



Welcome to Hair with Heart!

**My name's Hannah and I'm so glad you're doing Hair with Heart
– You're going to make such a big impact with your chop!**

Dear Friend,

My name's Hannah and I'm 15 years old. I started getting bald patches in my hair when I was 4 years old and when I was 5, I was diagnosed with Alopecia Areata. Alopecia Areata is a lifelong condition where your immune system attacks your hair follicles, causing the hair to fall out.

Something I have found hard is being called names or being teased at school. Mostly everyone is nice, but some kids don't understand my condition and I don't always like to stand out.

Thanks to Variety I have received two wigs that I really love – they helped rebuild my confidence, so I felt happy again playing netball and being on stage either dancing, singing or acting.

Thank you so much for joining the Hair with Heart movement, you're making a real impact! We've put together this pack to help you make the most of your big chop.

You'll find the **Hair Hero guidebook**, which is packed with fundraising tips from other Hair with Heart fundraisers PLUS *The Journey of Your Hair* – an explainer on just where it is your donated hair and the funds you raise through your big chop will go. You'll be surprised, your impact doesn't end with just one wig!

I hope you have an amazing time doing Hair with Heart. Your kind gesture to donate your hair and raise vital funds for kids in need goes further than you know.

You're not just helping young people like me who are experiencing permanent or acute hair loss – in fact, the funds you raise can change a child's life by giving them access to the help that no-one else is able to give through one of Variety's grants and programs. Australian kids experiencing disability, chronic illness or disadvantage need support and thanks to your fundraising efforts, Variety can give it.

I hope you feel awesome knowing that you're making a difference in so many people's lives.

Good luck with your big chop and thank you for joining the Hair with Heart community!



Hannah Hodge
Hair with Heart ambassador

