

Save money and reduce your impact on the environment

Real Nappies

See inside
for details of
Oxfordshire's
free trial kit

A real alternative to disposable nappies



Why Real Nappies?

Real Nappies are reusable cloth nappies. They come in a fantastic range of gorgeous colours and designs and are really easy to use.

They are almost identical to using disposables – the nappy change is the same, but instead of putting a disposable into a rubbish bin you put the nappy into your washing machine. Real Nappies only need a 60°C wash, because the solids are flushed away with the liners.

What's the problem with disposables?

Of the many thousands of tonnes of rubbish buried under Oxfordshire's countryside, a whopping 10% is soiled disposable nappies. We don't know how long they will take to decompose, but it could be as much as 500 years. Nappies buried in landfill contribute to global warming, by the emissions given off as they rot. Disposables use a range of chemicals to increase absorbency, and as yet we don't know the long term effects on babies' delicate skin.



Save money with Real Nappies

By the time your baby is potty trained, you will have changed as many as 4,000 nappies! This can add up to a lot of money. Go Real (the national Real Nappies information service) estimates that you can save at least £500 with reusable cloth nappies*, and more if your nappies are used on a second child.

Local mum has never looked back

We made the decision to try modern Real Nappies early in my pregnancy for both economic and environmental reasons. The initial outlay can be expensive, but in the long run Real Nappies are far cheaper than disposables, are kinder to babies' skin and reduce waste going to landfill.



Lianne and baby Charlie

We attended a “nappuccino” (coffee and nappies event) at the local hospital and got to see and talk about the many different designs. We decided to go with the Bum Genius pocket nappy system and purchased a basic kit that lasts from birth till potty as they are fully adjustable and grow with baby.

Charlie's been in real nappies since three days old. At three months he started sleeping through the night and the pocket design wasn't lasting the 11-12 hours so we had to experiment with different designs until settling with a two-part bamboo system (nappy & outer wrap).

Charlie's now six months old and we've never looked back. He's never had any problems with them and never had any nappy rash... plus he looks so much cuter in them than disposables!

**Go Real's research is based on Environment Agency data, standard energy costs and market prices (2009).*

Try Real Nappies for free

If you live in Oxfordshire and would like to give cloth nappies a try, you can borrow a trial kit for two to three weeks completely free of charge and with no obligation to buy.

Each kit contains a good range of styles and brands of nappies, with all the necessary accessories. They are held by local nappy suppliers and community groups, who will explain how the nappies work before you get started.

A real mum's account of Real Nappies

Since we started using Real Nappies nearly 11 months ago, we've never had any doubts.

We'd always been interested in using them, not only because of the huge cost savings and benefits to the environment, but I also thought they looked much comfier than disposable nappies.

We bought our Pop'n'Gro Real Nappies from our local trial pack holder after being shown lots of different varieties. They have removable soft bamboo liners, making them last longer, and they grow with Jessica as she gets bigger so we could use them from birth to potty training. The velcro fastenings make them so easy to put on and take off.

We use four or five a day, so with the pack of 15 we only have to do a wash every few days and because they dry so quickly it really isn't too much effort at all. I must admit before using them I had my doubts, but the benefits of them to the environment, our wallet and Jessica's skin far outweigh the small effort in having to wash them – I would recommend them to anyone and can't understand why more people aren't using them!!



To find out more, call Oxfordshire County Council on **08450 50 45 50**, email waste.management@oxfordshire.gov.uk or visit www.oxfordshirewaste.gov.uk/realnappies

You can also contact the participating kit-holders direct:

Nappy Shed covers Oxford, Wallingford and South Oxfordshire, and can be contacted at [07837 009774](tel:07837009774) 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.

Plushpants covers the Didcot and Wantage areas. Visit www.plushpants.co.uk or www.kittykins.co.uk, or call [01865 408040](tel:01865408040). A sister site, www.terrynappies.co.uk, specialises in traditional terry nappies.

The Nappy Fairy covers Abingdon. Contact [07913 826948](tel:07913826948) or visit thenappyfairy.wordpress.com

Baby Care Online are based in Faringdon, and offer a wide range of nappies, baby carriers and other accessories. Call [01367 246136](tel:01367246136) or visit www.baby-care-online.co.uk

Baby Peach are based in Hailey, near Witney, and offer a good range of cloth nappies in the West Oxfordshire area. Contact Laura on [07766 822635](tel:07766822635) or rockchick197666@yahoo.co.uk, or find her on Facebook.

Banbury Nappy Bank offers a free trial pack alongside its loan packs. It is run by volunteers and provides a short or long term loan service for Real Nappies. They don't sell nappies and offer impartial advice. Parents can try nappies from the large range of Real Nappies they have available. Contact nappybank@yahoo.co.uk or call [07961 129399](tel:07961129399).

Chipping Norton branch of the National Childbirth Trust offers a trial kit to people in Chipping Norton and surrounding areas. Contact Sam on chippynappybank@gmail.com or [07812 522159](tel:07812522159).

Bicester Babystore holds a trial pack for loan to parents in the Bicester area. Contact them through the Babystore Bicester Facebook page, or on [07826 340599](tel:07826340599). The Babystore runs children's clothes swaps at local halls and Children's Centres.

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](tel:07951687730) or visit www.numberonefornappies.co.uk
- **Water Babies** supplies reusable nappies for swimming. Contact [01295 709221](tel:01295709221) or [01869 325499](tel:01869325499) or go to www.waterbabies.co.uk/aqua_nappies.php
- **The Used Nappy Company** – find secondhand nappies or trade your own at www.usednappies.co.uk
- **Sustainable Wallingford** has several sets of nappies in different sizes that can be borrowed free of charge. Contact [07837 009774](tel:07837009774).
- **Easypeasy Nappies** – Real Nappies supplier covering Abingdon and Oxford – call [01235 529632](tel:01235529632), or visit www.easypeasynappies.co.uk
- **Oxford Nappy-Free Baby** offers advice and support on how to potty train baby from birth (Elimination Communication). To find where your local group meets, visit www.nappyfreebaby.co.uk

Demonstrations and events

Real Nappies fairs provide a chance to look at the options. Go to www.oxfordshirewaste.gov.uk/realnappies or phone **08450 50 45 50** to find out dates.

Some of the trial kit holders also hold ‘Nappuccino’s’ – coffee mornings where you can see demonstrations of how to use Real Nappies and chat to other parents.

The Oxford John Radcliffe Hospital holds Real Nappies demonstrations as part of its ante-natal sessions.

The Cotton Nappy Company holds demonstrations in Banbury’s Horton Hospital. Contact Anna Leeksma on **01926 430000** or visit www.thecottonnappycompany.co.uk



The details in this booklet are correct at the time of going to print – August 2012.

This booklet is distributed throughout Oxfordshire by partner organisations such as Children’s Centres and maternity units.

For more information on Real Nappies in Oxfordshire,
call Oxfordshire County Council on 08450 50 45 50,
email waste.management@oxfordshire.gov.uk
or visit www.oxfordshirewaste.gov.uk/realnappies

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.

