



LOVE

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Love 21 Foundation

# ANNUAL REPORT 2023-2024

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# ABOUT

## LOVE 21 FOUNDATION



### Our Vision And Mission

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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.



# MESSAGE

## FROM THE FOUNDER & CEO

A new chapter for Love 21 has truly begun. After the fire destroyed our first ever centre last year, we didn't just rebuild, we also greatly improved the quality and size of our new home. This enabled us to significantly strengthen our support by offering more activities with deeper holistic care.

Thank you to all who supported our rebuild and Love 21 over the past year! Your generosity and efforts have resulted in Love 21 Foundation being able to significantly improve our programmes and care for the neurodiverse community in Hong Kong.

I'd also like to thank our Love 21 families for their trust and continued commitment and participation in our ever-growing community. Together we are stronger and I'm so grateful to be on this journey with you.

Thanks as well to our dedicated Board of Directors for your leadership and passion for creating the best organisation that we can. I know with your support that we will not settle and will continue aiming to achieve the very best for the neurodiverse community in Hong Kong.

Lastly, I'd like to thank all of our amazing coaches, volunteers and staff for your dedication and hard work. Love 21 is extra special because of the heart and care that you put in each and every day.

We just finished another impactful year with loads of progress. During this financial year we increased the number of sports and health classes we offer by 92% to 5400 classes. Our membership also increased by 28% as we now support 380 families.





Improving our family support is an area in which we have put a great deal of focus over the past year. We host daily fun health classes for parents only, to give them rest, fun and peer support. We want our Love 21 parents to feel supported and better equipped to handle some of the more difficult challenges they face. Our family support also includes counselling for parents and siblings. Over this past year we supported nearly 50 families with this service.

Our nutrition and dietary programmes are a huge part of our holistic model. The gains and health improvements we have seen through this care have been so inspiring. This past year we have been supporting our members with probiotics to improve their gut health. We have seen such impressive results which were since published in journals and recognised in conferences abroad. We are so excited to give our families this much needed support and will continue strengthening this programme in the coming year.

In this past year we took a large step towards helping more of our members find purpose through employment. We employed and trained nearly 30 of our members and have seen many go on to work in outside companies. Looking forward, employment support will be an area that we will expand as it's so important for us all to have purpose in our lives. Also, amongst our 450 members over 60% are single mother households, which means that extra family income will be another much needed benefit.

Love 21 is on the move! And you may have seen our members at various events and performances around town. As we continuously improve our programme support, we also strive to raise more awareness in this city by providing sharings in corporate workplaces, schools and at external events where our members can showcase their talents and abilities.

Let's all keep doing what we can to ensure that everyone has the best opportunity to reach their potential! We look forward to another exciting year ahead! Thanks again for your support!



JEFF ROTMEYER  
FOUNDER AND CEO OF LOVE21



# MESSAGE

## FROM THE BOARD

The 2023-24 year for Love21 was well and truly our phoenix year. From the ashes of the fire in January 2023 we emerged stronger and more committed to our mission to the Down syndrome and neurodiverse communities. With the generous support of designers, builders and suppliers we built a new and better center to serve our community. The space is better organized to run several different programs simultaneously. And this support was matched by the generosity of so many donors including foundations, companies, schools and individuals.

And speaking of programs our offering continued to broaden and deepen across sports classes, nutrition and health classes and a significantly strengthened counseling program for our families.

None of this would be possible without the vision, the dedication and the literal hands-on work of the staff. From cleaning out the remnants of the old center to concept and center design to the launch of the expanded center our team was stellar!

The designers, suppliers, contractors, work people and others demonstrate the generosity and community spirit of Hong Kong. And our donor base also broadened and deepened once they saw our predicament and our contribution to Hong Kong.

The coming year holds even more progress and development. In the colloquial English vernacular, I can tell you that “you ain’t seen nothin’ yet”. There is much to be done in Hong Kong to better serve our community. We count on your on-going support and are most grateful for how you sustain us.

I wish to extend personal gratitude to my fellow board members. All are volunteers and all feel the importance of our mission and take their role seriously. We aim to serve even better!

Thank you again for your support.

**MATTHEW S. HOSFORD**

Chairman of the Board





# New Love 21 Centre

## Renewed Space and Community Resilience

In the aftermath of the fire that destroyed Love 21 Space, we've received support from many of our corporate and charity partners. In particular, Blue Stone Management reached out and offered to manage the construction project for our new center. Thanks to Blue Stone, as well as other partners such as TCG, S+Techs, CBRE, Slaughter and May, and many more, we were able to locate, refurbish, and open our new center in October 2023.



## New Location, New Building

Our new centre is located in San Po Kong (a few blocks away from our old centre), in a newly refurbished and modern building. We've leased two floors in the same building. Our main activity space on the 2/F boasts a high ceiling and open design, and is where most of our sports, dance, and art classes take place. With a large activities room, and dance room, a multipurpose room, and a living area, we expect to be able to increase our class capacity to host more activities for our families.



## A Hub for Healing and Activity

Our space on the 11/F provides a more intimate setting for our one-to-one dietary consultations, as well as our small group training classes to take place. We can also use the 11/F to host smaller training and/or therapeutic sessions for our members.



## Love 21 New Centre Aims for 600 Sessions per month by 2024

We expect the new Centre to be fully operational by the start of the next financial year in April 2024, by which time we will be looking to expand our team to fully utilize our space. Our short-term goal for the coming year is to hold at least 600 sessions per month of sports/dance activities, and 100 sessions of one-on-one consultations by the end of the next year.



LOVE

# EMPOWERING FUTURES

## LOVE 21'S EMPLOYMENT & DEVELOPMENT PROGRAMS

From June 2022, Love 21 initiated our Employment and Development programme. Through the programme, we provide training and work opportunities for our members. Our members were trained to become Receptionists at our front desk, Assistant Coaches in our sport classes, Activity Assistants in our nutrition programme, and Administrative Assistants to our admin team.



陳紹岐  
Chan Siu Kei

2023年11月至2024年5月期間，紹岐參與了L21實習培訓計劃。在此過程中，他擔任了多個不同崗位的助理工作，不僅顯著提升了對外社交與事務應對能力，更在實習中培養了責任感。每一項工作都成為他自我增值、活學活用的機會。實習期間的時間安排均衡，多個崗位的實踐內容均能與所學知識結合。此外，計劃還提供了完善的配套支援——包括電腦設備使用、求職面試技巧、社交溝通培訓等——這些資源讓紹岐對職場有了更深刻的理解，並大幅增強了自信心。整體而言，這是一項令人高度滿意的培訓計劃。我們衷心希望未來能持續開展此類項目，讓更多學員透過參與實現自我提升。以上是紹岐的親身體驗，亦是我們對Love21的誠摯感謝！

紹岐媽媽

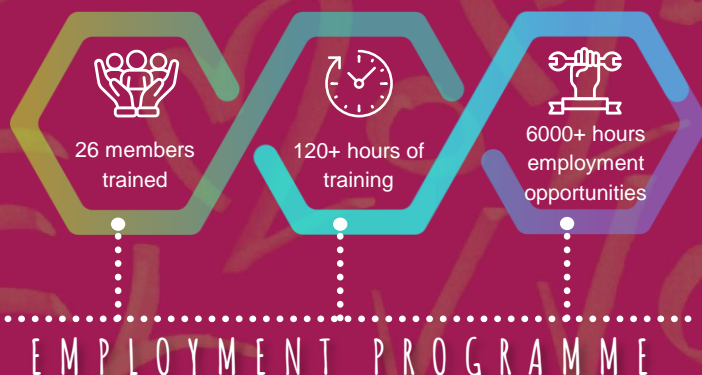
From November 2023 to May 2024, Siu Kei (陳紹岐) participated in the Love 21 Employment Training Programme. During this period, he took on assistant roles across multiple departments, which significantly enhanced his social interaction skills, sense of responsibility, and ability to adapt knowledge to real-world scenarios. Each role provided opportunities for personal growth and hands-on learning.

The training schedule was well-structured, allowing him to apply theoretical knowledge to practical tasks in various positions. Additionally, the programme offered comprehensive support—including access to computer resources, job interview training, and workshops on communication and social skills—enabling Siu Kei to gain deeper insights into the workplace and build substantial confidence. Overall, this was an extremely rewarding training experience.

We sincerely hope such programme will continue in the future, empowering more participants to grow and develop their potential.

The above reflects Siu Kei's firsthand experience and our heartfelt gratitude to Love21!

Siu Kei's Mother







顏建希  
Brian Ngan

小兒顏建希 ( Brian ) 參與Love21 Foundation工作實習計劃已逾一年。自獲悉入選之初，我們的心情既忐忑又欣喜——既憂慮Brian能否勝任，亦期待他能透過多元實習機會發掘潛能。Brian自幼備受呵護，我們未曾想過他能展現特長。所幸加入Love21大家庭後，從參與各項活動開始便深感慶幸：不僅能鍛鍊體魄、結識同路家庭，更獲得情緒支援的寶貴空間。衷心感謝中心職員與導師，以親切關懷輔導實習生，透過崗位培訓細緻指導工作要領，令Brian獲益匪淺。自今年三月起，他更獲安排至社會企業「再皂福」實習，從機構本部邁向社區實踐。見證Brian全心投入工作，我們從憂慮轉為欣慰樂觀，更驚喜發現：這一年多的培訓，竟令懵懂少年蛻變為具備常識、主見與責任感的青年。最後，謹向Love21 Foundation及支持本計劃的基金致上最深謝忱，感謝您們為Brian與所有學員提供如此意義深遠的成長契機！

健希爸爸

Child Brian Ngan ( 顏 建 希 ) participated in the Love 21 Foundation work internship programme for more than a year.

Since childhood Brian was quite protected and did not think he had any strengths and abilities. Fortunately after joining Love 21 we have quickly learnt how capable and talented he truly is.

Thank you very much to the staff of the center, the instructors and interns. The caring and friendly assistance has greatly helped Brian achieve great improvement over the years.

Brian has really enjoyed his internship and it's been so nice seeing Brian very engaged and enthusiastic about his work. A lot of my earlier concerns have gone and I'm much more optimistic about my son's future.

Finally, a huge thank you to the Love21 Foundation and the Fund support,, giving Brian and other members such a meaningful opportunity.

Brian's Father

# Testimonials

# LOVE

# OUR CSR PARTNERS

**BlackRock**



**ALLEGIS**  
GROUP

**CLIFFORD  
CHANCE**



**恒生銀行**  
HANG SENG BANK



**lululemon**



**HSBC**

**SLAUGHTER  
AND MAY**

**EY**

**CREDIT SUISSE**



**SEGANTII**

**10x10**

**abrdn**



**standard  
chartered**

**B**



# OUR CSR PARTNERS



**Bloomberg**

**10 x 10 HK**

**Abrdn**

**BlackRock**

**Credit Suisse**

**Hang Seng Bank**

**Lululemon**

**Standard Chartered**

**E+Y**

**Segantii**

**HSBC**

**Clifford Chance**

**Allegis**

**Yale Club**

**Slaughter and May**



**LOVE**



# SPECIAL EVENTS

- **USRC Fun Day**
- **Kowloon Cricket Club Fun Day**
- **HKIS Fundraiser**
- **CIS Baking workshop**
- **Kellett School Gymnastics Performance**
- **Starbucks Barista experience**
- **AIA Dance Performance**







- **M+ Visit**
- **HSBC/HKGTA activity in November 2023**
- **Beach Cleanup**
- **Rita Ku Rugby Christmas Party**
- **Dignity Kltchen Workshop**
- **UBS Carnival**



AS OF MARCH  
2024

# HIGHLIGHTS OF THE YEAR



MORE THAN

70+

TYPES OF ACTIVITIES OFFERED

MORE THAN

380

FAMILIES HAVE REGISTERED.



MORE THAN

30

MEMBERS TRAINED FOR EMPLOYMENT

MORE THAN

1380

HOURS 1:1 CONSULTATION



MORE THAN

5400

CLASSES & ACTIVITIES OFFERED

LOVE



# FINANCIAL OVERVIEW

## INCOME AND EXPENDITURE

HKD\$ in nearest hundred

| REVENUE                              | 2023-24          | 2022-23   |
|--------------------------------------|------------------|-----------|
| Donation income                      | 7,907,000        | 8,920,700 |
| Other in-kind donation               | 290,000          | 23,800    |
| Grant from Employment Support Scheme | -                | 144,000   |
| Bank interest income                 | 53,000           | -         |
| Exchange gain                        | 600              | 4,700     |
| <b>TOTAL REVENUE</b>                 | <b>8,250,600</b> | 9,093,200 |

HKD\$ in nearest hundred

| EXPENDITURE                   | 2023-24            | 2022-23     |
|-------------------------------|--------------------|-------------|
| Programme expenses            | 2,273,100          | 1,817,100   |
| Wages and Salaries- Programme | 2,601,200          | 2,474,100   |
| Rent                          | 659,400            | 580,000     |
| Depreciation                  | 229,200            | 65,600      |
| Wages and salaries- Admin     | 726,000            | 694,300     |
| Administrative expenses       | 48,700             | 390,500     |
| <b>TOTAL EXPENDITURE</b>      | <b>(6,537,600)</b> | (6,021,600) |
| <b>Surplus/(Deficit)</b>      | <b>1,713,000</b>   | 3,071,600   |

# WHAT'S NEXT



## #Gala dinner in April 2024



## #Dancing

Join us for an enchanting evening at the upcoming SEN Charity Gala Dinner, where compassion meets celebration! This spectacular event promises an unforgettable experience filled with inspiring performances by our talented members. Guests will enjoy a delightful meals and the opportunity to connect with like-minded individuals who share a passion for making a difference. Don't miss your chance to be part of this extraordinary day dedicated to charity, community, and creativity!



## Expansion of Family Support Services

We are thrilled to announce the forthcoming addition of our Family Service Support Team, dedicated to enriching the lives of families and fostering a stronger bond between them and Love 21.

This dedicated team will soon be onboard to provide a variety of essential support services tailored to meet the unique needs of families in our community. Our mission is to optimize our services and care, ensuring that every family receives the resources and guidance they need to thrive. By enhancing communication, collaboration, and connection, we aim to create a nurturing environment where families can flourish together. Stay tuned for more updates as we embark on this exciting journey towards strengthened family relationships and community support!



# COMING SOON



## In-house Fitness Team

We are excited to introduce our upcoming in-house Fitness Team, comprised of professional trainers dedicated to bringing adaptive fitness training to all our members. With a focus on enhancing both the quality and effectiveness of your workout experience, our team will work closely with you to develop tailored lesson plans that cater to individual needs and abilities. Our goal is to improve your overall health and wellness while ensuring that everyone has the opportunity to achieve their fitness goals. Get ready to embark on a transformative journey, where personalized support and expert guidance will help maximize your outcomes and enhance your well-being. We can't wait to see you thrive with our new fitness offerings!

## Programme with HSBC

An exciting collaboration with HSBC in launching a dynamic Mentorship Programme designed to empower participants through unique learning experiences. This programme pairs individuals with HSBC mentors for personalized 1:1 mentorship, providing invaluable guidance and insights into the professional world. Participants will have the chance to engage in a variety of touring activities across Hong Kong, experiencing firsthand the vibrant corporate landscape.



#HSBC

LOVE

# 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 time and energy organized and facilitated classes and activities.

## **Our team of dietitians**

Their commitment to providing expertise made the Jockey Club Love Healthy Life Sport and Nutrition Programme possible.

## **Our team of clinical psychologists**

Their compassion and empathy provided crucial support to families in need.

## **Our Board of Directors**

Their time and expertise ensured the stability of Love 21.

## **Our wonderful members and their families**

Their support and feedback are indispensable to Love 21



# LOVE 21 TEAM



Jeff Rotmeyer  
Founder/CEO

Camel Armstrong  
Chief Operating Officer

Ricky Fung  
Sports Coordinator

Kenneth Chan  
Programme Manager

Brain Tong  
Senior Programme  
Officer

Matthew Fung  
Dietician

## BOARD MEMBERS

### Chairman of the Board

DE Pree Oliver  
Director

Chan Shun Lai  
Director

Hosford Mattew Sander  
Director

Maley Daniel Frank  
Director

Kang Youngsook  
Director

Wong Hoi Man  
Director

Sayed Jeffry Thomas  
Director

Cheung Siu Ling  
Director



# GET INVOLVED

- **For Individuals**

If you would like to support Love 21 through donations, we sincerely thank you for your generosity. Our website facilitates recurring donations via the link below. Your contribution will directly fund our day-to-day operations and future growth, ensuring we continue to serve our community.

- **For Corporate Partners**

Love 21 offers impactful CSR initiatives that engage your team in dynamic, interactive sessions with our members. These activities begin with an introduction to our mission, history, and the challenges faced by neurodiverse individuals. Volunteers then participate in high-energy classes, fostering connection and understanding. A suggested donation for these partnerships helps keep all Love 21 programmes free for members and their families. To collaborate, please contact us via email or phone.

- **For Volunteers**

Join Love 21 through regular volunteering opportunities, such as assisting in classes or leading activities. We partner with HandsOn Hong Kong and Time Auction, where we post openings for interested volunteers. Whether you're helping with sessions or organizing events, your time empowers our community.

# LOVE

## GET IN TOUCH

Visit our website [www.love21foundation.com](http://www.love21foundation.com)  
Or [info@Love21foundation.com](mailto:info@Love21foundation.com)

