



## Too Little Time, Too Many Questions

Many professionals working with expectant and new parents are asked about real nappies; for example, how to use them and where to buy them. We hope that you'll find this newsletter informative and that it will help you to continue to provide an excellent service. Please pass on our details to anyone with an interest in real nappies and we can answer any questions on your behalf. If you would like any further information or leaflets about our project, then please do not hesitate to contact us.

## What do we do?

The Real Nappy Project (RNP) focuses on providing practical, expert advice.

The incentives we offer are as follows:

- Trial Pack – a selection of real nappies and accessories worth around £40
- Lending Kit – a supply of a variety of real nappies available to borrow for two weeks
- £30 voucher for low-income parents

The Trial Packs and Lending Kits cost £10 unless a parent is in receipt of certain benefits, in which case the incentives are free of charge. Please contact the RNP for details.



## Demonstrations and Nappuccinos

The RNP regularly hosts demonstrations for parents and parents-to-be so that they can find out all the relevant information about using real nappies, actually get to see and touch a variety of nappies and have the opportunity to ask questions. Parents are then given the option of applying for a real nappy incentive.

In addition we host regular Nappuccinos, which are relaxed coffee mornings where the benefits of real nappies are discussed along with a free coffee or tea and a biscuit. Second-hand nappies are often available to purchase at reduced cost and/or a local nappy seller may attend.

The focus of all events is to provide expert advice and there is no pressure on parents to take an incentive. If you would like us to visit a group that you work with or arrange a local Nappuccino then let us know and we will do what we can to oblige.

Upcoming dates of demonstrations and nappuccinos:

- Thursday 27 March, Duncan Place Resource Centre, Duncan Place, Leith. Drop in between 10am and noon.
- Thursday 24 April, Duncan Place Resource Centre, Duncan Place, Leith. Drop in between 10am and noon.
- Thursday 29 May, Duncan Place Resource Centre, Duncan Place, Leith. Drop in between 10am and noon.

## Save up to £500

Do you work with low-income families with babies? Real nappies are of particular benefit to low-income families as up to £500 per baby can be saved compared to the cost of disposable nappies. This could equate to heating a home for a year! The real nappy incentives are available free of charge to parents in receipt of certain benefits, and we also offer a £30 voucher that can be spent on real nappies at a number of local suppliers.

We can provide advice to parents about the practicalities of choosing and using real nappies and can also help with the upfront cost by putting parents in touch with Capital Credit Union for a real nappy loan. The loan is paid back on a weekly basis and is likely to be cheaper than the weekly cost of disposables.

## The Personal Touch

The RNP has a network of volunteers to help the project reach an even larger number of parents. All our volunteers are parents who currently use real nappies on their babies and are fully informed of the services offered by the RNP. Volunteers often have the time to provide information and advice on real nappies on an individual basis. If you feel that some of your parents-to-be would appreciate this personal touch, then let us know and we will organise a volunteer to attend a group session or meet an individual parent.

## Introducing Anna

People told me that having children would change my outlook and oh boy were they right... new priorities, new outlook, new insight.



Pre-child, I worked as a Project and Festivals & Events Manager and most recently at Scottish Borders Council working strategically with event teams to develop events that increased the profile and reputation of the area's events programme.

Having a baby can really put your skills and weaknesses in stark reality and it was whilst on maternity leave that I realised my experience in working, training and information sharing with a wide variety of groups could be put to other uses and I started supporting the local antenatal classes.

The Real Nappy Project is perfect for me, bringing together my past and current life. There is a lot of networking, meeting new people, information sharing and advice but also behind the scenes, a lot of paperwork, budget monitoring and project planning. All that, and an aim that I wholeheartedly believe in – real nappies are fantastic and more people should know about them!

### Anna Derricourt

Real Nappy Project Co-ordinator  
(since 21st January 2008)



Real Nappy Project demonstration

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