

What Else Can I do?

# Using Real Nappies

We shape our environment by the choices we make. Re-using items as many times as we can before we recycle or throw away is easy to do and makes a big difference. Visit [www.recycleforgreatermanchester.com](http://www.recycleforgreatermanchester.com) to find out more.



**Whether it is environmental, economical or ethical, there are many reasons why you may choose to use real nappies.**

Real nappies have come a long way from the days of terry squares and nappy pins with a wide ranging choice of fabrics and designs now available. Real nappies are now trendy, durable and excellent value for money.

# Using Real Nappies



## Local organisations you may find useful

### Easy Nappies

T : 01706 396505

W : [www.easynappies.co.uk](http://www.easynappies.co.uk)

### Birth 2 Potty

T : 07725 527481

E : [lisa@birth2potty.com](mailto:lisa@birth2potty.com)

W : [www.birth2potty.com](http://www.birth2potty.com)

### Greenabubs

T : 07918611336

E : [info@greenabubs.co.uk](mailto:info@greenabubs.co.uk)

W : [www.greenabubs.co.uk](http://www.greenabubs.co.uk)

### Lots 4 Tots

T : 01204 308963

E : [Info@lots4tots.co.uk](mailto:Info@lots4tots.co.uk)

W : [www.lots4tots.co.uk](http://www.lots4tots.co.uk)

### Manchester Real Nappies

T : 07527 863107

E : [manchesterrealnappies@hotmail.co.uk](mailto:manchesterrealnappies@hotmail.co.uk)

W : [www.manchesterrealnappies.co.uk](http://www.manchesterrealnappies.co.uk)

### Real choice Nappies

T : 07941 332221

E : [info@realchoicenappies.co.uk](mailto:info@realchoicenappies.co.uk)

W : [www.realchoicenappies.co.uk](http://www.realchoicenappies.co.uk)

## Environmental Impact and Parental Choice

In the UK, we throw away 8 million nappies a day and this has a huge impact on the environment. Real nappies give parents a choice and give them the power to reduce their environmental impact. Parents can opt for an energy efficient washing machine, wash at a lower temperature or take advantage of a local nappy laundering service.

With disposables the only way to reduce the impact on the environment is to use fewer nappies which in many cases is not the ideal solution.

## Your choice - Purchasing real nappies

Just like disposable nappies, you can buy different types of real nappies to meet the needs of your child. For your nearest nappy contacts, services and suppliers call the **Go Real Helpline 0845 850 0606** (Mon - Fri 8am - 8pm, Sat 9am - 12noon) or visit [www.goreal.org.uk](http://www.goreal.org.uk)

## Your choice - Using a nappy laundering service

A nappy laundry service is available across Greater Manchester, delivering freshly laundered nappies to your door each week. To find out more about CottonTails and their nappy services, visit their website on [www.cottontails.co.uk](http://www.cottontails.co.uk) or call on **0161 708 8223**.

## Real Nappy Incentive Schemes Across Greater Manchester

Some Local Authorities across Greater Manchester may currently provide real nappy incentive schemes for their residents to take part in. Contact your Local Authority to find out if they provide a real nappy incentive scheme.

For a step by step guide to using real nappies, please visit the nappy page at [www.recycleforgreatermanchester.com](http://www.recycleforgreatermanchester.com)



For more information on how to reduce your waste, please visit [www.recycleforgreatermanchester.com](http://www.recycleforgreatermanchester.com) or contact :

Sheridan Hilton | Waste Prevention Manager

T : 01204 374221 | E : [communications@recycleforgreatermanchester.com](mailto:communications@recycleforgreatermanchester.com)