



Welcome to the tenth edition of the Edinburgh and Lothians Real Nappy Bulletin. The Real Nappy Project is run by Changeworks, in partnership with INCREASE (Scottish Government), The Scottish Environment Protection Agency, City of Edinburgh Council, East Lothian Council, Midlothian Council and West Lothian Council.

You receive this e-bulletin because you are on our database as having shown an interest in The Real Nappy Project in the last eighteen months. If you wish to be removed from our mailing list, please contact us at [realnappies@changeworks.org.uk](mailto:realnappies@changeworks.org.uk)

#### REAL NAPPY WEEK

The national theme for Real Nappy Week 2009 is cost savings and the promotion of the reuse of well cared for nappies.

The Edinburgh and Lothians Real Nappy Project has teamed up with NCT East Lothian for Real Nappy Week 2009 to providing an opportunity for families to sell on their well cared for nappies.

Nearly New Sale, Sunday 10th May  
2.00 – 3.30pm

The Corn Exchange, Court Street, Haddington

To register as a seller please email your name and full postal address to:

[nearlynewsales@ncteastlothian.org.uk](mailto:nearlynewsales@ncteastlothian.org.uk)

or phone: 0844 2436119

All items must be very clean and in good repair

Real Nappy Week 2009 runs between the 27 April and 3 May.

#### Natter at a Nappuccino

Nappuccinos are not just for people who need help making the decision to convert to real nappies. Existing users and Real Nappy Project volunteers all come along to share tips and stories.

The next Nappuccinos are at the following places and dates:

##### Edinburgh

- Duncan Place Resource Centre, Leith, last Thursday of every month: 30 April, 28 May, 25 June, 30 July, 27 Aug. Drop in between 10:00 and 11:30am.

##### East Lothian

- Brunton Theatre Bistro, Musselburgh, Wednesdays 27 May and 29 July. Drop in between 10:00 and 11:30am.

##### Midlothian

- Pitcairn Centre, Bonnyrigg, Wednesdays, 29 April, 24 June and 26 August. Drop in between 2:30 and 3:30pm.

##### West Lothian

- St Michael's Cross House, Linlithgow, Mondays 27 April, 29 June and 31 August. Drop in between 10:30 and 11:30am.

#### Real Nappy Demonstrations

Evening sessions (please book at [realnappies@changeworks.org.uk](mailto:realnappies@changeworks.org.uk))

- St John's Hospital, Livingston, Parenthood Room (next to OPD3), Mondays 25 May and 27 July, 5.30 – 6:30pm
- Changeworks, 36 Newhaven Road, Mondays 27 April, 29 June and 31 August, 5:30 – 6:30pm.

**Please bring proof of address to order your lending kit or take home your trial pack.**

Up to date details of these and other events are available at:

[www.changeworks.org.uk/events.php](http://www.changeworks.org.uk/events.php)

Here at Cowgate Under 5 Centre we are proud to say that we are trying to reduce our waste. Since 2006 we have been using 'real nappies'. Unfortunately the laundry service that provided our nappies no longer exists, so we are on the lookout for nappies. We have been fortunate in receiving donated nappies from parents who no longer need them. We have still some way to go to rebuild our stock; in particular we need the bigger size [18mths plus] in a prefold cloth nappy. We are really passionate about using 'real nappies' in the nursery environment, so in the nature of reuse if anyone has any prefold nappies they no longer need please call Linda on 0131 225 7251.

Share your top tips by emailing them to [realnappies@changeworks.org.uk](mailto:realnappies@changeworks.org.uk)

**I am totally addicted to my cloth nappies. My friends think I am a saint but I think it's just something I do.**

### Is this you?

The Real Nappy Project is currently recruiting new volunteers to join our 27-strong team across the Lothians. We need the expertise of real nappy parents to keep us informed of the best strategies for your area. We also benefit from having a wide range of experience from different kinds of people using different kinds of nappies, sharing tips and stories.

Being part of our team means the opportunity to meet likeminded parents, share your knowledge, encourage and support new parents, learn new skills and help shape the Real Nappy Project with your knowledge and ideas.

Volunteers are vital to the strength of this project and help in a variety of ways:

- Put up posters and distribute leaflets in local areas
- Write for the Real Nappy Project newsletters
- Help at information stands at events such as 'Parents Like Us', Treefest or NCT Sales
- 'Buddy' new users – this could be by telephone or over a coffee
- Provide nappy demos for groups of parents to be / new parents
- Provide the project with insight and feedback to develop new projects

**Autumn introduction sessions:**  
**Bonnyrigg, Midlothian – 25 February**  
**Linlithgow, West Lothian – 23 February**

Please contact Anna at:

[aderricourt@changeworks.org.uk](mailto:aderricourt@changeworks.org.uk) or 0131 555 4010 if you are interested in any of the sessions.

**For more information please contact The Real Nappy Project**  
**T: 0131 555 4010, E: [realnappies@changeworks.org.uk](mailto:realnappies@changeworks.org.uk)**