



The Real Nappy Project at Changeworks can give you expert advice and offers incentives to help you convert to using real nappies on your baby. If you are an Edinburgh or Lothians resident and would like to take advantage of any of the following offers then please give us a call on 0131 555 4010 or email: realnappies@changeworks.org.uk

Trial Packs

The aim of the trial pack is to provide parents with samples of good quality, reliable nappies, a wrap and accessories to help parents make an informed decision when choosing reusable nappies. There are three types of nappies in the pack: a Lollipop bamboo nappy, a Littlelamb microfibre nappy and a Tots Bots Easyfit (Teenyfit in newborn sized packs). Each pack also includes a Littlelamb wrap. The cost of the kit for City of Edinburgh residents is £12 and £42 for East Lothian, West Lothian and Midlothian residents (please see below for an explanation about the differences in cost*). You will get approx. £46-£48 worth of nappies/accessories.

Three sizes are available: Newborn (birth up to 10lbs), Small/Medium (10 - 20lbs) and Large (20 - 35lbs).

After applying for a pack it will be available for collection from Changeworks, at a Nappuccino or it can be posted out to you using the Royal Mail 'recorded signed for' service at a cost of £3.49.

Please note that trial packs are limited to one application per household and are for parents who are not already using real nappies on their baby.

Nappy Lending Kits

Lending kits are available to borrow for three weeks. There are eight kinds of nappies in the kits: Tots Bots Cotton, Tots Bots Bamboozle, Bambinex Teddy, Motherease one size, Bumgenius (Nature Babies Stuffable Lite in extra small kits), Tots Bots Easyfit (Teenyfit in small kits), Cotton Square and Bamboo Square. There are also Motherease Sandy nappies in the small and medium sized kits. We will supply nappy buckets, laundry meshes, paper and fleece liners, and waterproof wraps - everything you need!

The lending kits should be returned after the agreed lending period and will be laundered by a professional laundering company before being passed onto the next parent. Lending kits cost £12 for City of Edinburgh residents and £55 for East Lothian, West Lothian and Midlothian residents (please see below for an explanation about the differences in cost*). A deposit of £50 is required. Deposits would ideally be in the form of a cheque that will not be cashed unless kits are returned damaged or incomplete.

Four sizes are available.

After applying for a lending kit, it will be available for collection from Changeworks or at a Nappuccino by prior arrangement.

*The Changeworks Real Nappy Project currently receives funding from The City of Edinburgh Council. This funding subsidises the trial packs and lending kits for Edinburgh residents.

The project does not receive funding from other councils. As a result, the costs of the trial pack and lending kits to Midlothian, West Lothian and East Lothian Council residents has had to increase in order to reflect the true cost of these in terms nappy costs, staff time and laundering etc.

Therefore trial packs are now £42 (excluding postage) and lending kits are now £55. The trial packs are still a bit cheaper than if you were to buy all the nappies and accessories yourself (a new born trial pack would cost you about £46 or one of the other sizes would be about £48). By ordering the pack you will be getting the convenience of three nappies, accessories and a 'wet bag' altogether, which will also save you time, rather than having to search for and order the individual nappies and accessories yourself.

January – March 2014 Events

Duncan Place Nappuccinos

Your 'one stop' event to meet all your real nappy needs. Get **free** advice and information from parents with lots of experience of using real nappies, see different types of nappies and if you'd like, apply for a trial pack or lending kit. Parents will also be able to:

- Buy great value second hand nappies.
- Drop off second hand nappy donations.

A proportion of sales generated from all items will create income for the Real Nappy Project to help to continue with the services provided.

Thursday 30th January 2014
Thursday 27th February 2014
Thursday 27th March 2014

**Duncan Place Resource Centre, Duncan Place (just off Duke St, Leith),
Edinburgh, EH6 8HW.**
Drop in anytime between 10am - 11.30am

For updates on events please see: <http://www.changeworks.org.uk/events.php>

Real Nappy Webpage

The Real Nappy Project webpage contains information on nappy types, local suppliers and useful links. Go to www.changeworks.org.uk and search 'Real Nappy'.

Real Nappy Loans – available to all in Edinburgh and the Lothians

The Real Nappy Project in partnership with Capital Credit Union can offer you the chance to buy real nappies then spread the cost over a number of months. The weekly repayments are likely to be less than the weekly cost of disposable nappies and could save you hundreds of pounds. Contact us for further information or Capital Credit Union on 0845 634 9901 or 0131 225 9901 (quote 8805), loans are available to residents throughout Edinburgh and the Lothians.

Talks

We may also be available to visit your antenatal group or baby club. Ask your health visitor / group leader to contact us to arrange this.



Volunteering with the Real Nappy Team

The Real Nappy Project is currently recruiting new volunteers to join our 30+ 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 like minded 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' and NCT Sales
- 'Buddy' new users – this could be by telephone or meeting up in a cafe
- Provide nappy demos for groups of parents to be / new parents
- Provide the project with insight and feedback to develop new projects

Please contact us (see over) if you are interested in volunteering.



Contact us:

Real Nappy Project
Changeworks
36 Newhaven Road
Edinburgh EH6 5PY

T: 0131 555 4010
E: realnappies@changeworks.org.uk
W: www.changeworks.org.uk