

# HELLO BEAUTIFUL FOUNDATION

England & Wales · Charity number 1158384

## Details

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**Other names** HELLO BEAUTIFUL

**Status** Registered

**Legal form** Charitable company

**Company number** [08499494](#)

**Registered** 2014-08-28

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Hello Beautiful Foundation  
62-64 Southampton Row  
London  
WC1B 4AR

**Phone** 02087659625

**Website** [www.hellobeautiful.org](http://www.hellobeautiful.org)

## Activities

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**Objects:** 1)TO RELIEVE SICKNESS AND TO PROMOTE AND PROTECT GOOD HEALTH FOR THE PUBLIC BENEFIT OF PEOPLE DIAGNOSED WITH CANCER AND RELATED ILLNESSES BY SUCH MEANS AS THE TRUSTEES DEEM FIT; AND2)TO ADVANCE THE PUBLIC'S EDUCATION CONCERNING CANCER AND WAYS TO REDUCE THE CHANCE OF FALLING VICTIM TO THE DISEASE IN PARTICULAR BUT NOT EXCLUSIVELY BY USING ART EXHIBITIONS AS A MEANS OF RAISING AWARENESS.

**Activities:** The Hello Beautiful Foundation provides a support network for people that have been affected by cancer.The Foundation speaks openly about Non-Toxic Practice and how to live sustainably

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science
- **Who:** People With Disabilities

## Geography

- Camden
- Lambeth
- Middlesbrough
- Southwark
- Stockton-on-tees
- Throughout London

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£145,683	£145,680	-	-
2024-04-30	£93,094	£93,090	-	-
2023-04-30	£120,438	£120,438	-	-
2022-04-30	£70,561	£70,561	-	-
2021-04-30	£155,743	£155,743	-	-

## Trustees

Name	Role	Appointed
<b>KEVIN HELTON</b>	Chair	2013-08-22
Angelina Palus		2014-12-02
BARBARA HUTCHINSON		2014-06-12
JANE HUTCHISON		2013-08-22
Marie Christine		2024-07-11
Sandra Soteriou		2024-04-25

**HELLO BEAUTIFUL FOUNDATION**

England & Wales - Charity number 1158384

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# Accounts

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**Cancer prevention and Non-Toxic Practice<sup>(TM)</sup>**

[hellobeautiful.org](http://hellobeautiful.org)

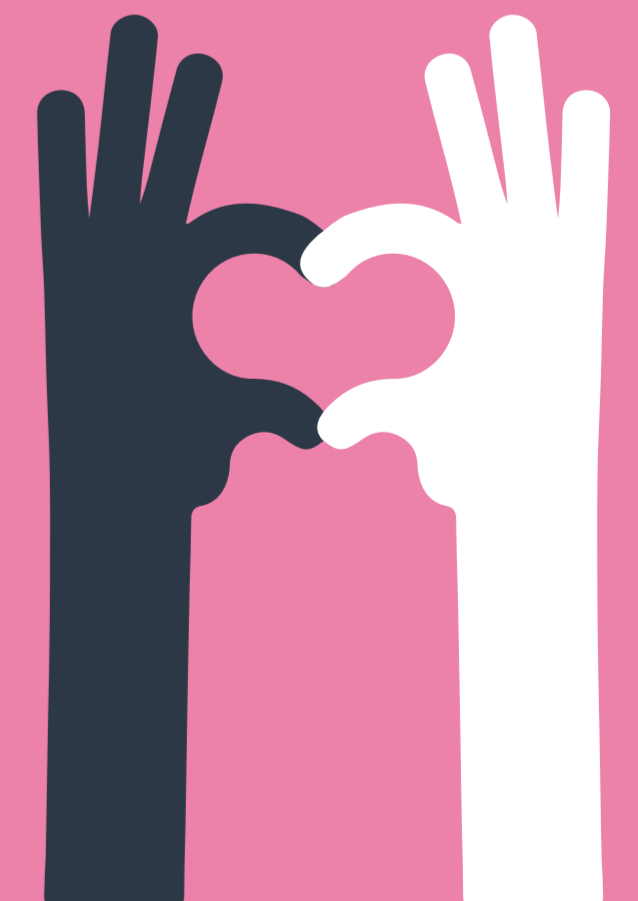
# Introduction

## Hello Beautiful Foundation [hellobeautiful.org](http://hellobeautiful.org)

The Hello Beautiful Foundation is a London based Cancer charity that was set up by Jane Hutchison & Kevin Helton following Jane's own encounter with breast cancer.

Hello Beautiful explores the issues that arise when we or our loved ones are faced with cancer and the importance that emotional awareness and positivity have in this reality.

In addition to providing a central location for both traditional and non-traditional healing techniques to flourish, the charity also discusses the benefits of living a healthy and otherwise non-toxic lifestyle.



Our philosophy revolves around Non-Toxic Practice<sup>(TM)</sup> —the targeted eradication of all toxic substances from daily life.

The basis of this practice takes place on 3 levels:

## MIND

Using positive emotional awareness as a means to living freely without stress and anxiety.

## BODY

Assuming an organic plant-based diet that is free from too much animal proteins processed sugars and genetic modifications. This extends into natural cosmetics and again finding products that have not been laced with parabens pesticides and other chemical compounds.

## SOUL

Embracing mindfulness and other holistic forms such as Qi Gong and Yoga that have been designed to realign the spiritual centre.

# Activities

The Hello Beautiful Foundation objectives are to support Cancer patients going through and beyond their cancer diagnosis

The HELLO BEAUTIFUL FOUNDATION derives income through donations, grants and other charitable fundraisers.

Donations are achieved through outright donations to the charity, art sales and/or wellness workshops.

In the case of art sales, we have a dedicated group of local artists that showcase their work through various outlets and donate a percentage of their sales to the foundation. In the case of wellness workshops, we have a dedicated group of holistic practitioners that host holistic sessions and donate a percentage of their sales to the foundation.

The HELLO BEAUTIFUL FOUNDATION has no full time employees

## How Donations are used

Hello Beautiful offers a variety of free services that expand on the themes of collaboration and sustainability.

### 1. Wellness centre

We have opened a wellness centre at 62-64 Southampton Row, London, WC1B 4AR where we give FREE holistic sessions to people diagnosed with Cancer.

### 2. Educational workshops

Hello Beautiful continues to work with local leaders to pioneer educational experiences at schools, hospitals and workplaces around the UK.

### 3. Wellbeing Services

Some of our free services for cancer patients include qi gong, yoga, sound massage, reflexology, reiki, breathwork, mindfulness practices, movement, nutrition demos, talks, lecture, series, art creativity, spoken word events, dance, singing, mini festivals. We also host art awareness workshops and exhibitions using sound, smell, taste and touch as part of our awareness events.

### 4. Wingman Program

Our wingman program offers insight on how a team of at least two people can operate as a single unit so as to positively influence the outcome of a cancer diagnosis. Strength in numbers is the concept — a “buddy system” that ensures that no cancer patient will have to go through it alone.

### 5. Non-Toxic Lifestyle Pack

Upon receiving a cancer diagnosis, the most immediate requirement for a speedy recovery is the eradication of all toxins from daily life. Hello Beautiful curates gift packs that include organic foods, juicers, non toxic cosmetics and the like.

### 6. Food and juice packs

We provide free access to organic plant based food and juice packs to patients in the local area and in local hospitals. We also host a wide range of nutritional workshops including how to make nut milks, how to grow sprouting seeds, urban farming and vertical farming in a indoor limited space.

# Awareness Events 24/25

Cancer Prevention Talks, Workshops & Exhibitions



"Hello Beautiful Foundation has been an incredibly important step on my healing journey and has helped nurture my creative development too"

"I really appreciate being part of the Hello Beautiful WhatsApp group so I'm part of the wider community 24/7"

"I've been to at least 8 workshops and they are so powerful, I keep coming back for more! They are such a valuable way to bring up and release emotions. I leave feeling like I've processed things I often didn't appreciate needed processing."

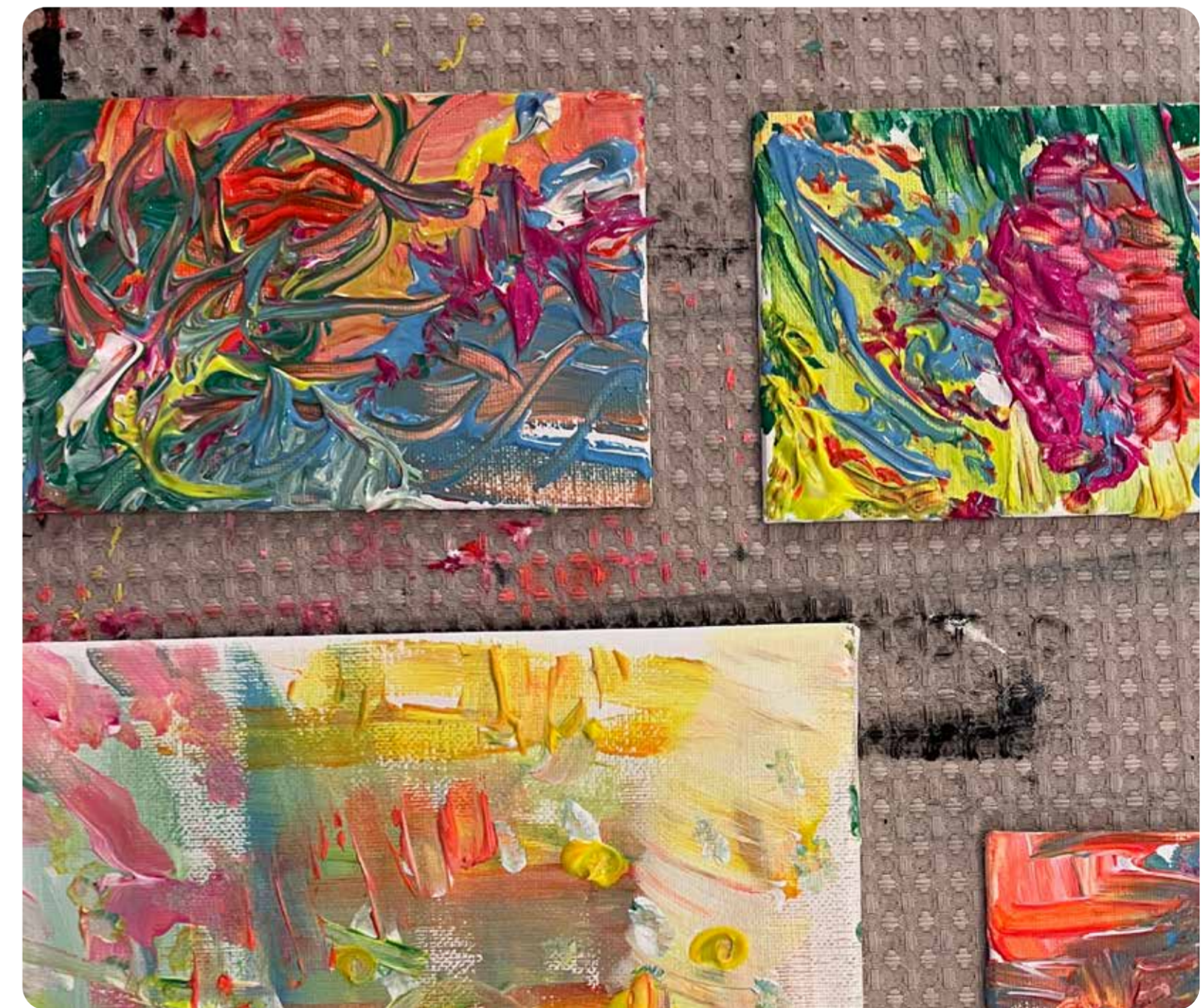
"They have a remarkable ability to make complex health information accessible and actionable."

"I can't recommend Jane and Kevin at Hello Beautiful highly enough for anyone seeking a profound, enriching wellness."



Cancer Prevention & mental health talk

Mindful art classes



Meditation & Mindfulness



Sound Bath



Journaling & Gong bath



Breathwork



Connecting to nature through sound waves



Trauma release



Qi Gong

“The make-your-own essential oils workshop is one of my favourites”

“I’m so grateful for the Hello Beautiful team and this safe, healing community.”

“The nutrition workshop was so uplifting you have no idea the difference it made on me!”

“I never knew making my own healthy food would be so easy”

“I felt empowered after the prevention talk and feel like my spirit has been lifted”

### Nutrition talks



### South Asian food demos



Make your own kefir workshop



Nutrition talks

As well as providing nutrition workshops including juicing, plant based milk, gut health, immune boost we also provide a free organic plant based food service and deliver to cancer patients in local hospitals and surrounding areas



volunteers and trustees

## TRUSTEE'S

Jane Hutchison  
Kevin Helton  
Sandra Soteriou  
Marie Christine McWhinney

Barbara Hutchison  
(Runs North East UK events)

The HELLO BEAUTIFUL FOUNDATION  
does not actively recruit trustees.

If and when we need additional  
trustees we can select from our  
pool of volunteers

## BENEFITS & ACHIEVEMENTS

We have helped over 6,000 people in this  
financial year

We have worked with over 57 other charities and  
expanded our offerings to include more wellness  
sessions and mental health workshops. We are also  
building a resource website to expand our reach

Above and beyond our normal daily activities of  
hosting a wide range of wellbeing workshops we  
have also hosted a variety of art awareness  
campaigns to help educate the community about  
cancer prevention. In addition we have started to  
create an educational resource where people can  
get access to a wide range of research, data and  
practical wellness tips

We have had a positive impact on people with  
Cancer's lives and people helping to prevent  
a recurrence. We gain this insight through  
feedback forms and questionnaires

We have on boarded additional resources  
including doctors, nurses, health organisations  
and health practitioners

**Registered Number 08499494**

**HELLO BEAUTIFUL FOUNDATION**

**Micro-entity Accounts**

**30 April 2025**

## Micro-entity Balance Sheet as at 30 April 2025

	<i>Notes</i>	2025	2024
		£	£
<b>Current Assets</b>		33,979	33,684
<b>Creditors: amounts falling due within one year</b>		(33,972)	(33,680)
<b>Net current assets (liabilities)</b>		<u>7</u>	<u>4</u>
<b>Total assets less current liabilities</b>		<u>7</u>	<u>4</u>
<b>Total net assets (liabilities)</b>		<u>7</u>	<u>4</u>
<b>Reserves</b>		<u>7</u>	<u>4</u>

- For the year ending 30 April 2025 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.
- The accounts have been prepared in accordance with the micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 20 January 2026

And signed on their behalf by:

**J HUTCHISON, Director**

**Notes to the Micro-entity Accounts for the period ended 30 April 2025****1 Employees**

	<i>2025</i>	<i>2024</i>
Average number of employees during the period	0	0

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.

**Independent Examiner's Report**  
**Hello Beautiful Foundation**

I have examined the attached account and statement for the year ended 30th April 2025 which have been prepared on the receipts and payments basis.

**Respective responsibilities of the director and auditors**

The directors of the company are responsible for the preparation of accounts, they consider that the audit requirement under the Companies Act 2006 does not apply. I make my report in accordance with regulations made under that Act.

it is my responsibility to:

- examine the accounts;
- to follow the procedures laid down in the General Directions given under the Act; and
- to state whether particular matters have come to my attention.

**Basis of Examiner's Statement**

My examination was carried out in accordance with the General Directions given under the Acts. An examination includes a review of the accounting records kept by the company and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the accounts.

**Examiner's Statement**

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the directors have not met the requirements to ensure that:
  - proper accounting records are kept; and
  - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached. I have been unable to satisfy myself of the current VAT liability.

Signed .....  ..... Date ...20 January 2026....

David A Taylor F.C.A.  
16 Bond Street  
Wakefield  
WF1 2QP

**HELLO BEAUTIFUL FOUNDATION**

England & Wales - Charity number 1158384

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# Accounts

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**Cancer prevention and Non-Toxic Practice<sup>(TM)</sup>**

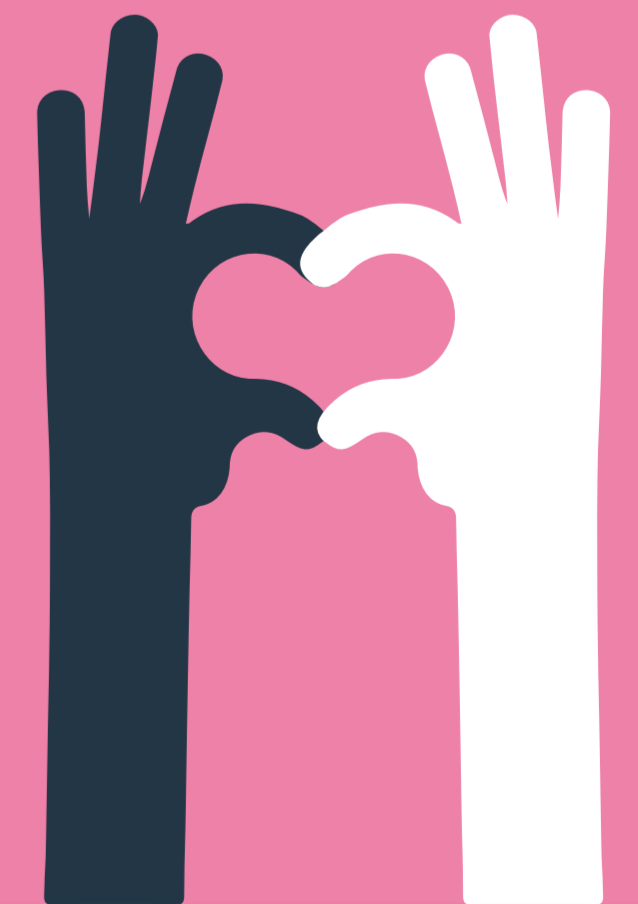
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# Awareness Events 23/24

Herbal benefits workshop



Grow your own mushrooms workshop



Herbs and their benefits to the immune system

Making organic bath salts to take home



Yesterday I was particularly at a really low eb ,so having force myself to come to you yesterday was a real blessing and a gift of sorts because having lost a lot of my confidence I find my way back into hopeful thoughts for the future and I can't thank you enough for that!

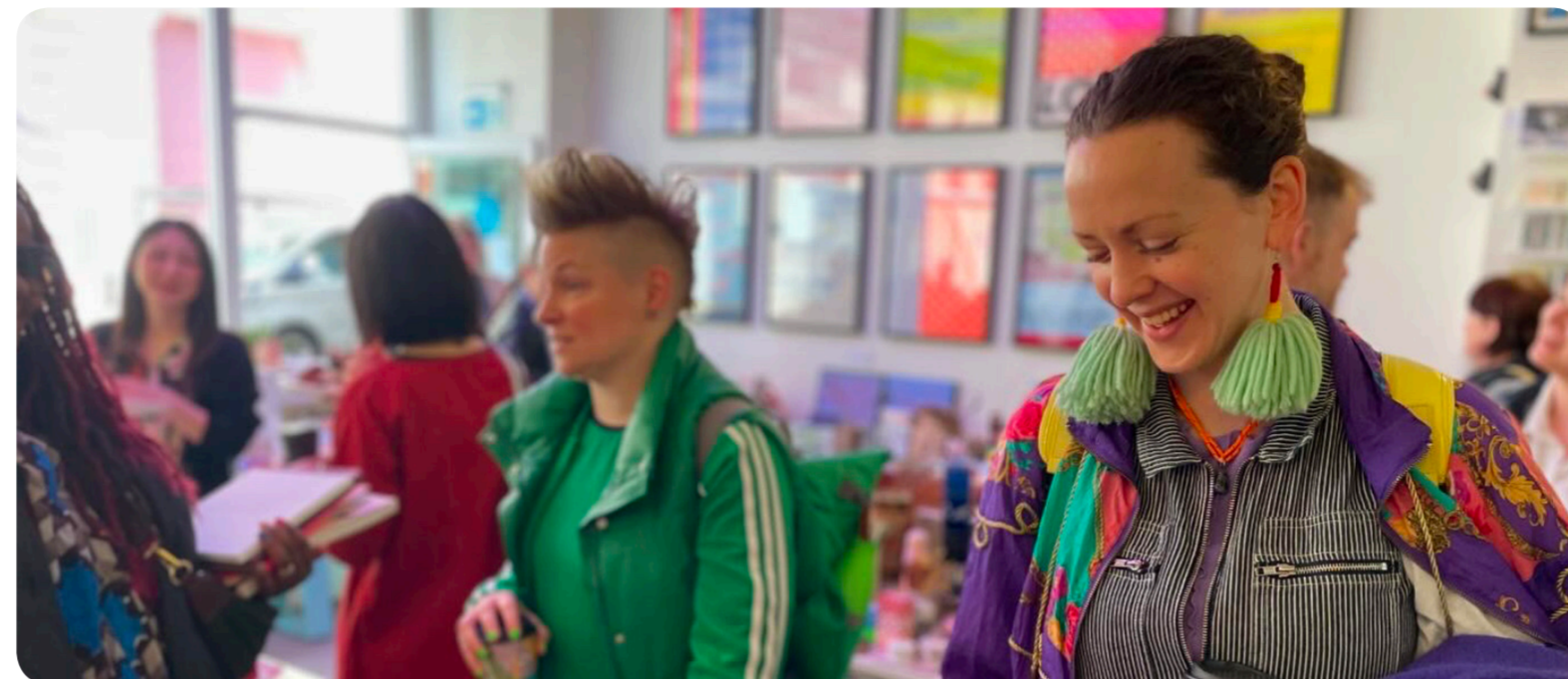
I am currently quite looking forward to meeting other people Again, thank you for your invaluable guidance and presence

**Lisa — Breast Cancer Patient**

Patient Family meet ups / sharing connection

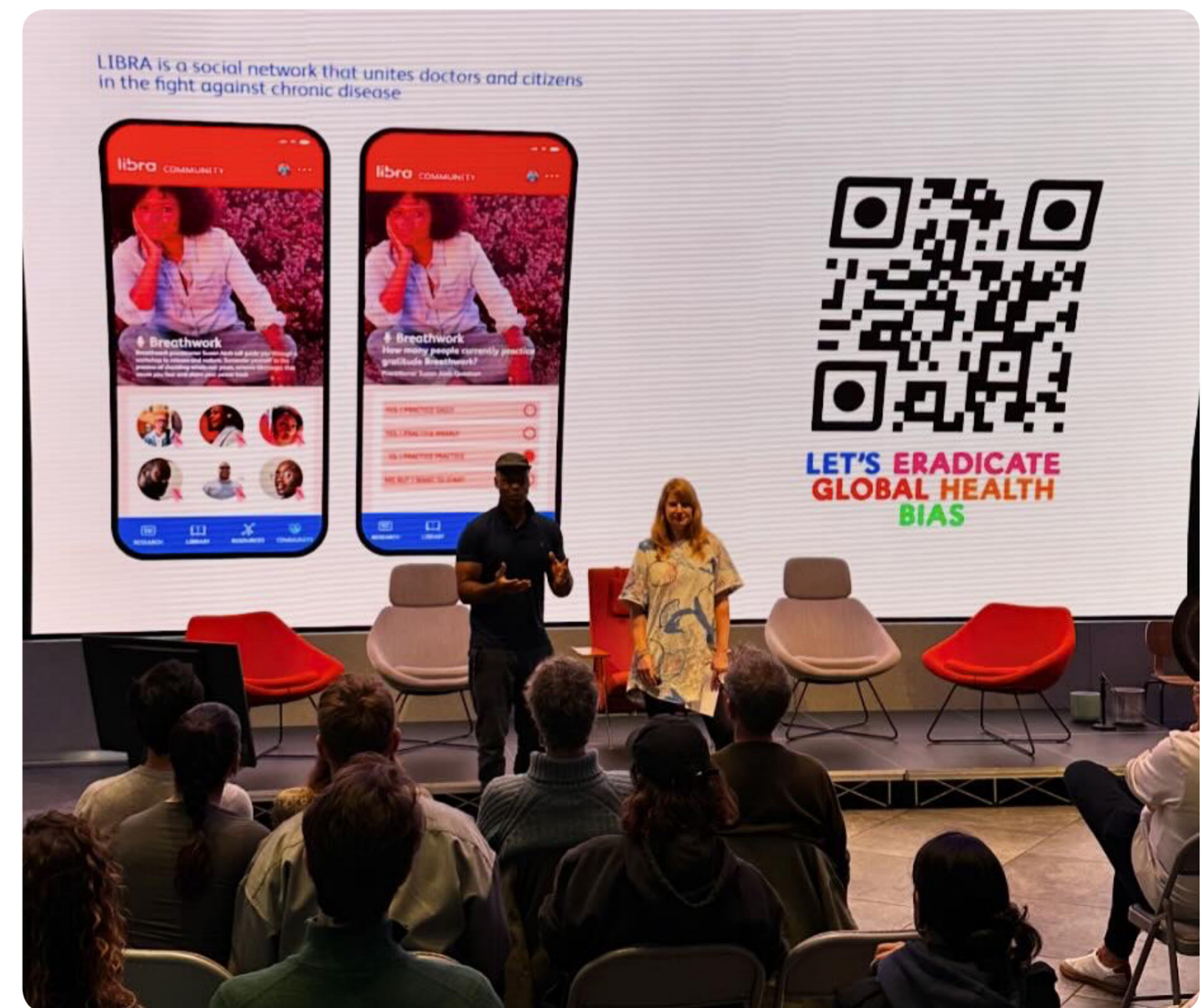


Art awareness exhibition



Diabetes and Cancer Doctor awareness talk

Aromatherapy making workshop



Lecture series on health biases

Holistic sessions and talks



Qi energy workshop



Breathwork



Tapping EFT



Our holistic dojo for multiple sessions



Breathe Love



Colour theory workshop

Jane and Kevin at the Hello Beautiful Foundation have been an invaluable source of health and wellness resources

The Breath Work and Sound Bath workshops are incredibly beneficial to the healing journey, providing a serene escape from the stresses of everyday life

The atmosphere they create is one of tranquility and acceptance, making it easy to relax and embrace the experience fully

Jane and Kevin's generosity of spirit and dedication to the community are evident in all they do. They go above and beyond to ensure everyone feels welcomed and supported, regardless of where they are on their journey

Shakura — Regular member

Hands on nutrition workshops

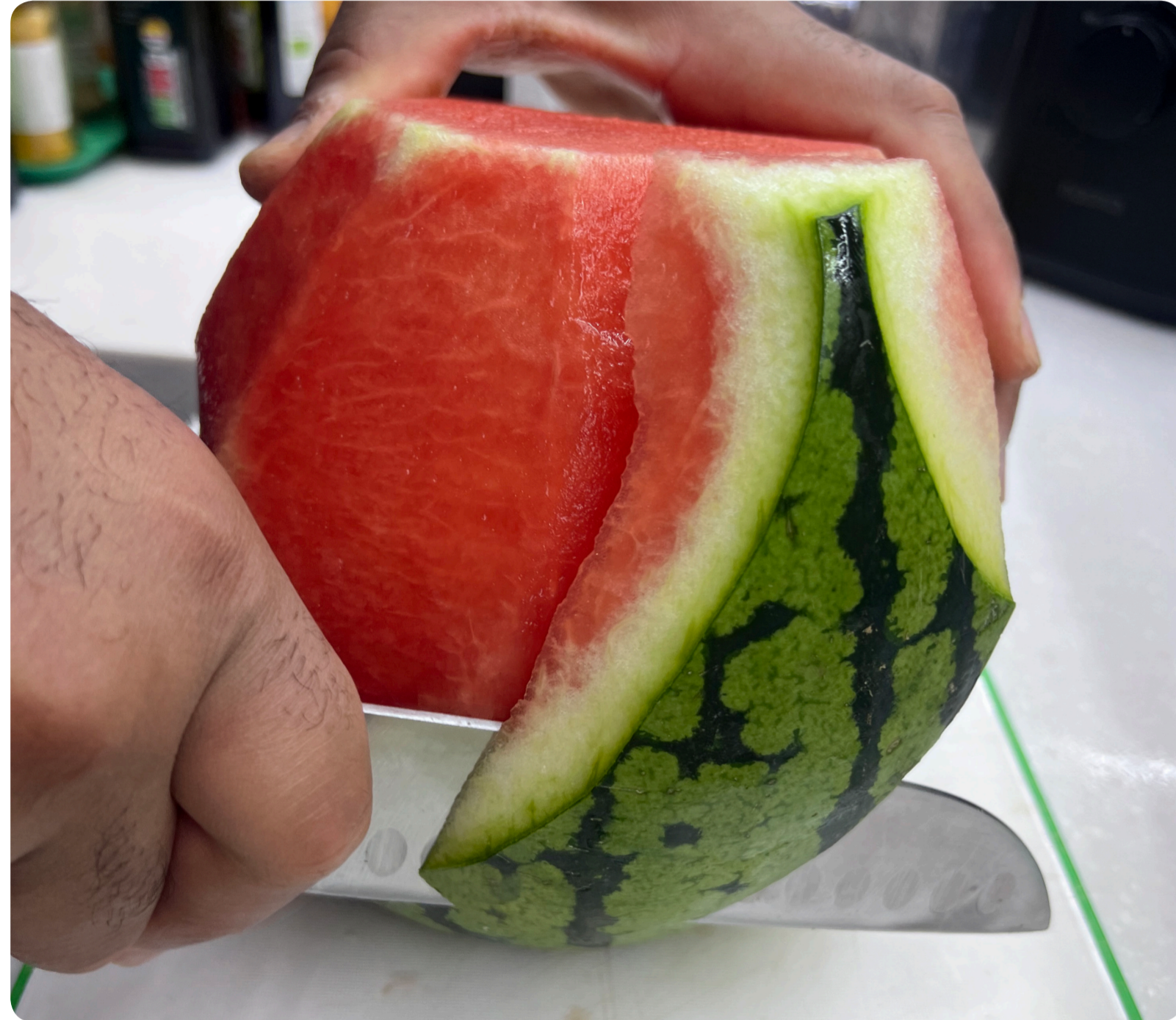


Grow bags to take home



Community building

As well as providing nutrition workshops including juicing, plant based milk, gut health, immune boost we also provide a free organic plant based food service and deliver to cancer patients in local hospitals



volunteers and trustees

## TRUSTEE'S

Jane Hutchison  
Kevin Helton  
Sandra Soteriou  
Marie Christine McWhinney

Barbara Hutchison  
(Runs North East UK events)

The HELLO BEAUTIFUL FOUNDATION does not actively recruit trustees.

If and when we need additional trustees we can select from our pool of volunteers

## BENEFITS & ACHIEVEMENTS

We have helped over 6,500 people in this financial year

We have worked with over 55 other charities and expanded our offerings to include more wellness sessions and mental health workshops. We are also building a resource website to expand our reach

Above and beyond our normal daily activities of hosting a wide range of wellbeing workshops we have also hosted a variety of art awareness campaigns to help educate the community about cancer prevention. In addition we have started to create an educational resource where people can get access to a wide range of research, data and practical wellness tips

We have had a positive impact on people with Cancer's lives and people helping to prevent a recurrence. We gain this insight through feedback forms and questionnaires

We have on boarded additional resources including doctors, nurses, health organisations and health practitioners

**HELLO BEAUTIFUL FOUNDATION**

Report and Accounts

Year Ended

30TH APRIL 2024

Company No. 8499494 (England and Wales)

**HELLO BEAUTIFUL FOUNDATION**

**COMPANY INFORMATION**

**DIRECTORS**

K. Helton  
J.E. Hutchison  
B.L. Hutchison

**COMPANY NUMBER**

8499494 (England & Wales)

**REGISTERED OFFICE**

198 Ellison Road,  
London.

**BANKERS**

Barclays Bank P.L.C.  
1 Churchill Place,  
London.

**INDEPENDENT EXAMINER**

D.A. Taylor  
16 Bond Street  
Wakefield  
West Yorkshire  
WF1 2QP

**Independent Examiner's Report**  
**Hello Beautiful Foundation**

I have examined the attached account and statement for the year ended 30th April 2024 which have been prepared in accordance with charities with a turnover of less than £250,000

**Respective responsibilities of the director and auditors**

The directors of the company are responsible for the preparation of accounts, they consider that the audit requirement under the Companies Act 2006 does not apply. I make my report in accordance with regulations made under that Act.

it is my responsibility to:

- examine the accounts;
- to follow the procedures laid down in the General Directions given under the Act; and
- to state whether particular matters have come to my attention.

**Basis of Examiner's Statement**

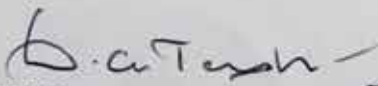
My examination was carried out in accordance with the General Directions given under the Acts. An examination includes a review of the accounting records kept by the company and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the accounts.

**Examiner's Statement**

*In connection with my examination, no matter has come to my attention:*

1. which gives me reasonable cause to believe that in, any material respect, the directors have not met the requirements to ensure that:
  - proper accounting records are kept; and
  - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed .....



Date 20th December 2024

David A Taylor F.C.A.  
16 Bond Street  
Wakefield  
WF1 2QP

**HELLO BEAUTIFUL FOUNDATION**  
**PROFIT AND LOSS ACCOUNT**  
**FOR THE YEAR ENDED 30TH APRIL 2024**

	<u>2023</u>	<u>2024</u>
<b><u>TURNOVER</u></b>		
Grants, Donations etc.	120,438	93,094
Administrative Expenses	<u>120,438</u>	<u>93,090</u>
<b><u>PROFIT ON ORDINARY ACTIVITIES BEFORE TAXATION</u></b>	0	4
<b><u>TAXATION ON PROFIT ON ORDINARY ACTIVITIES</u></b>	<u>0</u>	<u>0</u>
<b><u>PROFIT ON ORDINARY ACTIVITIES AFTER TAXATION</u></b>	0	4
<b><u>RETAINED PROFIT BROUGHT FORWARD</u></b>	<u>0</u>	<u>0</u>
<b><u>RETAINED PROFIT CARRIED FORWARD</u></b>	<u><u>0</u></u>	<u><u>4</u></u>

# HELLO BEAUTIFUL FOUNDATION

## BALANCE SHEET

AS AT 30TH APRIL 2024

	<u>2023</u>		<u>2024</u>
<u>CURRENT ASSETS</u>			
Debtors	0		29,480
Cash at Bank	<u>31,227</u>	31,227	<u>4,204</u>
			33,684
<u>CREDITORS</u> - Amounts falling due within one year		<u>(31,227)</u>	<u>(33,680)</u>
<u>NET ASSETS</u>		<u>0</u>	<u>4</u>
		<u>0</u>	<u>4</u>
<u>INCOME FUNDS</u>			
Unrestricted Funds		0	4
Total Members Funds		<u>0</u>	<u>4</u>

For the year ended 30th April 2024 the company was entitled to exemption from audit under section 477 Companies Act 2006 relating to small companies., and to charities with a turnover of less than £250,000

### **Directors' responsibilities:**

- \* the members have not required the Company to obtain an audit of its accounts for the year in accordance with section 476
- \* the Directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements
- \* these financial statements have been prepared in accordance with the micro-entity provisions

These financial statements were approved by the board of directors and authorised for issue on on 20th December 2024 and signed on their behalf by:



J.E. HUTCHISON

Director

**HELLO BEAUTIFUL FOUNDATION**

England & Wales - Charity number 1158384

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# Accounts

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**HELLO BEAUTIFUL FOUNDATION**

Report and Accounts

Year Ended

30TH APRIL 2023

Company No. 8499494 (England and Wales)

Prepared by: Taylor Croft & Winder  
PO BOX 403 WAKEFIELD WF1 2WT

HELLO BEAUTIFUL FOUNDATION

COMPANY INFORMATION

DIRECTORS

K. Helton  
J.E. Hutchison  
B.L. Hutchison  
A. Palus

COMPANY NUMBER

8499494 (England & Wales)

REGISTERED OFFICE

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1 Churchill Place,  
London.

INDEPENDENT EXAMINER

D.A. Taylor  
P.O Box 403  
Wakefield  
West Yorkshire  
WF1 2WT

**Independent Examiner's Report**  
**Hello Beautiful Foundation**

I have examined the attached account and statement for the year ended 30th April 2023 which have been prepared on the receipts and payments basis.

**Respective responsibilities of the director and auditors**

The directors of the company are responsible for the preparation of accounts, they consider that the audit requirement under the Companies Act 2006 does not apply. I make my report in accordance with regulations made under that Act.

it is my responsibility to:

- examine the accounts;
- to follow the procedures laid down in the General Directions given under the Act; and
- to state whether particular matters have come to my attention.

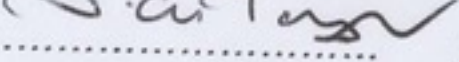
**Basis of Examiner's Statement**

My examination was carried out in accordance with the General Directions given under the Acts. An examination includes a review of the accounting records kept by the company and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the accounts.

**Examiner's Statement**

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the directors have not met the requirements to ensure that:
  - tproper accounting records are kept; and
  - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed .....  ..... Date ...18 May 2023....

David A Taylor F.C.A.  
P.O. Box 403  
Wakefield  
WF1 2WT

**HELLO BEAUTIFUL FOUNDATION**  
**RECEIPTS AND PAYMENTS ACCOUNTS**  
**FOR THE YEAR ENDED 30TH APRIL 2023**

	<u>2022</u>	<u>2023</u>
RECEIPTS	<u>70,561</u>	<u>120,438</u>
PAYMENTS	<u>70,561</u>	<u>120,438</u>

Abbreviated

HELLO BEAUTIFUL FOUNDATION

BALANCE SHEET

AS AT 30TH APRIL 2023

<u>ASSETS:-</u>	<u>2022</u>	<u>2023</u>
Cash at bank	<u>50,249</u>	<u>31,227</u>
<u>REPRESENTING:-</u>		
Creditors	<u>50,249</u>	<u>31,227</u>

NOTE:- ACCOUNTING BASIS

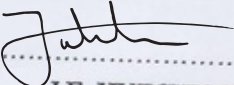
The accounts have been prepared on the receipts and payments basis. No account has been taken of any disputed

For the year ended 30th April, 2023 the company was entitled to exemption from audit under section 477 Companies Act 2006 relating to small companies.

**Directors' responsibilities:**

- \* the members have not required the Company to obtain an audit of its accounts for the year in accordance with section 476
- \* the Directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements
- \* these financial statements have been prepared in accordance with the micro-entity provisions

These financial statements were approved by the board of directors and authorised for issue on on 18th May 2023 and signed on their behalf by:

  
.....  
J.E. HUTCHISON  
Director



**Cancer prevention and Non-Toxic Practice<sup>(TM)</sup>**

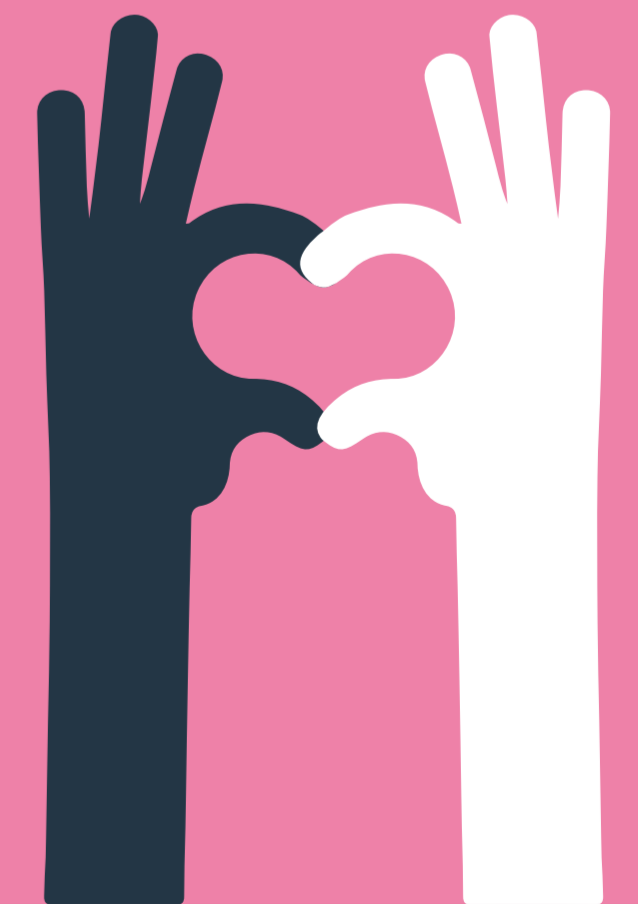
[hellobeautiful.org](http://hellobeautiful.org)

## Hello Beautiful Foundation hellobeautiful.org

The Hello Beautiful Foundation is a London based Cancer charity that was set up by Jane Hutchison following her own encounter with breast cancer.

Hello Beautiful explores the issues that arise when we or our loved ones are faced with cancer and the importance that emotional awareness and positivity have in this reality.

In addition to providing a central location for both traditional and non-traditional healing techniques to flourish, the charity also discusses the benefits of living a healthy and otherwise non-toxic lifestyle.



Our philosophy revolves around **Non-Toxic Practice<sup>(TM)</sup>** –the targeted eradication of all toxic substances from daily life.

The basis of this practice takes place on 3 levels:

## MIND

Using **positive emotional awareness** as a means to living freely without stress and anxiety.

## BODY

Assuming an **organic plant-based diet** that is free from too much animal proteins processed sugars and genetic modifications. This extends into **natural cosmetics** and again finding products that have not been laced with parabens pesticides and other chemical compounds.

## SOUL

Embracing **mindfulness and other holistic forms** such as Qi Gong and Yoga that have been designed to realign the spiritual centre.

The Hello Beautiful Foundation objectives are to support Cancer patients going through and beyond their cancer diagnosis

The HELLO BEAUTIFUL FOUNDATION derives income through donations, grants and other charitable fundraisers.

Donations are achieved through outright donations to the charity, art sales and/or wellness workshops.

In the case of art sales, we have a dedicated group of local artists that showcase their work through various outlets and donate a percentage of their sales to the foundation. In the case of wellness workshops, we have a dedicated group of holistic practitioners that host holistic sessions and donate a percentage of their sales to the foundation.

The HELLO BEAUTIFUL FOUNDATION has no full time employees

**How Donations are used**  
Hello Beautiful offers a variety of free services that expand on the themes of collaboration and sustainability.

#### 1. Wellness centre

We have opened a wellness centre at 62-64 Southampton Row, London, WC1B 4AR where we give FREE holistic sessions to people diagnosed with Breast Cancer.

#### 2. Educational workshops

Hello Beautiful continues to work with local leaders to pioneer educational experiences at schools, hospitals and workplaces around the UK.

#### 3. Wellbeing Services

Some of our free services for cancer patients include qi gong, yoga, sound massage, reflexology, reiki, breathwork, mindfulness practices, movement, nutrition demos, talks, lecture, series, spoken word events, dance, singing, mini festivals. We also host art awareness workshops and exhibitions using sound, smell, taste and touch as part of our awareness events.

#### 4. Wingman Program

Our wingman program offers insight on how a team of at least two people can operate as a single unit so as to positively influence the outcome of a cancer diagnosis. Strength in numbers is the concept – a “buddy system” that ensures that no cancer patient will have to go through it alone.

#### 5. Non-Toxic Lifestyle Pack

Upon receiving a cancer diagnosis, the most immediate requirement for a speedy recovery is the eradication of all toxins from daily life. Hello Beautiful curates gift packs that include organic foods, juicers, non toxic cosmetics and the like.

#### 6. Food and juice packs

We provide free access to organic plant based food and juice packs to patients in the local area and in local hospitals. We also host a wide range of nutritional workshops including how to make nut milks, how to grow sprouting seeds, urban farming and vertical farming in a indoor limited space.

# Awareness Events 22/23

Womens sharing circle



Mindful Tea Tasting workshop



Inspirational stories workshop

Learning the health benefits of drinking tea mindfully



**First and foremost – THANK YOU. It was such a pleasure meeting you and it was the first time I had a slight feeling of relief in my body in over a month. I walked away feeling hopeful and lighter.**

**Thanks for sharing the information too – it's so rich and delicious with so many great links and super useful info. I've gone through it all and will be set some time aside to watch some of the videos too as I feel it will be very informative.**

**Sahar, Breast Cancer Patient**

Holistic sessions and talks



Qi energy talk



Breathwork



Educational talks from practitioners



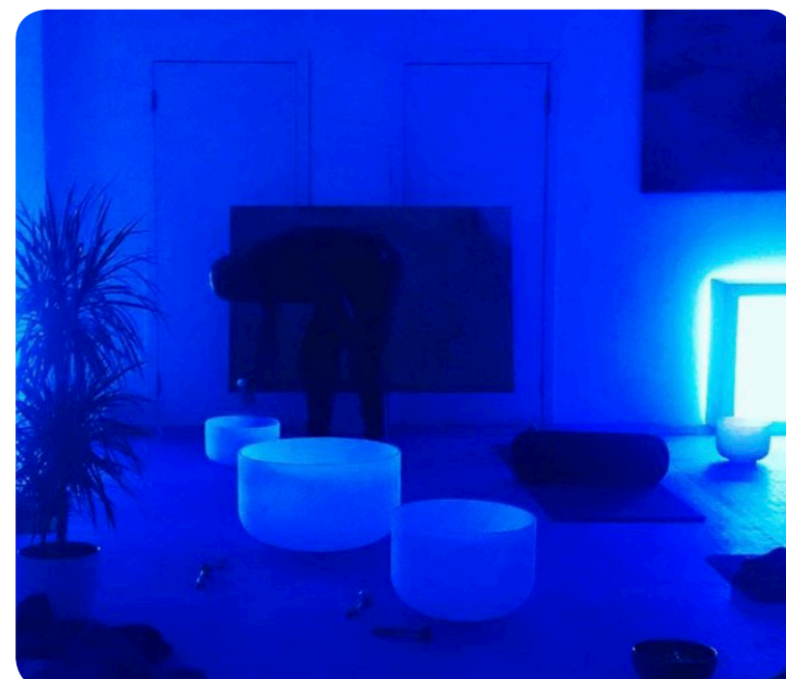
Mental health event



Qi Gong



Sound Massage



Breathe Love



Mental health workshop



Mental health workshops



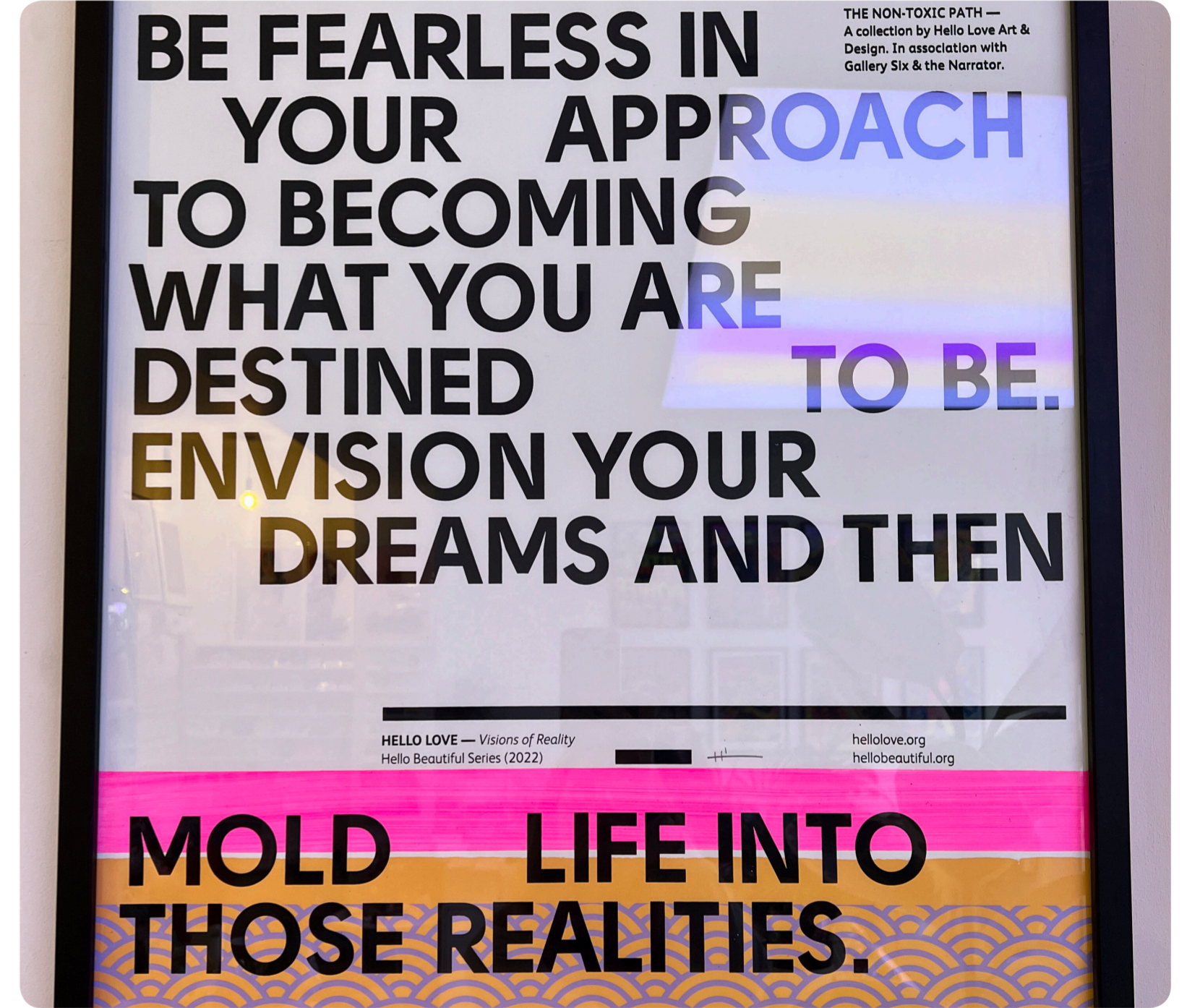
Nutrition talk and workshop



Free plant based food



We provided Toxic Giftpacks for people going through treatment



## TRUSTEE'S

Jane Hutchison  
Kevin Helton  
Barbara Hutchison  
Angelina Palus

The HELLO BEAUTIFUL FOUNDATION does not actively recruit trustees.

If an when we need additional trustees we can select from our pool of volunteers

## BENEFITS & ACHIEVEMENTS

We have helped over 6,000 people in this financial year

We have worked with over 50 other charities and expanded our offerings to include more wellness sessions and mental health workshops

Above and beyond our normal daily activities of hosting a wide range of wellbeing workshops we have also hosted a variety of art awareness campaigns to help educate the community about cancer prevention. In addition we have started to create an educational resource where people can get access to a wide range of research, data and practical wellness tips

We have had a positive impact on people with Cancer's lives and people helping to prevent a recurrence. We gain this insight through feedback forms and questionnaires

We have on boarded additional resources including doctors, nurses, health organisations and health practitioners

**HELLO BEAUTIFUL FOUNDATION**

England & Wales - Charity number 1158384

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# Accounts

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**Cancer prevention and Non-Toxic Practice<sup>(TM)</sup>**

[hellobeautiful.org](http://hellobeautiful.org)

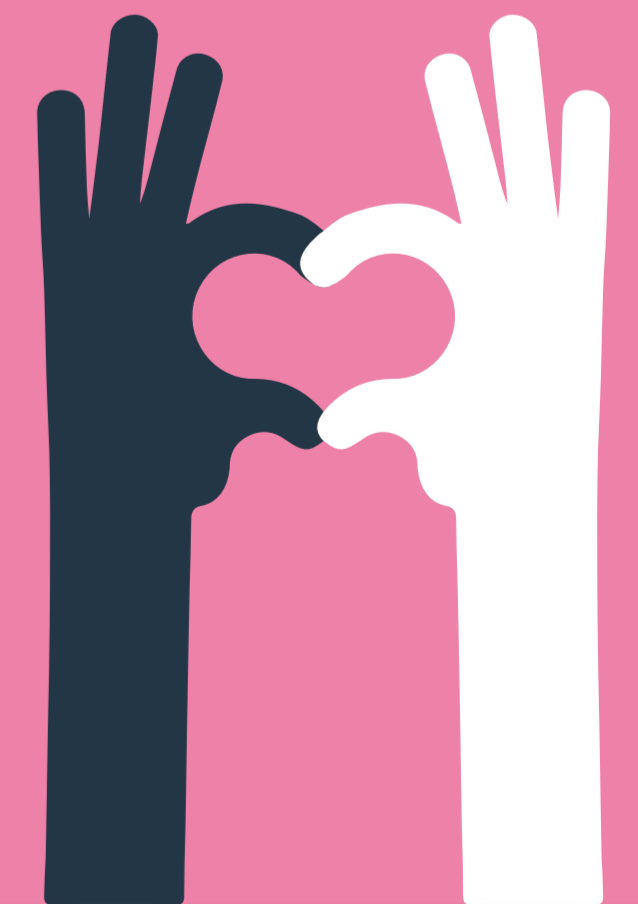
Annual Report 2022

## Hello Beautiful Foundation [hellobeautiful.org](http://hellobeautiful.org)

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In addition to providing a central location for both traditional and non-traditional healing techniques to flourish, the charity also discusses the benefits of living a healthy and otherwise non-toxic lifestyle.



# Non-Toxic Practice

Our philosophy revolves around **Non-Toxic Practice<sup>(TM)</sup>** –the targeted eradication of all toxic substances from daily life.

The basis of this practice takes place on 3 levels:

## MIND

Using **positive emotional awareness** as a means to living freely without stress and anxiety.

## BODY

Assuming an **organic plant-based diet** that is free from animal proteins processed sugars and genetic modifications. This extends into **natural cosmetics** and again finding products that have not been laced with parabens pesticides and other chemical compounds.

## SOUL

Embracing **mindfulness and other holistic forms** such as Qi Gong and Yoga that have been designed to realign the spiritual centre.

# Donations

The Hello Beautiful Foundation is always in need of donations. Anyone can donate, and donations are down the resources you have at your disposal.

#### EXAMPLES

Time –Interview with gurus, volunteer services

Financial –Monetary contribution

Goods –Non-toxic products, health foods

Services –Qi Gong, Yoga

Pro Bono Work –Design, Accountancy, Public Relations

Fund-raisers –Corporate event, Team sports

### How Donations are used

Hello Beautiful offers a variety of services that expand on the themes of collaboration and sustainability.

#### 1. Art therapy workshops

Hello Beautiful continues to work with local leaders to pioneer educational experiences at schools, hospitals and workplaces around the UK.

#### 2. Wingman Program

Our wingman program offers insight on how a team of at least two people can operate as a single unit so as to positively influence the outcome of a cancer diagnosis. Strength in numbers is the concept – a “buddy system” that ensures that no cancer patient will have to go through it alone.

#### 3. Non-Toxic Lifestyle Pack

Upon receiving a cancer diagnosis, the most immediate requirement for a speedy recovery is the eradication of all toxins from daily life. Through group sessions and individual consultations, the Hello Beautiful Foundation helps newly diagnosed cancer patients understand more about their illness and how Non-Toxic Practice can be applied to help them beat the disease.

During this dialogue, Hello Beautiful curates gift packs that include organic foods, juicers, non toxic cosmetics and the like.

#### 4. Wellness centre

We have opened a wellness centre at 62-64 Southampton Row, London, WC1B 4AR where we give FREE holistic sessions to people diagnosed with Breast Cancer.

# Awareness Events

We produced and delivered Organic food packs to Cancer Patients at local hospitals & held workshops



Health meal and plant milk workshops



Cold pressed organic juice

Organic smoothie for patients



First and foremost – **THANK YOU.** It was such a pleasure meeting you and it was the first time I had a slight feeling of relief in my body in over a month. I walked away feeling hopeful and lighter.

Thanks for sharing the information too – it's so rich and delicious with so many great links and super useful info. I've gone through it all and will be set some time aside to watch some of the videos too as I feel it will be very informative.

Sahar, Breast Cancer Patient

We provided workshops online and at our Center



Mindfulness workshop



Yoga & Movement



Inspiring stories from practitioners



Mental health event



Qi Gong

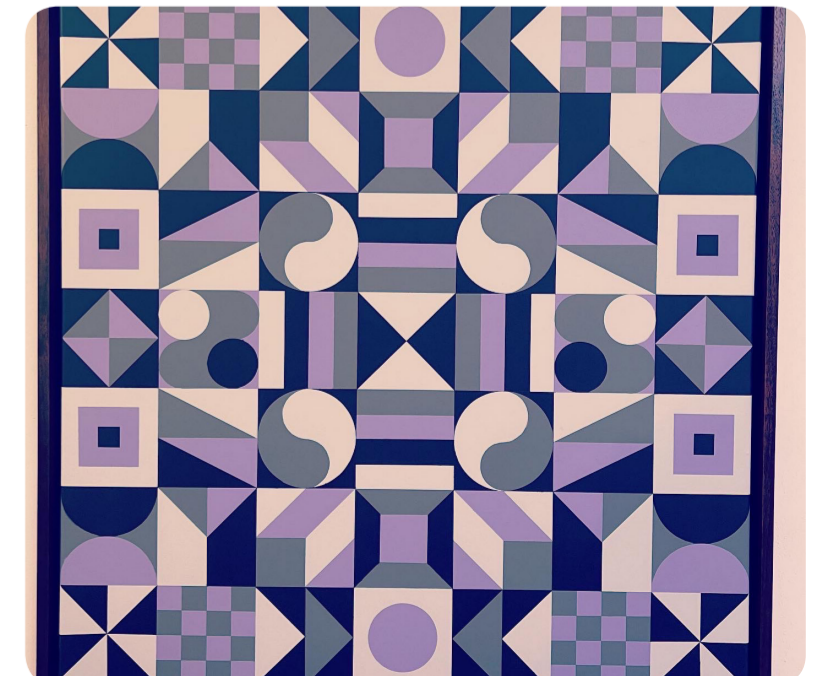
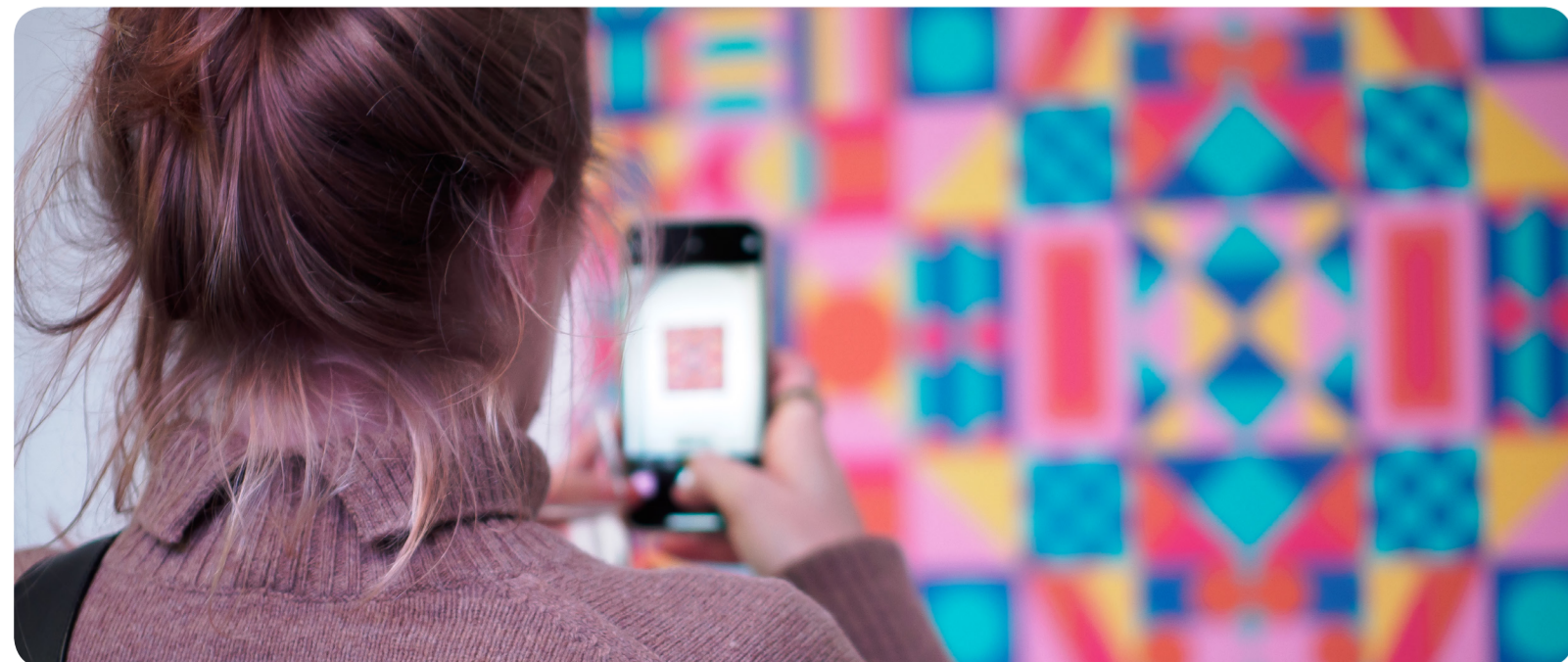


Sound Massage

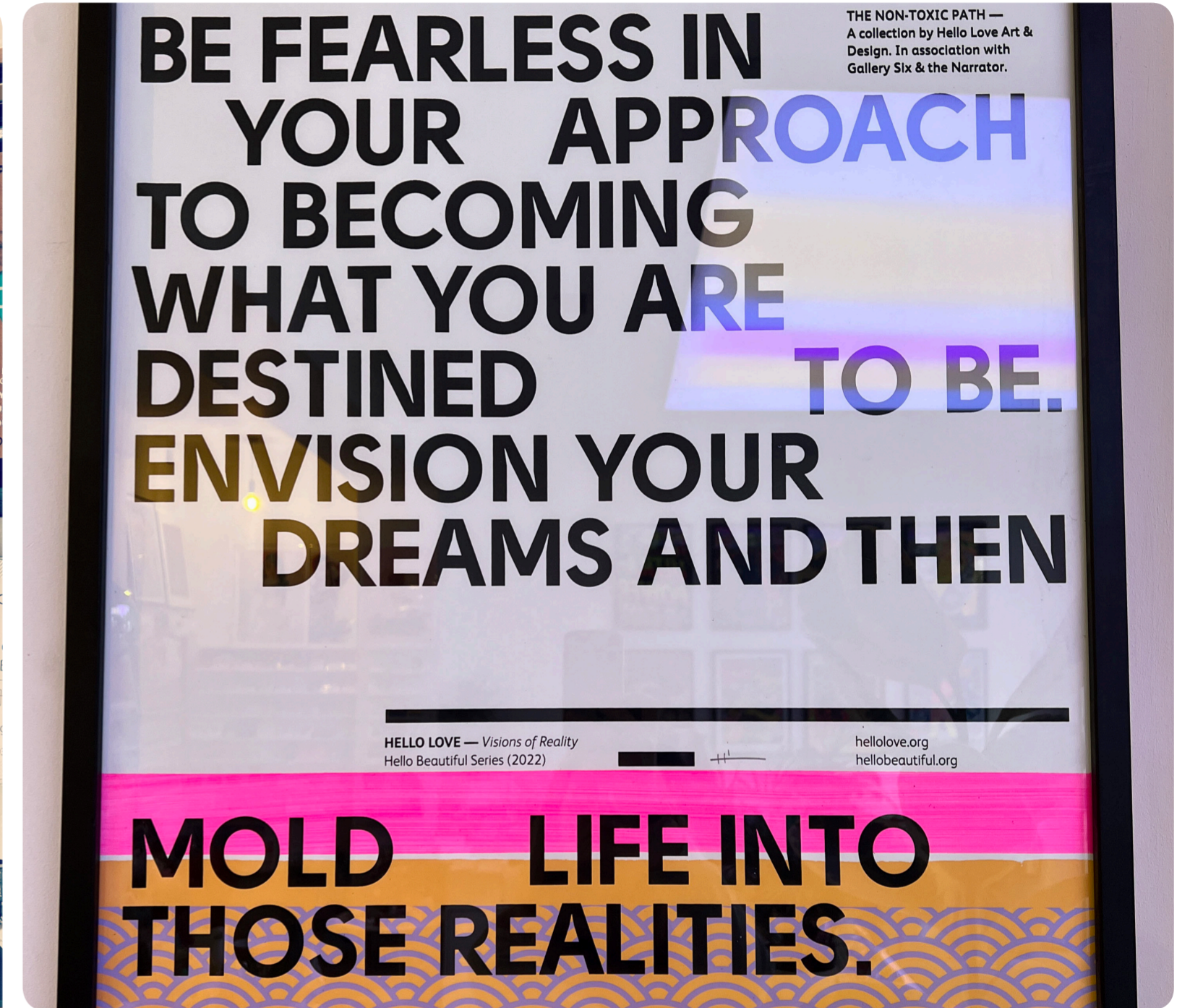


Reiki & Massage

Art Awareness Events



We provided Toxic Giftpacks for people going through treatment



NON—TOXIC  
MUST BE  
YOUR MIND.  
POSITIVE  
MUST BE YOUR  
THOUGHTS.



*Jane, x*

**HELLO BEAUTIFUL FOUNDATION**

Report and Accounts

Year Ended

30TH APRIL 2022

Company No. 8499494 (England and Wales)

# HELLO BEAUTIFUL FOUNDATION

## COMPANY INFORMATION

### DIRECTORS

K. Helton  
J.E. Hutchison  
B.L. Hutchison  
A. Palus

### COMPANY NUMBER

8499494 (England & Wales)

### REGISTERED OFFICE

198 Ellison Road,  
London.

### BANKERS

Barclays Bank P.L.C.  
1 Churchill Place,  
London.

### INDEPENDENT EXAMINER

D.A. Taylor  
P.O Box 403  
Wakefield  
West Yorkshire  
WF1 2WT

**Independent Examiner's Report**  
**Hello Beautiful Foundation**

I have examined the attached account and statement for the year ended 30th April 2022 which have been prepared on the receipts and payments basis.

**Respective responsibilities of the director and auditors**

The directors of the company are responsible for the preparation of accounts, they consider that the audit requirement under the Companies Act 2006 does not apply. I make my report in accordance with regulations made under that Act.

it is my responsibility to:

- examine the accounts;
- to follow the procedures laid down in the General Directions given under the Act; and
- to state whether particular matters have come to my attention.

**Basis of Examiner's Statement**

My examination was carried out in accordance with the General Directions given under the Acts. An examination includes a review of the accounting records kept by the company and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the accounts.

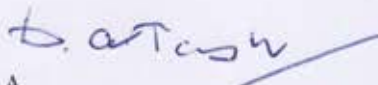
**Examiner's Statement**

In connection with my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the directors have not met the requirements to ensure that:
  - proper accounting records are kept; and
  - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

24th January 2023

David A Taylor F.C.A.  
P.O. Box 403  
Wakefield  
WF1 2WT



**HELLO BEAUTIFUL FOUNDATION**  
**RECEIPTS AND PAYMENTS ACCOUNTS**  
**FOR THE YEAR ENDED 30TH APRIL 2022**

	<u>2022</u>	<u>2021</u>
RECEIPTS	<u>70,561</u>	<u>155,743</u>
PAYMENTS	<u>70,561</u>	<u>155,743</u>

Abbreviated

HELLO BEAUTIFUL FOUNDATION

BALANCE SHEET

AS AT 30TH APRIL 2022

<u>ASSETS:-</u>	<u>2022</u>	<u>2021</u>
Cash at bank	<u>50,249</u>	<u>58,940</u>
 <u>REPRESENTING:-</u>		
Creditors	<u>50,249</u>	<u>58,940</u>

NOTE:- ACCOUNTING BASIS

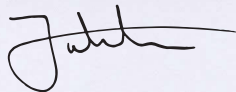
The accounts have been prepared on the receipts and payments basis.  
No account has been taken of any disputed VAT liability

For the year ended 30th April, 2022 the company was entitled to exemption from audit under section 477 Companies Act 2006 relating to small companies.

**Directors' responsibilities:**

- \* the members have not required the Company to obtain an audit of its accounts for the year in accordance with section 476
  
- \* the Directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements
  
- \* these financial statements have been prepared in accordance with the micro-entity provisions

These financial statements were approved by the board of directors and authorised for issue on on 24 May, 2021 and signed on their behalf by:



.....  
J.E. HUTCHISON

Director

**HELLO BEAUTIFUL FOUNDATION**

England & Wales - Charity number 1158384

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# Accounts

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**Cancer prevention and Non-Toxic Practice<sup>(TM)</sup>**

[hellobeautiful.org](http://hellobeautiful.org)

Annual Report 2021

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# Awareness Events

We produced and delivered Organic food packs to Cancer Patients at local hospitals



Cold Pressed Juice



**“Thank goodness for the Hello Beautiful Foundation and the wonderful team for cycling over to my hospital ward with such nourishing food, beautiful organic soap, amazing body creams and inspiring books. Im feeling so much better already and so grateful to them both for the love and attention they put into their food prep and sustainable products. Such kind and loving people”**

**Catrin — Stage 4 cancer patient currently in UCLH**



Organic drinks

Plant Based

We provided workshops online and at our Center



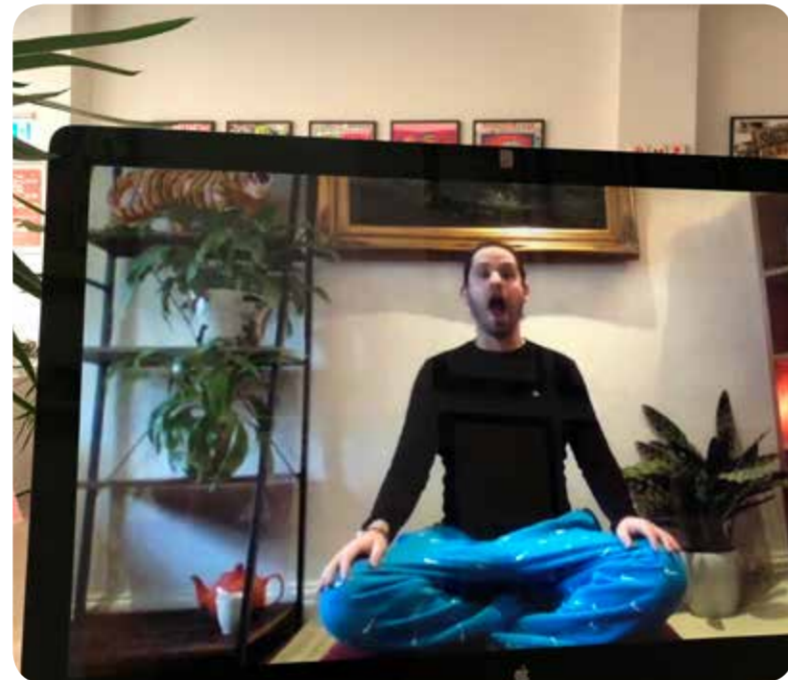
Disco Yoga



Meditation



Rebounding Sessions



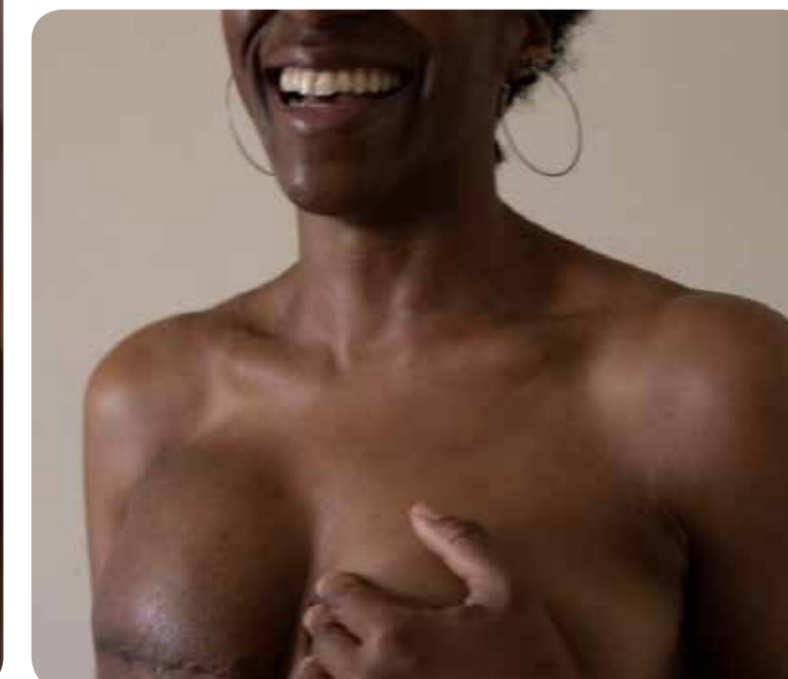
Sound Massage



Gong Bath



Stella McCartney Collaboration – Cancer Survivors and Activists



We provided Toxic Giftpacks for people going through treatment



We produced a book for cancer patients full of tips and advice



# HELLO BEAUTIFUL FOUNDATION

## Reports and Accounts Year Ended 30th April 2021

Company No. 8499494 (England and Wales)

# HELLO BEAUTIFUL FOUNDATION

## COMPANY INFORMATION

### DIRECTORS

K. Helton  
J.E. Hutchison  
B.L. Hutchison  
A. Palus

### COMPANY NUMBER

8499494 (England & Wales)

### REGISTERED OFFICE

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### BANKERS

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1 Churchill Place,  
London.

### INDEPENDENT EXAMINER

D.A. Taylor  
P.O Box 403  
Wakefield  
West Yorkshire  
WF1 2WT

**Independent Examiner's Report**  
**Hello Beautiful Foundation**

I have examined the attached account and statement for the year ended 30th April 2021 which have been prepared on the receipts and payments basis.

**Respective responsibilities of the director and auditors**

The directors of the company are responsible for the preparation of accounts, they consider that the audit requirement under the Companies Act 2006 does not apply. I make my report in accordance with regulations made under that Act.

it is my responsibility to:

- examine the accounts;
- to follow the procedures laid down in the General Directions given under the Act; and
- to state whether particular matters have come to my attention.

**Basis of Examiner's Statement**

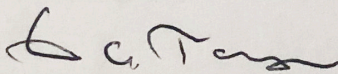
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**Examiner's Statement**

In connection with my examination, no matter has come to my attention:

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  - ~~proper accounting records are kept; and~~
  - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed .....



Date ...24 May 2021....

David A Taylor F.C.A.  
P.O. Box 403  
Wakefield  
WF1 2WT

**HELLO BEAUTIFUL FOUNDATION**  
**RECEIPTS AND PAYMENTS ACCOUNTS**  
**FOR THE YEAR ENDED 30TH APRIL 2021**

	<u>2020</u>	<u>2021</u>
RECEIPTS	<u>76,882</u>	<u>155,743</u>
PAYMENTS	<u>76,882</u>	<u>155,743</u>

Abbreviated

HELLO BEAUTIFUL FOUNDATION

BALANCE SHEET

AS AT 30TH APRIL 2021

<u>ASSETS:-</u>	<u>2020</u>	<u>2021</u>
Cash at bank	<u>12,042</u>	<u>58,940</u>
<u>REPRESENTING:-</u>		
Creditors	<u>12,042</u>	<u>58,940</u>

NOTE:- ACCOUNTING BASIS

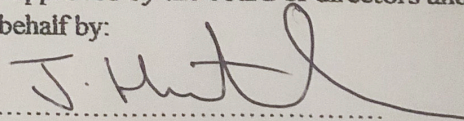
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**Directors' responsibilities:**

- \* the members have not required the Company to obtain an audit of its accounts for the year in accordance with section 476
- \* the Directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements
- \* these financial statements have been prepared in accordance with the micro-entity provisions

These financial statements were approved by the board of directors and authorised for issue on on 24 May, 2021 and signed on their behalf by:



J.E. HUTCHISON

Director