



Welcome to the ninth 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 COMPETITION

### Real Nappies, Real Cost Savings

Real nappies can save you money. Edinburgh mum, Zoë, says: "I reckon I saved £600 by using cloth nappies, enough to pay for our holiday this year. By using the same nappies on our second child we'll save another £900. Then we'll get even more money back at the end by selling them on."

#### What could your family do with £600?

Twenty one pairs of school shoes?

Twelve romantic meals out?

A week in a forest cabin?

Send your suggestions to:

[realnappies@changeworks.org.uk](mailto:realnappies@changeworks.org.uk) by **Friday 27**

**February**. Please type 'Real Nappy Week' in the subject box. Our favorite answer wins a real nappy voucher worth £30. Entries may be quoted in Real Nappy Week 2009 press releases and publicity.

Real Nappy Week 2009 runs between the 27 April and 3 May. Events will be held across the Lothians. Please check the 'events' section at [www.changeworks.org.uk](http://www.changeworks.org.uk) for details.

## 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: 29 Jan, 26 Feb, 26 March and 30 April. Drop in between 10:00 and 11:30am.

### East Lothian

- Brunton Theatre Bistro, Musselburgh, Wednesdays 28 Jan and 25 March. Drop in between 10:00 and 11:30am.

### Midlothian

- Pitcairn Centre, Bonnyrigg, Wednesdays, 25 Feb and 29 April. Drop in between 2:30 and 3:30pm.

### West Lothian

- St Michael's Cross House, Linlithgow, Mondays 23 Feb and 27 April. 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 26 Jan and 30 March, 5.30 – 6:30pm
- Changeworks, 36 Newhaven Road, Mondays 23 Feb and 27 April, 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)

## Real Experiences – Using real nappies on holiday

“I had some weenees - they look like pants with a waterproof pop-in section and you stuff them with either compostable paper inserts or anything washable and absorbent that fits! They were quite handy because they come to pieces and dry super fast, so they could be hand washed at night and dry by morning. I've used them in hotels, self-catering and on a cruise ship! I'm told they're good for camping too, although I've never tried them there.

Now that my son has outgrown them I just take his normal nappies, normal covers and the nappy bucket if we're staying for a week or a big waterproof bag if it's just a weekend. There's always somewhere you can wash them if you have to, but for weekends I just take enough and save the washing until I get home. My top tip is definitely to take a big drawstring waterproof bag - much easier to pack than a bucket and you can just hang it on the back of the bathroom door.

Also, I've got mini hand towels I got from IKEA - cheap as anything and I use them as change mats on holiday, just washing them with the nappies”.

*Fay, Real Nappy Project Volunteer, Midlothian.*

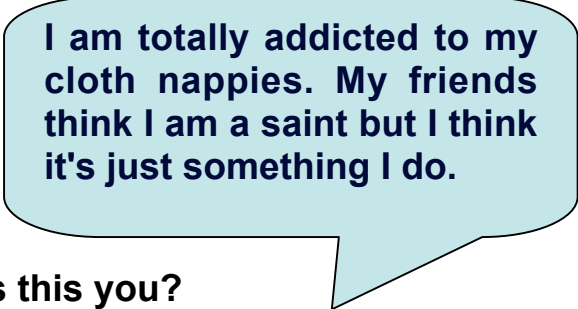
“I used to take a square of old shower curtain to use as a waterproof changing mat, packs up really small”.

*Irene, Health Visitor, Leith.*

“Self catering cottages usually have washing machines so it's easy to just carry on as normal if you take your nappy bucket. I always find asking to use the machine when staying with friends a bit embarrassing though!”

*Ellie, Nappuccino visitor.*

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)**