



# nappynatter

Issue 7

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## Dingwall Nappuccino!

Monday 7th December 2009  
@ Royal British Legion,  
Dingwall 10—12am.

All welcome! Crafts and stories; face painting; tea, coffee and cakes! Second hand nappies and new nappy accessories available.

See the website for a full list of events planned in early 2010, including dates in Caithness, Skye, Lochaber, Strathspey, Ross-shire and Sutherland.

## January Sale Extravaganza!

Come along to Eden Court on 12th January 10 - 11.30 am for the best bargains around—wide range of pre-loved cloth nappies at greatly reduced prices! Free tea, coffee and cake too!

Welcome to the latest edition of **nappynatter**, the newsletter of the Highland Real Nappy Project. Lots of good news in this issue: especially some creative new ideas to save even more money when you opt for modern cloth nappies.

**All the best to all our volunteers, members and supporters for the festive season and for 2010!**

## Credit Crunch Nappy Packs— are you up for the Challenge?

HRNP has secured additional funding from INCREASE Small Grants to purchase some fantastic real nappy bargain packs which will help to overcome some of the barriers which stop real nappy users using their cloth nappies more of the time. Issues such as using cloth over night or just being able to afford a large enough supply of nappies to get them dried and back in use more often, will be addressed with this project. Credit Crunch packs will be available to families in Highland who already use washable nappies some of the time and are prepared to take on the challenge of increasing their real nappy use.

Bargain packs of super absorbent night-time nappies; quick drying nappies and economy nappies can be reserved now from HRNP. The packs will be distributed at Nappuccino events which our volunteers will be organising throughout Highland in early 2010. See website for more details.

**A Real Bargain—free Starter Packs for families using Healthy Start voucher scheme.**

HRNP is delighted to announce that their ever popular Starter Packs of real nappies are now available free of charge to families in Highland who are using Healthy Start vouchers. The Starter Packs include a great range of modern cloth nappies and all the accessories required to give real nappies a go. The packs come with a full set of instructions and the back up of HRNP staff and volunteers to answer any questions and help make the experience as easy and rewarding as possible.

## New Product News!

### Fuzzibunz One-Size Pocket Nappy

Fuzzibunz slim and quick drying range of nappies has now been extended to include a one-size version of their popular pocket nappy. The design is quite ingenious: you adjust the length of elastic at the legs to provide a tighter fit for smaller babies. The nappy also comes with two boosters to give more flexibility and extra absorbency as required.

### Totsbots Pocket Nappies

Totsbots continue to develop their product range though sadly this seems to mean that some of the old favourites are no longer in production—no more shaped cotton nappies being produced for example! However their one size pocket nappies are an attractive and economical option

**Try both these nappies in the Quick-dry Credit Crunch Pack! Reserve your pack today!**

## HRNP second hand scheme—nappies bought and sold!

HRNP are now buying and selling quality second hand nappies at events and nappuccinos—or contact us directly if you have something in mind. This service aims to make real nappies even more cost effective for Highland families. It is estimated that a family can save an average amount of £500 by using cloth instead of disposable nappies. Savings can be even greater if you buy second hand nappies—or sell on your nappies when you no longer need them. Various second hand websites can be used like [thenappysite.co.uk](http://thenappysite.co.uk) or [usednappies.co.uk](http://usednappies.co.uk) and now you can trade them through HRNP.

**Our volunteer, Sam Willis, was absolutely delighted to recycle her small size nappies into cash. “They have already saved me hundreds of pounds—and now I have used the money from selling them on to buy myself these fantastic boots! Try doing that with a load of old disposables!”**

Donations of good quality second hand nappies always welcome too!

## New Baby Group for Inverness

Milton of Leys Babies @ Bogbain Farm  
Tuesdays 1—2.30pm (term time only)

- All welcome with babies from birth to 12 months
- Songs, stories and activities
- Meet other parents/carers in a relaxed and friendly environment.

Contact Mairianne Nairn 01808 521798

Supported by the Care and Learning Alliance

## Nearly New Sale—Netmums Highland

Saturday 21st November 1.30—3.30pm

Grebe Hall, Drakies, Inverness

[kirsten@ecosse.net](mailto:kirsten@ecosse.net) 07984349946

## Excellent year of activity— thanks to all our supporters!

Since our current funding period began in July 2008, HRNP has recorded excellent figures for real nappy conversion and waste avoidance, exceeding almost all of our targets. By the end of September 2009 we had distributed 259 Starter Packs and 35 Trial Kits, resulting in 435 tonnes of waste avoided.

Our team of volunteers continues to grow and we now have 30 folk from Caithness to Lochaber and most points in between! We also continue to receive loads of support from our partners in the NHS, CALA and the Highland Council.

Many thanks to you all—and here's to another busy year in 2010!

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