

Love 21 Foundation



2017-2018

Annual Report

<http://www.love21foundation.com/>

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Message from CEO

Dear Friends,

Firstly I'd like to thank all of you for your support of Love 21 Foundation and our community!

We have been truly blessed with outstanding support from kind and caring volunteers and our amazing families who have been so cohesive and motivated for change.

This period of April 2017 to March 2018 was a very exciting time for Love 21 Foundation as we became a registered charity and we were then able to open a bank account with HSBC.

Our 4 Board Directors continued to be extremely supportive and passionate about taking Love 21 Foundation to the next level.

During this accounting year we were mainly focused on solidifying our sports programmes.

Nearly 60 parents, kids and volunteers went to Macau and spent an action packed two nights playing, eating and further strengthening our community.

On this trip we also announced the start of new classes, more than doubling our range of activities from 3 sports to 8, adding tennis, fitness, trampoline, Hip-Hop and surfing. We also continued football, yoga and hiking.

Love 21 Foundation understands the importance of offering wholistic support when it comes to truly improving the health and well being of our beneficiaries.

We understand that sport alone is not enough and the next year is going to be about initiating our wholistic supporting programs and providing our beneficiaries with an even greater opportunity to reach their full potential.

Thank you all so much for your support and we look forward to a very exciting year and years ahead!

Sincerely,

Jeff Rotmeyer



Mission

The Love 21 Foundation aims to empower the Down syndrome and autistic community in Hong Kong to reach their full potential through sport programmes.

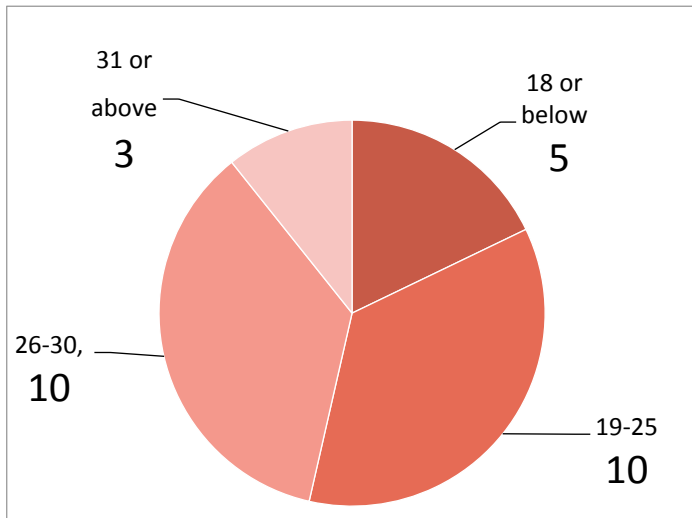
Objectives

- To provide holistic support to give our beneficiaries the greatest opportunity to find health, happiness and longevity.



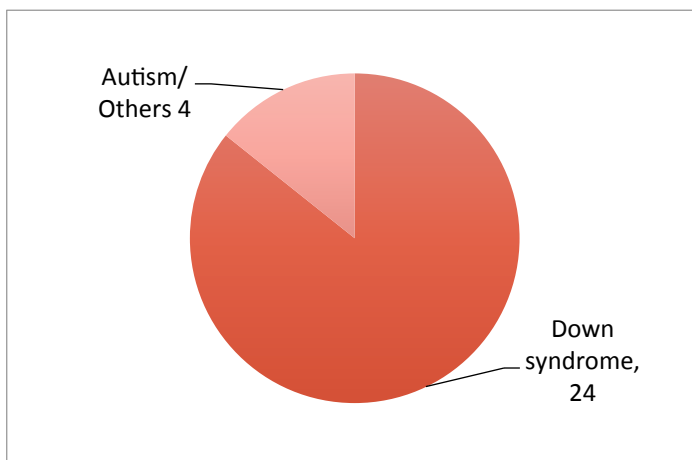
Our Beneficiaries

Age



The majority of our beneficiaries are aged between 19-30 in 2017-2018, totaling 71% of our 28 registered participants.

Diagnosis



86% of our beneficiaries have Down syndrome, while the remaining 14% are autistic, epileptic, or have other intellectual disabilities.



Program Summary – Sports

Sport classes are the core of our operations at Love 21 Foundation. Through our classes, we emphasize the importance of physical activity to our participants and their caregivers, something often neglected while caring for people with Down syndrome or autism.

Throughout 2017 to 2018, Love 21 Foundation offered at least 24 hours of sporting classes per month, totaling to over 280 hours for the year. With 8 types of sports to choose from, our participants are free to attend the lessons that best suit their interests. Our class offerings for 2017-2018 included:

- Trampoline
- Tennis
- Football
- Yoga
- Hip Hop/Jazz
- Hiking
- Surfing
- Fitness

Trampoline

Our weekly trampoline class takes place at Bouncelimit in Sheung Wan every Sunday morning. The trampoline classes prove to be one of our most popular classes with an average weekly attendance of 10. Guided by personal trainer Natasha Chung at Bouncelimit, participants engage in medium intensity fitness routines in our hourly sessions on rebounder trampolines. Routines mainly focus on improving core and lower body strength, as well as enhancing coordination and balance. We look forward to continuing our working relationship with Bouncelimit and Natasha in the upcoming year.



Tennis

Our two-hour tennis classes on Sunday evenings took place at various locations around Hong Kong, including Quarry Bay, Ho Man Tin and later Sai Wan Ho. Participants worked on receiving forehand, backhand and volleys with our volunteer tennis coach, Mr. Ko Ting Wong. Participants saw great improvement in their hand-eye coordination, as well as their balance and footwork. Perhaps due to the difficulty in finding a consistent venue, attendance rates varied widely depending on the location of the activity. The Foundation is currently looking at alternative arrangements on finding a suitable venue to continue the tennis classes.

Football

With an average attendance of 16 participants and 3 volunteers per class, our signatory football classes proved to be the most popular class by attendance in our 2017-2018 year. Led by Love 21 Founder and head coach Mr. Jeff Rotmeyer, participants partake in drills and skirmishes that improved their passing, shooting and cooperating skills. Every class culminates in a match with participants and volunteers playing together. Our football classes take place mainly at SAFLO, an indoor football pitch in Kwun Tong, though, depending on availability, the classes also took place at various outdoor pitches managed by the LCSD. In the upcoming year, we look forward to instigating sponsorship deals with corporations to obtain kits and equipment for our participants.



Yoga

Certified yoga instructors Ms. Cindy Wu and Ms. Kaur Baldip leads yoga classes at Yew Chung International School every Friday. We've also held several yoga sessions at Tamar Park in Admiralty under starlit skies. Our classes covered the basics of several yoga stances, with the aim to improve the flexibility of our participants.





Hip Hop/Jazz

We are greatly thankful to have Ms. Kim Petersen from Island Dance Studio as our Hip Hop/Jazz dance instructor for the year. Our hourly Hip Hop/Jazz dance class takes place at YCIS every Wednesday. Classes start with warm up moves and stretches, after which participants learn an ongoing dance sequence choreographed by Kim. Our participants will be performing at the annual Island Dance show on the 24th of June 2018, showcasing the dance routine we've been building on over the past few months.

Hiking

The Love 21 Foundation organizes hiking excursions around Hong Kong with our participants and their families. Led by Jeff alongside with other volunteers, we explore different hiking trails in Hong Kong Island every Saturday afternoon. The most memorable treks included a hike to and around Tai Tam reservoir, as well as a trip to the Quarry Bay Tree Walk.



Fitness

Ms. Stephanie Cuvelier, founder of Calibrate by Stephanie, leads our weekly fitness classes at her fitness studio in Central, and later at Happy Valley playground for our participants. Stephanie's fitness classes placed emphasis on improving the balance and coordination of our beneficiaries. Participants also engaged in medium intensity circuit-training activities, improving their core strength and endurance.

Surfing

Many of our participants experienced surfing for the first time at our surfing class held at Big Wave Bay in Shek O. Our volunteer coaches from Surfism.hk worked hard with our participants, teaching them the basics of maintaining balance on a surfboard. Many of our participants, though finding it difficult at first, found elation upon successfully maintaining their balance. Based on the success and popularity of our surfing classes, we are aiming to resume class in the summer, provided that we are able to find a certified surfing instructor to teach our classes.



Special Events and Functions

Macau Trip 2017

In Spring of 2017 our Love 21 Foundation family went to Macau for two nights to celebrate our community and to announce some exciting new developments for the year ahead.

It was an outstanding getaway full of activity, love and laughter. Almost 60 participants joined including children, parents and volunteers.

We spent time on the beach, in the pool, doing sporting activities as well as having fun dinner events including with an exciting lucky draw!

On this trip we announced that our sporting activities will be increasing from three weekly classes to eight.

The families were extremely excited about this and the class attendance after the Macau trip reflected their enthusiasm.

We hope to go away as a community once per year. Overall it was easily one of the highlights of our entire year.



Looking Forward

Love 21 is still at its early developing stages, and we have plans for the foundation to grow in the upcoming year to increase the depth and breadth of our programmes.

Develop a food and nutrition programme for our participants

We understand that empowerment entails more than just sports alone. In conjunction with our sport classes, we hope to offer food and nutrition programmes and workshops that would empower the Down syndrome and autistic community to take ownership of their diet. As of now, we are looking to forge a partnership with a certified nutritionist and dietician to lead our programme. With expert guidance, we hope that our food and nutrition programme can highlight the importance and ease of eating well. Moreover, we are currently discussing a partnership with Magic Season Organics, an organic farm in Hong Kong specializing in fresh produce, which allows us to order vegetables at a discounted price. We hope to be able to launch our food and nutrition programme in the latter part of next year, which will include cooking lessons as well as workshops focused around nutrition.

Increasing our number of class hours and sports on offer

We are currently looking to increase our number of class hours per week from 6.5 hours to 9 hours, and the number of sports on offer from 9 to 12. Class size and participant diversity will inevitably increase as the reach of our foundation increases. By offering more classes, we aim to provide flexibility for our participants, allowing them to develop their skills and interests in sports that attract them. To achieve that goal, we are constantly searching for dedicated, caring and loving volunteers who are willing to teach classes on a weekly basis. If you are interested in volunteering, please contact us at love21foundation@gmail.com, we'd be more than thankful for your help and dedication.

Initiate sponsorship deals with corporations

Currently, Love 21 Foundation relies solely upon donations as our source of income. As such, our income source is highly subjected to variation, as a sizable proportion of our donors chose to make one-time donations. Sponsorship deals, in addition to providing us with a steady stream of income, will also facilitate and expedite our future development and growth. In addition to monetary sponsorship, we are also looking for companies and corporations who are willing to provide discounts and subsidies to us with their products.

Our Financials

Funding Model

Love 21 Foundation receives no government funding or governmental support. We offer classes and activities for free to all our participants. Relying solely upon donation income as well as fundraising events, Love 21 Foundation is deeply thankful for all the donors who made generous donations to make our programmes possible.

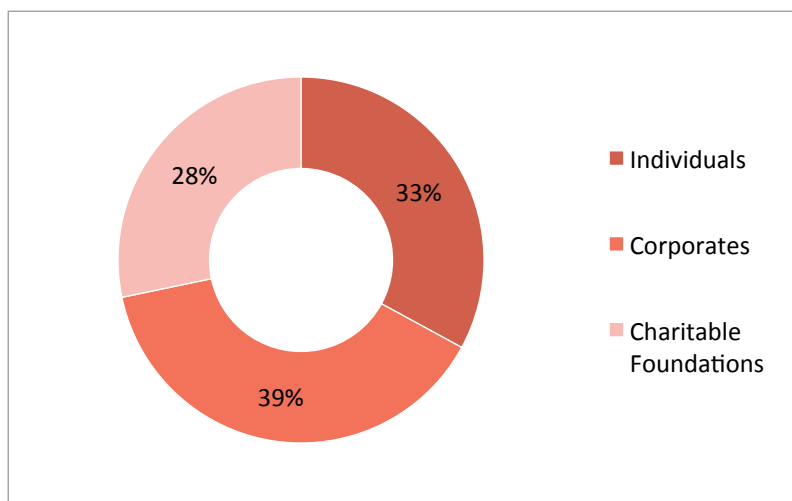
Financial Statement Summary 2017-2018

The financial statement summary presented below is based on our audited financial statements for the period of April 1 2017 to March 31 2018, which can be found at our website at <http://love21foundation.com>.

<u>Income</u>	<u>HKD</u>
Donations	325,130
Total Income	<u>325,130</u>
<u>Expenditure</u>	<u>HKD</u>
Audit fee	5,000
Bank Charges	1,260
Programme expenses	125,823.96
Office expenses	9,785
Professional fees	11,280
Travelling	117.7
Total Expenditure	<u>158,026.66</u>

Financial Overview 2017-2018

Income

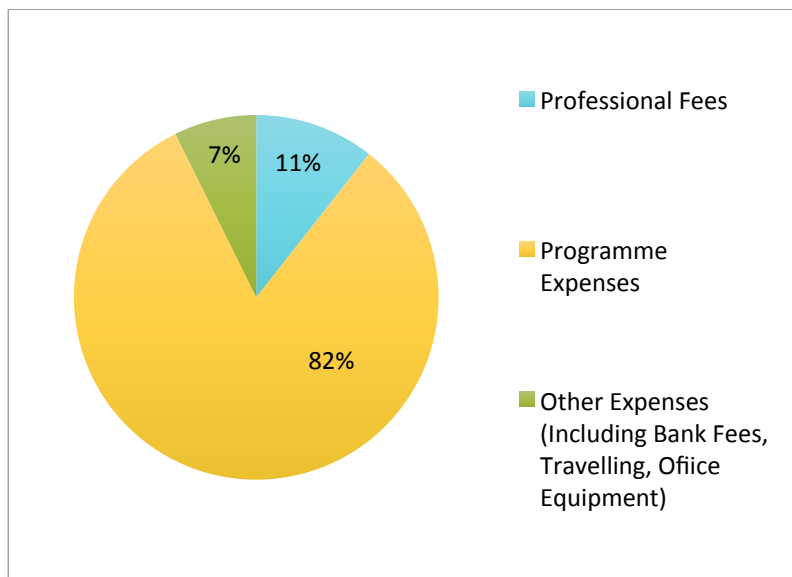


Love 21 Foundation relies solely upon donations as our source of income. Our three streams of donation, from individuals, corporates and charitable foundations, each contribute about a third of our donation income.

Total Income:

HKD 352,130

Expenditure

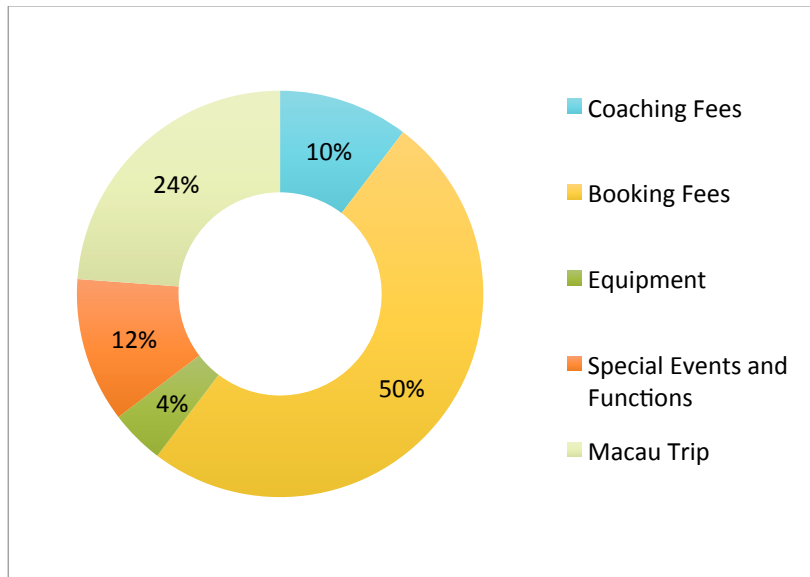


82% of our expenditure is directed towards running our programmes, which includes booking venues for our regular classes, as well as organizing trips and events.

Total Expenditure:

HKD 158,026.66

Programme Expenses Breakdown



Half of our programme expenditure is made towards booking the venue for our programmes, while 10% is made towards hiring coaches to lead our classes. Almost a quarter of the expenses were made as subsidies for participants in our annual Macau trip.

Total Programme Expenses:
HKD 125823.96

We Need Your Help

2017-2018 was a year of growth for the Love 21 Foundation. From last year, where we only offered weekly football classes, we've made exponential progress in just one year. In the upcoming year, we are looking to sustaining that growth by consolidating our existing classes, as well as to offer new classes for our participants. In order to achieve that goal, we need your help.

Donations

As a charity reliant on donations, we are immensely grateful for any donations that you make. We gladly accept donations, which can be transferred directly to our bank account at 582-350526-838.

Alternatively, donations by cheque can be written to "Love 21 Foundation Ltd" and mailed to The Guestroom, 29 Oak Street, Tai Kok Tsui, KWL, HK.

An official receipt for a donation will be issued and mailed to you upon request.



Volunteering at Love 21

We are on the constant lookout for anyone who'd be willing to volunteer with us. Whether it's leading a new sports class, or helping out in an existing class, we welcome anyone who is dedicated, responsible and loving. Simply drop an email to love21foundation@gmail.com if you're interested in making a difference.

Thank You to All of Our Donors

Association of Round Tables in HK Charitable Foundation

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