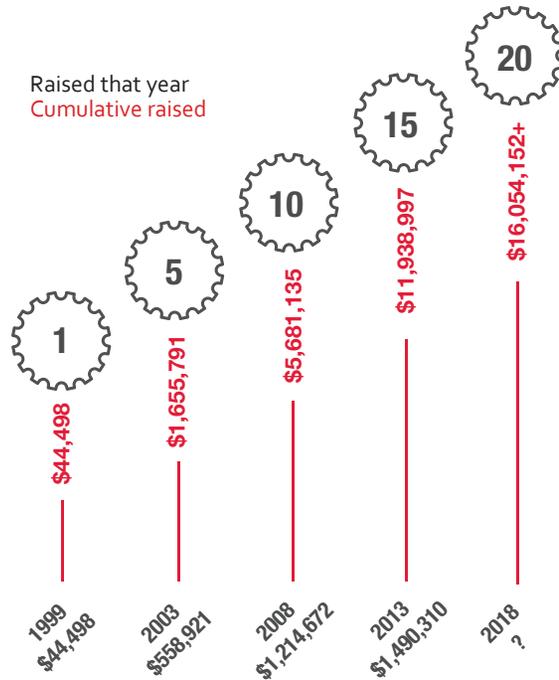


## Making a Positive Difference

The Friends For Life Bike Rally is PWA's largest event and its sustaining fundraiser. Since its inception in 1999, the Bike Rally has raised **\$16,054,152** – critical funds that support annual programs and services for over 2600 people living with HIV/AIDS.



And 1/3 of Bike Rally participants are people living with HIV.

## **PRACTICAL SUPPORTS**

Practical supports that impact day to day living for people living with HIV/AIDS are a core outcome of many PWA services. Financial assistance and food programs are the most used programs in this category.

## **COMMUNITY ACCESS**

Community Access programs at PWA connects people to services in the community that supplement support offered at PWA.

## **HEALTH & THERAPEUTIC CARE**

Health & Therapeutic Care services at PWA, such as massage and acupuncture, support the holistic health and well-being of people living with HIV/AIDS.

## **DREAMING & ENGAGEMENT**

This program recruits, places, and supports volunteers so they are able to connect with others, meaningfully contribute to positive change, set goals, develop skills, access resources and ultimately, to dream. This program is open to PHAs and their allies.

**Toronto People With AIDS Foundation**  
 200 Gerrard St. E., 2nd Floor  
 Toronto, Ontario M5A 2E6  
 t: (416) 506-1400 | f: (416) 506-1404  
[www.pwatoronto.org](http://www.pwatoronto.org) | @TPWA



**As long as there's a reason,  
there's a ride**

**HOW YOUR CONTRIBUTION IS  
MAKING A POSITIVE DIFFERENCE**



## Responding to Crisis

When the AIDS crisis hit Toronto in the 1980s it had a dramatic effect on the LGBT community. It took several years of aggressive advocacy to convince the government to take the AIDS epidemic seriously and apply appropriate resources to research, prevention, treatment, and support. During this time, and the period to follow, individuals took it upon themselves to address the immediate needs of their friends and loved ones who were dying of the disease – which led to the creation of the Toronto People With AIDS Foundation and the establishment of the Friends For Life Bike Rally.

Today HIV is manageable disease. People are living longer, healthier lives with HIV as a result of improved treatment and prevention methods and medications. Unfortunately, there is still no cure. Demand for ongoing support continues to grow as we see new infections and people live longer with HIV.



The Toronto People With AIDS Foundation (PWA) is the **largest provider of practical support services for people living with HIV/AIDS in Canada** – in large part due to the tremendous contribution from Bike Rally participants and their donors. PWA's focus and mandate has always been to provide supports that address the immediate needs of people today.

## Your Contribution In Action



### The Essentials Market

- Unique food bank model
- People are empowered to choose food items they need and want versus being handed a predetermined box
- Food drives, the Daily Bread Food Bank, 30 volunteers and 1 staff person keep the shelves full
- PWA's most used program with over **12,000 visits monthly** serving **1122 people**.
- **The Bike Rally covers 75% of the operating budget of this program.**

### Medical Disability Fund, Positive Children's Fund, Positive Seniors Fund, and Health and Wellness Fund

- Financial assistance programs help with the financial burdens people face
- The second most utilized service **helping 1050 people** annually.
- Each fund has specific criteria and guidelines that must be met to access the funds.
- **The Bike Rally covers 100% of the operating budget of this service.**



### Service Navigation

- When a person's needs exceed what PWA has to offer
- 2 PWA staff help clients locate and access support outside of PWA
- Staff meet with **12 – 16** individuals **daily** and assist with applying for Ontario Works and Ontario Disability Support, locating a specialist to address a specific condition, and contact a refugee support group – to name just a few examples.
- **The Bike Rally covers 50% of the operating costs of this service.**



### Massage, Acupuncture and other therapies

- Long-term effects of HIV medications can lead to other debilitating health issues such as weakening of the bones, changes in how the body stores fat, nausea, and general physical pain
- PWA **partners** with local massage and chiropractic schools and coordinates scheduled clinics with licensed professionals to offer a **range of treatments** to help alleviate the side effects associated with HIV
- **The Bike Rally covers 60% of the operating costs of these programs.**



### HIV Outreach and Education

- People living with HIV/AIDS – PHAs – play a vital role in all of our programs and services including outreach opportunities to educate others about **safety, precaution, treatments and care**
- PHAs go to schools and talk to students, conduct information sessions with medical professionals, and speak regularly at service clubs, businesses, and social service agencies
- Each of these outreach opportunities helps to **reduce stigma** and improve prevention
- **The Bike Rally covers 26% of the operating costs of this service.**

**17% NEW**  
clients in 2016

**2669 clients served in 2017**

**2017 Essentials Market**  
food bank use

**43%**  
**INCREASE**  
compared to 2016

**Program staff to client ratio: 1 : 289**