

**SOME INTERESTING NUMBERS FOR THE 2005-2006 FISCAL YEAR**

**EHK Breakfast Clubs**

- 19,121 meals served between Apr 05 – Feb 06

**Street Level**

- 109 participants in basketball programming
- 114 basketball practices
- 30 participants in summer recreation activities

**Among Friends**

- 7916 hours spent with 134 clients

**HIV/AIDS Prevention Program**

- 16 workshops/presentations with 301 participants

**Ontario Early Years Centre (OEYC)**

- 2018 children made 17,903 visits to our Early Years Programs

**ASK!**

- Provided 23,731 units of service
- Emergency food bank provided service to 2680

**Health Funded Programs (Medical Services)**

- 8,764 clients were seen. 22.7% were aged 60 and over, the next highest demographic group was aged 0-10 at 15.68%

**Adult Literacy**

- 4600 hours of service to 40 learners

**Diabetes**

- 1167 people attended 36 group education sessions

**SEYA**

- 200 participants in older youth (19-24) basketball program

**Speech**

- 120 preschool children are currently receiving speech therapy

**FINANCIAL REPORT 2005-2006 FISCAL YEAR**

**Where the money comes from ...**

Ministry of Health and Long Term Care	\$4,075,943
Rental, Consulting, membership, deferred income	\$ 584,619
Ministry of Community, Family & Children's Services	\$ 537,822
United Way	\$ 312,413
City of Toronto	\$ 200,526
Toronto Preschool Speech & Language Services	\$ 184,665
Donations, fund-raising, interest	\$ 165,585
Federal Government	\$ 96,316
Ministry of Training Colleges and Universities	\$ 66,700
The Ontario Trillium Foundation	\$ 52,687

**Where the money goes ...**

Ministry of Health Programs	\$ 1,430,392
Primary Care	\$ 1,173,132
Speech, Chiropody and Occupational Health	\$ 649,830
Other programs ( 19 programs under \$100,000)	\$ 627,525
Administration plus Repairs/Maintenance	\$ 574,589
Ontario Early Years	\$ 537,822
Depreciation	\$ 377,752
ASK!	\$ 265,391
Rent	\$ 178,455
Among Friends	\$ 176,693
Street Level	\$ 135,547
Rathburn Area Youth Program	\$ 99,278

*NOTE: Complete audited financial statements are available upon request from the office of the Executive Director*

**2005 BOARD OF DIRECTORS**

- Valerie Alston, Secretary
- Maureen Boulter, Chair
- May Davidson
- Michele Davies, Treasurer
- Gillian Dennis
- Celeste Le Duigou
- Brian MacKay
- Susan Milankov, Past Chair
- Keith Pownall
- Liz Read
- Susanna Smith
- Mary Tountas
- Albert Veira
- Trevor Wellington
- Ann Woodruff, Vice Chair

**LAMP Community Health Centre**

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**Board Chair:**  
 Maureen Boulter

**Executive Director:**  
 Russ Ford



**30** years of serving and growing with the Lakeshore and surrounding communities.

**Annual Report 2005-2006**  
**LAMP Community Health Centre**

Thirty years of growth ~ expanding to include the communities of East Mississauga (satellite branch), Rathburn Area Youth Program and the Queen and Dufferin Area Re-Mix project.

**CHAIR OF THE BOARD REPORT**

In the 1970s, a group of Lakeshore community activists realized how difficult it was for some Lakeshore residents to find a doctor. They saw the need and they knocked on the doors of residents and of politicians, advocating for a Community Health Centre.

In 1976, LAMP was incorporated. It served Alderwood, Long Branch, New Toronto and Mimico. It had a small budget, a small dedicated staff and many enthusiastic volunteers. ASK was already there, as was the Welfare office. Visitors were shown the old jail cell in the basement. (The building has served many civic purposes - before housing LAMP, it was a police station.) The community was largely long-established people. Many worked in the industries just north of the Lakeshore and felt they had jobs for life. There was a lot of affordable housing and incomers came, mostly, from 'Down East'.

That was thirty years ago.

Our community has changed. Most of the industry has closed, moved away. Affordable housing is harder to come by but people still come here to get a start. Now we are a microcosm of the world. We have the dress, the foods, the languages, the cultures and celebrations of every continent. It is a vibrant, wonderful place.

LAMP has changed too. We had a destructive fire, rebuilt, renovated and made additions to the building. We have supported community groups, developed programs and services to meet the needs of babies and children and youth and parents and seniors. And we have adopted policies designed to make LAMP reflect our society and to include and make welcome everyone who wishes to come here.

Some of our programs are off-site: LAMP is still pushed for space. Some serve other communities and that is because our reputation has so grown amongst our funders and the various levels of government, that we are asked to use our expertise to partner with providers elsewhere. Our catchment area has changed for some programs: this is a requirement of the funders of those programs.

The youth of Inner City Visions have a new program running on Sudbury St. (Queen & Dufferin). They deserved the funding but they needed LAMP's sponsorship to seal the deal. We were asked to establish a 'satellite' CHC in Mississauga, it will be fully functional before the end of this year. Thanks to LAMP there is a youth program in the middle of Etobicoke, where there was nothing for youth before. All the new or enlarged programs, off-site activities, added staff (albeit never enough) and our growing clientele generate a lot of extra planning, paperwork and supervision. Our administrative staff is stretched to the limit. This, and the need for more space, will be subjects for discussion and research and advocacy in the coming year.

On behalf of the LAMP Board I would like to say how appreciative we are of the dedication of our staff and volunteers.

I would like to thank the members of the Board (who are also volunteers) for all their work this year. There are three members of the Board who will not be running for another term so a special thank you for their work in the past and best wishes for the future to Mary Tountas, Albert Veira and Trevor Wellington.

**Maureen Boulter, Chair**



**Thanks!** to our funders, and all the coalitions and community partners who work with us and to the 353 volunteers who provided over 20,000 hours of work.

... we couldn't have done it without you.

## EXECUTIVE DIRECTOR REPORT

There was an expression often quoted in my youth, which said, "you should never trust anyone over 30 years of age." It was a sentiment that sought to distinguish us from the previous generation who we knew had different and, of course, inferior values and beliefs.

We are now the age of those we dared not trust. LAMP is now over 30 and has prospered and grown due in large part to the trust it has with our community, our funders and the general public.

While an anniversary like 30 years is often a time to reflect on the past, it is also a time to look forward. While the LAMP of today is very different from the one created in 1976 so too will the LAMP of 2036. The future LAMP will face its own challenges and will have to respond to concerns that do not currently exist.

We know that unless something changes the income levels between the "haves" and the "have-nots" will continue to grow. Poverty undermines community. It negatively impacts a person's ability to participate in society and has a direct and negative impact on their health.

We also know we will have to be vigilant to preserve our model. Community Health Centres, of which LAMP was one of the first, have a mandate. Not only are we to provide excellent programs and services but we must also advocate on matters of public concern. LAMP was and is not separate from the Lakeshore, it is part of it. Health education and promotion are integral parts of our method of service delivery.

It is our connection to our community and the scope of our practice, which makes our model of service so different from other current and proposed models of care. As we move towards a more integrated approach to health care, maintaining those differences will be one of our main challenges in the future.

The move towards integration is a positive direction. Providers should be working together in the best interests of the client. Within health care organizations there needs to be a greater ability for health care professionals to complement each other's service. Those are approaches which LAMP developed since its inception. It is gratifying to see the health care system now try to move in a similar direction.

Community Health Centres are a significant part of the health care system. We have seen, through announcements by the government over the past year, a plan to rapidly expand the number of CHCs in Ontario; our satellite location in Mississauga is an example.

Another challenge will be to try to maintain the very essence of the community that is the Lakeshore. How do you foster a sense of inclusion and participation in local issues in a large urban centre? This is our strength but unless issues that separate us like poverty and social exclusion are addressed then this sense of community will continuously be put under stress.

LAMP has been asked by other communities and funders to expand. To bring a replica of what we have to other areas of the city. We have accepted that challenge and are now providing programs and services outside of our original catchment area. From an ethical perspective, it is very difficult to say "No" to anyone who is in need just because they don't live in the Lakeshore. I have seen, for example, how our youth project in the East Mall/Rathburn community has brought hope to the children in that community. I have seen the excellent work of our diabetes team, not just in the Lakeshore but various parts of west Toronto. We are, however, a community health centre and our community is the Lakeshore. We have shown that we can effectively bring programs and services to other areas without having a negative impact on our services here. Balancing the obvious needs of others with the ever-present needs of the Lakeshore will be a challenge.

A major reason why LAMP has been able to do what it has done is due to people. Nothing would happen without the strength, determination and commitment of people. Computers do not have passion, people do and that's what makes it work. I would like to formally thank the many volunteers who graciously give up their time to assist us to work for this community. In particular I would like to acknowledge the board of directors who provide such strong leadership to this organization. I would also like to thank the staff that I have the pleasure to work with each day. It is through the work of all of these individuals and groups that LAMP has maintained itself and will continue to move forward in the future.

Russ Ford, Executive Director

### LAMP'S OCCUPATIONAL HEALTH CENTRE: "TECH"ING US INTO THE FUTURE

This year will see a new and exciting venture for the Occupational Health Centre at LAMP CHC. Earlier this year the Ministry of Health and Long Term Care - Community Health Branch approved the funding for telemedicine equipment and staffing. LAMP/OHC, as lead in this initiative, along with four other Community Health Centres across Ontario will be outfitted with this innovative technology.

With the introduction of Telemedicine the OHC will be able to provide our diagnostic services to under-served and isolated communities, which currently have been unable to access our program. Clients will no longer have to travel long distances to see our specialists - they will now have the option of electronically linking to our Centre through live and secure medical studios.

In addition, we will be leading the CHC movement in providing new educational content for all users of the Ontario telemedicine community. Sessions ranging from Aboriginal healing to our Standard WHMIS Training for Health Care Workers are now in the works and will become available once the technology is up and running.

Watch for news of the opening of LAMP's Telemedicine Studios in the Fall 2006 and follow all our technological advances.

For more information on LAMP CHC's Occupational Health Centre, please contact us at 416-252-6471 ext. 229.

## LAMP CHC PROGRAM MAP



<b>Among Friends:</b>	2970 Lake Shore Blvd W
<b>East Mississauga CHC:</b>	215-1425 Dundas St E
<b>Franklin Horner Community Centre:</b>	432 Horner Ave
<b>Occupational Health:</b>	Ontario-wide Coverage
<b>Rathburn Area Youth (RAY):</b>	500 The East Mall
<b>Re-Mix:</b>	110 Sudbury St

<b>OEYC (Ontario Early Years Centre) Program Locations:</b>	
32 Victoria St	432 Horner Ave
950 Islington Ave	851 Royal York Rd
<b>West Toronto Diabetes Education Program Locations:</b>	
340 College St	1900 Davenport Rd
1700 Bloor St W	1229 Queen St W
150 Berry Rd	

### RE-MIX – A VISION THAT HAS GROWN UP!

From our humble beginnings in LAMP CHC's basement (a.k.a. Street Level) to our adolescence at 80 Birmingham, we are now getting set to move out on our own into what is easily our most ambitious and exciting incarnation yet.

It is with great optimism and a touch of sadness that we are proud to announce the official launch of I.C. Visions: The Re-Mix Project. And with this launch, our physical move out of the Etobicoke/Lakeshore area over to 110 Sudbury in the Queen and Dufferin area. We are still 100% in partnership with LAMP and we have to take a quick second to sincerely thank them for all their hard work, dedication, trust, and most importantly VISION. It has been these traits that have allowed a couple of kids from the Lakeshore to grow with this incredible organization while following our own dreams of doing something powerful for the young people of the GTA. Everyone on the LAMP CHC team that has mentored, supported or given us hell, as the situations required, all of this work we have been able to accomplish throughout the last couple of years is dedicated to you. It is your understanding, patience, intelligence, nurturing, and willingness to push the envelope in community development that has even allowed Re-Mix to become a thought, let alone Mayor David Miller's Community Safety Secretariat's priority

project for youth in Toronto.

Over the years we have been and continue to be many different things: a recreational drop-in, a mentorship series, a photography program, a recording studio, a fine arts program, even a basketball program. At all times, however, and in every new stream of program, there has been one constant. We have always been rooted in the principles of Hip-Hop. Not rap music, but Hip-Hop the culture. The culture based in unity, respect, peace, competition and, most importantly, creativity. If someone were to ever ask what we do the invariable response is we are a hip-hop rec centre.

With the full blessing of LAMP CHC we have grown (and with that growth have been nurtured) from an operating budget of \$110,000 to roughly 3/4 of a million dollars. From a drop-in program with turntables for public use to a full recording studio, video editing suite, open concept office spaces for young people to work out of, and even a boardroom to be signed out and used by our young members. Needless to say the growth has been tremendous and we are in an extreme state of excitement and promise.

**Thanks!** to our funders, and all the coalitions and community partners who work with us and to the 353 volunteers who provided over 20,000 hours of work.

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