



LEARN MORE ABOUT OUR FREE REAL NAPPY TRIAL PACK?

The pack is worth £50 and provides everything you need to get started. Real nappies are simple to use, require no pins, no folding and no soaking. In fact they are as easy to use as disposable ones.

The FREE trial pack consists of:

- 3 x real nappies - one from each of the most popular types
- 1 x velcro fastening wrap
- 1 x roll of flushable liners
- 1 x wet bag

Real nappies are suitable for use with newborn babies right up to potty training. All nappies are one-size-fits-all and suitable for boys and girls. They are suitable for babies weighing 9lb-35lb and come with a detailed instruction booklet.

Apply for your pack today by visiting:

www.southwark.gov.uk/nappies



FREE REAL NAPPY trial pack

good to
know

Save money and
cut your household
waste by switching
to real nappies



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www.southwark.gov.uk/recycle
www.veolia.co.uk/southwark

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for London

 **VEOLIA**

Southwark
Council
southwark.gov.uk



Help reduce London's nappy waste

Disposable nappies are **expensive** and harm the environment.



Get your **FREE** trial pack today

Great reasons to try real nappies

If you are a parent or are about to become one and you live in Southwark, you can apply for your free trial pack, simply visit: www.southwark.gov.uk/nappies

- Real nappies are made from soft fabrics such as fleece, bamboo and cotton to be kind to babies' skin. They can be washed at 30°C and can be included in your normal clothes wash.
- Cotton and bamboo nappies stimulate babies' bladder control because they can feel themselves getting wet. This in turn means potty training tends to be quicker for real nappy babies versus those wearing 'stay dry' nappies.
- Real nappies are proven to be cooler for babies and are therefore less likely to cause nappy rash.
- 90% of disposable nappies end up in landfill and can take up to 500 years to breakdown!
- Using just one real nappy a day, in place of a disposable one, would prevent 730 nappies from being sent to landfill per baby.

Your baby is likely to need between **4,000** and **6,000** changes, from birth to potty training.

By using washable nappies you will save approximately **£500** per baby. If you use the nappies for more than one child, the cost savings add up considerably.

"It was great to have a selection to try out. And for sure we noted the reduction in waste straight away"

Southwark resident



good to know

