

Birthing Units

Crowborough Birthing Unit: 01892 654080. On-ward policy is to promote cotton nappies and a laundry service is provided by Cotton Bottoms, which is free to mothers in the post-natal unit.

Hospitals

The maternity units of both the Eastbourne District General Hospital and the Royal Sussex County Hospital, in Brighton have changed to an on-ward policy to promote cotton nappies.

What are the benefits?

- **Cost** - It is possible to save money using washable nappies especially if the nappies are used for subsequent children or sold on when no longer needed.
- **Environmental** - nappies, whether using washables or disposables, have an impact on the environment. This leaflet has been prepared by the local authorities in East Sussex and Brighton & Hove to encourage waste reduction. By using washable nappies you will be reducing the amount of rubbish you throw away.
- **Availability** - if you use washable nappies* you will never be in a situation where you have 'run out' of nappies.

*you will need to make sure dry ones are ready.

This leaflet can be downloaded from the following websites:

www.eastsussexcc.gov.uk
www.playyourpart.brighton-hove.gov.uk
www.wealden.gov.uk

Probably the
best change
you'll ever make

If you run a business promoting or selling real nappies and would like to be included in this leaflet please contact either Brighton & Hove City Council on 01273 292254 or East Sussex County Council on 01273 482323

Further Information

The Real Nappy Association: 020 8299 4519

Email: contact@realnappy.com

Website: www.realnappy.com

The central information source. Send a large SAE with two stamps for a free parents or health professional pack to: RNA, PO Box 3704, London SE26 4RX.

The Women's Environmental Network: 020 7481 9004

Email: nappies@wen.org.uk

Website: www.wen.org.uk

Contact Maeve Murphy, Real Nappy Development Worker, for campaign information and details of publications.

**The National Association of Nappy Services:
0121 693 4949**

The National Childbirth Trust: 0870 444 8707

Website: www.nctpregnancyandbabycare.com

Your community midwife, health visitor and local National Childbirth Trust group will also be able to offer information.

Local authorities

Your Local Authority will have details of campaigns and initiatives.

Brighton & Hove: 01273 292254

kim.jackson@brighton-hove.gov.uk

Eastbourne Borough Council: 01323 415274

recycle@eastbourne.gov.uk

East Sussex County Council: 01273 482323

lisa.mooney@eastsussexcc.gov.uk

Hastings Borough Council: 01424 781387

class@hastings.gov.uk

Lewes District Council: 01273 486619

recycle@lewes.gov.uk

Rother District Council: 01424 787580

recycling@rother.gov.uk

Wealden District Council: 01892 602722

recycling@wealden.gov.uk

This leaflet has been produced by the East Sussex Recycling Consortium, which is composed of the Councils listed above. The Consortium is working with midwives, health visitors, local businesses and the National Childbirth Trust to promote re-usable nappies to all parents in the area.

The printing of this leaflet has been made possible through a grant from the Department for Environment Food and Rural Affairs (DEFRA).

Please pass on or recycle this leaflet once you have finished with it



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Time for a change



A waste reduction initiative from the
East Sussex Recycling Consortium



The Problem

- Millions of disposable nappies are used daily in the UK
- Disposable nappies make up 2-4% of UK household waste
- Almost all of these are buried underground in landfill sites
- It costs the UK many millions of pounds annually to get rid of disposables

Using modern washable nappies will significantly reduce the amount of nappy waste sent to landfill.

So what can you do?

Modern washable nappies are convenient and easy to use - no pins, complicated folds or boiling! They are mostly made in pure cotton and come in a wide range of styles and sizes from birth to potty training (from 2kg - 52kg). All-in-ones incorporate a waterproof outer layer and fasten quickly with Velcro® or poppers. Two-piece fitted systems use a shaped cotton nappy fixing with Velcro® and have separate waterproof wraps. These systems are generally more leak-proof than all-in-ones. Prefolds are square cotton nappies, which fold in three into a wrap. Prefolds are very economical and are the type used by laundry services. Modern waterproof wraps are made from soft, breathable fabrics. Biodegradable one-way liners can be used to contain solids, making it easy to flush them down the toilet. Washing at home is the cheapest option. Used nappies need only be stored in a sealed bucket and washed in a 60°C cycle every two or three days or you can use a laundry service (See 'laundry services' section). A wide choice of nappies are available from the following local shops and mail-order companies:

Washable Nappies from Shops

Bear Necessities: 01435 866951

Stocks Bambino Mio range of nappies and accessories.
20 High Street, Heathfield TN21 8LF

Cotton Bottoms: 08707 778899

Prefolds, wraps, accessories and all-in-one systems.
Provides laundry service.
Email: sales@cottonbottoms.co.uk
Website: www.cottonbottoms.co.uk
Unit 12, Broomers Hill Park, Broomers Hill Lane, RH20 2RY

Gossypium: 01273 897509

Organic cottons & organic cotton nappies.
Email: abi@gossypium.co.uk
Website: www.gossypium.co.uk
2/3 St Andrews Place, Lewes, BN7 1UP

Great Expectations: 01273 622993

Selling a wide range of washable nappies. Drop in for a demonstration anytime. Mail order available.
42 - 44 Lewes Road, Brighton, BN2 3LD

Wigwam: 01273 505504

Shop selling a wide variety of washable nappy systems and natural accessories. Come in to see the range, or contact Sarah Birt on 01273 834491 for a home demonstration.
joanna@wigwambaby.freeserve.co.uk
267a Preston Drive, Brighton, BN1 6FL

Yummies: 01273 672632

A large range of washable nappies, terries, prefolds, fitted and shaped nappies. Also sell eco-menstrual products. Mail order available.
Email: Info@yummies.biz
Website: www.yummies.biz
91 Queen's Park Road, Brighton BN2 0GJ

The Baby Shop: 01273 470555

The Baby Shop is an independent nursery retailer situated in the Cliffe Shopping Arcade. Specialising in washable nappies and offers a wide range of baby equipment to include prams, car seats and nursery furniture. Also stocks biodegradable disposable nappies.
Email: info@thebabyshoplewes.co.uk
Website: www.thebabyshoplewes.co.uk
Unit 5-6, The Arcade, 34-36 Cliffe High Street, Lewes BN7 2AN

Boots, Mothercare & Waitrose (selected stores)

Stores sell an all-in-one system, terries and associated equipment.

Washable Nappies by Mail Order

BabyHut: 01273 245864

Sells cotton nappies, environmental baby products and the tri-cotti™ cotton sling.
Email info@babyhut.net
Website www.babyhut.net
P.O. Box 3401, Brighton, BN1 3WE

Little Green Earthlets: 01825 873301

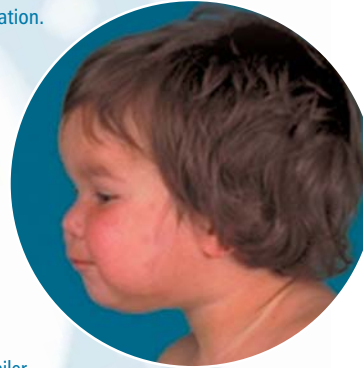
Suppliers of all styles of Mother-ease™ nappies & wraps. Also terries, pre-folds, bed wetter & training pants. Phone or email for a free brochure.
Email: sales@earthlets.co.uk
Website: www.earthlets.co.uk
Units 1-3, Stream Farm, Chiddingfold, Lewes, BN8 6HG

Nice Nappy Company: 01424 756839

A wide variety of flat & shaped washable nappies and covers plus nappy friendly fair trade children's clothing & 'green' sanitary products.
Email: helen@nicenappy.co.uk
Website: www.nicenappy.co.uk
61 New Moorsite, Westfield, East Sussex, TN35 4QP

Plushpants: 0161 485 4430

Suppliers of washable nappies, wraps and accessories. Local agent Rachel Burstow 01273 207605
Email Rachel@plushpants.com
Website www.plushpants.com



Lollipop Children's Products

Agents cover East Sussex offering a visiting service to homes and antenatal classes to demonstrate (and sell) a wide range of all-in-ones and two piece systems.
www.teamlollipop.co.uk
Local agents

Hove & Portslade:

Lucy Wallis 01273 419280
chrisandlucy@shelldale.fsnet.co.uk

Bexhill:

Allison Martin 01424 732213
martins@southover21.freeserve.co.uk

Kent, Surrey & Sussex borders:

Penny Vaughan 01342 843535
pennyvaughan@hotmail.com

Schmidt Natural Clothing: 01342 822169

Organic cotton wraparound nappy system, fitted cotton nappies, highly breathable wraps and associated products. Also nappies to fit premature sizes and wraparound nappies to fit older children (up to 6 years). Phone for a free brochure.
Email: glenn@naturalclothing.co.uk
Website: www.naturalclothing.co.uk
21 Posthorn Close, Forest Row, RH18 5DE

WASHABLE NAPPIES FOR CHILDREN AND ADULTS

Little Green Earthlets sells fitted incontinence wear (suitable for up to 30kg) as well as an XL Sandy's and an all-in-one (both suitable for up to five year olds). The Nice Nappy Company, Schmidt Natural Clothing & Lollipop also offer larger washable nappies. Cotton Bottoms should soon be able to offer a laundry service for larger nappies. For further information on incontinence wear for adults please call Kim Jackson, Brighton & Hove City Council, 01273 292254.

Laundry Services

Alternatively, let a nappy laundry service do the work for you. They will deliver clean nappies to your door and collect the dirties. The cotton nappies are simply folded and placed inside a re-usable wrap, which is secured with Velcro® tabs.

When the nappy needs changing, the biodegradable soiled liners can be flushed straight down the toilet, where sewage belongs, and the cotton nappies are stored in a lined and deodorised bin, which is collected weekly by the laundry company. The nappies and wraps are available in a variety of sizes and can be used from birth. The nappies are laundered to strict Department of Health standards in a 90°C cycle, to ensure they are sterile. Charges are around £8 per week to provide for the needs of one baby, with reductions possible for a second child at the same address.

This area's local laundry service is:

Cotton Bottoms: 08707 778899

Email: sales@cottonbottoms.co.uk
Website: www.cottonbottoms.co.uk