



# Annual Report 2009-2010

## LAMP Community Health Centre

### CHAIR OF THE BOARD REPORT

As one would expect from one of the province's most successful Community Health Centres, it has been another very busy and productive year. Some of the major initiatives that the Board was involved in this year included:

- Approval of \$5000 for the Capital Project study in recognition that space is likely the biggest issue facing LAMP currently.
- An Accreditation survey by our accrediting body, Building Healthy Organizations (BHO). This is a voluntary process which provides an independent third party review of all aspects of the organization.
- A review by one of our biggest funders, the United Way was very positive allowing us to maintain the same level of funding as we received the previous year at a time that no additional funding was available to any United Way agency.
- We entertained visits from some of our political partners, including Laurel Broten and George Smitherman. They, along with our MP, Michael Ignatieff, are great supporters of LAMP.
- The development of a new performance framework for program evaluation, and revision of the Terms of Reference for the Planning and Evaluation Committee.
- Participation in the Awards of Merit recognizing outstanding community members.
- Participation in the Lakeshore Committee Planning Conference.
- A review of the Mimico 20/20 report and attendance at the public meeting.
- Approval of Terms of Reference for East Mississauga Community Health Centre Committee to ensure that their programs reflect the needs of that community.
- Participation in the Staff Recognition Event for all staff who celebrated varying lengths of service.

One of the highlights for the Board is the monthly staff presentations from the various LAMP programs. Nothing better reflects the hard work, commitment and passion of LAMP staff than hearing directly from them about the work they do, the clients they serve and the challenges they face.

I like to think of LAMP as an incubator that develops and fosters innovation and creativity. Many wonderful programs and ideas have been generated within LAMP. A fine example of this is REMIX, an amazing program for at risk youth that got its start at LAMP in 2006. 2009 saw REMIX leave LAMP's nest to become its own successful organization, although not before the Governor General, Michaëlle Jean, visited it and acknowledged the important work REMIX does. There is no better tribute to LAMP's community building and ingenuity than to see a fledgling program take root, grow and become independent. Another example is SEYA, which won the Joe Leonard Memorial Award from the AOHC for advocacy.

As I come to the end of my term as Chair and the end of my term on the Board, I realize that I am even more impressed and excited than I was six years ago by the work that the people of this amazing organization do. As members of LAMP and the Lakeshore Community you should be extremely proud of this organization. I hope you will continue to cherish and support it now and into the future.

Val Alston, Chair

**LAMP... serving our community for 34 years.**

## EXECUTIVE DIRECTOR REPORT

We are often told the world is getting smaller. New advances in transportation technologies can propel us around the world faster than ever before. We can instantly send data or just say "Hello" to a friend who may be half way around the world via the Internet.

At the same time local neighbourhoods are under stress. Citizen engagement and local decision making seem to be increasingly subsumed by what is perceived as the broader needs of the city, province or country. The reduced level of citizen participation and structures for meaningful input has had the obvious result of greater disengagement from the political system. It is no accident that our voter participation rates at all levels are declining especially among the young.

So the question that LAMP and all other organizations that are rooted in their community face is how best to meet these often if not contradictory certainly competing demands.

Toronto has been a successful city due to the strength of its many communities. And that strength is greatest when citizens are actively engaged with one another whether it is at a gym, a social program or addressing a matter of public policy. Organizations like LAMP and many others have integral roles and a responsibility to provide a means for citizen engagement and participation.

We do not need for example, exactly the same Parks and Recreation services here as in other parts of the city. We need ones that speak to our community's needs and wishes which may or may not be the same as others. Just as important as the actual services, we need meaningful processes that involve all of us in matters of public concern. We need public consultation that actually involves listening.

LAMP is part of many "systems". We are part of the health care system, social service system and a myriad

## CELEBRATING NEW COMMUNITY PARTNERS/PROJECTS AND PARTNERSHIPS 2009-2010

Community partnerships are the catalyst for change at LAMP. Our partners, the cornerstone of our work in illness prevention and health promotion, help us to address new and emerging community needs. When social or environmental issues, like the recession, hurt our community we develop workshops, programmes, and services to reduce the impact. Here are some of the exciting partnerships and new projects developed over the past year, who help us to lead the way in addressing pressing (priority) community health needs.

**South-Central Etobicoke Local Immigration Partnership (LIP).** In an effort to increase collaboration and improve services to newcomers, LAMP has joined the

newly formed South-Central Etobicoke Local Immigration Partnership for the area. The Central South Etobicoke Partnership is working on identifying the needs, gaps in services, and resources to improve the settlement and integration of newcomers to our community. A comprehensive consultation is underway with community members, newcomers, service providers and employers. The result will be a new strategy and initiatives to improve opportunities and the quality of life for newcomers to our area. Our partner JobStart is the lead agency in this coalition.

**ASK's Spanish Speaking Women's Group.** A women's social support group that meets weekly, Thursday afternoons from 1 pm-3 pm at Mimico Centennial Library, 47 Station Road. The focus is on activities that promote the successful integration into a new country and settlement services. Fun activities like field trips provide opportunities for new friendships.

**Bullying Prevention Workshop Series and Assemblies to local High School students in partnership with Lakeshore Collegiate Institute's Healthy Action Team.** The South Etobicoke Youth Assembly (SEYA) developed and delivered a captivating bullying prevention series to address a growing issue in Toronto schools. The workshops covered different types of bullying, what to do to stop bullying (victim and bystander), what to say to a bully to break the cycle, and how bullying can have a devastating impact on a person, even take his/her life.



ASK!'s Spanish Speaking Women's Group

of others. To be relevant we need to participate in initiatives that are directed to improve the over all well being of our society but at the same time we must balance those needs with the needs of our community which may or may not align.

As for the broader global issues, LAMP has a role to play as well. This year we took a number of youth to Ghana to experience what life is like in that country. Not surprisingly that while they found life there very different, they also found many commonalities between themselves and the youth in Africa. People are after all just people with similar hopes and aspirations. We all have a need to be connected to others, to be in community with others.

LAMP has recently developed a partnership with So-Change, an international development agency which is working on trying to eradicate malaria in Africa. Our partnership will provide opportunities for youth in our com-

#### **Anger Management Series for Students and**

**Training for Teachers.** Street Level's Coordinator, Deniese Masters, and LAMP's social worker, Brenda Johnson, developed an informative series of Anger Management workshops in response to growing community violence in Toronto. Local youth expressed a need to get information on how to control their anger. Many revealed that they have anger management issues and it was getting them into trouble at home, at school, and in the community. The workshops delivered at Lakeshore Collegiate Institute and at Street Level, explained how to recognize anger, what triggers anger, and skills to manage and control anger. A professional development workshop on how to support students with anger management issues was also offered to local high school teachers.

A new **LAMP Winter Monthly Wellness Series** in partnership with a variety of social service agencies and organizations was launched to address issues affecting our community. Partners included Consolidated Credit Counseling Services of Canada Inc. with useful information on money management. The presentation also revealed a number of places to get special deals on everything from travel to essential items. This health promotion series included other topics including depression, reducing stress, and eating on a budget.

**A new community garden with individual plots** is at full capacity thanks to a partnership between LAMP,

munity to help those living thousands of miles away.

That sounds far, but it has never been so close.

**Russ Ford, Executive Director**



RAY youth travelled to Ghana after raising money to help purchase books for a new library.

the Daily Bread Food Bank, and Women's Habitat. Local residents are growing fruits, vegetables and herbs in order to eat healthier. As well **LAMP's dietician Minxue Liu is leading a community kitchen** for these participants to cook with the produce they have grown in the community garden. Recipes include healthier ways of cooking and low budget meals.

**SEYA** partnership with the Canadian Student Institute and Humber College to create a book on youth issues for a conference this fall.

**SEYA** partnership with Humber College's Theatre Program to offer a 'literacy through drama' program. The workshops were designed to give teens a fun opportunity to improve their language, literacy, and communication skills. Word games, popular music, drama, and hip-hop lyrics excited students and opened up new possibilities through the arts.

**SEYA** hosted an exciting Youth photography workshop this summer called "Nature Discovery." The session was led by local photographer, Don McClement, through a collaboration with Friends of Sam Smith. Topics covered included 'How to photograph wildlife, lighting, space, and filters to photograph clouds.'

These are just a few of the new projects and partnerships LAMP is involved with in order to address new and emerging community health needs.

## FINANCIAL REPORT 2009-2010 FISCAL YEAR

### Where the money comes from ...

|  |             |
|--|-------------|
| Toronto Central LHIN & Ministry of Health and Long Term Care | \$6,015,267 |
| Ministry of Community, Family & Children's Services          | \$537,822   |
| Federal Government   | \$459,170   |
| Rental, Consulting, membership, deferred income              | \$458,350   |
| United Way   | \$448,752   |
| The George Hull Centre                                       | \$222,504   |
| Donations, fund-raising, interest                            | \$200,704   |
| City of Toronto  | \$133,744   |
| Ministry of Training Colleges and Universities               | \$99,051    |
| The Ontario Trillium Foundation                              | \$68,005    |

### Where the money goes ...

|  |             |
|--|-------------|
| Primary Care                                 | \$2,609,642 |
| LHIN/Ministry of Health Programs             | \$1,784,080 |
| Speech, Chiropody and Occupational Health    | \$619,660   |
| Administration plus Repairs & Maintenance    | \$556,883   |
| Ontario Early Years                          | \$522,122   |
| Other programs (10 programs under \$100,000) | \$411,854   |
| ASK!   | \$410,336   |
| Rent   | \$362,014   |
| Family Centre/Brighter Futures               | \$237,872   |
| Depreciation                                 | \$227,494   |
| Rathburn Area Youth Program                  | \$224,109   |
| REMIX  | \$168,741   |
| Among Friends                                | \$162,617   |
| Street Level                                 | \$133,505   |

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

## LAMP Community Health Centre

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