

## Modelling – “Bald is Beautiful”

Niamh Woods

So, I was asked to model for the company Ally\_alopecia, sponsored by BooHoo ! It was amazing working with all these beautiful girls and hearing their stories. It was also a very nerve-racking experience, it was the first time I had ever stepped outside without my wig on.

I was born with a condition called ectodermal dysplasia which caused my alopecia. My skin disorder has been its own rocky journey but right now I am just going to talk about hair loss.

I always knew I was going to lose my hair eventually and I always avoided the topic and I used to tell myself that it wasn't even happening to the point I was in complete denial even though I had massive obvious bald patches. It had got to the point where I was scared of wearing wigs because it would be accepting the fact that it was actually happening, and it would be such a massive change that everyone would realise. However, in year 11 I started to think about wearing wigs because prom was coming up and I wanted to look nice.



The day I wore my first wig was a scary day, but it improved my confidence in so many ways! After that point I didn't hide or avoid the fact I have alopecia, I'd say I'm pretty upfront about it now because I genuinely couldn't care, I'm not mad, I'm not sad, I actually see it as some kind of blessing as it gives me the opportunity to be creative, I never get bored of my hair because I can switch it up whenever I want, more than once a day if I really want to! However, I had never really wanted to go outside without my wig on. This wasn't because I'm ashamed of how I look without it on, it's just because I'm comfortable wearing wigs and I enjoy wearing them! I am proud of who I am, and I am proud of the journey I have been on.



Please head over to [www.niamhwoods.wordpress.com](http://www.niamhwoods.wordpress.com) to read Niamh's blog – “Miss Wiggy”.

## Supporting a normal lifestyle

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