



Love 21 Annual Report
2020-2021



#Somuchability



**‘To empower the Down
syndrome and autistic
community to reach their
full potential through
sports, nutrition and
holistic support
programmes’**

#somuchability

About Love 21

Love 21 is a registered charity in Hong Kong that empowers the Down syndrome, autistic and intellectually disabled community through sports, nutrition and holistic support programmes. Prior to establishing Love 21, our Founder, Jeff Rotmeyer, was an English teacher who started coaching football to the Down syndrome community as a volunteer. Inspired by the energy and positivity of the community, Jeff decided to follow his dreams and founded Love 21, a charity where members are given the opportunity to reach their full potential through a strength-based approach.



Love 21 gained charitable status in 2017, and has since created a vibrant community centre, Love 21 Space, in San Po Kong. Members and their families can come in to attend scheduled classes, take advantage of a wide array of fitness equipment, and meet with certified counsellors and dieticians for one-on-one consultations. All of our programmes are offered free of charge to all our members.

Love 21 hosted over 120 sessions of sport classes each month over this period, including a variety of fitness classes, dance classes, ball games and yoga classes. We launched our comprehensive nutritional programme in the third quarter of 2020, providing cooking demonstrations, nutritional consultations and workshops to registered families. Responding to rising demands, we also identified a need to offer classes designed for parents, including one-on-one counselling and meditation classes. All of our programmes are designed to improve the holistic wellbeing of our members and their families; an innovative approach that is truly unique in Hong Kong.



2020-2021 AT A GLANCE



90+

families
supported



100+

hours of
activities per
month



100+

volunteer hours
per month



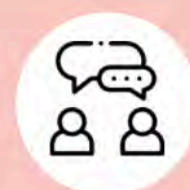
30+

types of activities offered,
covering sports, arts/crafts,
nutrition, and holistic
support programmes



64%

of our members have reduced
body fat percentage since the
launch of our nutrition
programme in January 2021



10+

hours of one-to-one
counselling for parents or
guardians to address the
needs of the entire family



MESSAGE FROM OUR BOARD

MATTHEW S. HOSFORD

The start of the fiscal year ended March 31st, 2021 found all of us in the middle of the worst global pandemic in at least a century. The Hong Kong government's rapid management allowed the SAR to avoid total lockdown and to function in a limited way, but the draconian approach needed took a tremendous toll on all non-essential contact, including sports activities. For Love 21, this required quick adaptation and flexible restructuring of our sports activities and programmes. Although in-person activities were limited, our team set about to offer programs by Zoom and other means and to engage in hikes and similar activities as they were permitted.

Despite these challenges, Love 21 continued to thrive and ended the year in a much better position than the Board could have dreamed when we were discussing contingency arrangements and survival plans back in the Spring of 2020. In addition to activating the Love 21 Space to its full capacity we significantly expanded our community, we deepened our sports offering and we finally launched our Nutritional Programme in the manner we had long hoped and even added holistic counselling and parental support programmes.

We were able to achieve so much in the year by expanding our Love 21 professional team. Ms. Tsau Jin Cheng, a Nutritionist by training, joined in September 2020. Her skills and the support of our sponsors including The Hong Kong Jockey Club Charities Trust culminated in the launch of the Jockey Club Love Healthy Life Sport and Nutrition Programme. Ms. Carmel Armstrong joined the team as Chief Operating Officer in February 2021. With years of hands-on operating experience at HSBC across a variety of roles and geographies, she has brought the focus and the expertise to lead Love 21 to the next level. And Kenneth Chan continues to be the cornerstone of our professional team.

Likewise, Love 21 relies on volunteers from the community to make our programmes a success. Our volunteers give generously of their time and bring their A game in the truest sense of the word. We cannot say enough good about them and our community is in their debt for their commitment.

Our progress was enabled by the generous support of many individuals and foundations who, during the most difficult of times, continued to support the vision of Love 21. Key to our continuing success have been Segantii Capital Management who generously support the Segantii Love 21 Space, the D. H. Chen Foundation who sponsors key operating costs, Capital Group who sponsors our dance classes, the Rusy and Purviz Shroff Charitable Foundation who ensure our core operations continue, and many more of our generous funders, who have continued to support Love 21 provide services to our community during a time of need. Thanks are also due to the The ONE Humanitarian Award, St. James' Place, The Hong Kong Football Club, the Association of Roundtables, the Payout Giveback and more for sponsoring key programme costs such as coach and tuition fees, activity materials, and other related costs.

The final word of appreciation goes to our Founder Mr. Jeff Rotmeyer. The seeds of Love 21's success are found in his indefatigable commitment to Hong Kong and his vision for our community.

In our Board meetings during the year we never fail to have that moment of awe for what our Love 21 family, our staff, our volunteers and the many people who support come together to accomplish.

Thank you for being a part of our family. We look forward to even greater achievements in the coming years.

Matthew Sander Hosford



Chairman of the Board

Love 21





MESSAGE FROM OUR FOUNDER/CEO

Jeff Rotmeyer

This past year has been another great period of strengthening and growth for Love 21. I'd like to start by thanking all of you who have supported our community through volunteering, donating or by simply sharing about the amazing abilities of our Love 21 family.

I'm continually blown away at the support by so many, but especially from the families that we serve.

It's difficult to fully express how grateful I am for this opportunity to work for Love 21 and with our members. Every step of the way our families have shown such care and trust in myself and the Love 21 team. Starting a charity from the grassroots level isn't easy, but having this great support and love has made it as enjoyable an experience as possible.

Together we can accomplish great things and I'm very confident that Love 21 is well on the way to truly transforming our city and the way Hong Kong embraces differently abled individuals.

This period was another challenging one with COVID-19 still limiting our activities. I am proud to say we maintained hosting multiple classes daily via zoom. This was greatly appreciated by our members and their families.

We have also added counselling to our holistic support which is so vital for our parents, guardians and carers. Our carers are an essential part of our team and the better they are supported, the more they can support and care for their children. Our counselling programme has been very well received and we are looking forward to expanding on this to more families and by providing parental workshops in the future.

We also have healthy activities for our parents and guardians to enjoy. Examples of these would be parental Yoga and Zumba. This unique addition to our support programmes will pay dividends in the long run as good health and habits start at home.

As we continue to develop as an organisation, we will aim to move more towards social entrepreneurship and job creation for our community. Employment is a great way to help our families financially while also helping to raise awareness about the many abilities that our members have.

On a personal note, having spent over a decade now with the Down syndrome and autistic community here in Hong Kong, I cannot express enough how grateful I am and how much I've learnt about life from them. Thank you all for your support and trust! It's an honour to help represent this talented community and to give them the opportunity that they deserve.

Jeff Rotmeyer

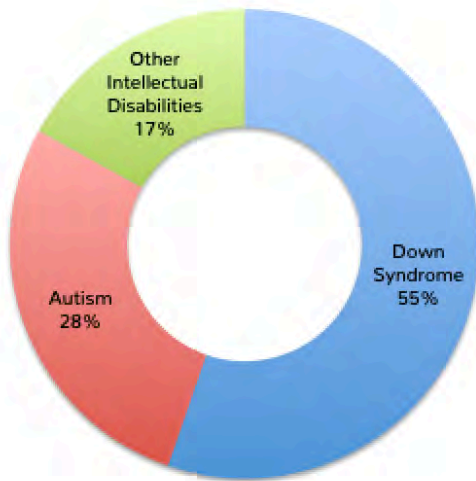


Founder/CEO

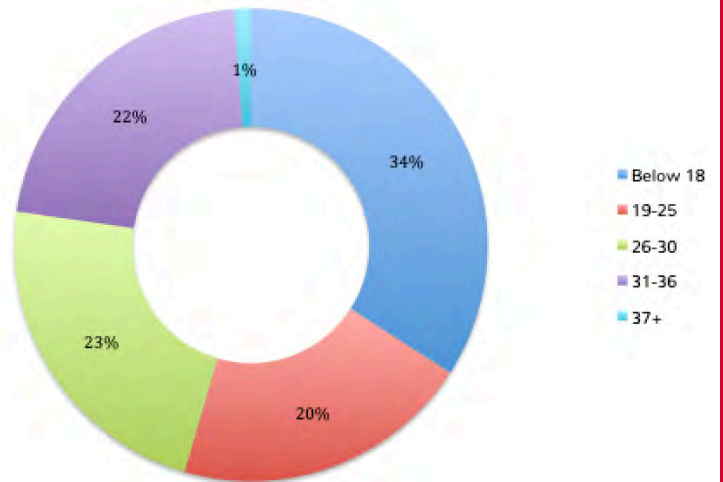


OUR DEMOGRAPHICS

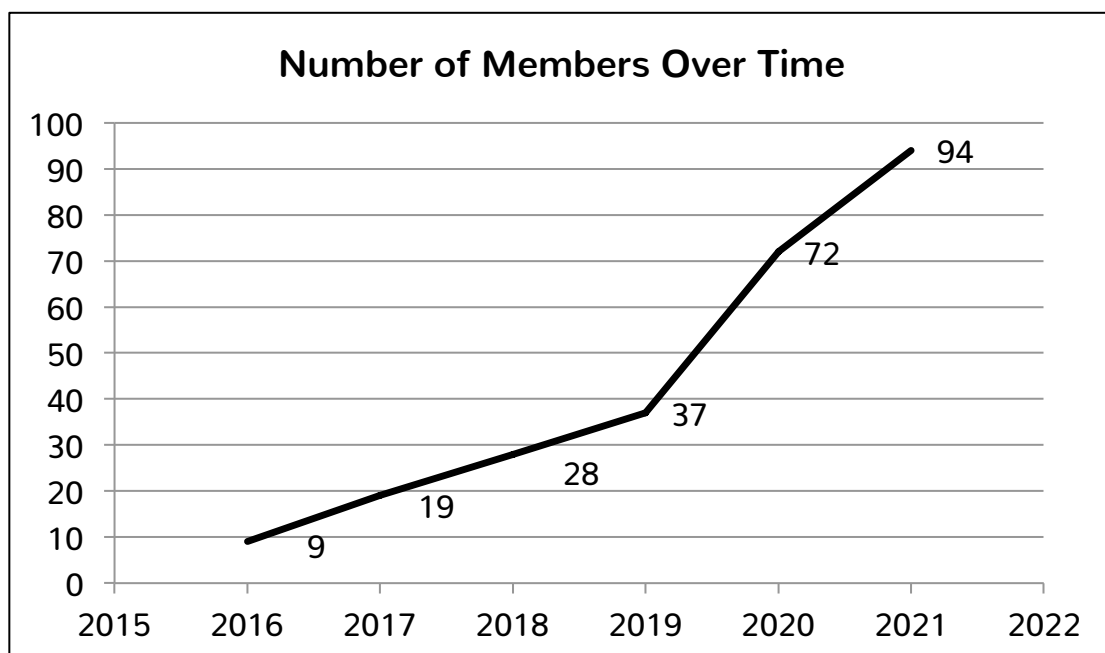
Member's Diagnosis



Member's Age



Number of Members Over Time



OUR CENTRE

Love 21 Space



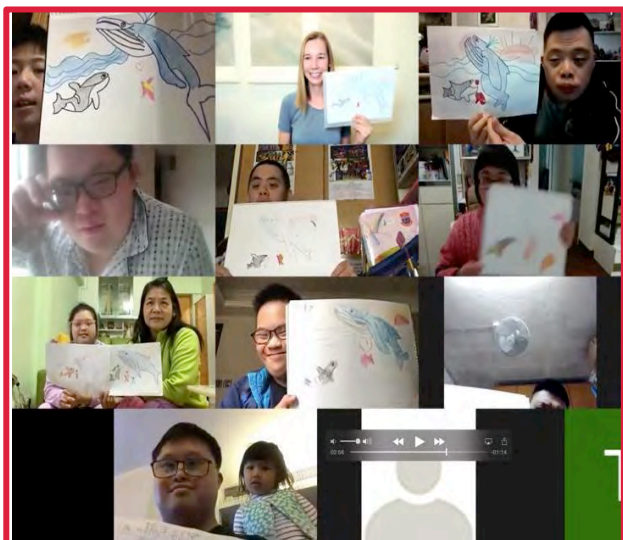
“Love 21 Space”, our community centre, houses most of our face-to-face activities and classes. Love 21 Space is 4,950 square feet and has a dance studio, a multi-purpose activity room, and a living room. To enhance our newly launched holistic programmes, we have recently renovated an area dedicated to private counseling.

Although the centre was closed for group activities during the pandemic, we were still able to use Love 21 Space for our nutritional and counselling programmes, thanks to the generous sponsorship from Segantii Capital Management.

Our Sports and Arts Programmes

In the face of the COVID-19 pandemic, we moved our classes online for the main part of 2020–2021. Our members responded and adapted to the online class format exceedingly well. These classes would not have been possible and successful without our dedicated coaches, teachers and volunteers.

A highlight of our classes in the past year:



Arts and Crafts/Drawing

3+ sessions per week

Instructors: Rosaan, Kerri, Claire,
Deena, Sravya, Karki



Boxing

3+ sessions per week

Instructors: Amy, Tom



Contemporary Dance

1 session per week

Instructors: Rhian



Fitness

5+ sessions per week

Instructors: Jeff, Pui-man, Michelle,
Clement, Oscar, Sean, Dan, Joy



Indoor Basketball

2 sessions per week

Instructor: Primus



Mini-hockey

2 sessions per week

Instructor: Ken, Felix, Anna



Jazz/Hip Hop

2+ sessions per week

Instructors: Kim, Antony



Hiking

1 hike per month



Mini-tennis

2 sessions per week

Instructor: Tary



Rugby

1 session per week

Instructor: George



Bollywood Dance

2 sessions per week

Instructors: Kyrstal, Uday



Reggae

1 session per week

Instructors: Michelle, Kelly



Swimming (with Splash)

1 session per week

Instructor: Eunice



Gymnastics/Movement

1 session per week

Instructor: Ceri, Bryce



Zumba

1 session per week

Instructor: Jasmine



Intuitive dance

1 session per week

Instructors: Siobhan



Yoga/Meditation

3 sessions per week

Instructors: Sandra, Eugene, Otilia,
Anika, Jill, Sonia, June, Jessy,
Melissa, Chrystal, June





OUR NUTRITIONAL PROGRAMME

We are proud to announce that we have officially launched our comprehensive nutritional programme in January 2021, after a successful pilot programme that started in September 2020. Thanks to the generous financial support from the Hong Kong Jockey Club Charities Trust, 57 of our families are now enrolled in the Jockey Club Love Healthy Life Programme. Participants are offered monthly body composition measurements and comprehensive blood tests at the beginning and end of the programme, and each family is assigned with a qualified dietician who follows-up every month to discuss progress, goals and challenges.

To further support the families, we host monthly cooking workshops and provide videos to demonstrate healthy and simple recipes that our families can easily make at home. For their convenience, Love 21 also provides some of the ingredients used in the recipes to families on the nutritional programme. Additionally, our members are encouraged to exercise regularly to complement their new and healthier diet. In the first three months alone, 64% of our members have successfully reduced body fat percentage. Their encouraging results demonstrates the effectiveness of our new nutritional programme.



57

families supported,
with 58 participants enrolled



64%

of our members have reduced
body fat percentage since the
launch of our nutrition
programme in January 2021



28+

hours of monthly
one-on-one
consultation

Nutritional Programme Flowchart

Body Composition
Analysis, Blood Tests



Results used during...



One-on-one consultation
with dietician



Personalized
Recommendations



Provision of ingredients for
demonstrated recipes



Demonstration of
participants' progress



Parent workshops and seminars



Changes in
behaviour and
attitude



Implementation of
lifestyle changes



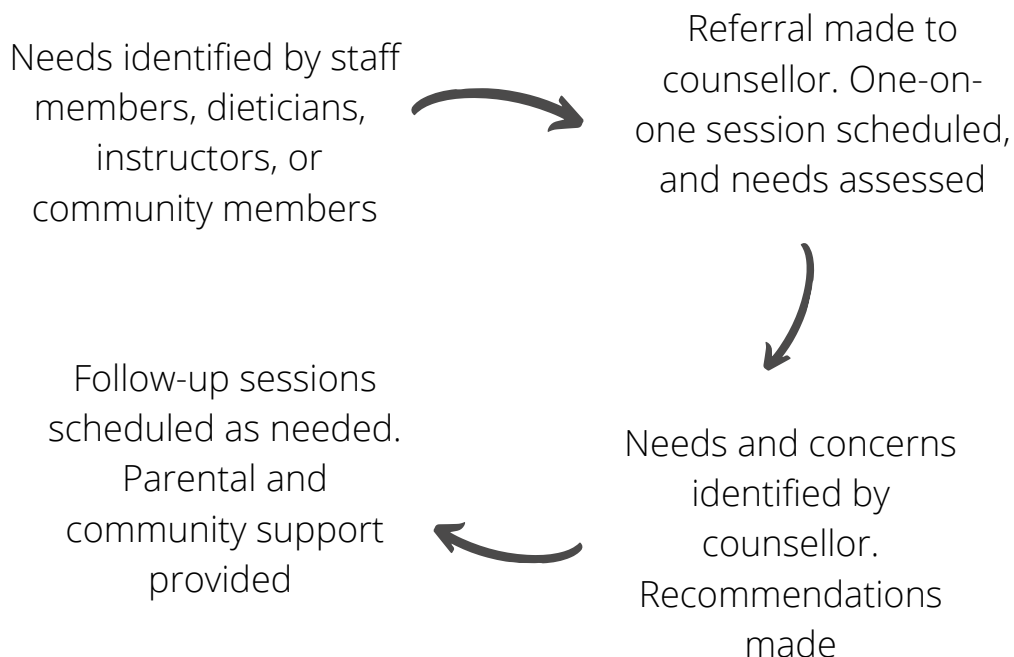
Knowledge
Reinforcement



OUR HOLISTIC SUPPORT PROGRAMMES

Thus far, most of our activities and classes have been designed for our members with Down syndrome, autism, or other intellectual disabilities. As we got to know the parents and guardians of our community, we realized that much of their personal needs and concerns remain to be addressed. To fill in this important gap, we launched our holistic programmes for parents and guardians in the first quarter of 2021. This includes one-on-one counselling with a clinical psychologist, as well as parent only classes such as yoga and dance. These new programmes are our first steps in fostering a fully supportive and caring environment for the families. We aspire to contribute more to our community in the future.

OUR HOLISTIC FRAMEWORK





SPECIAL ACTIVITIES AND EVENTS

In addition to our regular classes, Love 21 had also hosted many special activities and events for our members, including:

- Rock Climbing Fun Day at YMCA
- Christmas Card Fundraiser
- Swire, Soap Cycling personal hygiene kit distribution
- Calligraphy classes with Emily
- Christmas Presents distribution, sponsored by the Hong Kong Cricket Club
- Corporate Social Responsibility Events





OUR TEAM

We have doubled the number of full-time staff members in 2021, bringing us to a total of four employees. Find out more about our passionate staff members!

(From left to right)
Carmel Armstrong
Lok Yan Chan, Kenneth
Tsau Jin Cheng
Jeff Rotmeyer

What makes Love 21 special?

Carmel: I love the energy and pure happiness that our members bring to Love 21. Our centre can get noisy and very busy, but it is just the best place that I have ever worked. I leave feeling motivated and cannot wait for the next day. This is a special community, who surprise me every day. #somuchability.

Kenneth: When we are busy, the atmosphere at Love 21 is one of a kind. We've got parents chatting in the living room, members playing football, music coming from the dance room, sound of balls rolling in the activities room and so on.... The lively community we have fostered is something that sets us apart.

Tsau Jin: The people of course! We have a warm, welcoming and vibrant community. A shoutout to all our lovely members and their mom and dads (and caretakers). We also have the most dedicated volunteers on the planet and they give so much to Love 21.

Jeff: The community and care amongst our members. I love so much about our Love 21 family, but I especially appreciate and support the friendship we see in our centre and outside

Tell us something we don't know about you:

Carmel: My favourite hobby is Scuba Diving with my daughter

Kenneth: I like to keep a collection of playing cards, and will buy a new deck whenever I'm on vacation

Tsau Jin: I'm a habitual tea drinker and guitar newbie

Jeff: I once helped take 20 of our families to London, England for a one week tour where we met royalty and played at the halftime show of a Premier League match.





SUCCESS STORY

Coco

Coco joined Love 21 in 2019. She is a very active member of our sports programme, having participated in 30-40 sessions of our sport classes every month. Her favourites are the different dance classes. Recently, she enrolled in our nutritional programme, after learning about it from Love 21 staff.

Coco's and her family's remarkable dedication to the nutritional programme has achieved impressive and measurable results. Prior to joining the programme, Coco had been suffering from diet-related health issues. After the initial nutritional consultation, our qualified dietician Sally identified areas of concern over Coco's diet, including a lack of fluid intake, low fruit and vegetable intake, and high sugar and fat consumption. Having identified the key issues, Sally worked with Coco and her family to devise a personalised meal plan, which replaced sugary drinks with sugar-free alternatives, reduced takeaway meals, and added fruit as a small snack between meals. Coco's skin condition has improved substantially since then, and the condition of her gastrointestinal tract had also shown continual improvement.

We look forward to seeing Coco and the rest of our members improve their health through exercise and diet change!



FUTURE PLANS

Despite setbacks caused by the pandemic, Love 21 has made remarkable progress in providing comprehensive sport and nutritional support to our members and their families. We look forward to resuming face-to-face operations in the upcoming year, and we aim to place a stronger emphasis on providing holistic support to the entire family of our members in our programmes.



**Counselling and
Parental Workshops**

We are looking forward to strengthening our partnership with our clinical psychologist to address the needs of the carers of our community.



**Work Placement
Opportunities**

Through job opportunities and placements, we aspire to empower our members to lead independent lives.



OUR FINANCES

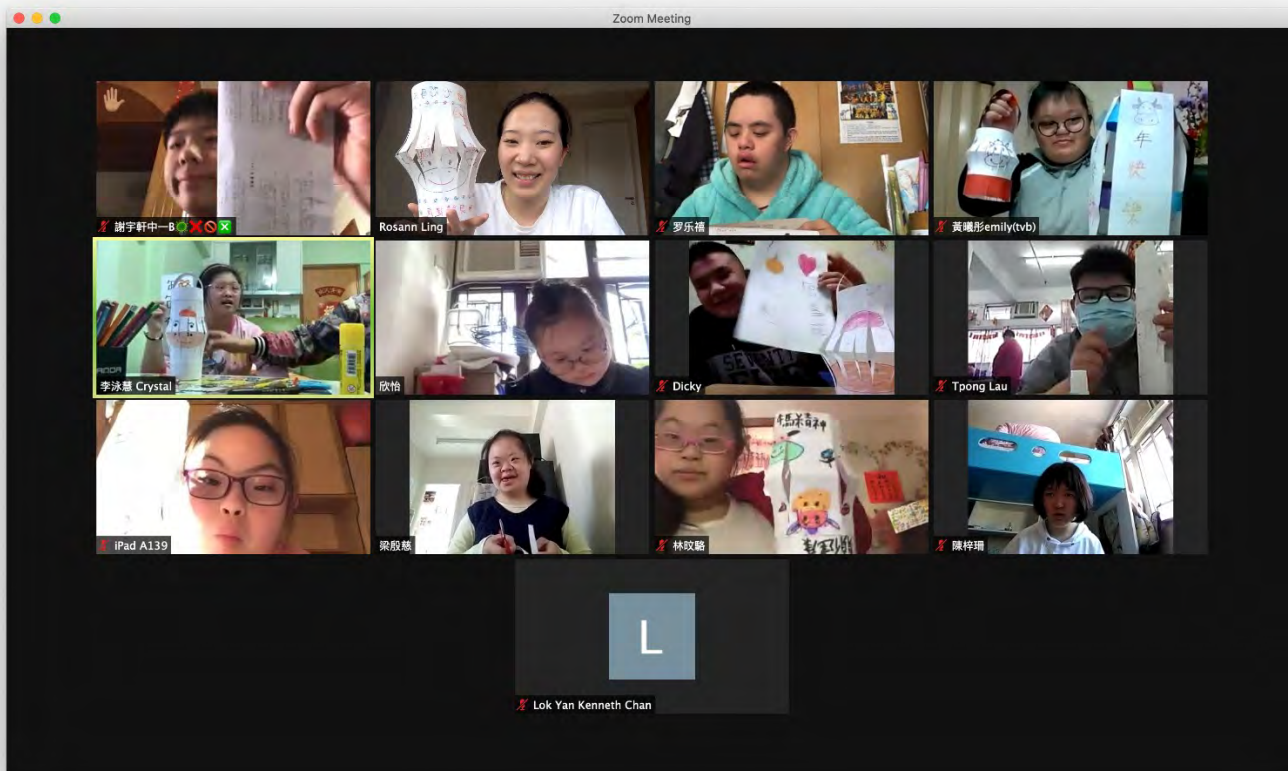
INCOME	2020-2021 (HKD)	2019-2020 (HKD)
Donation Income	4,016,496	2,063,339
Credit Interest	31	255
Government Subsidy	126,084	-
TOTAL	4,142,611	2,063,654

EXPENDITURE	2020-2021 (HKD)	2019-2020 (HKD)
Programme Expenses	333,407 [^]	453,029
Administrative Expenses	169,016	98,659
Depreciation	282,361	-
Rent	690,200	464,000
Wages and Salaries (Programme)	520,873	395,391
Wages and Salaries (Admin)	362,977	187,776
TOTAL	2,358,834	1,598,855
SURPLUS FOR THE YEAR	1,783,777	464,799

Remark: The financial summary presented above relating to the year ended 31 March 2021 is not Love 21's statutory annual consolidated financial statements for the year.

* The auditor's report was unqualified, did not include a reference to any matters to which the auditor draw attention by way of emphasis without qualifying it's reports and did not contain a statement under sections 406(2), 407(2) or (3) of the Companies Ordinance.

[^] Due to COVID-19, in person classes were not possible for most of 2020-2021, leading to a drop in the cost for activity materials, coach and tuition fees, and facility booking fees.



THANK YOU

A big thanks to everyone in the Love 21 community who made everything possible! Our efforts to empower our community will continue as we look forward to a fruitful and better year ahead. We give our special thanks to:

- Our donors, sponsors, and funders, whose generous funding made our operations possible
- Our volunteers and instructors, who selflessly dedicated their time and energy to organising and facilitating our activities and classes
- Our team of dieticians, who provided professional consultation to the families every month to discuss plans, goals, and progress
- Our Board of Directors, who volunteered their time and expertise to ensure the stability of Love 21
- Finally, our wonderful members and their families, whose continuous support and feedback will always be indispensable to Love 21, our team's morale and our programmes' improvements!

Thank you to all of our donors!

Thanks are also due to those who have made anonymous, cash, and in-kind donations, as well as those who have supported us in our fundraisers, events and activities.

Alex Tsang
Alice Kokubo
Amy Wing Si Pang
Ana Parra
Andrew Green
Anna Isaac
Antonia Cable
Association of Roundtables
Belinda Wong
Bradley Landes
Bull Capital Partners
Capital International Inc.
Christina S W Chiu
Colette Aw
Cori Gin
D. H. Chen Foundation
Daniel Massey
David Bolton Russell
Diana Broennimann
Emily Richley
Emily Tang
Eric Vimont
Eun Young Ahn
Felix Yau Jun Tang
Geraldine Bowler
Ho Wing Wah Vera
Irene Hui
Jeffry Sayed
Jessica Hexter
Jessica Tsang
Kidzilla
Kitty Leung
Krak
Lai Gaik Hoon
Lau Cheung Kwai Ling Judy
Laura Holden
Laura Ng
Li Do Sum
Libby Alexander
Lim Jin Geok
Lin Miu Chun
Lindy Fok

Louie Yao Wen John Jr
Lu Su Ching
Luo Li
Magda Kobakhidze
Maggie Thwin
Marissa Reyes-Bezanilla
Mary Yeh
Max Wong
Melody Funk
Moir Green
Ng Gek Yi
Oliver Harry Jameson De Pree
Pinkie Winkelmann-Yuan
Pinny Yip
Purviz Rusy Shroff
Regina Larkoe
Rosann Ling
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Fund Limited
Rusy & Purviz Shroff Charitable
Foundation
SAILLARD F J PÊ
Sally Poon
Sandra Chan
Segantii Capital Management
Limited
Shirley Lam
Sonia Chandiramani
Sophia Olga Kruger
St. James Place
Susanne Ritzl
Tam Ngai Ying
Tang Man Yin Emily
Tania Wan
The Guv Dillon Foundation
The Hong Kong Jockey Club
Charities Trust
Tim Parker
Wai Ming Hui
William Mark Dineley
Yeo Yee Jiun Eugenia



LOVE

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