

The Real Nappy Project Bulletin Edition 11, October 2009

Welcome to the eleventh edition of the Edinburgh and Lothians Real Nappy Project Bulletin.

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Dates for your Diary

The Real Nappy Project runs events across the Lothians with regular dates in Leith, Blackhall, Linlithgow, Livingston, Musselburgh and Bonnyrigg. These events are for parents who may be interested in becoming real nappy users and for parents who already use them, but feel they need a bit of support. All events are informal and run by the project's staff and volunteers, who are all real nappy parents themselves. You are welcome to come along and meet us, have a coffee, pick up some information and share your tips. [link /events]

The project continues to be busy and has had a presence at a number of community events over the summer, spreading the word and informing parents about the alternative of Real Nappies. This has included: Ikea World Environment Day; Green Britain Day; Treefest; The Compassionate Living Fayre; The Mela and the fun day at Vogrie Park.

Up and coming events where you will be able to see us include the 'Bumps and Baby Fair' at the Marriot Hotel near Kirknewton. We will be running an information workshop and having an information stand there. This event takes place on Sunday 1 November from 11am - 4pm. For more information see: www.bumpandbabyfair.co.uk

Visit the Changeworks website [link / events] for more events as they become available.

Seesaw Second Hand

The Seesaw shop on Broughton Street has started to sell second hand items. You can now sell baby clothes, maternity wear, older children's clothes, real nappies and baby accessories such as highchairs, cots and toys. It is a great way to reuse items and if internet auction sites seem a bit daunting, this is a straightforward alternative. Seesaw also accept the Real Nappy Project vouchers for low income families, which means the remaining £18 available to spend could go further if second hand nappies are purchased. Seesaw have three price bands depending on the size and the price of the item, and take commission To find out more visit www.seeswatoys.co.uk or call them on 0131 556 9672.

Cost Saving Tips

If you use Real Nappies from birth to potty, this could save you around £500, and even more if you are able to get some second hand (pre-loved) ones. Some of our volunteers would like to share some other ideas to save you even more:

- Fleece blankets or fleece bought from a fabric shop can be cut to size and used as liners and reusable wipes and because doesn't fray there is no need for sewing
- Unsoiled paper liners will hold together through a couple of washes so can be reused
- Terry squares are cheap and have a million other uses; changing mats, hair towels, cut up for wipes, extra stuff pad for night time...
- Outgrown fleece wraps can be used as a swim nappy

Please get in touch if you have any additional tips you'd like to share: [link to real nappies email]

Volunteer with The Real Nappy Project

The Real Nappy Project has two part time staff, but we wouldn't be able to function nearly so well without our dedicated volunteer team. We currently have over 20 parents who support the project as volunteers, and are always on the lookout for enthusiastic real nappy users who would like to join the team. We have a training session every three months to provide volunteers with the information they need to help spread the word about the many benefits of using real nappies. The emphasis is that our volunteers are the experts with their experience of using real nappies. Volunteering with the project is very flexible, and is a good way to meet like-minded people and develop skills such as speaking to groups. Click [link Changeworks/jobs] on how to join us.

Real Experience - Twins

Using real nappies on twins might seem quite daunting for most of us, but not for Zoë Emerson, mother of four. In this edition, Real Nappy Project volunteer, Zoë tells us how (go back to Real Nappy webpage and download from there).