



Annual Report 2008-2009

LAMP Community Health Centre



CHAIR OF THE BOARD REPORT

Greetings from the Board of LAMP.

This year has seen LAMP consolidate and build on the foundations it has been putting in place over many years. We signed our first accountability agreement with the Toronto Central LHIN, our major funder. As in other sectors in health care, the accountability agreements require CHCs to meet certain targets related to funding, effectiveness, and clinical excellence. LAMP's solid history of accountability serves it well in this new environment and it had no difficulty in meeting or exceeding the set targets. We are also well aligned with the LHIN's stated priorities which include programs and services for seniors, mental health and addictions, as well as chronic disease management. Early in the year the LHIN CEO, Matt Anderson, accepted an invitation to visit LAMP and expressed his admiration for the CHC model of care, and more specifically, for the high quality services that LAMP staff deliver. LAMP continues to be a leader among CHCs and is taking an active role in helping define the new relationships within and between the LHINs.

Within a matter of months of its official opening, the East Mississauga CHC programs were not only providing much needed services to the community, but were in fact expanding. Its quick successes are a reflection of the talent and dedication of its staff who are, like all LAMP staff, passionate about their work and innovative in finding ways to deliver cli-

ent-centred services with limited resources. Listen to a LAMP staffer describe their program, as we on the Board have an opportunity to do at every Board meeting, and you will hear the conviction and the pride that underscore everything they do.

The Board continued to build on the work that came out of the review of LAMP's strategic plan that started last year. That work included input from the community, from partners, staff, Board members and others and highlighted our strengths (staff, advocacy, innovation, responsiveness to community needs, reputation in the community) and opportunities (lack of adequate space, information technology infrastructure, staff stretched too thin). It also demonstrated that we are ideally situated geographically to provide services to those most in need in our community, most notably the poor, the unemployed, the under-housed, recent immigrants, seniors, and youth. We are striving to ensure that the Board itself is representative of the diverse backgrounds that make up the communities we serve, and has the skills and experience to successfully govern LAMP through these ever-changing and challenging times.

It has been an honour to serve as the Board Chair this year. I am fiercely proud of this organization, its staff and members, and invite you to continue your participation in and support of LAMP's vision, mission, and values.

Valerie Alston, Chair

LAMP... serving our community for 33 years.

EXECUTIVE DIRECTOR REPORT

Community engagement is a term that seems to be bandied about a lot. On the City of Toronto's website for example, there are a number of statements that try to encourage citizen involvement in the running of our city.

Ironically, many have argued that the major flaw in Toronto's amalgamation has been the creation of a city government that is now far too big and bureaucratic to be able to respond adequately to local needs.

That is not a criticism of the City of Toronto, it is merely stating the obvious problem that goes with being a large institution.

If one wants to engage citizens, it must be through an ongoing relationship at the community level.

We know that participation is not equal. If you are either young or living in poverty you are less likely to vote, less likely to be engaged. Overall voter participation in Canada is in a steady rate of decline perhaps reflecting a perception that the system does not work well for everyone.

LAMP provides a wide range of high quality programs and services designed to either help to ensure you remain well or to assist you when you are in need of care. We take great pride in our service quality but that is not the extent of our work.

LAMP also promotes citizenship. We believe we are best served as a community when public debate is encouraged or at the very least there is an opportunity for meaningful participation. That's our civic responsibility and it is one we do not take lightly.

This past year LAMP received an award from the Ontario Association of Community Health Centres for our work in promoting advocacy among our youth. LAMP does not speak for the youth in our community, they have the voice to speak for themselves. We have and will continue to work with others so their voices are also heard.

This past year we lost one of our founding fathers, former LAMP Executive Director Joe Leonard who passed away after a long period of illness. Joe's final public address was at the 2007 LAMP Annual General Meeting. He spoke about the need to maintain our public system of health care and to never forget our obligation to build a healthy community based on the principles of inclusion and equity.

The torch has been passed and we have no intention of dropping it.

It has been another active year at LAMP. With the economy suffering, the demand for our services has never been greater. We are certainly proud to serve in this period of great need.

There were certainly a number of highlights this past year. We opened our satellite location in East Mississauga; entered into year one of what we hope will be a long relationship with the Toronto Central LHIN and we hosted Mississauga's first ever Gay Pride parade.

We were also honoured to have the Minister of Education, Kathleen Wynne, speak at our "Breakfast of Champions", our annual fund raiser for the breakfast programs.

She spoke passionately about the value and need to keep services entrenched in the community.

We received a "Gem of the Lakeshore Award" as well as being honoured by the Association of Ontario Health Centres for our work with youth.

While the past year has been very busy, we are looking forward to a number of new initiatives this year. We are currently in discussion with the City of Toronto about expanding the dental program; Among Friends is moving to improved facilities; and our Adult Learning program has recently received a boost in funding from the provincial government.

We will also face a number of challenges. Our 100 year old facility on Fifth Street will be undergoing a major renovation and it will likely mean the temporary displacement of programs and services. We will continue in our advocacy efforts to address our community's pressing need for a real community centre; affordable housing; enhanced money for those on assistance; and the maintenance of a fully publicly-funded health care system.

The state of the economy may also produce some as yet unseen problems for LAMP and any other organization that relies on donations from government, foundations, or the general public. While the economy may cause a greater demand for services, we will need increased resources to meet the new level of need.

We are all very proud of the work we do at LAMP and the positive impact it has on the community. I would like to extend my appreciation to the past board of directors, some of whom are leaving, and to welcome the new ones aboard.

Russ Ford, Executive Director

“WHAT LAMP MEANS TO ME” CONTEST WINNERS

I deal with social anxiety and agoraphobia. For me, attending Among Friends was torture. I was isolated at home for two years then I was forced to come here. Since I've been attending I'm physically, mentally, and spiritually stronger.

Attending Among Friends gives me a reason to get up in the morning. My social skills have improved. I have friends here, I am safe, and I can be myself. Coming here has helped me with my sense of identity and self worth.

I am Joe; my mental illness doesn't define who I am anymore. The skills I have learned at Among Friends I have been able to take into the big scary world and develop new contacts, make new friends and volunteer. Coming here has truly saved my life.

I am grateful for the support and safe environment. I continue to grow and learn; I'm on a pathway of recovery. I have a place I belong with friends. I no longer need to abuse alcohol or drugs. I have a natural high with my friends and staff at Among Friends, we greet each other with warm hellos. We come together for friendship, laughter, sharing, and caring. There are no strings attached. And that is why Among Friends is a safe and magical place.

I'm all alone with nowhere to go, no one to talk to, and no one to communicate with.

Day to day I search for a place to call a second home.

Some where I could spend my time doing positive things, instead of getting in trouble.

When I think about this I think about me nine months ago,

When I never knew about this terrific community health centre called LAMP.

This is a place where I can freely dance to whatever beat I want and no one can say anything.

I can broaden my mind with all the workshops and meetings

And there is always someone that you can talk to, who act professional, but then again...

They act like themselves.

Also, they understand you too.

The best part is just being Lamp; I truly love this community centre.

It's fun, you meet new people and you're always informed and involved with the community

You grew up in.

LAMP means a lot to me.

It's not only a community health centre; it's a memorable, loving place I call home.

What LAMP means to me is everything.

Staff and members have a magic kingdom that we all built together, to reclaim our lives and grow. My psychiatrist said I would be dead on my own eight years ago and I am still here thanks to Among Friends. NOW THAT'S MAGIC.

There is a place I call home.

A Place where love is shown,

There is a place that makes me smile,

Even just for a little while.

There's a place that helps me out,

Because everything here is without a doubt

A warm and filling place with love and care,

My inspiration to share...

A Place where I can proudly call my family

Where fun, honour, voice and support

Is all given to me....

A second home

Where I can flee to

Without hesitation when I'm in need.

The welcoming place,

The communities given gift

My second home,

My community centre,

LAMP.

I am writing my thoughts based on my memorable experiences at Early Years and at the Drop-in Centre with my two daughters and son.

Lifelong friendships

Activities full of fun

Multitude of helpful information & memories to last a lifetime

Personable, caring and welcoming staff

FINANCIAL REPORT 2008-2009 FISCAL YEAR

Where the money comes from ...

Toronto Central LHIN & Ministry of Health and Long Term Care	\$6,005,593
Ministry of Community, Family & Children's Services	\$537,822
United Way	\$536,753
Rental, Consulting, membership, deferred income	\$456,976
Federal Government	\$435,203
Donations, fundraising, interest	\$236,114
The George Hull Centre	\$209,516
City of Toronto	\$153,295
The Ontario Trillium Foundation	\$75,000
Ministry of Training Colleges and Universities	\$62,700

Where the money goes ...

Primary Care	\$2,619,985
LHIN / Ministry of Health Programs	\$1,641,166
Speech, Chiroprody and Occupational Health	\$625,451
Administration plus Repairs & Maintenance	\$548,589
Ontario Early Years	\$537,822
REMIX	\$431,136
Other programs (10 programs under \$100,000)	\$426,647
Rent	\$406,608
ASK!	\$389,119
Depreciation	\$266,596
Family Centre\Brighter Futures	\$255,612
Among Friends	\$186,085
Rathburn Area Youth Program	\$178,627
Street Level	\$153,993

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

2008-2009 BOARD OF DIRECTORS

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LAMP Community Health Centre

185 Fifth Street, Toronto ON M8V 2Z5

Phone: 416-252-6471

Fax: 416-252-4474

TTY: 416-252-1322

www.lampchc.org

Board Chair:

Valerie Alston

Executive Director:

Russ Ford



Ontario's Community
Health Centres



United Way
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