



In Time Of 2023: Sports Date

//Embrace change, become the better person you want to be.//

Cloud Wan, Tung Tung, Kelena Poon Kit Ning, Ken Yuen, Yip Pui Yin and Charlotte Lam share their “Lost and Found” stories at The Mills

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(Hong Kong, 16 June 2023) Nan Fung Group’s community initiative “In Time Of” has set “**Sports Date**” as the theme for this year, aiming to raise awareness of the physical and mental wellness of the public. Exercise can help us stay healthy and resilient; to promote exercise, “In Time Of 2023: Sports Date” is launching a series of “Sports Days” this year: at TKO Plaza (March), The Mills (September) and AIRSIDE, Kai Tak (November). Since March, “In Time Of 2023: Sports Date” has been organising a series of activities to care for the physical and mental health of people from different sectors. These include “Loserity” at The Mills which explores the mental state of employees; “Health Balance Team” at TKO Plaza which encourages the elderly to learn healthy postures together with their family members; sports jersey-making workshops in collaboration with various sports organisations; and creating “Mind Maps”. All of these activities are meant to help us “Embrace change, become the better person you want to be.”

【In Time Of 2023: Sports Date】

A theme that aims at promoting physical and mental wellness and advocates achieving a “Better Me” through sports



“In Time Of” also invites them to create cotton embroidered T-shirts on the theme of “Failure is...” on the spot. These tees will also be displayed in the “Lost & Found” zone. Stop by to look at embroidery works. At the same time, think about the meaning of failure.



From September onwards, “In Time Of” will invite Nature Activity Instructors, Registered Arts (Expressive Arts) Therapists and Registered Drama Therapists to design different art therapy workshops, including: office applied theatre, expressive art therapy and Mindful Eating workshop (How can workers have a proper meal during working hours?). The goal is to help office workers who often face setbacks to establish the ability to repair themselves emotionally. “In Time Of” sincerely invites everyone in the workforce who has experienced “failures” to join in and redefine the meaning of “failure”. The details of workshop registrations will be announced later on In Time Of’s social media platforms.

【TKO Plaza: Health Balance Team】

Trains the elderly to become “posture coaches”

Help other community members improve their walking posture in turn



The physical and mental health of the elderly must not be overlooked. Therefore, “In Time Of:

Sports Date” has set up the “Health Balance Team” in TKO Plaza this June: the team has designed a posture training course for our community’s elderly to learn the correct postures for walking and exercising. On completion of the course, they can enrol in a 9-hour “posture coaching class” and become “posture coaches” themselves.

“In Time Of” will also set up a mobile “Posture First Aid Station” in the Tseung Kwan O community and invite accomplished “posture coaches” to help other seniors and families establish sustainable exercise habits. This initiative is a collaboration with the “Weaving of Wellness – Seniors Mutual Help Development Project” (“the WOW Project”) under the “Time Bank Programme” . The elderly can also join the ranks of volunteers to serve the community through the “Health Balance Team” , and find fun in it too.

【Sports Date: Sports Day】

Share the fun of sports at TKO Plaza, The Mills and AIRSIDE

Kacama designs eco-friendly mobile sports suitcases for the community

We have also invited **local design studio Kacama** to curate a number of sports games for the “Sports Date”, such as “Footgolf”, “Football 88 Battlefield”, “Football Tic-Tac-Toe”, “Ping Pong Egg Waffle”, “Frisbee Battle”, “Yoga Charades”, “Barrier-Free Kart Drift & Fun”, etc. The public is welcome to form teams to participate and have fun in sports. In addition, we have specially customised a number of mobile suitcases to carry sports equipment for these activities, to make it easier for corporate and school teams to take part in these sports at more places.

For the upcoming “Sports Days” which will be held in different venues, “In Time Of” has invited four district sports teams: **Sham Shui Po Sports Association Ltd (SSPFC); Hong Kong, China Lacrosse Association; Flying Disc Federation of Hong Kong, China; and Hong Kong Rugby Union**, to share their professionalism and provide participants with opportunities to experience the sports.

The first “Sports Day” took place from 9 to 11 June at TKO Plaza. **Sham Shui Po Sports Association Ltd. (SSPFC); Hong Kong, China Lacrosse Association; Polar; and One Stretching** were invited to introduce a variety of sports. Under the guidance of professional instructors, participants enjoyed their first hand-on experience with some less common sports.



We invited **Hong Kong female badminton team athlete Yip Pui Yi** and **Hong Kong football coach Kwok Kar Lok Kenneth** to try out lacrosse on the spot. Yip excitedly said that it was her first time playing Lacrosse and it was very interesting. Both the playing style and techniques were completely different from badminton. She also encouraged everyone not to be afraid of doing sports. She pointed out: “Many people are afraid of doing sports. There are many reasons and

excuses. But in fact, there are also many choices for exercising. Some sports are more challenging, while some are easier. The most important thing is to give yourself the chance to try out different sports. You may eventually become interested in sports through different attempts, and only by taking the first step can you have the opportunity to develop the habit of doing sports.”

Kenneth said that he has known about lacrosse for a long time, and also that the Hong Kong team has achieved good results, but he has never had the opportunity to experience the sport in person. He pointed out that at “Sports Day”, everyone can watch the game and even try it out, which has greatly helped the promotion of the sport.

Emcee/counsellor Kelena Poon Kit Ning, followed an instructor to perform stretching exercises on the spot. Since stretch engaged the body’s rarely-used fascia, the process turned out not easy for Kelena. She said stretching is like emotions: When we feel deep pain, the more we resist, the tighter we become, and we are more likely to be injured in the end. She encouraged everyone to face it bravely and face up to his/her physical and mental health.



Explore yourself and those around you through exercise MaD and Talking Mental arouse public’s attention to physical, mental and spiritual health

Sports can train our mental strength and build resilience when coping with challenges. We have invited “MaD” (Make A Difference Institute) and other partners to join “Sport Day” at TKO Plaza. Various workshops and activities are hosted to invite participants to explore ways of understanding and learn to shift perspective flexibly with empathy.

In addition, we once again co-organised the “In Time Of x Walk & Talk” with Talking Mental. The theme this time is “Role Reversal”. We hope that through the event, parents and children can learn how to empathise from each other’s perspective so as to sort out the communication problems among themselves. The response to the two events was overwhelming, with a total of about 300 participants. The subsequent “Sports Day” will be held at The Mills (September) and AIRSIDE, Kai Tak (November). More details will be announced later.



Sense of belonging is established by making sports jerseys
Connect the community by drawing “Mind Maps”

In order to help different communities build a sense of belonging, “In Time Of” co-organised jersey-making workshops with **jersey production company Atacar** and invited different communities to take part, in the hope that they could find in the process the common identity and characteristics of the community. Earlier, a group of young players of the **Sham Shui Po Sports Association Ltd (SSPFC)** took part in a workshop and made their own jerseys. They will even wear these exclusive handmade jerseys and appear as ball boys in the Senior Shield games. Stay tuned!

Promoting community development is an important vision of “In Time Of”. In line with this year’s theme of caring about physical and mental health, “In Time Of” will cooperate with different communities and NGOs to create “Mind Maps” of various districts and community issues. It is hoped that the public can understand more about the emotional problems in our daily life and sort them out in different ways.



Putting “SEWIT” sustainability concept into practice
“In Time Of: Sports Date” pays attention to the “Wellness” of the community and stakeholders

Nan Fung Group has a long and proud history of creating sustainable communities. Its sustainable development framework “SEWIT” is based on five strategic pillars to create an eco-friendly and resilient city: Social Cohesion, Environment, Wellness, Innovation and Technology. The series of activities of “In Time Of: Sports Date” pays attention to the overall health of people of different ages and groups, encourages the public to have fun in sports, promotes physical and mental health, and enhances resilience.

For more information about “In Time Of: Sports Date”, please visit “In Time Of” website and follow the social media pages.

Website : <https://www.intimeof.com/>

Facebook: <https://www.facebook.com/InTimeOf>

Instagram: <https://www.instagram.com/intimeofhk/>

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About “In Time Of”

The “In Time Of” programme is a community initiative launched by the Nan Fung Group that engages society on multidisciplinary levels ranging from the cultural and creative industry to social design and sustainable development. Inspired by the global “Resilient Cities” concept that refers to cities with the resilience to absorb, recover from and prepare for future shocks in different areas of society including economic, environmental, social, infrastructural, and institutional. The programme aspires to empower the community to accumulate social capital in neighbourhoods, advocating sustainability, and reshaping a continuous relationship that bridges humanity and nature.

The Group will partner with a diversity of social stakeholders including non-profit organisations, social enterprises and community designers through the “In Time Of” programme to develop sustainable community programmes including exhibitions, seminars, workshops, and guided tours, realise social empowerment and improve the efficiency of resource utilisation in the hope of creating a more resilient future for local neighbourhoods.

About Nan Fung Group

Nan Fung Development Limited is a subsidiary of the Nan Fung Group, one of the largest privately held conglomerates in Hong Kong with global interests in real estate development and investment. It holds a well-diversified and substantial financial investment portfolio. The Group was founded in 1954 and has a track record spanning over 50 years with over 165 projects including residential, commercial and industrial buildings. The Group also strategically focuses on first-tier cities in mainland China and recognises attractive opportunities for development and investment overseas, including New York and London.

In recent years, the Group has expanded its investment focus to ICE (Innovation, Creativity and Entrepreneurship), exemplified by its signature project, The Mills, a revitalisation of its legacy yarn factories into a hub promoting techstyle (intersection of technology and style) and an integrated destination housing an experiential shopfloor, startup incubator and interactive gallery. The Group has also made significant progress in investments related to life sciences in the US via Pivotal; and in Mainland China via an affiliate, New Frontier, which focuses on healthcare, elderly care, education, and new technology.