



nappynatter

Issue 4

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Contact details

0845 201 2609
info@hrnp.org.uk

Real Nappy Week
21-27 April 2008

It's never too soon to start planning a local event – remember HRNP can help provide display materials, posters, leaflets etc. Just get in touch with your idea and we will help you make the most of this nationwide publicity opportunity

Welcome to the World!



Welcome to HRNP volunteers' new arrivals: Keira Joy MacRae & Andrew Nelson MacMichael, born on 17th and 28th May.

Congratulations and all the best to you and your families!

Welcome to the fourth issue of **nappynatter**, the newsletter of the Highland Real Nappy Project. This edition has been compiled by Marion McDonald - currently standing in for Katy Kitchingham who is enjoying her maternity leave with baby Calum. Congratulations and best wishes to the whole family - and here's to many happy nappy changes ahead! (Katy has so far enjoyed Totsbots and has also made her own terry squares from old towels: "Scruffy but effective" she says!)

Volunteer Training Event

17th November 2007

Looking forward to seeing lots of you there! The training event will be a great opportunity to get together with other volunteers for a fun, informative and informal day. There will be a number of practical nappy related sessions and plenty of time to just chat, catch up and share ideas and experiences.

We are delighted to announce that we will have a guest speaker from the Perth & Kinross Real Nappy Project joining us on the day. We will be able to learn from their approach and hopefully gain lots of new ideas and inspiration.

We are also keen to find out exactly what the volunteers think about the project - we want to know what you like about it as well as how you think it could be improved in 2008 and beyond.

See you there!

HRNP's ever popular **Trial Kit scheme**, which gives potential real nappy users the opportunity to try out a range of popular cloth nappies before they buy, has just expanded! Three new kits are now available (bringing the total number of trial kits available throughout highland to 14) so there has never been a better time to encourage folk to give it a go!

Contributions to the newsletter are always welcome: please get in touch to share product review information and any other volunteer news.

Product Review

Little Kiwi:

simple well made nappy with an unusual design; good absorbency for little babies but requires boosters for older ones; reasonably quick to dry – shape would especially suit tall and slim tots.

Nature Babies Stuffable Lite:

this replaces the earlier Stuffable which has now been discontinued but it leaks! (at least it did on our small baby tester)

Popolino all in one:

quite bulky on a tiny bot but very absorbent and doesn't leak. It dries very quickly for its bulk.

Mothercare have introduced a new product called the **smart nappy** which has a washable outer and a choice of washable or disposable pads. We have a trial pack available in medium size (5.5 – 9 kg) if anyone would like to give it a go!

Volunteer News

Highland Real Nappy Project is delighted that numbers of volunteers continue to grow. The work of the project really could not be done without so many of you working so hard across the Highlands. Recently volunteers on Skye formed a local group, and they now have their own trial kit to offer to folk on the island. A cluster of new volunteers is also beginning to form for the busy Inverness area where demand for HRNP services continues to grow.

Volunteers also were busy over the summer months at a range of events from local shows and Highland games to festivals like Belladrum and the Outsider – baby changing facilities on offer there were especially popular when combined with a rare mud-free crawling area and a chance to get out of the rain! Volunteers have also just taken part in the Environment Week at the Eastgate Centre, manning our lovely display and chatting to lots of interested passers by.



Lizbeth Collie, HRNP chair, has recently started work with RoWAN – she told us how she is helping them spread the real nappy message -

Ross-shire Waste Action Network (RoWAN) is a small charity, based in Dingwall, whose aim is to encourage householders to reduce their waste. We work with schools, community groups and Highland Council to encourage recycling and waste minimisation. Our target communities are Lochcarron, Ullapool, Alness, Maryburgh and Conon Bridge.

For families with a child in disposables, nappies make up almost half of bin weight. Each child in disposables generates about 5,000 used nappies before moving on to pants. So RoWAN is giving a free washable nappy to families who

live in our target communities to help reduce their waste! We'll offer a range of tried and tested products, and hope that lots of families take up the offer.

For more info see www.rowanweb.org.uk or contact Lizbeth Collie on 01349 867063, lizbeth.collie@rowanweb.org.uk



Bumblelots, who sell Nappy Nation nappies, are looking for agents in north Scotland (commission selling). Contact jane@bumblelots.co.uk if interested.