

LOVE



Love 21 Foundation

ANNUAL REPORT

2022 - 2023



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ABOUT

LOVE 21

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 strengths-based approach empowers each of our members and their families to take ownership of their health.



ANNUAL SUMMARY

**April 2022
(to
May 2022)**

Continued online classes

We were still recovering from the effects from COVID during the first few months of 2022-2023. We continued our online classes from April 2022 to May 2022 so our members and their families could participate in physical activity.

June 2022

Launch of Employment and Development Programme

From June 2022, our centre gradually resumed operations, and we brought back our face-to-face activities. When our centre reopened, we launched our Employment and Development Programme, providing opportunities for our members to be trained and employed at Love 21 .

**June 2022
to
Jan 2023**

Grew our programmes and membership base

From June 2022 to January 2023, Love 21 continued to improve our programmes. Additionally, with the easing of social distancing restrictions, we strengthened our partnerships with other organisations and clubs, increasing the number of classes that we held externally. At our peak, we offered over 350 monthly classes and activities for our members and their families.

**Feb 2023
to
Mar 2023**

Rebuilding our centre

Since the fire that devastated our centre in January 2023, Love 21 was in recovery from February 2023 to March 2023. Thanks to our partners and volunteers, we were able to continue our sports, nutrition, and holistic support programmes at a reduced capacity. We are immensely grateful for our many partners who provided temporary activity spaces for us to hold our classes and activities. During this period, planning for rebuilding our new centre also took place.

As of March 2023:

300+

registered families



50+

types of activities offered

2800+

sessions of activities/classes offered to members from 2022-2023

17

members trained and employed in our employment programme

3000+

volunteering hours



400+

hours of one-on-one dietician consultation hours



MESSAGE

FROM THE FOUNDER/CEO

I'd like to start by saying thank you to all of you who have supported Love 21 over the past five years. It has been an amazing journey and I'm confident that we are on the right track towards giving the neurodiverse community in Hong Kong a true opportunity to reach its full potential.

Just when I was thinking that COVID was over, and that we could get back to our regular operations, quite sadly the warehouse next door to our Love 21 centre had a fire, which then spread to our centre, leaving it destroyed and unusable.

Our Love 21 Centre was a home for over 300 families. A place where they could be assured safety, friendship, and acceptance. It was a place where our families could rest, feel peace and get holistic support.

The fire was devastating as so much hard work and care went into building that home. However, what made it such a special space was not the walls of the building itself, it was the people.

I'm so proud of our community for rallying through that challenge, coming together to ensure that we turned this moment into an overall win for the Love 21 community and all of Hong Kong.

Since then our staff, volunteers, and hundreds of supporters have worked tirelessly, and with so much love to ensure that our members still had many daily classes and healthy activities.

When I first started Love 21 Foundation, my goal was to help give this community a chance to live longer, healthier, and happier lives. Sport and nutrition were the first two ingredients, but we have quickly learnt that one of the most important aspects of improving quality of life for individuals like in our Love 21 community is to give them more opportunities to be involved in society.



By not having a centre, we got pushed to reach many more corners of Hong Kong, as well as more hearts and minds. We held many classes in multiple sports clubs around Hong Kong, in different schools, corporate offices and parks. Thousands of citizens in Hong Kong witnessed the strengths and abilities of our community, and learnt more about the importance of kindness, and inclusion.

I'm very happy to announce that our new centre will be opening soon!

As I mentioned, the fire did take most of the headlines during this year. However, I'm proud to say that our community and progress did not pause. Despite not having our own centre, our team hosted an average of 30 classes per week during the aftermath of the fire using external venues. Additionally, thanks to the support of our community, we have been able to continue our nutrition programme, counselling programme, and employment programme. Thanks are due to our partners, coaches, volunteers, and wonderful community members who made sure that our services can continue uninterrupted despite adversity.

In the coming year, as we move into our new home, we will be doing so with optimism, excitement, and a ton of gratitude. We hope to double the amount of healthy activities that we offer each month, while continuing to improve our dietary programmes and holistic family care. We will soon make a bigger move into competitive sports and will continue to help our community with employment and more opportunities to find their purpose. We will do all we can to show more people in Hong Kong the amazing abilities of our community and of the importance and strength of diversity and inclusion.

Our goals for the coming years are very ambitious. We have come a long way, but the need is great so we can't stop here.

We could not be where we are today without so many of you, and we hope that if you're reading this you will continue to keep supporting Love 21 on this journey towards ensuring that the neurodiverse community in Hong Kong have the very best opportunities to reach their full potential, because we all deserve that. Thank you!



Jeff Rotmeyer
CEO



Letter from **THE BOARD**

Love 21 emerged from the COVID era with scrapes and bruises but stronger and better for the experience. We looked forward to the year of the rabbit with great anticipation. We had strengthened our staff, honed our programs and connected with more resources to continue our growth trajectory.

However, we were devastated by the fire that struck our centre in San Po Kong on the night of January 28th. The centre and nearly all the facilities were destroyed in a matter of hours. What the team had assiduously worked to create over the previous four years was gone in a flash.

Thanks to the resilience of our management, our team, our members and families, collectively we set out not just to rebuild Love21 but to build back better; to rise from the literal ashes stronger than before. In the early hours and days after the fire, the staff took to salvaging what could be rescued from the old centre and to reconnect with the venues and resources that allowed us to deliver our programs in some fashion as we had done prior to having our own centre.

The Board of Directors shared management's vision to build a new centre to higher standards that would enhance our programs with better facilities including larger and safer activity spaces, counselling rooms, programme rooms and dedicated space for our staff to coordinate their work and activities.

The board marvelled at management's outreach to the Hong Kong community for resources to build our new centre.

During February and March we continued to meeting the needs of our members by offering 250 classes in partner premises. We are grateful to these partners, our coaches, volunteers, staff and members for their flexibility and cooperation.

The Board and the Management team are confident that Love 21 will emerge stronger from this trial. We are up for the challenge and invite you to continue to invest your support in our rebuilding and our mission. Please feel free to reach out to me directly or to any board member for ways you can support and assist. We will most grateful.

Best wishes,

Matthew Sander Hosford
Chairman of the Board of Directors

ABOUT

DOWN SYNDROME, AUTISM AND NEURODIVERSITY

According to the Centre for Disease Control and Prevention (CDC) in the US, 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.

From our experience working with this community, with training, development and opportunity, people with Down syndrome can lead impactful and fulfilling lives, bringing about positivity to those around them. The Hospital Authority estimates that there are around 3000 people in Hong Kong with Down syndrome (2021).



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 an 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 tailored and adequate training and when given the right opportunity, excel in their strengths. At Love 21, 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 CDC has reported that the prevalence of ASD has increased in the past decade, 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 specialised talents and interests, a trait that is becoming more recognised in wider society.



LOVE21 DEMOGRAPHICS



75%

MALE



25%

FEMALE



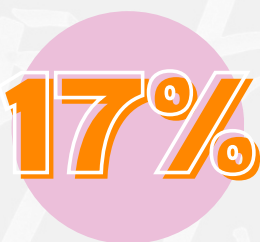
UNDER 12 YEARS OLD



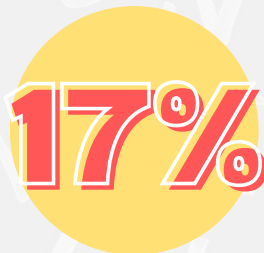
13-18 YEARS OLD



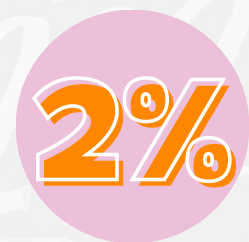
19-24 YEARS OLD



25-30 YEARS OLD



31-36 YEARS OLD



37+ YEARS OLD

OUR HOLISTIC PROGRAMME

OVERVIEW

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

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



NUTRITION



SPORTS



NON-SPORT



**HOLISTIC FAMILY
SUPPORT**

SPORT

PROGRAMMES

In April and May 2022, we continued to offer online classes during the aftermath of COVID. From June 2022 onwards, we've gradually transitioned our activities to be back in person. We've continued to grow our sport programme throughout 2022-2023. Despite the set back in January 2023, we've continued to offer classes to our members and their families.

We have started to form a number of competitive sports teams and our teams will be participating in sports competitions in the near future.

- Boxing
 - Bollywood
 - Fitness
 - Jazz/Hip Hop
 - Reggae
 - Outdoor Rugby
 - Yoga
 - Gymnastics
 - Contemporary Dance
 - Handball
 - Family Stretching
 - Basketball
 - Table Tennis
 - Indoor Tennis
 - Outdoor Tennis
 - Indoor Football
 - La Liga Football
 - XP Fitness
 - Summer/Winter Camp
 - Swimming with Splash
 - Piloxing
 - Beach day/surfing
 - Indoor Lawn Bowling
 - Strength training
 - Mini Hockey
 - K-Pop
 - Dragon Boating
 - Lawn Bowling/Bocce
- and more...*



NON-SPORT

PROGRAMMES

- Sign Language
- Arts and crafts
- Pantomime
- Chinese Art
- African Drumming
- Lomfafa Roof Top Farming
- Music Therapy
- Family Music Therapy
- Pastel Art
- Flow Art
- Maths Class
- Art Therapy

and more...

SPECIAL

EVENTS

- Cube O Discovery Park
- Kowloon Rugby club special event 25/3
- Tigers Rugby Club - Club Day
- AIA Performance
- HKCC Art day 12/3
- Football Charity Event
- Roller Skating
- HKCC Halloween Movie night 30/10
- USRC Family Day

and more...



CSR PARTNERS

Certis Group
Odin
Rotary Club of Central
Credit Suisse
Cathay Pacific
Puma
Societe Generale
UBS
Abrdn
Allegis
Macquarie
HSBC
Bloomberg
Schneider Electric
Clifford Chance
Total Loyalty
BCG



NUTRITION

PROGRAMME

The Hong Kong Jockey Club Charitable Trust has continued to support the Jockey Club Love 21 Love Healthy Life Sport and Nutrition Programme. 70 of our families have joined the second iteration of the project, where our team of Dietitians provide personalized and tailored support to each family.

Nutrition Programme Framework

1. Body composition analysis
2. One-on-one consultation with dietician, setting and reviewing goals, addressing concerns and answering questions
3. Blood tests before and after the programme
4. Monthly cooking workshops, demonstrations and seminars



**NUTRITION
WORKSHOPS**



**FOOD
PYRAMID**



**SUPERMARKET
TOURS**



**PROTEIN
WORKSHOP**



**HANDS-ON SNACK
WORKSHOPS**



**BONE HEALTH
SEMINAR**



**CHOLESTEROL
AND FATS
SEMINAR**



**PARTICIPATION
IN SPORTS AND
PHYSICAL ACTIVITY**



**IMPLEMENTATION
OF HABITS AND
LIFESTYLE CHANGES**

RESULT HIGHLIGHTS

More than 80% of programme participants have experienced positive changes in their body composition, whether through a reduction in body fat percentage, an increase in muscle percentage, improvements in body mass index, or other indicators. On average, our members are dedicating an additional 2.2 hours of physical activity post-program compared to their previous commitments.

29% to 54%

The % of members who had more than two servings of fruit before and after the programme



24% to 67%

The % of members who had more than 3 servings of vegetables before and after the programme



15% to 70%

The % of members who had more than one serving of whole grains before and after the programme



45% to 87%

The % of members who had more than one serving of dairy before and after the programme



69% to 93%

The % of members who had less than one serving of processed meat before and after the programme



PARENTAL SUPPORT PROGRAMME

In addition to the programmes that we offer to our members, we also have programmes designed for parents. On top of that, we have continued our partnership with our Clinical Psychologist, who continued to provide counselling support for parents in need.



Mindfulness yoga
 Tai Chi
 Zumba
 Sound Therapy
 Trampoline
 Counselling
and more...



EMPLOYMENT & DEVELOPMENT PROGRAMME

PROGRAMME

With the joint support of Operation Santa Claus and the SIEF (Social Innovation and Entrepreneurship Fund), Love 21 launched our Employment and Development Programme in June 2022. Throughout the programme, Love 21 members will be given the opportunity to train and to work as trainees to help with Love 21 operations. In particular, we have trained our members to be receptionists, sports assistants, nutrition assistants, and administrative assistants.



As of March 2023 we have:



17

Love 21 members were
trained and employed



100

hours of training offered



1200

hours of working
opportunities



THE FIRE

During the early hours of January 28, 2023, a Class 3 fire broke out in the electronics warehouse next to Love 21 Space. The fire spread quickly, and took over 300 firefighters, 70 fire vehicles, 18 hours to extinguish. The resulting fire, smoke, and water damage devastated our centre, making our space unusable. Thankfully, as the fire happened during the early hours of the morning, no one from the Love 21 community was hurt, but we lost the place that we've called home for the past three and a half years.

Thanks to our supportive community, our team was able to regroup and find temporary venues so that our services could continue. As of March 2023, we have been able to host classes and activities at a reduced capacity. Until our new centre is fully operational, we will continue to rent or borrow external venues to host our classes to provide uninterrupted support to our families.,



CASE STUDY

YUK LAM

For 31-year-old Yuk Lam and Yuk Lam's mother, Love 21 is not just a place to participate in activities. "I would use the word 'home' to describe Love 21," said Yuk Lam's mother, "Every coach and staff member at Love 21 treats Yuk Lam like a sibling."

Since joining Love 21 in 2020, Yuk Lam has been an active participant in various programmes offered by the centre. Yuk Lam's favorite activities include dancing, football, and arts and crafts. Although the pandemic limited his participation in in-person events, the online dance and fitness activities offered by Love 21 provided Yuk Lam with opportunities to stay active. By mid-2022, as the pandemic eased and when the Love 21 centre gradually reopened, it became a place Yuk Lam would visit two or three times a week.

One of the most profound impressions Love 21 has left on Yuk Lam's mother are the sincere and compassionate instructors, assistants, volunteers, and staff members at the organization. As a result, after participating in Love 21 activities, Yuk Lam's mother noticed a significant increase in Yuk Lam's confidence, "The instructors and staff at Love21 are very patient and provide a lot of encouragement during the activities.

Even if members may not replicate the perfect steps or standard dance movements, the instructors and staff acknowledge their efforts through praise and positive reinforcement. This kind of affirmation from others provides great motivation and support for Yuk Lam and other friends with special needs, keeping them interested in participating in different activities."

At the end of January 2023, the Love 21 centre unfortunately suffered from severe damage from a neighbouring fire rendering the centre unusable for hosting activities. However, with the assistance of Love 21's sponsors and partner organizations, the centre was still able to organize events for members and their families by renting venues.

During this period, one of the experiences that left a deep impression on Yuk Lam was his dance performance at the Central AIA Carnival. Despite the need for frequent visits to different venues for practice and rehearsals with the dance troupe, with the efforts of the instructors and members, the performance was quite successful, and Yuk Lam felt satisfied and proud of his performance.

Both Yuk Lam and his mother are eagerly looking forward to the opening of Love 21's new centre in the fourth quarter of 2023. The new centre will be more spacious and can accommodate a wider variety of activities suitable for members with different interests. Yuk Lam's mother concluded, "We are grateful for the support of Love 21's donors and sponsors, which allows the organisation to provide opportunities for children with special needs to showcase their talents. We hope the new center can offer diverse activities that add color to the lives of more children with Down syndrome, autism, and their families."



FUTURE PLANS

Relocate Love 21's home

Thanks to our corporate and charity partners, as well as funders, supporters, and members of the Love 21 community, we are planning to relocate Love 21's home to a different location.

We launched a crowdfunding campaign, with the aim of raising enough money to rebuild our new home. Thanks to the overwhelming support from the Hong Kong community, we were able to exceed our fundraising target. The success of our campaign ensured the sustainability and feasibility of our new centre, and work on our new centre began soon after.

As of March 2023, thanks to our partners at Blue Stone Management, CBRE, Gensler, TCG, S&techs and more, we've identified a possible site in San Po Kong that could be suitable for our new home. We are looking forward to building something that's even better than what we had to provide more opportunities for our members and their families.

Organising competitive sports teams for our members

We are currently exploring the possibility of organising competitive sports teams for our members. Our competitive teams programme will be designed for members who are interested and dedicated to improving their skill in their chosen sport. Members participating in the programme will undergo more rigorous training, and will potentially represent Love 21 in internal and external competitions.



FINANCIAL

OVERVIEW

REVENUE

2022-2023

(HKD, rounded to
the nearest hundred)

2021-2022

(HKD, rounded to
the nearest hundred)

Donation income

8,920,700

4,442,600

Bank Interest

4,700

-

**Government
subsidy**

144,000

-

**Other in-kind
donation**

23,800

-

TOTAL

9,093,200

4,442,600

EXPENDITURE**2022-2023**(HKD, rounded to
the nearest hundred)**2021-2022**(HKD, rounded to
the nearest hundred)

Programme expenses	1,817,100	1,226,400
Wages and Salaries- Programme	2,474,100	1,148,100
Rent	580,000	696,000
Depreciation	65,600	157,400
Wages and salaries- Admin	694,300	518,100
Administrative expenses	390,500	175,500
TOTAL	6,021,600	3,921,500
Surplus/(Deficit)	3,071,600	521,100

SOURCE OF FUNDING**%**

Corporates	17.10%
Trusts/Foundation	33.70%
Individuals/fundraisers	14.80%
Rebuild Donation	33.70%
Others (Eg. Clubs)	0.60%

LOVE 21 TEAM

Jeff Rotmeyer
Founder/CEO

Carmel Armstrong
Chief Operating Officer

Alfred Wong
Social Worker (ASWO)

Kenneth Chan
Programme Manager

Matthew Fung
Dietician

Ricky Fung
Sports Coordinator

Karis Fung
Administrative Assistant

Kurt Wong
Social Worker (ASWO)

Milicent Kong
Administrative Officer

BOARD MEMBERS

Matthew Hosford
Chairman of the Board

Carol Chan
Director

Kevin Wong
Director

Harry De Pree
Director

Lobo Cheung
Director

Jeffrey Sayed
Director

Dan Maley
Director

THANKS AND ACKNOWLEDGEMENTS

We'd like to express our heartfelt thanks and appreciation to all of the schools, corporations, and NGO partners who kindly shared their venues and spaces with us after the fire. Without their support, we would not have been able to continue our programmes during this interim period. Thanks are due to:

Our donors, sponsors and funders

Their generosity made our classes, activities and support programmes possible.

Our volunteers and instructors

Their selfless dedication of their time and energy to organise and facilitate classes and activities.

Our team of dieticians

Their commitment to provide their expertise in making the Jockey Club Love Healthy Life Sport and Nutrition Programme possible.

Our team of clinical psychologists

Their compassion and empathy provided support to families in need

Our Board of Directors

Their time and expertise to ensure the stability of Love 21.

Our wonderful members and their families

Their support and feedback will always be indispensable to Love 21.

GET INVOLVED

For individuals who would like to donate to us, we thank you for your generosity. Our website supports recurring donations, which you can access through the url below. Your donation will assist us greatly in maintaining and sustaining our day-to-day operations and future growth.

For corporates and companies, Love 21 offers an interactive and meaningful CSR activity for our corporate partners. In our CSR activities, volunteers will participate in a high energy and active class with our members. Prior to the session, Love 21 will give a sharing on the history and mission of the charity, outlining some of the challenges that members in our community face. The requested donation from these activities will go towards ensuring that all of our classes remain free for our members and their families. Please reach out to us through email, or give us a call if you and your company are interested in organizing a CSR activity with us.

For volunteers, Love 21 will have regular volunteering opportunities, whether it's to assist in our classes, or to lead an activity. Love 21 partners with both HandsOn Hong Kong and Time Auction. We regularly post volunteering opportunities on both platforms for interested volunteers to sign up.

GET IN TOUCH

Visit our website www.love21foundation.com
or email kenneth@love21foundation.com

LOVE

