

The Real Nappy Campaign

Napp-E-News

December 2008

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Congratulations

To Natalie who used to run the Real Nappy Campaign she gave birth to a baby boy called Aiden in November. There is also a new edition to the real nappy team up in Wrexham. Linda our volunteer has also had a boy she has named Jac. We would like to wish them both well.

Real Nappy Week 2009

It's that time of year again when those of us involved in the Real Nappy Campaign start to think about Real Nappy Week 2009. I will let everyone know as soon as a date has been set (probably last week of April) but this is just a quick note — get your thinking caps on to see what kind of events we can organise.

Real Nappy Week is always a good opportunity to highlight the benefits of washable nappies to parents in a fun and informal way.

The Campaign can help with your real nappy week activities — with organisation, press releases and possibly help on the day.

Past activities have included Nappuccinos, fashion shows, nappy displays in local libraries, hospitals and shops, talks at local NCT classes or Mother & Toddler groups and street awareness raising stalls. Please phone or e-mail us with any ideas, we need to collate all types of actions and place on our website — this is where journalists will go to look for local angles.

New report finds washable nappies can be better for the environment.

A new report commissioned by the UK Government's Department for Environment, Food and Rural Affairs (Defra), the Environment Agency and the Waste and Resources Action Programme (WRAP) published in October 2008, says parents who use washable nappies, wash on a full load, line dry and reuse nappies on a second child can lower the global warming impact by 40%, or some 200kg of carbon dioxide over the two and a half years.

We at The Real Nappy Campaign think it's great this report has clarified the situation for parents about how they can reduce their carbon footprint by using washable nappies rather than disposable ones. They can do this by choosing more energy efficient appliances, not washing above 60°C and tumble drying as little as possible.

The message we can give to parents is clear, providing they follow simple guidelines, there can be significant gains for the environment both in reduced greenhouse gases and a reduction in the amount of household waste sent to landfill.

Washable Nappy Savings

The recent Defra report (above) included lots of information about how much energy washable nappies use. I have used this updated information to re-visit the washable v's disposable price comparison.

If you used a stock average washing machine and dryer, washed at 60°C, used a tumble dryer as many times as the national average (to dry 30% of your washing) and used a shop branded washing powder, the total cost of washing real nappies would be **£124.80** over 2.5 years, just an extra **96p** a week for 3 extra washes.

I have attached the calculations along with the newsletter.

Total cost of using real nappies

Terry square nappies – Mothercare £48.96, total cost of £173.76, or £1.34 a week.

Flat pre-fold nappies – Junior Joy £175.00, total cost of £299.80 or £2.31 a week.

Shaped – Bamboozles nippa £232.00, total cost of £356.80 or £2.75 a week.

Pocket – Wonderoos £230, total cost of £354.80 or £2.73 a week.

All in One – MotherEase using small & medium only £479.60, total cost of £604.40 or £4.65 a week.

Disposable Nappy Costs.

Huggies £700 total or weekly cost of £5.38

Pampers £750 total or weekly cost of £5.77

Shops Own £525 total or weekly cost of £4.04

Credit Unions

Credit Unions (CU) are very useful to the Real Nappy Campaign in Wales so we have included some information about them in this newsletter in the hope that you can help promote their use to your parents.

By helping to promote CU's we can give parents a wider choice in the way they pay for their nappies. CU's also give people on low or no income an opportunity to purchase real nappies – breaking down the barrier of the upfront costs associated with them. This is very important to us as traditionally these groups of people have been prevented from purchasing washable nappies, but now we have a means of engaging with them so they too can enjoy the financial rewards of using real nappies.

CU are financial co-operatives owned and controlled by their members. They offer savings and great value loans which are local and ethical. Many credit unions now offer a range of services including benefits direct, ISA's and Child Trust Funds.

Parents on average can borrow £200 to buy their supply of washable nappies and pay it back at a rate of about £4.50 a week for 12 months. That's cheaper than buying branded disposables every week! CU loans are available to all but the CU will check to make sure that parents can afford the repayments before a loan is offered.

Most areas of Wales are covered by a CU and details of the loans they provide are on the Real Nappy Website 'In your area' section. I have spoken to all of the CU's listed on the website and sent them all posters to help advertise the scheme and am sure they will be more than happy to send you some leaflets if you require them.

We will soon be designing some posters to help promote the use of CU's to buy washable nappies for use in hospitals and other public areas. I will let everyone know when they are available.



Agents and Volunteers

We have 2 new agents helping to promote washable nappies in Wales. Gayle Lister from Pembrokeshire has joined the BabyKind team . Gayle who is mum to Edward is a self confessed nappy-a-holic and works with the Pembrokeshire Real Nappy Network.

Katie Millard is part of the Bebeco team. Katie lives in Chester but covers Wrexham and Flintshire and is very keen to help spread the word.

Midwifery Conference

I attended the recent midwifery conference in Llandrindod Wells at the end of October. The Campaign had a stall along with other groups in the hall.

I was able to give out lots of 'Real Nappy Toolkits' to interested midwives – some were also interested in the Stork eco-nappy for hospital wards. Thank you to all the midwives who did make the time to see us and if you didn't get the chance then please feel free to contact me at any time.

Season's Greetings

We know it's a bit early but as the next Napp-E-News is not due until March, we would like to wish you all a Merry Christmas and a Happy New Year, and take this opportunity to thank you all for helping us spread the word about the benefits of washable nappies.

Contact us...

If you require any further information on any of the topics raised in this newsletter, please don't hesitate to contact us or visit our website.

If you have any events coming up in your area please let us know and we will add them to the website.

www.realnappies-wales.org.uk

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