



nappynatter

Issue 5

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Inverness Nappucinos

Regular gatherings are planned for fun and informal get-togethers, coffee and cake and a chance to swap nappies, experiences and support with others interested in HRNP.

Please spread the word and come along if you can to Eden Court upper foyer area on Tuesday 4th November between 10 and 11am.

Diary Date:
Volunteer Event
1st November

Have you seen the new look HRNP website yet? The website was redesigned in early 2008 and will continue to be developed. We welcome your feedback and suggestions on how to improve it even more!

Welcome to issue number 5 of nappynatter—the newsletter of the Highland Real Nappy Project. We are delighted to let you all know that the recent period of uncertainty over the project's future has now come to an end and we can begin to keep you up to date again with all the local and national nappy news.

Read on to find out all that has been happening so far in 2008—and all that we have planned for the future of HRNP.....

HRNP funding secured!

We are delighted to be able to let you know that HRNP has been successful in securing funding from the INCREASE III Waste Prevention Scheme. This will secure the future of the project to March 2011 and is absolutely fantastic news.

The funding will allow HRNP to carry on the good work already being done by the growing Highland-wide team of volunteers and we can continue to offer the popular talks, demonstrations and Trial Kit scheme across the region. In addition we will be able to offer Starter Packs of nappies on an on-going basis with funds in place for a total of 480 packs over the next 3 years.

As well as HRNP's successful, tried and tested approach to converting folk to real nappies through awareness raising, information and practical support, we will also be able to develop a few new ideas including Nappucinos, remote area roadshows, multi interest and corporate events. We will continue to work hard with our partners in the NHS and the Highland Council to reach our ambitious waste prevention targets and to make the most of our new resources.

Starter Packs Available Again Soon!

The ever popular bargain Starter Packs will be available again soon—from October onwards. So please start taking orders now and pass them on to HRNP for pack distribution in the autumn and beyond. Packs will again come in either a small or medium size and be available as an incentive to potential new real nappy users. The packs include six types of popular nappies, wraps, liners and all the information required. The packs will be available for £10 (£5 concessions) - a real bargain!

New Product Review!

Mothercare have introduced a new product called the **smart nappy** which has a washable outer and a choice of washable or disposable pads. So how did it stand up to our rigorous HRNP volunteer testing? Well, Katy gave it full marks for drying and thought the reusable pad was very good for absorbency. Less convinced about the disposable pad option though which creates about as much waste as a normal disposable without the convenience of the tabs.

Ingrid reviewed the new **Totsbots Flexitot** nappy which was found to be great for absorbency—a good night time option; slim fitting and incredibly soft. Thumbs down for drying time though—it takes ages..

Easypeasy have just introduced the **Eco Bumble**—a very low cost option at just £3 per shaped nappy. The nappy has a terry outer and fleece liner and a pocket which you stuff yourself with your choice of absorbent material. Currently being tested by our intrepid volunteers—watch this space for a review in the next issue!

Volunteer News

HRNP's volunteers have continued to be as active as ever over the last few months. As well as the on-going work of demos and trial kits, many have found time for some extra events too.

Several volunteers were involved in running a **Tots Swap Shop** event in Alness in March. Folk were encouraged to bring along unwanted toys and clothes to swap on the day and we received excellent press coverage thanks to the planned **Real Nappy Fashion Show**. Volunteers were also getting creative in several Real Nappy Week events back in April, particularly a **Happy Nappy** event at Eden Court where we got more good press for making puppets from real nappies!

HRNP had a very visible presence at **Belladrum** in August thanks to our new **Big Red Tent**—volunteers provided a baby changing facility as well as a generally baby friendly space—and lots of info and displays about real nappies of course! The tent is available for events in summer 2009 so please get in touch if you can think of a good family event in your area which HRNP could attend.

And finally....a few words from Penny: "out of nappies" after all these years!

"I still can't quite believe it myself, but after almost 7 years of living and breathing real nappies I am finally leaving my job as Project Co-ordinator for HRNP. It seems an awful long time ago that a few dedicated real nappy using parents and a couple of sympathetic waste and health sector professionals sat down together for a chat about how to spread our enthusiasm for cloth. Since then it's been immensely satisfying to see the project grow to what it is today, a strong team of committed volunteers and staff with 3 year's funding secured and the future looking rosy. We've always had a very straightforward aim, to get more families using real nappies, and it has been fantastic to watch a steady increase in the number of people across Highland who approach us for help, and much more awareness of the nappies

themselves; we rarely get the "What on earth is that?!" response from the general public nowadays.

None of our achievements would have been possible without the huge amounts of hard work and infectious energy from our volunteers and committee, some of whom have stuck with us right from the start and are now good friends. I'd like to say a heartfelt thank you to all of you for keeping me going through one or two crises as well as all the fun. I know Marion and the team will do a fantastic job taking the project forward and wish everyone all the very best. No doubt I'll be popping up now and again to see what's going on, but to those of you I won't be hassling on the phone any more it's a fond farewell and thanks once again for making this the best job I've ever had."

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