

## How to get your real nappy subsidy

If you live in the London boroughs of Camden, Hackney, Haringey, Islington or Waltham Forest, you can apply online at [realnappiesforlondon.org.uk/apply](http://realnappiesforlondon.org.uk/apply) to claim your £54.15 voucher, which you can spend on whichever real nappies you prefer.

The London boroughs of Barnet and Enfield operate a cash-back scheme where parents buy real nappies and then receive a refund to the value of £54.15. If you live in Barnet, visit [barnet.gov.uk/real-nappies](http://barnet.gov.uk/real-nappies) or if you live in Enfield, visit [enfield.gov.uk/washable\\_nappies\\_information\\_booklet](http://enfield.gov.uk/washable_nappies_information_booklet).

If you are interested in second-hand, pre-loved nappies to buy, visit [realnappiesforlondon.org.uk/exchange](http://realnappiesforlondon.org.uk/exchange).

For more information about the NLWA's real nappy scheme, or other ways to waste less and save more, visit [wiseuptowaste.org.uk](http://wiseuptowaste.org.uk).

# HAVE YOU THOUGHT ABOUT USING REAL NAPPIES?

Save money and the environment.  
It's easier than you think – try them for free with a £54.15 nappy subsidy!



 @WiseUpToWaste

 WiseUpToWaste

[wiseuptowaste.org.uk](http://wiseuptowaste.org.uk)

 BARNET  
LONDON BOROUGH

 Camden

 ENFIELD  
Council

 Hackney  
Haringey  
LONDON

 ISLINGTON

 Waltham Forest

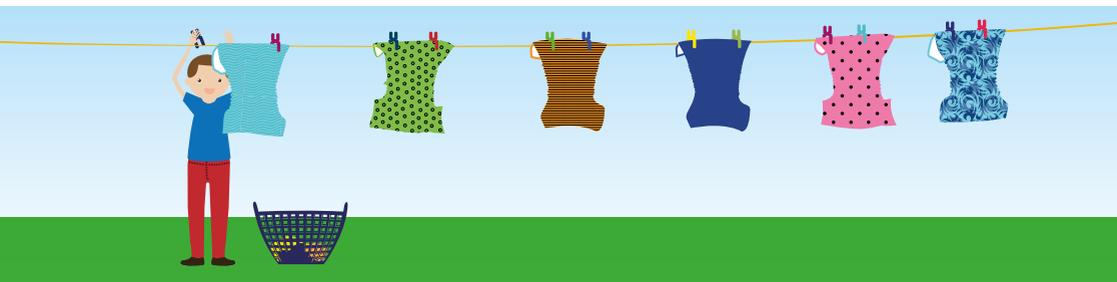
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By the time a baby is potty-trained, they will have used between 4,000 to 6,000 disposable nappies, that's a big cost to parents and to the environment! Disposable nappies also make up 4% of household waste which is sent to landfill.



### What are real nappies?

Real (reusable) nappies are fabric nappies which can be washed and used time and time again. Before the 1980s, they were the only option, but the design of them has come on a great deal since then. They come in varying sizes and can be:

1. all-in-one with removable inner sections
2. more traditional style breathable cotton nappies; no pins needed if you use a little plastic gripper (nappy nipper) or fitted wraps.

### Why use real nappies?

- **Save money:** Reusable nappies are cheaper and avoid the cost of purchasing disposable ones.
- **Easy to use:** Real nappies are just as effective as disposable nappies, although they may need to be changed more regularly. Remove the inner section, flush into the toilet and wash at 60 degrees centigrade or use one of the home laundry collection services available.
- **Potty-training:** Real nappy users report that a further benefit of using real nappies is that young children are able to adjust to using a potty more easily. The absorbent pad in disposable nappies quickly feels dry, meaning that children can continue to wear a soiled nappy, and can be less aware of their own toileting habits.
- **Kinder to the environment:** A lot of energy and resources are required to produce disposable nappies, In addition, the greenhouse gas methane is released if they end up in landfill.



### The north London real nappy scheme

A free subsidy of £54.15 (the average cost of disposing of one child's nappies) is available to parents or parents-to-be living in the north London boroughs of Barnet, Camden, Enfield, Hackney, Haringey, Islington and Waltham Forest. There are north London Cloth Nappy Libraries that run demo events, answer parents' questions and are a great way to find out more about real nappies.