


Save money and reduce your impact on the environment

Real Nappies

A real alternative to disposable nappies

A young child with brown hair is sitting on a blue toy washing machine. The child is wearing a light blue cloth nappy. To the right of the child is a stack of several folded cloth nappies in various colors including light blue, white, green, and purple. The background is a light purple floral pattern.

See inside
for details of
Oxfordshire's
free trial kit

When convenience is rubbish – a Nappy Story

Any busy parent knows that disposable nappies are easy. Just BUY, USE and BIN. But there is a problem. We are building a mountainous problem for the very children whose futures we are trying to nurture.

The problem explained

Of the many thousands of tonnes of rubbish buried in Oxfordshire's beautiful countryside every year, a whopping 10 per cent comprises soiled disposable nappies.

There are literally millions of them and many will take as long as 500 years to decompose. (Or to put it another way, if disposable nappies had been invented in the olden days, nappies from as far back as Tudor times could still be festering in Oxfordshire earth!)

The throwaway approach just doesn't make sense, particularly in an age where money is tight, every bit of green countryside needs protecting and scientists believe that rubbish buried underground adds significantly to global warming.

Facts at a glance:

- Disposable nappies make up 10 per cent of Oxfordshire's household rubbish
- Many may take up to 500 years to decompose
- They contribute to global warming, by the emissions given off as they rot in landfill sites

The solution

Have you heard about Real Nappies?

They're reusable cloth nappies, specially shaped for ease of use, and come in a fantastic range of designs and colours. They're not just great for your budget and better for the planet but brilliant for your baby too.

Tailored to fit snugly, they're waterproof on the outside, gentle fabric on the inside and washable so they can be used again and again.

Important considerations really, as your baby will be spending the first few years of its life wearing them next to its skin.

Real Nappies are really easy to use. Shaped nappies need no folding and come ready to pop onto your baby - just like a disposable. You can choose between 'all-in-ones' which have a waterproof cover, or buy the cover and nappy separately. Once the flushable liner is removed, the soiled nappy can then go straight into a 60 degree wash.

If you use your nappies on more than one child, you will really see some savings. Or if no family additions come along, you can sell the nappies on an internet trading site or donate them to your nearest nappy loan bank.



Free Real Nappy trial kits

If you live in Oxfordshire and would like to give cloth nappies a try, but are unsure about paying out for a full set, you can borrow a trial kit completely free of charge and with no obligation to buy.

Each kit contains a good range of the most modern styles and brands of nappies, with all the necessary accessories. They are supplied by nappy sellers in Oxfordshire, who will explain how the nappies work before you get started. You will be able to use the nappies for up to two weeks.

To find out more call Oxfordshire County Council on 08450 504550, or email waste.management@oxfordshire.gov.uk

You can also contact the participating suppliers direct:

Nappy Shed covers Wallingford and south Oxfordshire, and can be contacted at 07837 009774 or www.thenappyshed.co.uk. It also holds a monthly nappy shop in Oxford, and collects old nappies to send to an orphanage in Zambia.

The Nappy Fairy covers Abingdon, Oxford and Wheatley. Contact 07913 826948.

Plushpants covers the Didcot, Abingdon and Wantage areas. Go to www.plushpants.co.uk or www.kittykins.co.uk, or call 01865 408040. A sister site, www.terrinnappies.co.uk, specialises in traditional terry nappies.

TeeHee Baby offers cloth nappies for all budgets, and covers Witney, Faringdon and West Oxfordshire. Contact 01993 779735 or visit www.teeheebaby.co.uk

Bebesnuggles supplies bespoke and individual designs at affordable prices, and covers the Banbury, Bicester and Woodstock areas. Call 07891 819823 or email nappyguru@bebesnuggles.co.uk

Baby Thomas loves his washable nappies!

Mum Carolyn B from West Oxfordshire tells us how she got on with the Oxfordshire Real Nappies trial pack.

“I was always tempted to use real nappies but didn’t really know where to start - there are so many different types and brands. That’s where the trial kit was really useful; I was able to try lots of different nappies on Thomas and chose the ones that suited us best. After using the kit for just one week, I was convinced and started using real nappies all of the time. They are just as convenient as disposable ones and not really any more work at all. I’m really pleased with them and Thomas loves them too!”



Demonstrations and events

- Real Nappies fairs provide a chance to look at the options. Go to www.oxfordshire.gov.uk/realnappies or phone 08450 504550 to find out dates.
- Many of the suppliers listed also hold ‘Nappucinos’ – coffee mornings where you can see demonstrations of how to use Real Nappies and chat to other parents.
- The Cotton Nappy Company holds demonstrations in the Horton Hospital, Banbury. Contact Anna Leeksma on 01926 430000 or visit www.thecottonnappycompany.co.uk
- The John Radcliffe Hospital holds real nappy demonstrations as part of its ante-natal sessions.

Useful additional contacts

- **Go Real** - the national Real Nappies information service
www.goreal.org.uk
- **The National Childbirth Trust** - ante and post natal support through local groups - www.nct.org.uk
- **Number One for Nappies** is a nappy laundry service. Contact 07951 687730 or visit www.numberonefornappies.co.uk
- **Water Babies** supplies reusable nappies for swimming. Contact 01295 709221 or 01869 325499 or go to www.waterbabies.co.uk/aqua_nappies.php.
- **The Used Nappy Company** - find secondhand nappies or trade your own - www.usednappies.co.uk
- **Sustainable Wallingford** has several sets of nappies in different sizes that can be borrowed free of charge. Contact 07837 009774.
- **Easypeasy Nappies** - Real Nappies supplier covering Abingdon and Oxford - Call 01235 529632, or visit www.easypeasynappies.co.uk
- **The Banbury NCT Nappy Bank** - loans out a wide range of second hand nappies at low prices - Contact nappybank@yahoo.co.uk or call 07961 129399.
- **The Oxford Nappy Bank** - stocks second hand nappies to loan out, and offers advice on Elimination Communication (how to potty train baby from an early age). Contact 07979 415971.

These details were correct at the time of printing. You can also check the county council's website www.oxfordshire.gov.uk/realnappies or call 08450 504550.

Real Nappies – your questions answered

Q Will my baby get nappy rash?

A Your baby is less likely to suffer from nappy rash in a cloth nappy, because everything is breathable. Changing the nappy regularly is more important in keeping nappy rash away than the type of nappy you use.

Q Aren't they more expensive than disposables?

A By the time your baby is potty trained he or she could have had as many as 4000 nappy changes. You can kit your baby out with all the Real Nappies they need for as little as £80 (the cheapest Real Nappy option). Add £1 per week to wash them and you'll still save £500 compared to the market leading disposable nappy. If you use them on a second baby, you'll save even more!

Q Are they really better for the environment?

A Real Nappies can be up to 40% better for the environment than disposables. This was the finding from the 2008 update to the Environment Agency's Life Cycle Analysis Report on nappies. Unlike disposables, Real Nappies put parents in control of the impact they have on the environment, with the carbon savings directly related to how you choose to wash your Real Nappies.

Q It's just too much hassle...

A Real nappies have never been so easy! With no folding or pinning needed, they go on and come off like a disposable nappy in seconds. A warm wash is all that's needed, and many nappies made from modern fabrics come out of the washing machine almost dry.

This leaflet is distributed throughout Oxfordshire by partner organisations such as GP's surgeries and maternity units.

Alternative formats of this publication can be made available on request. These include other languages, large print, Braille, Easy Read, CD, computer disc or email. Please telephone 08450 504550.