

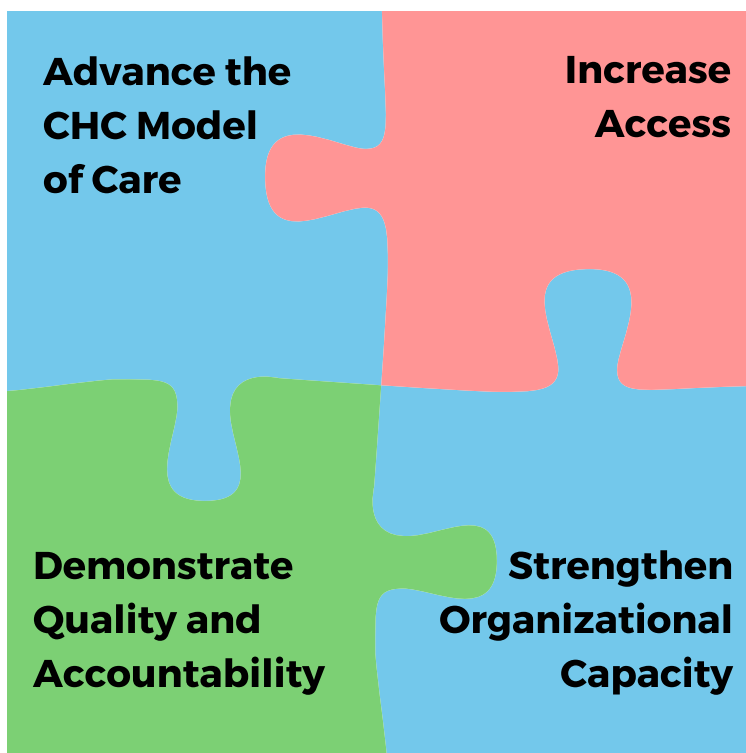
# BUILDING A HEALTHY COMMUNITY



LAMP Community Health Centre  
ANNUAL REPORT 2016-2017

# STRATEGIC DIRECTIONS

## 2016-2017



### LAMP Mission Statement

LAMP Community Health Centre strives to improve quality of life in our communities by supporting people to reach their fullest potential. We do this by working in partnership with our communities to address new and emerging community needs. LAMP supports a wide range of community programs, health care services, and advocacy initiatives that promote the physical, emotional, mental, ethno-cultural, social and economic wellbeing of our communities.

### Advocacy and Engagement Highlights

- Improved transit in South Etobicoke
- Increased awareness of LGBTQ+ and Trans issues, allies and supports
- Fight for \$15 and Fairness Campaign and precarious employment sick days
- Protection of affordable rental housing stock
- Increased awareness of homelessness, addictions, mental illness issues and harm reduction
- Food security; more gardens and nutrition workshops



## Message from our Past Executive Director Russ Ford



September 2017

To Members of the LAMP community:

For the past 17 plus years, it has been my pleasure to serve as the Executive Director of LAMP. Like

everything in life, nothing lasts forever and for me that “forever” came on July 31, 2017 when I walked out the doors of LAMP for the last time.

I think it would be safe to say that my tenure has been an adventure for both me and LAMP. When I came in December 1999, the future of the world laid in the balance. We were facing Armageddon also known as Y2K. Well, we and pretty much the entire world survived Y2K, and many consultants made money selling their end-of-the-world consulting services.

It was a very different time. Mike Harris was the Premier and his slash and burn strategy towards public services had already hit LAMP hard before I arrived. The waters were indeed choppy amid rumours that the government had plans to eliminate community health centres altogether. That of course never happened but it did expose our vulnerability.

We initiated a strategy of funding diversification, actively pursuing non Ministry of Health dollars. This was the impetus for our successful push to become a United Way agency. Three years later, the United Way came to us and asked us to develop a youth centre in Central Etobicoke which was the genesis of our highly successful RAY program.

Other funding followed and LAMP went on a very rapid growth path. Two of the larger sources were the diabetes program and our community health centre in East Mississauga. Today LAMP has five locations and an annual budget that has grown by about 600 per cent. It is safe to say that LAMP is now serving more people with more services than at any time in our history.

But as we all know LAMP is not just a provider of services. It is a community-based organization governed by a very clear set of values that are well rooted in social justice.

Maintaining that tie to its community and our commitment to addressing inequality will be the challenge of the next Executive Director. There are those who think our model outlived itself and should be confined to the ashes of history. I would say the opposite. Given the ever increasing levels of inequality, there is no greater need for an organization like LAMP than there is today.

Creating a health care system that provides equal access to all will only further marginalize those groups that already have barriers to accessing services. No other health care provider has the connection to its community that LAMP has. Few others will engage its community in issues of concern the way LAMP does.

Leaving is of course a time of great inner conflict. It is hard to leave but you also know it is the right thing to do.

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## Message from our Past Executive Director Russ Ford

(Continued from previous page)

I am entering a new stage in my life which will have new challenges. LAMP is entering a new stage as well, which in my view will be best served with new leadership.

I am leaving confident that LAMP is in a good place and able to address whatever challenges come our way. LAMP has been and will continue to be a most resilient organization. I have been very fortunate to have worked with such a committed group of staff and volunteers.

We have an excellent board of directors, a strong management team now led by Keddone Dias and a staff team that well reflects the values of the organization. No one person is LAMP and the success of LAMP relies on no one individual.

There are many exciting things ahead for LAMP. After seven years it now appears that the expansion of 185 Fifth Street will finally become a reality. We are also in the process of developing a social enterprise which offers the hope of a substantial new funding source. It could also change the way health care is provided in Ontario.

I came to LAMP with big shoes to fill. Whether I did that or not, I will leave it to others to debate. All I have left to say is thank you all for your support. Together we have all contributed in some way to building something that is quite special.

Thank you.

Russ Ford,  
Past LAMP Executive Director

## Message from our Board Chair Jeffrey Squire

For the past six years, I have had the honour and privilege of serving on the Board of LAMP Community Health Centre, and as I approach the end of my tenure as Chair of the Board, I cannot be prouder of LAMP as a community-based organization.

At LAMP Community Health Centre, our fundamental goal is to improve quality of life by working in partnership with our community to address new and emerging needs. LAMP supports a wide range of health care services, community programs, and advocacy initiatives that promote the physical, emotional, social, and economic well-being of our community. Our approach is predicated on the belief that “health is more than just the absence of disease”, and this is reflected in the variety of programs and services we provide.

Supporting our community is just as important to a person's health and wellbeing as the exemplary primary care services we offer. To learn more, please visit our website at [www.lampchc.org](http://www.lampchc.org), and consider becoming a member of LAMP today.

Thank you.

Dr. Jeffrey Squire,  
Chair of the LAMP Board of Directors



# Volunteering Communities Grow

352 Volunteers ⌚ 17,741 hours total

ASK! Community Information Centre

**NEW RECORD**

1,707 Tax Returns

**1,663** Low-income individuals and families  
filing for the 1st time in Canada

## NEW FAMILY LAW LEGAL CLINIC

**Making legal support for family issues more accessible, services include:**

- Custody
- Access
- Child/ Spousal Support
- Travel and Passport Authorizations
- Child Protection (CAS matters)
- Domestic Violence
- Separation/ Divorce

**\*Check for eligibility. There are limitations to access services.**

### PARTNERS

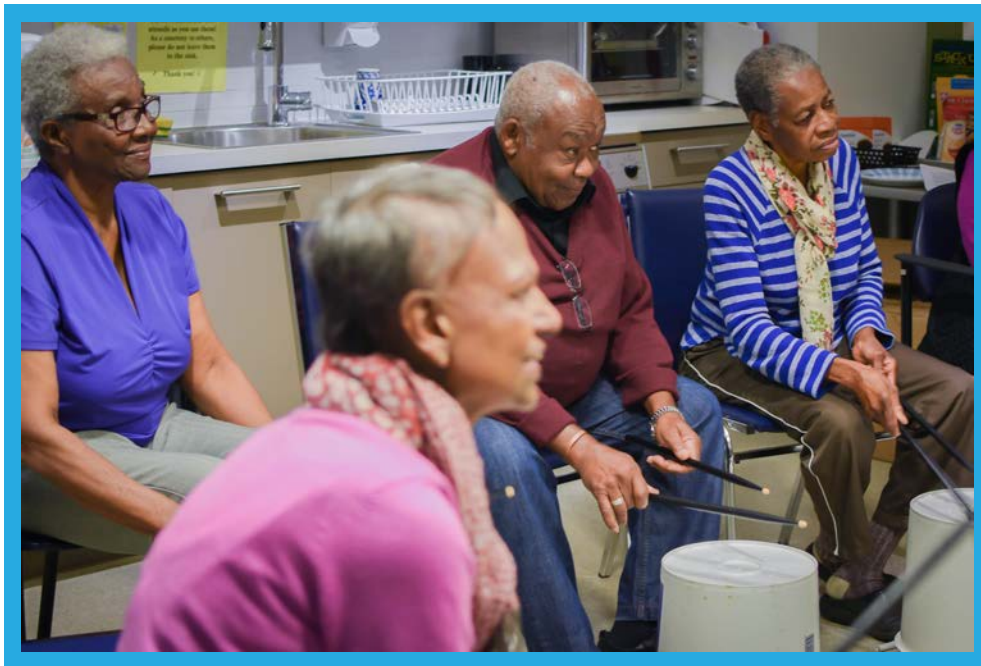
Legal Aid Ontario | South Etobicoke Legal Services

### HIGHLIGHTS

In the first **4 months** of operation **63 clients** benefited from the new family law clinic.

# EMCHC

## Senior's Wellness Programs



# 197

seniors participated in four different music classes: Brain Beat Dance, Drumming, Sing-A-Long, and Didgeridoo

Seniors Wellness Program offered more than **128** sessions last year.



The New Horizons: Building Harmony Music Program engages seniors in fun activities that increase friendships and improve wellbeing



# EMCHC

## Pride Day 2016: A Family Affair

The EMCHC Pride Street Fair July 23rd, 2016 featured a BBQ, performances, games and a number of community partner agencies sharing resources with the community. Overall, there were 70 people who attended the event.



- EMCHC Dental saw more than 2,300 children through their Healthy Smiles program.
- Served more than 675 seniors through the Region of Peel program last year.
- Served a total of 3,209 individual clients.

# MURAL PROJECT



In the summer of 2016, a community inspired mural was painted on the fence of Lakeshore Village Park basketball court. Mural Artist, JARUS Emmanuel taught youth techniques in mural painting. Afterwards, the youth and artist worked together to design and to paint a colourful mural that represented the spirit of the community. This was a collaborative project initiated by Lakeshore Village Action Group and LAMP CHC in partnership with Lakeshore Arts and funded by Toronto Arts Council.







## LAMP ONTARIO EARLY YEARS CENTRE

2,296

Children served

15,420

Visits made by  
children

12,710

Visits made by  
parents/caregivers

2,138

Parents/caregivers  
served

2,252

Parents/caregivers in  
workshops/seminars

1,725

Meals served

7,599

Snacks served

139

Education/training  
sessions provided

# LAKESHORE ADULT LEARNING

The Adult Learning Program at LAMP provides upgrading opportunities for adults in reading, writing, life skills, numeracy and basic computer skills. Learners will enhance their employment, personal health and wellbeing, community participation and their dreams of pursuing further education or training. Our small groups are facilitated by volunteer tutors/mentors. The program is run by a dedicated and passionate staff team. If you know someone who wants to “get back to learning”, or someone who wants to tutor adults, please contact the Program at **416-252-9701 x243**.

## SUCCESSFUL OUTCOMES

- Served over **40 adults** annually with a success rate of over **86%**
- Volunteers and tutors report high satisfaction with the service in the program
- Dedicated team of **6-10 volunteers** who commit over **1,500 hours** annually

### GOOD NEWS

LAMP received a **16%** increase in funding from the Ontario Ministry of Advanced Education and Skills Development to serve more learners



## TESTIMONIALS

### Here's what learners say:

“I never went to school in my country. Now I am learning to read and write so I can have a better future and become a Canadian citizen”

“I want to upgrade so I can go to college. The tutors and staff support me in my goals”

### Here's what tutors say:

“I feel I make a positive difference in my community when working with a group of adult learners motivated to succeed.”



# Among Friends



Heritage Toronto Awards – Lakeshore Asylum Cemetery Project Community Heritage and Members Choice Award accepted by Deborah Quiggin, Director and Ed Janiszewski, Secretary

Among Friends was approached by the Psychiatric Survivor Archives of Toronto and allied activists 10 years ago about The Lakeshore Psychiatric Hospital Cemetery. Located at the intersection of Horner and Evans, the cemetery was unmarked and overgrown, with 1,511 grave sites completely neglected.

In response to this, Among Friends formed the “Lakeshore Asylum Cemetery Project” and worked with many psychiatric survivor advocates and community members to restore the cemetery. It took years of physical labour and the specialized

volunteer work of Ed Janiszewski lobbying and plowing through red tape to get the cemetery where it is today.

A landscaping company now does regular maintenance at the cemetery, and Among Friends hosts two Cemetery “Clean-up” days in May and October to replace the flowers at the headstones, clean overgrown grass from the stones and pick up garbage. The Clean-Up days are open to the community and we are currently fundraising for an art installation and memorial benches on the site.



# West Toronto Diabetes Education Program

The West Toronto Diabetes Education Program (WTDEP) is a comprehensive Diabetes Education Program that has been in operation since 2002. Art Therapy is just one of many exciting programs that make wellness and staying healthy fun at WTDEP!

## World Diabetes Day at Union Station



## Walk for Diabetes (bottom left) and Art Therapy (bottom right)



# YOUTH PROGRAMS

## New Youth Program

### City of Toronto Enhanced Youth Space Partnership



Street Level Enhanced Youth Space

The Enhanced Youth Spaces is a new partnership with the City of Toronto, Street Level and RAY youth programs. It will increase access to recreation services for all youth including equity seeking and underserved populations (e.g. Aboriginal people, newcomers, refugees, women, lesbian, gay, bisexual, transgender, queer (LGBTQ), and people with disabilities).

### Key Components

1. Dedicated space
2. Dedicated staff
3. Programming that is responsive to youth needs

### Youth Program Highlights

Total meals served	3,323	138	Educational workshops delivered
Total snacks served	4,385	564	Social/Recreational Programs



RAY in Partnership with Kal's Kids Martial Arts Program (Above)



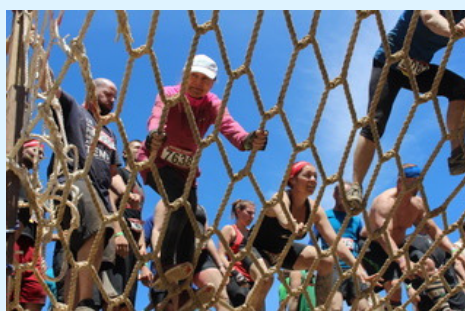
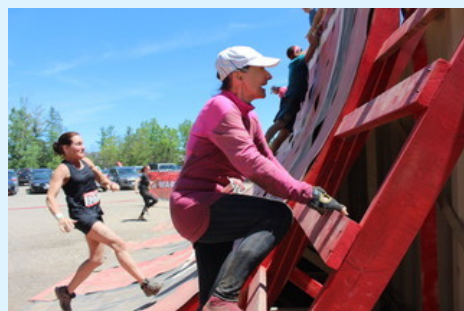
Youth Programs: Street Level, Rathburn Area Youth, South Etobicoke Youth Assembly, Enhanced Youth Spaces



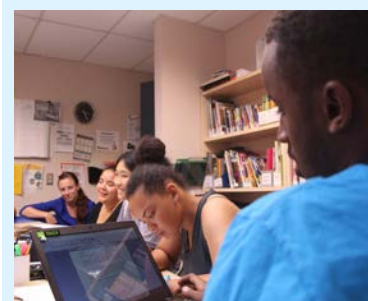
# COMMUNITY CHAMPIONS HELP LAMP



Long Branch gardeners showcase their fabulous gardens to the community while raising \$3,560 for LAMP programs summer 2016.



Long Branch Community Health Activist Nadia Stelmach raises more than \$1,700 for LAMP through her fundraiser, Mud Hero 10k race "Rugged Maniac".



SEYA youth successfully wrote and secured the Identify N' Impact grant of \$10,000 for Ruckus programming summer of 2016.

## COMMUNITY PARTNERS: KELLOGG'S BIKE GIVEAWAY



Kellogg's partners with LAMP to help 60 youth get physically active.



# Financial Report Fiscal Year 2016-2017

## Where the money comes from:

Toronto Central LHIN & Mississauga Halton LHIN	\$8,080,987
Rental, Consulting, membership, deferred income	\$353,974
Ministry of Community, Family & Children's Services	\$537,822
United Way	\$537,991
Federal Government	\$176,450
The George Hull Centre	\$78,294
Donations, fund-raising, interest	\$265,187
City of Toronto	\$547,297
Region of Peel	\$1,186,468
The Ontario Trillium Foundation	\$54,510
The Ministry of Advanced Education and Skills Development	\$100,000
<b>Total</b>	<b>\$11,918,980</b>

## Where the money goes:

Primary Care	\$2,904,120
LHIN\Ministry of Health Programs	\$2,782,376
Physiotherapy, Chiropody and Occupational Health	\$876,302
Ontario Early Years	\$537,822
*Other programs (15 programs under \$100,000)	\$571,783
Rent	\$528,285
Administration plus Repairs & Maintenance	\$523,314
ASK!	\$324,300
Depreciation	\$68,377
Among Friends	\$459,176
Family Centre\ Brighter Futures\ Family Resource	\$481,414
Adult Drop-in\Harm Reduction	\$175,439
Rathburn Area Youth Program	\$163,685
Street Level	\$125,177
Dental/Senior Dental	\$1,214,844
Adult Learning	\$109,367
<b>Total</b>	<b>\$11,845,781</b>
*Included in programs over \$100K	\$73,199

## THANK YOU TO OUR MAJOR FUNDERS AND ALL OUR SUPPORTERS



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada





: [www.lampchc.org](http://www.lampchc.org)



## 2016 - 2017 Board of Directors

**Jeffrey Squire**  
*Board Chair*

**Wanda Buote**  
*Vice Chair*

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*Treasurer*

**Rose Butler**  
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**Ashley Dix**

**Deborah Grier**

**Jacqueline Millie Najjuka Kiwanuka**

**Jean-Luc Marchessault**

**Charles Musa**

**Robin Salt**

**Eirini Ververi**

**Rob Williams**

**Kristie Wright**

## LAMP Community Health Centre

185 Fifth Street  
Etobicoke, ON M8V 2Z5  
Phone: 416.252.6471  
Fax: 416.252.4474

### Satellite Locations

**Executive Director:** Russ Ford (past)  
Keddane Dias (interim)

### East Mississauga Community Health Centre

2555 Dixie Rd., Unit 7  
Mississauga, ON L4Y 2A1  
905.602.4082

### Among Friends

2788 Lake Shore Blvd W., Unit 2  
Etobicoke, ON M8V 1H5  
416.251.8666

### RAY (Rathburn Area Youth)

Located in Burnamthorpe C.I. - Room 124  
Etobicoke, ON M9B 2C4  
416.626.6068

### West Toronto Diabetes Education Program

201 - 365 Evans Ave.  
Etobicoke, ON M8Z 1K2  
416.252.1928

LAMP Community Health Centre would like to sincerely  
thank our partners, community members, volunteers,  
board members, and staff for their continued support!



United Way

