope these activities coupled with the growing sign of support for housing at various levels of government will improve the affordable housing situation in the lakeshore.

The Out of the Cold Adult Drop In Program which serves people who are homeless or under housed will continue to run on Mondays and Wednesdays. Presently, the program provides a hot lunch,

access to computers and, assistance for participants in their housing search. With the additional funding we will be able to increase the duration of the program to ten months from September to end of June. We will also be able to provide extra supports to participants in the area of life skills and pre-employment programming. For more information about either of this program, contact Sandra Van, Health Promotion Program Coordinator at 416-252-6471 ext.239



Volunteering - A Great Learning Tool

When I first arrived at LAMP in October the first thing that I noticed was the friendly and welcoming atmosphere that it has. I was about to begin a co-op placement as part of my high school program at Lakeshore Collegiate and I felt a little nervous. Growing up, I was well aware of LAMP (I attended speech classes there when I was very young) but I never had any idea how much it did for the community. I soon realized when I began volunteering there. My supervisor was Jasmin Dooh, LAMP's Health Promoter and I worked along side her for the duration of my placement. I learned a lot about the field of social work and how much it is dependant on volunteers and the extra effort being put in by both staff and volunteers.

As part of my role at LAMP I worked with the youth group SEYA, South Etobicoke Youth Assembly, a group who works together to promote youth advocacy and improvements for youth in the area. My role within the group was to organize the meetings which took place and plan the events that were held to fundraise money. We planned three main events and held about 5 meetings during my placement. Many of the activities were in the evening so it was a time commitment but I made the commitment and I really enjoyed volunteering with this group because it taught me many things

and helped me to grow and understand other people more.

There are many benefits involved in youth volunteering especially with other youth; you meet new people and make new friends, you acquire new skills, you gain work experience to put on a resume, you receive community hours towards the completion of the 40 hours needed to graduate and many more. I found the time I spent with SEYA to be really rewarding and a great learning experience and a valuable life experience. I think that it is a great idea that the high school curriculum includes having to volunteer. Volunteering is a good learning tool and teaches youth discipline, commitment and time management. LAMP was a great place for me to volunteer at, and I would recommend LAMP as an agency to volunteer with to anyone I knew. It was such a valuable experience for myself I would want everyone to have the same opportunity.

By: Elizabeth Wagdin



KUDOS..Our youth are doing great things...

Congratulations to SEYA volunteer **Tiffany Jiminez** for being awarded the **Rotary Club of Etobicoke's new Scholarship** to support a LAMP youth volunteer. The **\$500** award is given to a graduating high school student for community service, high ethical standards and the advancement of goodwill. Tiffany has been a volunteer for almost two years with the South Etobicoke Youth Assembly. She enjoys working with and helping people. "Being involved in the community with the support of LAMP Community Health Centre has opened up many opportunities to make a difference in many youth: it has made a difference in me," Tiffany explains. She plans on furthering her education in nursing and in the social service sector.

KUDOS to Anshell Thompson, Andre Thompson, Nicholas Takalo, Brad Jewers, Tiffany Jiminez, Derek Jancar, and Charlane Da Costa for completing their first aid training.

and to

Micheal Webb, Brandon Hilton-Head, Nick Takalo and Genar Macapugay for successfully participating in CAMP Enterprise 2004 sponsored by the Etobicoke Rotary Club. Micheal and Brandon are already putting into practise some of the knowledge they learned directly into their clothing line NISE! Watch for them at Ruckus 2004 !

Picture at left, Elizabeth Wagdin with Mayor David Miller and Councillor Mark Grimes at the fundraiser for EHK Breakfast Programs.



**Street Level
Boys Basketball
Win Big in Windsor
at the Ontario Basketball Championships
which hosted 16 under 18 yrs. teams**

Congratulations Team !!!

Andrew Peynado
Michael Grant
Earl Greene
Paul Mendonca
Ninko P.
Sam Musa
Colin Groves
Kito Clarke
Dakary Thompson
Emmanuel Ramadan
John Oliveira
Delroy Nii Noi
Leslie Oduro
David Johnson
Patrick Wright



BRONZE MEDAL

**Coach Ben Sanders !!!
& Ass't Coach Russ Ford !!!**

Community Spirit and acts of kindness are recognized in the LAMP Community Health Centre's 2004 Awards of Merit. This year's honour roll celebrated some of the diversity of our community and the people who continue to make a difference. The awards, based on Building a Healthy Community, focus on the different sectors that improve our quality of life and possibilities for the future. These include access to education, helping others in need, recreation, arts and culture, connections to the past, beautification, shaping the future of others, helping newcomers to settle, special events that build community, and creating opportunities that help people gain control over their personal well being.

**The 2004 Awards of Merit
Recipients**

John Tanner	Al Everson
Ben Chan	Jim Sanderson
Linda Foo	Sandy Eathorne
Faustina Sports Club	Nancy Bradley
Jimmy Oliveria	Brenda Siddall
Elizabeth Slone	Ken Garvey
Len McParland	Bruce Tremblay
Carol Mullings	Isabel Corrigan
Saara Tatem	Joan Otawa
George Chowns	Marlies Eidens-Garcia



The South Etobicoke Youth Assembly has been very busy over the past few months. Both staff and volunteers are trying to make the Lakeshore as lively, vibrant and positive for the youth as it can be.

Our amazing volunteers represented our area and discussed a variety of critical issues at the *Delivering Change – Budget Town Hall Meeting 2004* on February 15. Held at the Assembly Hall, this event gave youth an opportunity to discuss and share our views for a better Etobicoke with our neighbours, Laurel Broten, our local MPP and other provincial government officials.

Together we voiced our ideas and made our concerns heard regarding student loans, tuition fees, affordable housing, public transit, and prevention programs to build healthier communities. SEYA volunteers also took part in

the City of Toronto budget consultations as well.



.....
We also organized a Ski Trip for both volunteers and youth new to LAMP

CHC's services, which proved to be extremely successful! On Saturday, March 13th, all participants were taken to Mount St. Louis Moonstone. Thanks to the Tim Horton's Foundation for supplying the bus!



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Our First SEYA Emergency First Aid/ CPR course proved to be both educational and fun.



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On February 21st our 7 interested participants attended the Seya-funded seminar at James S. Bell Community School. All 7 participants are now certified!

.....
The tables were spinning and the lights were low as Seya held it's first DJ Showcase at Humber College. With pizza, drinks and snacks, guests were welcomed to come and enjoy a



relaxing and fun night of hip-hop and reggae while meeting new people, dancing, and enjoying refreshments.

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As our main summer event - Ruckus 2004 is close at hand, (Saturday June 26 at the Assembly Hall) SEYA is busily working to publicize and fundraise to make this talent and the fashion showcase the hottest most talked-about one yet! We are holding an auction June 17 to help cover our performance space costs. Ruckus has always been an incredible event with high energy, spirited people and this year is no different. With an amazing line up of fashion and talent acts, Ruckus 2004 is one event that cannot be missed. There will be plenty of beats pumping, people dancing, and representation of what SEYA is for: to help the community come together to support diversity and of course showcase youth in a positive light.

By: Natalie Hay

Reaching Out to the Community!

A priority for the Etobicoke Lakeshore Ontario Early Years Centre is to ensure its programs and services are accessible to all the families in the community. To help with this, a group of cultural linguistic workers have been hired to work in programs, do outreach in the community and translate flyers, calendars and program brochures. Each cultural linguistic staff person works one day a week and is matched to an early years program in the community where many families who speak that language live. Qualifications for the job include being a recent newcomer to Canada, being a parent and having a second language.

These cultural linguistic workers have added eight new languages to the staff! We now have staff working in our programs speaking russian, polish, ukrainian, somalian, french, italian, albanian and hindi. All of our cultural linguistic workers have been hired on one year contracts so that each year we can hire new staff that speak the languages and understand the culture of new groups moving into our community. The one year contract helps the cultural linguistic workers get Canadian work experience and the Early Years Centre provides employment support and assistance in helping the cultural linguistic workers find permanent

work at the end of their contract. This creative new program has helped to make all the early years programs and services more accessible to families in our community and eliminate language barriers that can prevent families from using our programs. A new group of part-time cultural linguistic workers will be hired over the summer. To find out more about the qualifications call Trish at 416-252-6471 ext. 305.

Remembering SARS....

It has been approximately one year since LAMP and other health care organizations were hit with the SARS illness, and its after effects. Although the door screening and quarantines halted long ago, it is important to remember what changes have happened since then, so SARS does not appear again.

Since the illness, recommendations have been implemented to reduce the transmission of this and other respiratory diseases. For example, the Primary Health Care team is actively screening all LAMP patients that come in with fevers and coughs. Masks are given to these patients and they are kept separately from other patients in our waiting room or seen urgently. The health care providers will use equipment precautions for those patients that also have contact or travel histories.

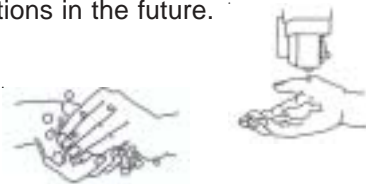
As well, all LAMP staff and patrons should be following the new directives that have been implemented at the end of the SARS outbreak. Some key points are:

- **Staff should maintain a clean work environment and wash their hands regularly throughout the day (after using the washroom, before meal times, etc.)**
- **Staff should not come to work if they are unwell and are potentially infectious (cough or fever)**
- **Clientele should be reminded, either ahead of time (if calling for appointments) or by signs posted, not to come to LAMP if they are very ill and potentially infectious, or at least identify themselves if they have these symptoms**

so measures can be put in place

- **Clientele should minimize the accompanying persons they bring to LAMP if possible**
- **Everyone should use the hand sanitizer available at all entrances of LAMP when entering the building**

Even though SARS is not active now, there are many other contagious viruses presently circulating in the community today. Some of them are serious ones that lead to health problems and loss of time at work, school or play. By putting these simple measures in place, we can significantly reduce the spread of infections in the future.



Strategies for Working with Fathers



There has been increasing awareness of the need for programs that support fathers as men and parents. The LAMP Early Years Centre has committed itself to reaching the dads in our catchment area, and with its inception a few months ago, the **Dads Today** program is gaining momentum. We are also committing ourselves to aiding other programs in the province that are wanting to better service the fathers in their communities. As part of this dream, we recently hosted "Strategies for Working with Fathers". This one-day conference held at the Assembly Hall on April 23, 2004 provided people with the opportunity to hear from other centres that are running successful fathering programs. One hundred and thirty people came that day. It was incredible.

Here's what they heard:

Kerry Daly, PhD, from the University of Guelph, is the head researcher of the Father Involvement Research Initiative (FIRA). FIRA began a national 5 year study of father involvement in January 2004. Dr. Daly spoke about the present political/social climate that fathers find themselves in.

Ed Bader, Focus on Fathers, presented "What a Difference a Dad Makes", which focuses on skills needed to be a healthy father. He covers things like anger and stress management, balancing time, and communicating with the moms.

Geordie Colvin and Robin Gearing presented their material called "Re:Membering Fatherhood". This program takes a psycho-educational perspective and looks at fathering attitudes and diversity.

Brian Russell, LAMP Early Years, presented their activity-based programs run out of LAMP. He discussed the philosophy behind reaching the fathers at whatever stage/situation of life they are in so that the dads can better connect with each other and their children.

The day was a tremendous success. Some people commented that this was one of the most inspiring and challenging training opportunities they have been to in a while. People left encouraged, hopeful, and wanting this to become an annual event. And it was incredibly encouraging for the LAMP Early Years Staff to see so many people from all around the province respond to a need and leave with some tools to make a difference in their communities.

We continue to provide programming for fathers through Dads Today. More information about what we do can be found at www.dadstoday.org. Feel free to contact Brian Russell and LAMP if you would like to become involved.

LAMP's New Social Worker

LAMP has just received funding to hire a Social Worker. This new staff person will help LAMP serve the many people who come into LAMP by connecting people to services who aren't exactly sure where to go, and to help coordinate services within and outside LAMP. As a first step, we are running a six-month pilot project. We have hired two part time staff. Kerri MacFarlane is our part time Social Worker for this

Accessible Dental Care



Free dental care is available at LAMP to seniors (65+) and youth, who do not have dental insurance and cannot afford to go to a private dentist. To be eligible, youth must be under 25 years of age and in school (university and college students not included). All must also be residents of Toronto. The basic dental services provided include, fillings, root canal treatment (limited), extractions, partial and full dentures, fluoride treatment, cleanings, sealants and prevention and education. This project is funded through the City of Toronto. For more info contact: LAMP 416-252-6471 ext.277

If you do not fall into either of these categories, the University of Toronto Faculty of Dentistry and George Brown College Dental Clinic offer dental service at reduced rates. Call ahead to register. University of Toronto Faculty of Dentistry 416-979-4927, George Brown College Dental Clinic 416-415-4547

project. May Friedman is working with Keri and all of LAMP to figure out the best way to organize the Social Worker program. LAMP has worked hard for many years to be an effective support for the people in our community. With this new funding, we hope to be even more effective in our efforts. For more information, please call Keri at extension 235.

More than a Mat: Real Housing

There has been a lot of work done by More than A Mat: Real Housing participants since the election of Lakeshore Councillor Mark Grimes and Member of Provincial Parliament Laurel Broten. In December we held a letter writing workshop, writing to the new Councillor, MPP and newly elected Mayor David Miller. People highlighted the need for more affordable housing in this community, rent supplements for new housing, the need to hire more City inspectors to focus on repairs and maintenance to existing rental housing and legislation to ensure rental housing is not demolished.

Community leaders took their case for affordable housing to Mayor Miller's Listening to Toronto budget consultations on January 18 at Etobicoke Collegiate. We were part of a large crowd of over 200 people. The participants at 7 sessions across Toronto identified homelessness and housing as one of the City's top challenges.

The Listening to Toronto report states: "People think that homelessness is a serious problem and getting worse. Many point to the need for affordable housing." Some residents noted, "waiting lists for social housing are too long; our failure to act on homelessness reflects badly on the city's image and hurts business and tourism".

More than 50 Lakeshore residents took part in Mark Grimes February 15th budget consultation. Many speakers said they did not want to see the budget reduced, especially in the areas of community services and recreation. It was also strongly voiced that affordable, permanent housing was needed in the community.

In early March, we learned about video making at a workshop held at LAMP. Participants are keen to use these skills to document homelessness and under housing in the Lakeshore. On March 30th we joined activists from across Toronto for the budget hearings at

City Hall. A deputation from More than A Mat: Real Housing highlighted the growing need for affordable housing, repairs to existing housing and new shelters in South Etobicoke.

More than a Mat: Real Housing will be holding a workshop series on public speaking will be held starting late May. Learn how to speak up for your rights and for the rights of your community. Gary Noseworthy, an engaging presenter who teaches at Humber College, will lead the free series.

For more details on tenant law reform, the public speaking workshop series, or on any other matters to do with action on affordable housing, please call Helen Armstrong at LAMP: 416-252-6471, ext. 271.

By: Helen Armstrong



R.AY. (Rathburn-Area-Youth)

In early March 2003 many youth residing in the Central Etobicoke neighbourhoods of East Mall, West Mall, and Capri were introduced to an after-school youth program funded through the United Way called Multi Agency Partnership Project or MAPP for short.

This project has recently been renamed the R.A.Y. or Rathburn-Area-Youth and has gone on successfully providing healthy lifestyle social/recreational programming to over 100 local

youth aged primarily 13-19 yrs old.

LAMP, the lead agency, supervises and coordinates the project, and provides front line participation with Inner City Visions, Basketball and health related workshops. Other programming provided by the project's partners include: Rising Sisters: Teen Mom Program, After-school Program, Youth Council, Girls Night, Summer Leadership, and the Youth Bursary Program.

With one good year behind them,

the RAY project look forward to "stage two" of the project, which is building on their successes and continually providing that light for youth in Central Etobicoke.

For more information about RAY: Rathburn-Area-Youth contact Cutty: 416-626-6068 or cuttyd@lampchc.org



What Myths Are Your Children Learning About the Sun?



BE SUN SMART

Protect your family against damage from the sun. Teach your children to be sun safe by; Limiting time spent in the sun, wearing a wide brimmed hat, long sleeved shirt and sunscreen.

MYTH #1: Are your Children learning that a suntan is a sign of health?

Fact: A suntan is a sign that your skin is trying to protect itself against the sun's damaging rays. The tan will fade but damage to your skin cells remains and adds up over the years.

MYTH #2: Are your children learning that you can't get sunburn on a cloudy day

Fact: Up to 80% of the sun's rays can pass through light clouds, mist

and fog. You can get a sunburn even on cloudy days. Sunburns increase your risk for skin cancer.

MYTH #3: Are your children learning that only fair skinned people are at risk from too much exposure to sunlight?

Fact: Too much sunlight can damage eyes leading to cataracts. Too much sunlight can also damage the skin leading to sunburn, premature skin aging and skin cancer. Everyone, regardless of skin colour, needs protection from the sun.

SUN SAFETY FOR CHILDREN – PROTECT YOUR KIDS!

Everyone knows that those adorable red-haired children with freckles are more likely to get sunburn! But not everyone knows that children with darker skin also need sun protection. Unfortunately, some continue to think a tanned child is a healthy child, but this is not true.

A tan is really a sign of injury to the skin. Here are a few ways to protect your child from the damaging effects of the sun:

- Keep infants under one year of age out of the direct sun.
- Reduce your child's time in the sun, particularly between 11 a.m. to 4 p.m., and plan any outdoor activities for the early morning or late afternoon.
- Look for shade or create shaded areas for your child's outdoor activities.
- Dress your child in loose clothing and cover as much skin as possible
- Have your child wear a hat with a wide brim or a flap to shade the face and neck.
- Protect your child's eyes with sunglasses that have UVA and UVB protection.
- Use sunscreen on infants that are six months of age and older. Choose a broad-spectrum waterproof sunscreen with a SPF of 15 or higher. Apply it especially on the tips of ears, nose and backs of legs. Apply it 30 minutes before going out in the sun and re-apply every two to three hours.

Examine your child's skin regularly as well as your own. Sun exposure during childhood and teenage years accounts for almost 80 per cent of your total lifetime sun exposure. It's never too early to start teaching your child about sun safety. Habits developed, as a young child will probably continue throughout life!



For more information contact Toronto Health Connection at 416-338-7600 Calls are answered Monday to Friday 8:30 – 4:30 p.m. Translation is available.

Or visit the Toronto Public Health web site at: www.toronto.ca/health/sun/sunsafety_index.htm

Mark Your Calendars NOW !

LAMP CHC's Annual General Meeting

Thursday Sept. 23, 2004

7:00 p.m.

in the Community Room

&

Don't forget to renew your membership today!