

# LOVE 21 ANNUAL REPORT

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2021-2022

#SOMUCHABILITY



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Love 21 Foundation

[www.love21foundation.com](http://www.love21foundation.com)



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Dance class with Kim



## About Love 21



Our vision is to empower the Down syndrome, autistic and neurodiverse community to reach their full potential through sports, nutrition and holistic support programmes.

Love 21 is a registered charity in Hong Kong that empowers the Down syndrome, autistic and neurodiverse community to reach their full potential through sports, nutrition and holistic support programmes. Our strength-based approach provides each of our members and their families with an opportunity to reach their full potential.

Most of our classes and activities are held in our vibrant and lively centre in San Po Kong. We have also significantly increased our usage of external facilities and locations throughout Hong Kong. Our aim is to create an environment where our members can push themselves to try new things in a safe, fun and inclusive environment.

Despite the uncertainty brought about by the pandemic, Love 21 experienced substantial growth in 2021-2022. We've more than tripled the number of families that we serve, as well as the number of classes and activities that we offer from last year. To support and ensure the sustainable development of our organisation, we've also hired three additional staff members during this period, including two Social Workers who will be working closely with our families and our Clinical Psychologist to provide more personalized and tailored support.

When the situation deemed it necessary, we also offered online classes and activities daily for our community. During this time period, we strengthened our family support programmes through partnerships with clinical psychologists, NGOs and other experts, while also continuing to improve and expand our holistic sport and nutrition programmes. As before, all of our classes, activities and support are provided to our members and their families free of charge.

58 families took part in our nutrition programmes, in which they lost a combined total of 140kg.

90% of our members reached their body composition goals they had set with our dietician.

Overall, we were extremely impressed by the commitment made by our families and the result shows.



Katie and Eric



## Annual Summary



**260+**

families  
supported



**350+**

in person activities per  
month, 120+ online  
sessions per month



**5000+**

volunteering hours



**50+**

types of activities offered  
(in person), 20+ types of  
activities offered (online)



**140+ KG**

of body fat mass lost  
across 58 participants in  
our nutritional  
programme in 2021



**110+**

hours of counseling  
sessions since  
March 2021



## Message from the Board

Dear Friends of Love21,

This past year has been the most exciting in the short history of Love21! Despite the challenges brought about by COVID in 2022, our team was able to deliver the tailor-made programmes that enrich the lives of our community. In this report you will read about the continuing development of our sports programmes. Our team and our coaches and volunteers, once again, proved resourceful in delivering sports classes through zoom when on site classes were not feasible. Our team's dedication well exceeded the numbers of classes and participant reach over last year!

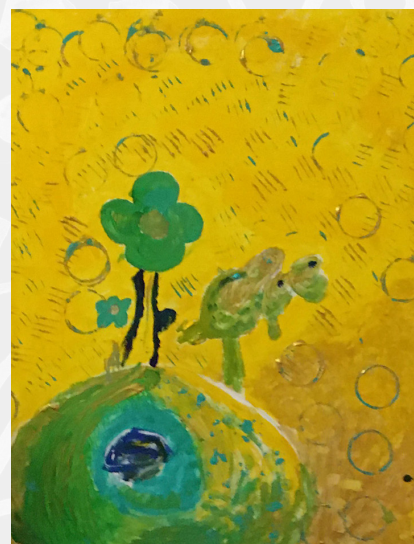
2021 marks the point at which our Nutrition Programme took flight. Our Nutrition Programme moved beyond basic nutrition counseling to measuring and tracking the results of our participants. Fifty-eight community members participated in the measurement exercise and, between them lost over 140 kilos!! Even more impressive is that all the clinically obese participants moved out of that category!

Once again, despite the challenges presented by COVID in Hong Kong, we were able to give real impetus to our Corporate Social Outreach efforts. This is a key pillar of our program as it gives our community greater exposure in Hong Kong society and adds an additional source of people to share with our community and help them grow. During the past year we carried out 15+ Corporate Social programmes, and we look to greatly expand this programme in the coming year.

The coming year the team envisions even greater impact with the implementation of employment and training programmes and broader and deeper counselling support to our participants and their families. We are most grateful for the generous support from our benefactors.

Your generous contributions allow Love21 to continue with our mission of providing our services at no cost to participants.

On behalf of the Board, we'd like to thank our staff, our coaches and volunteers for their care and dedication. We'd also like to extend our appreciation to our Love 21 families for their trust, commitment, and the massive amount of kindness that they give to our community. If you have not had the chance to meet our community and feel their energy and boundless love for others, we invite you to contact our team to see how and where your talents and support can best be put to use. Everyone has something to offer, and we can attest that whatever you give will be amply rewarded many times over through the sincere connection that our community maintains.



Artwork by Wing Tat

## Message from the Founder/CEO

This year has been a very successful one for our community and organisation. Firstly I'd like to start by thanking all of our supporters, donors and volunteers for your care and trust in Love 21 and our community!

As a four year old charity we've seen consistent growth over the years. However this year we took a huge leap forward and I'm very excited to share the results with you!



In this period we expanded our services to more families in the neuro-diverse community and now support just over 260 families. We added a wide range of new healthy activities and averaged 350 monthly classes for the majority of the year.

However as you know, Covid has been extremely challenging here in Hong Kong, so we did have to adapt at times to keep our community safe. Proud to say that our team worked so hard to ensure that we still hosted multiple daily online classes when our centre was closed. This support was essential during those challenging times and in our 120 monthly online classes we saw great participation from our families.

As Love 21 supports our community with holistic programmes, we also successfully continued our nutrition programme throughout the year and the results were outstanding!



Alex with Sea Beyond Me

58 families took part in this first phase and together they lost a combined total of 140kg amongst them. 90% of our members reached their body composition goals which they set with our dietician and there were so many other amazing feats such as reduced cholesterol levels, lowered glucose levels and also incredibly saw all of our younger members with child obesity step out of that category!



Although the active and healthy lifestyle programmes continued to go from strength to strength over the year, our greatest leap forward as an organisation came in our parental and family care programmes. We have learnt very clearly that the better you support the parents, the better care the child receives as well.

We increased our counselling support for our families which was so important during this challenging year. We look forward to continuing to improve in this area and will be hiring two social workers in the coming year to make sure we can do even more to help our families in our centre and also outside of it.

Our cooking classes have also taken off and are so popular with our families! In these classes our families are learning how to make highly nutritious meals and having a ton of fun while doing so.

Love 21 couldn't do what we do without the care and dedication that our staff put in each and every day. We are a seven days a week organisation and our small but powerful team have taken on that challenge with so much heart. I know they see the results through the huge smiles and love that our members are so strong at giving.

Thank you again for your support! Love 21 is on the move, but we still have a long way to go! Please consider investing in this community.

Together let's do what we can to show more people in Hong Kong and afar how much ability this community has when given the opportunity!

Jeff and  
Wai Keung



With gratitude,

**Jeff Rotmeyer**  
Founder/CEO

# About Down Syndrome, Autism and Neurodiversity

Down syndrome is one of the most common genetic disorders, occurring in around 1 out of 700 births worldwide. People born with Down syndrome have a third copy of the 21st chromosome, which is the reason why Down syndrome is also commonly known as trisomy 21.

This is also where our name, Love 21, comes from. People with Down syndrome often share distinctive facial characteristics and traits, including lower than average muscle tone, high propensity to heart problems, gout, diabetes, small stature, and delayed developmental milestones. With training, development and opportunity, people with Down syndrome can lead impactful and fulfilling lives, bringing about positivity to those around them.

Autism Spectrum Disorder (ASD) is an umbrella term used to describe developmental and/or cognitive disorders that affects how a person interacts and communicates with people and their environment. ASD is referred to as a spectrum disorder as there can be wide variations in the severity and needs across different individuals.

As a framework for diagnostic, professionals often use the DSM-V definition to assess whether or not a person has autistic characteristics, which includes:

- Persistent deficits in social communication and social interactions
- Restricted, repetitive behaviours, interest and activities
- Symptoms that causes significant impairment in social, occupational, or other areas of current functioning

Similar to individuals with Down syndrome, people with autistic characteristics can, with proper training and when given the right opportunity, excel in their strengths. At Love21, we believe that everyone has the right to be included, by this we mean the right to education, the right to suitable employment and the right to be accepted for who they are and how they can contribute to the general society. The prevalence of ASD has increased in the past decades, in part due to the change in diagnostic criteria, but more importantly due to the increase in awareness surrounding autism. Perhaps due to the differences in brain function and pathways, people with autistic characteristics may exhibit specialized talents and interests, a trait that is becoming more recognized in wider society.

Lai Yee, Sze Lok, Man Ching, Yan Chi





## Love 21 Demographics



260+

Registered families



202

Male



60

Female



72

Down Syndrome

152

Autism

38

Other neurodiverse  
conditions

### Age

### Percentage

12 or under

10.3%

13 to 18

34%

19 to 28

32%

29 to 38

22%

39+

1.7%



LOVE

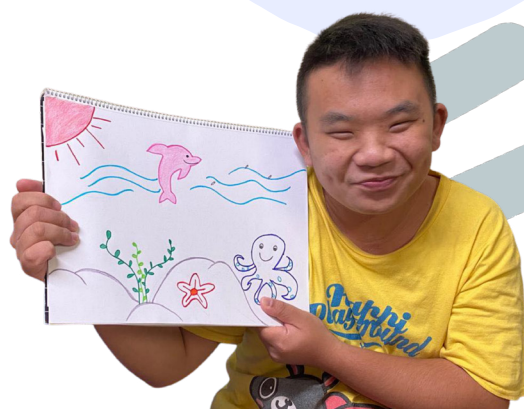
# Our Holistic Support Framework

Love 21 employs a holistic approach to provide the best opportunities for our members and their families.

We provide four main pillars of support to our families, encompassing support to improve their physical and mental health.



Sport



Non-sport



Nutrition



Holistic Family Support



# Our Sport Programmes

We believe that exercise is an excellent medium to not only improve physical health, but also to facilitate social interaction and engagement. The registration of some of our skills-based classes, such as handball, tennis, table tennis and some types of dances are made on a course basis, with members signing up for classes over a continuous period of time to facilitate skill development. Meanwhile, we also offer classes where members can sign up freely based on their interests and availability, such as fitness, yoga and some types of dance. The combination of the two types of classes provides our families with both skills based classes and classes that are more flexible.



## Mind and Body

Yoga  
Stretching  
Movement



## Water sports

Swimming with Splash  
Dragonboat with RHKYC



## Dance

Zumba  
Reggae  
Jazz  
Bollywood

Contemporary Dance,  
Contemporary Jazz  
Hip Hop  
Kpop

# Our Sport Programmes



## Fitness

Fitness  
Mini Sport

## Ball Games

Basketball  
Indoor Football  
Mini Bocce  
Netball  
Handball  
Table Tennis



Mini Pingpong  
Indoor Tennis  
Mini Hockey  
Touch Rugby with Tigers Rugby  
Rugby with Kowloon Rugby



## Boxing

Boxing  
Karate  
Lightsout Boxing  
Thai Boxing

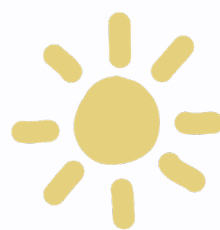


## Outdoor

Hiking  
Outdoor Football  
Outdoor Tennis



## Our Non-Sport Programmes



**Music Therapy** with Jacqueline

**Arts and Crafts** with Rosann, Kerri, Karki, Crystal

**Art Therapy** with Irene and Crystal

**Drama therapy** with MO

**Papercutting** with Karki

**Lego** with Stella

**Calligraphy** with Emily

**Sign Language** with SLCO

**Beach Excursion** with Kerri

**Drum Jamming** with Abe, Mamadou

**Chinese Drawing** with Ms. Lee



# Our Counselling and Parent Support Programme

**Meditation** with Sandra

**Yoga** with Sandra, Yvonne

**Zumba** with Jasmine, Luci

**Dance** with Kim, Suyi, Bebe

**De-stress Restorative Yoga** with Wilson

**SEN Parent Support Seminar** with Zach

**Tai Chi** with Bernard

**Counselling** with Felicia/Jim



Parents Zumba with Jasmine



## Special Events

Music Children Foundation Visit

Lantern Decorating

USRC Carnival

Visit to Legoland Discovery Centre

Nature Conservancy Volunteering Day at Pak Ni

Sports Fun Day Hong Kong Cricket Club

Art Classes - Hong Kong Cricket Club and Hong Kong

Art Tutoring

Christmas Party - Hong Kong Cricket Club

Chinese dance- SCMP

Kidzilla fundraiser at TKO and The Mills



# Corporate Social Responsibility





# Jockey Club Love Healthy Life Sports and Nutritional Programme

Thanks to the support of The Hong Kong Jockey Club Charitable Trust in the Jockey Club Love Healthy Life Sport and Nutrition Programme, Love 21 successfully developed and implemented our first-ever programme providing such comprehensive and holistic support. This project saw 58 of our members go through a year-long programme, encompassing consultations with qualified dietitians, monthly nutritional and cooking workshops, monthly body composition analysis, supplemented by sport classes and other different activities.

## Nutrition Programme Framework



Body composition analysis



One-on-one consultation with dietitian, setting and reviewing goals, addressing concerns and answering questions



Monthly cooking workshops, demonstrations and seminars



Nutrition Workshops



Food pyramid



Participation in sports and physical activity



Protein workshop



Supermarket tour



Hands-on snacks workshop



Bone health

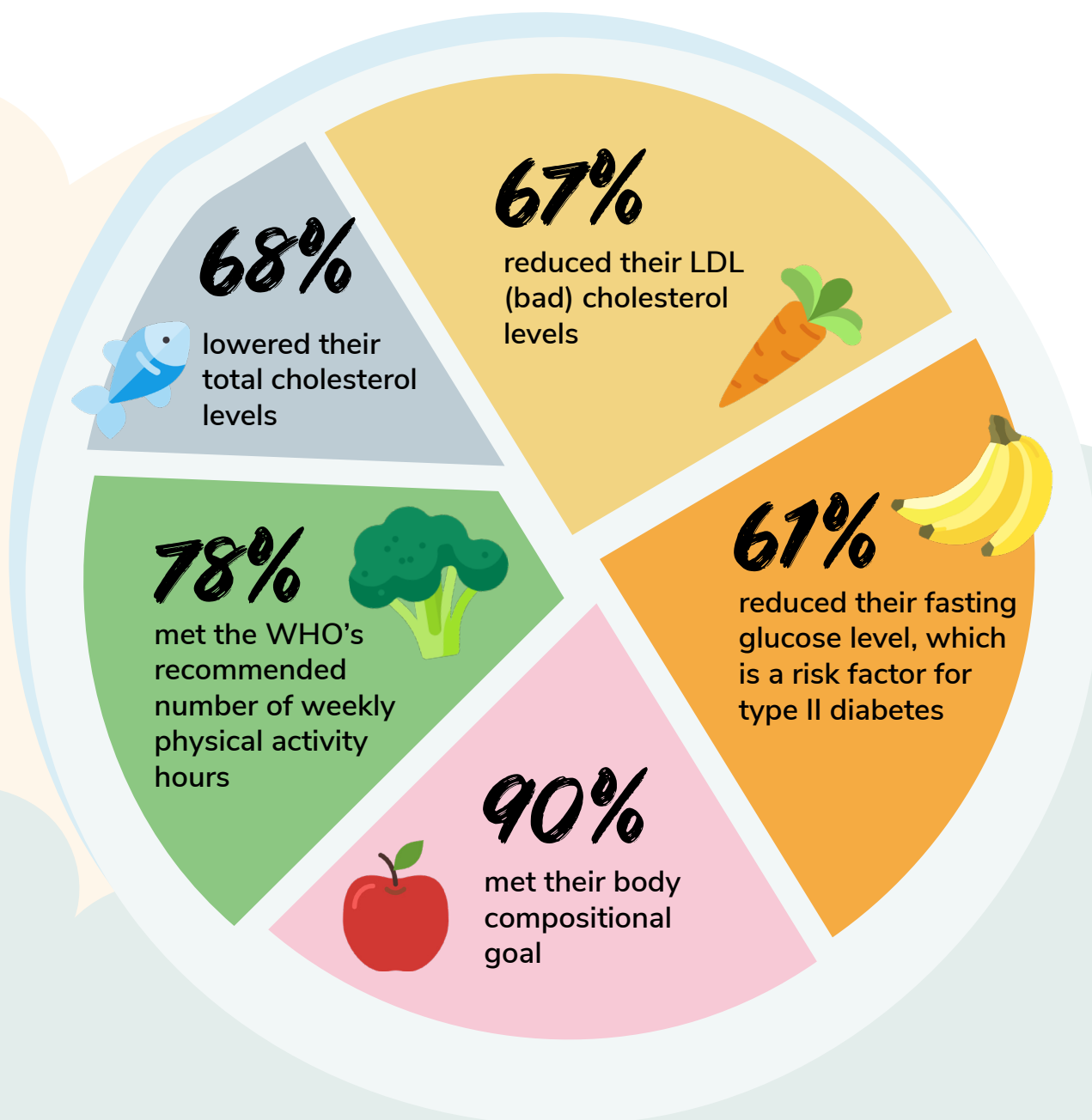


Cholesterol and fats



Implementation of habits and lifestyle changes

Of 58 participants:





## Other Highlights

Jockey Club Love Healthy Life Sport and Nutrition Programme

We are looking forward to continuing the success of our sports and nutrition programme in 2022, which started in January 2022. 70 of our members will be going through the programme this year. Based on the feedback and observations from 2021, we have modified the programme to provide more personalized and tailored support to our families.

Since April 2022, we have hosted Personal Training sessions for the families participating in the programme to further encourage our members and their families to exercise.

# 0% REBOUND

No cases of child obesity within the participants since August 2021

# 135+ KG

Net fat loss of body fat

# 89%

of parents and carers reported that they were able to follow the guidelines and meal plans recommended by dietitians.

# 98%

of the parents/guardians in the programme have increased their awareness of the nutritional value of different ingredients



Kitty and Hok Pan taking cooking class via Zoom



Coco and her parents making pancakes

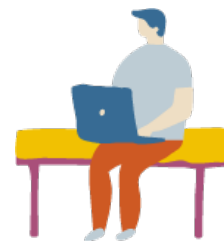
# Family Support Programme

We are also looking forward to strengthening our partnerships with different professionals to improve our programme, which is especially important in a time when social interactions and support are limited. Our two Social Workers, Kurt and Alfred, joined Love 21 in March 2022.

Love 21 is currently developing a comprehensive casework programme, which will encompass the following support:



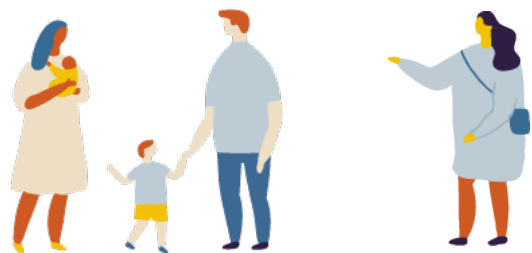
**CARE CALLS**



**ESTABLISHMENT  
OF CASE FILE**



**COUNSELLING**



**HOME VISITS**



## Case study: Wai Lam

Wai Lam and his family have been active participants in Love 21 activities since 2019. In addition to joining an average of 12 activities per month, Wai Lam's family are also enrolled in the Jockey Club Love Healthy Life Nutrition and Sport programme, having joined the programme since its inception in January 2021.

Through joining this programme, Wai Lam's parents wished to address his weight gain as a result of an unbalanced diet and reduced thyroid functions. For Wai Lam himself, he was working towards wearing his suit to a Christmas party. During the first one-on-one dietary consultation, our team of dietitians recommended for Wai Lam and his family to stop drinking boxed lemon tea and other sugary beverages. Additionally, through our nutritional seminars and workshops, Wai Lam's parents have also learnt about the importance of portion control, eating and choosing healthier alternatives, and have followed the recommendations made by our dietitians.

On top of the changes in Wai Lam's dietary habits, Wai Lam has also actively participated in our sports classes, with his favourite activities being fitness and basketball. He has also recently taken up dance, something that he didn't particularly enjoy before joining Love 21. His favourite dance class is our Bollywood class, though he also enjoys our Contemporary Dance and Jazz/Hip Hop classes.

As a result of the dedication and hard work from Wai Lam and his family, we've seen remarkable progress in Wai Lam's health. By the end of the 12 month programme, Wai Lam lost 7.8kg and reduced his waist circumference by 14cm.

He also achieved his goal of wearing his favourite suit to the Christmas party, and has since kept up with the habits and lifestyle changes that he made during the programme.

Wai Lam's family members have been very supportive throughout the programme, and have seen improvements in their health as well by following the advice set forth by our dietitians. We are looking forward to seeing Wai Lam and his family back in our centre once we reopen!

“

My biggest hope is to see him become independent, and be able to take care of himself in the future.

”

- Wai Lam's dad



## Future Plans



### EMPLOYMENT AND TRAINING PROGRAMME

Love 21 is planning to launch our Employment and Training programme in June 2022.

Supported by Operation Santa Claus and the SIE Fund, this programme will see six of our members enrol in a year-long programme every quarter, where they'll be trained to become staff members assisting with the operations of our Love 21 Space.

We hope that, through enrolling in our programme, our members will be equipped with the hard and soft skills needed to obtain meaningful and fulfilling work placements.



### LOVE 21 COUNSELLING CENTRE

As we further develop our family support programme, and with two Social Workers onboard, we are working to create an environment that is best suited to provide confidential support.

We are currently finding a suitable venue, as well as the required funding to develop a comprehensive Mental Health and Family Support Programme.

# Media Opportunities



SCMP: Hong Kong's Love 21 Foundation aims to prove those with Down's syndrome, autism ready for purposeful employment

[Read More](#)



SCMP: Hong Kong yacht club and charity team up to help special needs teens learn dragon boating

[Read More](#)



AFoodieWorld: Love 21's Open Secret to a Long, Happy Life

[Read More](#)



HongkongShifts: Storytelling for Good | Perspectives on Love 21

[Read More](#)



Tatler: How Jeff Rotmeyer Is Creating Positive Change With His Charities Impact HK And Love 21

[Read More](#)



RTHK: PodcastOne Money Talk / Love 21 Foundation / Operation Santa Claus 2021 Charity Auction

[Read More](#)



## Finances

Revenue	2021-2022 (HKD, rounded to the nearest thousand)	2020-2021 (HKD, rounded to the nearest thousand)
Donation income	4,443,000	4,017,000
Government subsidy	0	126,000
<b>Total</b>	<b>4,443,000</b>	<b>4,143,000</b>

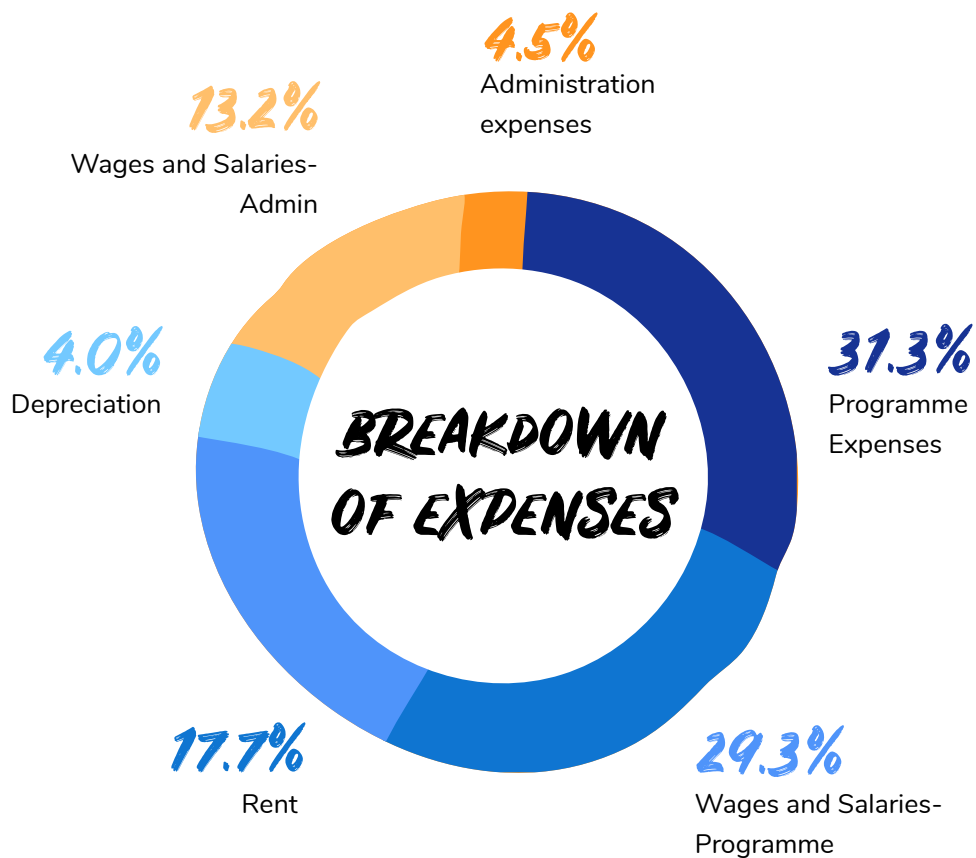
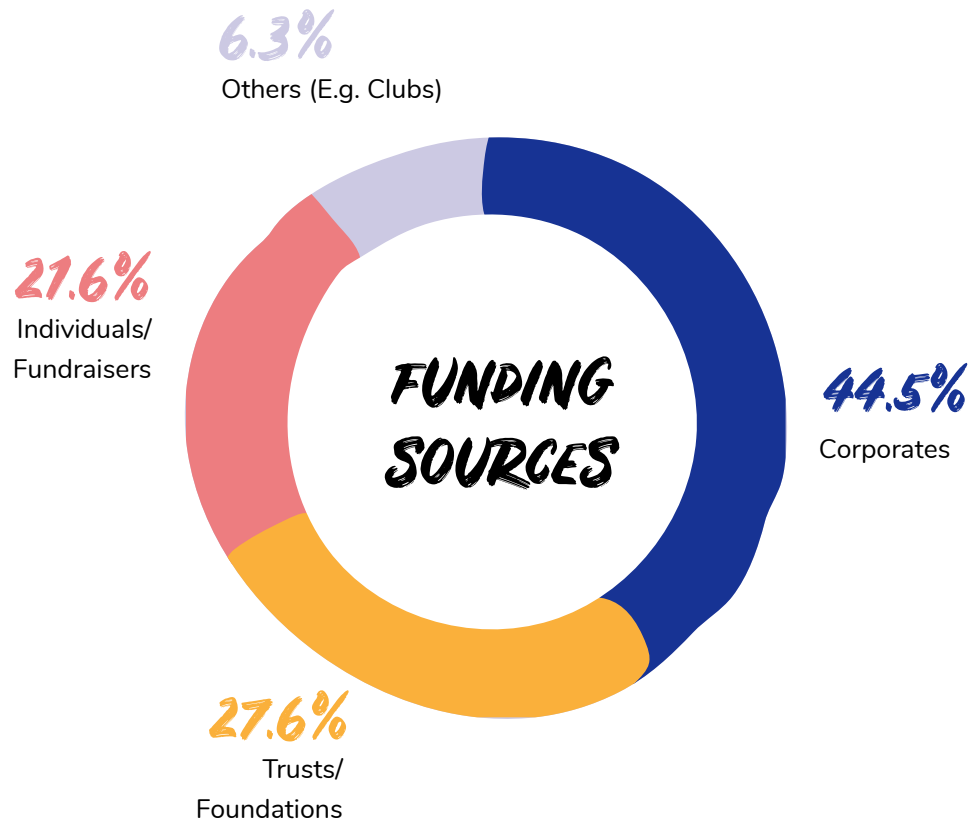
Expenditure	2021-2022 (HKD, rounded to the nearest thousand)	2020-2021 (HKD, rounded to the nearest thousand)
Programme expenses	1,226,000	334,000
Wages and salaries- programme	1,148,000	522,000
Rent*	696,000	690,000
Depreciation	158,000	283,000
Wages and salaries- admin	518,000	360,000
Administration expenses	176,000	170,000
<b>Total Expenditure</b>	<b>3,922,000</b>	<b>2,359,000</b>
<b>Surplus/(Deficit)</b>	<b>521,000</b>	<b>1,784,000</b>

The financial summary presented above relating to the year ended 31 March 2022 is not Love 21's statutory annual consolidated financial statements for the year. The full audit report will be available upon request.

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

\* Love 21 is grateful for the support provided by Segantii Capital Management, who have sponsored the rent for Love 21 Space since 2019

## Finances



# The Love 21 Team

**WONG CHIN LAM KURT**

Social Worker (ASWO)

**WONG CHUN MING ALFRED**

Social Worker (ASWO)

**CARMEL ARMSTRONG**

Chief Operating Officer



**CHENG TSAU JIN**

Nutrition Coordinator

**JEFF ROTMEYER**

Founder/CEO

**FUNG YIK KI RICKY**

Sports Coordinator

**CHAN LOK YAN KENNETH**

Programme Manager

**INTERNS:** Sophie Wong, Sophie Milner, Kelvin, Pearl, Crystal, Hanna



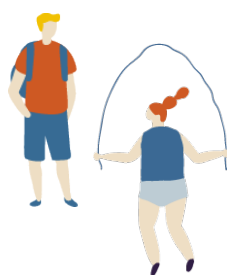


# Thanks and Acknowledgements

Thanks are due to everyone in the Love 21 community for making our work possible. In particular:

## OUR DONORS, SPONSORS AND FUNDERS,

whose generous funding made our classes, activities and support programmes 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 dietary plans, goals, and progress

## OUR TEAM OF CLINICAL PSYCHOLOGISTS,

who met with our families in need to identify solutions to issues they currently face

## 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!



## Get Involved!

The Down syndrome and autistic community have so much ability when given the support they need to reach their full potential!

### HERE ARE SOME WAYS YOU CAN GET INVOLVED WITH LOVE 21:



#### MAKE A MONTHLY DONATION

Your kind donation will help us provide even more opportunities for the Down syndrome and autistic community, allowing them to take ownership of their health through sports, nutrition and our vast range of holistic programmes.



#### BOOK A LOVE 21 CSR SESSION

Come join us at our Love 21 Space in San Po Kong where you can learn about this wonderful community and experience a fun, interactive activity with our members.

Our centre can host a wide range of fun activities from indoor sports, fitness and dance, to outdoor activities such as hiking and surfing.



#### BOOK A LOVE 21 TALK

Learn about how Jeff's first experiences with this community changed his life and lead him to starting Love 21.

Our talks aim to create awareness around the importance of diversity in our community and how important it is that we all have an opportunity to use our strengths to make this world a better place.

#### FOR MORE INFORMATION:

Visit our website [www.love21foundation.com](http://www.love21foundation.com)  
or Email [kenneth@love21foundation.com](mailto:kenneth@love21foundation.com)

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