



"Improving Public Health by Greening the NHS"

Real Nappies

"Real nappies" (or cloth nappies) are modern washable nappies that are a natural, environmentally friendly alternative to disposable nappies. Havering Council is offering parents with children younger than 18 months, a real nappy sample pack worth over £30 for just £5.



Why choose Real Nappies?

The below are Four good reasons to join the trend.

Cheaper

Using real nappies as an alternative to disposable nappies will save you up to £500 on a first baby and even more if used for another child.

Healthier

Real nappies are made out of natural or synthetic materials and contain less chemicals than disposable nappies.

Eco-friendly

All types of nappies have an environmental impact during production, however, by using real nappies you greatly reduce the amount of waste that needs to be disposed of every week. You can further reduce the environmental impact by reusing your real nappies on a second baby or selling them on to someone else.

Choices

Lots of choice and easy to use.

Did you know?

In the UK nearly three billion nappies are disposed of every year. That's nearly eight million a day!

How to get started?

Havering Council is offering a real nappy sample pack for just £5 to parents and carers with children under the age of 18 months. (Terms and conditions apply). You can choose between two packs depending on the age and the weight of the child or just your preference for types of nappies you want to try. The packs contain everything you need for trying out the selected nappies.

How to get hold of the voucher/ sample pack?

If you'd like to get a sample pack and give real nappies a go, please fill in the application form which can be found either online on the council's website www.havering.gov.uk/realnappies or in one of the leaflets. Please send it together with the appropriate proof of ID, to: **Recycling Team, Town Hall, Main Road, Romford, RM1 3BB**

The recycling team will then send you a voucher code to claim your subsidised sample pack. The voucher code can be redeemed either by ringing Nature Babies on 01509 889502 or locally at Snazzy Gems Boutique, upper floor, Romford Shopping Hall, RM1 3AB.

Alternatively, you can find the team around and about at Nappuccinos around the borough where they are also happy to answer any questions you might have. More information on upcoming Nappuccinos and real nappies can be found on the website www.havering.gov.uk/realnappies.

What does Havering Real Nappies team say?

So far we've been to Queen's Hospital three times on a Wednesday morning with our Nappy stall and have spoken to around 170 visitors. A Nappy stall at Queen's Foyer offers us a great opportunity to speak to expecting parents who visit the hospital for different appointments during their pregnancy. We also get the opportunity to speak to staff who are in contact with expecting parents/ parents and have received an overwhelming interest and support for the scheme. We greatly appreciate this support from staff at BHRUT.



All in all we've spoken to about 800 people around the borough since the Real Nappy Scheme was launched at the end of June this year. We have sent out over 100 vouchers to parents who are interested in giving real nappies a go. A baby goes through about 6,000 disposable nappies in it's nappy wearing time so using real nappies as an alternative will, both save parents a lot of money (up to £500) and greatly reduce the amount of waste sent for disposal.

--- *Sue Brown and Vibeke Kristensen, Waste & Recycling Team, Havering Council*

Sustainability Team's message

- **Please share** this message with your colleagues and help raise awareness.
- **Tell us if there is a problem!** – If you have an issue relating to **heating, cooling, lighting, water, or waste** please tell us about it. We may be able to sort it out for you. Email us: sustainability.BHRUT@bhrhospitals.nhs.uk
- **All ideas are welcome** - if you know a green tip, green image, heard/experienced a green story which could be published, please let us know by emailing: sustainability.BHRUT@bhrhospitals.nhs.uk
- **Why not become a Green Champion?** - It is an opportunity to learn about the sustainability and help the Trust and your colleagues become more sustainable. For more information contact: sustainability.BHRUT@bhrhospitals.nhs.uk Tel. Ext. (79) 6213