



# POWYS REAL NAPPY DIRECTORY

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For more information contact:

All Wales Nappy Advice Line **0845 456 2477**  
[www.realnappies-wales.org.uk](http://www.realnappies-wales.org.uk)

Powys County Council Helpdesk **0845 607 6060**

## Welcome to the alternative to disposable nappies...reusable nappies. Why use them? Well they're better for the environment, better for your baby and better for your pocket.

Reusable nappies are made of completely natural materials using a naturally absorbent cotton nappy which pops into a breathable outer cover which fastens with Velcro or poppers.

Reusable nappies are the natural choice. They're made primarily of natural materials. You probably enjoy wearing natural fibres like cotton and wool, as they feel so comfortable, so why not for your baby? You can even get 100% organic cotton nappies! Whatever reusable nappy you use, you are guaranteed that there will be no chemical absorbent gels that are used in disposable nappies.

Any household with a baby will create more waste than normal, with half of that waste being disposable nappies. If you use disposable nappies, you will create over 150 bin bags full of waste, contributing to the **240 MILLION nappies** thrown away in Wales each year. Most of these disposable nappies will end up in landfill where they will take over a hundred years to decompose. How "disposable" is that?!

**Need more information or help?**

**Contact your nearest nappy agent who will be happy to help. Details on page 4.**

**A pack of reusable nappies which will last from birth to potty, can cost £135. Compare this to the total amount spent on disposable nappies... an average saving of over £600!**

You can buy the nappies individually but the most common way to buy is in packs. You can buy entire birth to potty packs, or packs of different sizes. Many suppliers also do "trial packs" which gives you a chance to try out different styles before you buy the whole lot.

Newborn kits can start from £78, older baby kits from £65 and birth to potty kits from £135 (which works out at £2.60 a week!). To be able to compare the price difference between the nappy types we've given a guide price for each of the different styles of nappy on page 4. And remember, no matter which system you go for, they will be cheaper than disposables!

**How many to buy?**

We recommend that you need 18-24 (2-3 day's worth using 6-12 nappies a day) of each size – newborn and regular, plus 4 wraps in newborn, small and regular size. You will also need liners - either flushable/disposable paper liners or re-usable fleece liners.



**Reusable nappies need to be washed. You can either do this at home or use a nappy laundry service.**

You can wash nappies in your washing machine at 60°C so there's no need to boil wash. In fact there's no need to even soak them at all. You can store them in a dry bucket with a lid and wash every couple of days. Obviously, any soiling should be rinsed away first. However, soaking is recommended for newborn babies and for that you can add various things to reduce the staining, such as white vinegar, tea-tree oil, salt or bicarbonate of soda.

Wraps that are separate from the nappy do not have to be washed at every nappy change but simply wiped and used again if not soiled. All-in-one nappies and stuffables are washed the same as above (refer over the page for the different styles of nappies).

Both nappy and wrap can be dried by any method but sunshine will deodorise, sanitise and bleach cotton nappies naturally!

Real nappies do feel wet to touch, unlike disposable nappies, but only need to be changed at the same regularity as disposables.

**Nappy laundries**

Parents in North Montgomeryshire, who want to use reusable nappies but do not want to wash their own, now have the choice of using a newly opened laundry service in Wrexham called Baby First.

Baby First deliver freshly laundered cotton nappies to your doorstep at the same time every week and take away your soiled nappies. Nappies come in a range of sizes to suit newborn to toddler and training pants for older babies. All nappies are laundered to strict hospital standards and are quality inspected. They also provide eco-disposable nappies for times when you're away from home.

Once you've signed up for the service, for £35 you will receive 2 weeks trial service, a deodorised nappy bin, a washable laundry bag, 6 nappy wraps and a supply of cotton prefold nappies plus biodegradable liners, biodegradable baby wipes, and a tube of Weleda nappy cream. A weekly service then costs from £8 per week.

For more details phone Tracey on 01978 664545 or e-mail on [info@babyfirst.co.uk](mailto:info@babyfirst.co.uk).



**There are four different kinds of reusable nappies - prefolds, preshaped, all-in-ones and stuffables.**

***Flat nappies (sometimes called prefolds) – consist of three elements – nappy, wrap and liner***

Flat nappies consist of varying layers of cotton, sewn into a large rectangle, usually with a thicker layer in the middle. All you need to do is fold the nappy in three, place in the wrap and put on the baby. The nappy liner is placed between the nappy and the baby's bottom. It allows liquids to pass through but not solids, so makes it easy to lift the solids and flush away. Most people use disposable liners but reusable ones are available. The nappy and wrap are washed as per instructions on page 2. The nappies come in different sizes and thickness to suit. The wraps fasten either with Velcro or poppers.

- **Flat nappies are the cheapest option and dry the quickest.**

Flat nappies start at £1 and wraps at £6. Rolls of 100 disposable liners start at £1 and reusable liners at £1 each.

***Preshaped nappies – consist of three elements – nappy, wrap and liner***

Shaped nappies pop straight into the wrap and on the baby. A nappy liner is used as with a flat nappy (above). Preshaped nappies and wraps are washed as per instructions on page 2. The nappies come in different sizes and thicknesses to suit. One-size versions are also available which can be adjusted to grow with the baby (suitable usually from 7lb through to 30lb), which can be more economical and are particularly useful if you have more than one child in nappies at a time.

- **Preshaped nappies are more convenient than flat nappies, but cost more and take longer to dry.**

Preshaped nappies start at £5. Wraps and liners as above.

***All-in-one nappies – consist of two elements – nappy and liner***

All-in-one nappies have the wrap sewn to the nappy so it's all in one part and can be put straight on the baby. A nappy liner is used as with flat nappies and pre-shaped nappies (above), although some come with a sewn in liner. The nappy is washed as per instructions on page 2. The nappies come in different sizes and thickness to suit and are fixed with either Velcro or poppers.

- **All-in-ones nappies are the most convenient but take the longest to dry. They are also expensive and don't last as long as the integral wrap is washed with every nappy change. These are a popular system with childcare providers as they are changed in the same way as a disposable nappy.**

All-in-one nappies start at £8. Liners as above.

***Stuffable or 'pocket' nappies – consist of two elements – nappy and fleece wrap***

Stuffable nappies can be similar to all-in-one nappies but are much thinner with a pocket between the outer and inner fleece layer - this is stuffed with padding to make the nappy absorbent (using prefolds/muslin squares or even old bathroom towels cut to size). Some stuffable nappies work the same way but don't have an attached waterproof cover and will need a separate wrap.

- **Stuffable nappies are much quicker to dry than an all-in-one but are relatively expensive.**

Stuffables start from £9. Prefolds and wraps as above.

## Nappy agents

Nappy agents sell reusable nappies. The agents can be independent or linked to one company (who stock one or many brands of nappies). Agents sell a wide range of real nappies and most offer a nappy trial kit. They provide a range of services depending on their own personal circumstances. Some provide telephone advice, taking orders over the telephone and posting the nappies to you. Others will visit you in your own home and deliver your order to you. All of our agents are mothers and have experience of using reusable nappies.

Agent contact details	Area	Products
<b>Catherine Greensted</b> 01686 650484	Based in Tregynon and covers a 20 mile radius	Independent Nappy Agent - works for a number of companies
<b>Fiona Moulton</b> 01654 703151	Based in Machynlleth and covers a 20 mile radius	Eco-Babes range
<b>Sue Funnell</b> 01597 829313 susanfunnell@hotmail.com	Based in Llandrindod Wells and covers Radnorshire, North Brecknockshire and up to Newtown	Eco-Babes and Natures Babies. Newborn rental kits from £4 weekly
<b>Sarah Hughes</b> 07753 814581 brecon.nappies@tiscali.co.uk	Based in Brecon and covers mid and North Brecknockshire	Lollipop range
<b>Linda Cook</b> 01443 691322 linda.cook@tiscali.co.uk	Based in Merthyr Tydfil and covers South Brecknockshire	Lollipop range

## Local parents who can provide advice

We have a number of parents who have used reusable nappies and are happy to give advice and information. Please feel free to give them a call. If you would like to be added to the list then please contact the number on the inside cover.

Contact details	Area
<b>Frances Butler</b> 01691 828297	Lives in Llanymynech and happy to give telephone advice
<b>Claudine Goganian</b> c/o Eco Dyfi 01654 703965	Lives in the Dyfi Valley and can give advice over the phone or meet people in Eco Dyfi
<b>Grace Bailey</b> 01970 87 11 88	Lives in the Dyfi Valley and can visit people in their homes or at Eco Dyfi
<b>John Hough &amp; Elaine Standen</b> 01597 860402	Live near Newbridge-on-Wye and happy to give telephone advice

## Where to buy reusable nappies

Where to buy reusable nappies is constantly expanding and changing but here's a selection of where to buy a wide range of reusable nappies. We've used a key to what facilities each one provides as follows:

- B:** Brochure available
- W:** Website available
- I:** Internet shopping available
- R:** Retail outlet
- T:** Trial packs available
- A:** Operate a network of nappy agents
- P:** Postal and phone ordering available

Nappy supplier	Contact details	Products and prices
<b>Baby First Nappy Company</b> <b>B W I R T P</b>	Unit D7, Dutton Road Redwither Business Park Wrexham, LL13 9UL T: 01978 664545 E: <a href="mailto:info@babyfirst.co.uk">info@babyfirst.co.uk</a> W: <a href="http://www.babyfirst.co.uk">www.babyfirst.co.uk</a>	As well as being a nappy laundry service, Baby First sell nappies and other natural baby products from their premises in Wrexham. Baby First stock a wide range of nappies and nappy accessories and can provide demonstrations in your own home as far south as Newtown. They also hire nappies and let you hire nappies with a view to purchase.
<b>Bambino Mio</b> <b>B W I T A P</b>	12 Staveley Way, Brixworth, Northants, NN6 9EU T: 01604 883777 F: 01604 883666 E: <a href="mailto:sales@bambino.co.uk">sales@bambino.co.uk</a> W: <a href="http://www.bambino.co.uk">www.bambino.co.uk</a>	Bambino Mio are one of the most widely marketed brand of nappies and they come in lots of different designs with lots of nappy accessories.

Nappy supplier	Contact details	Products and prices
<b>Boots</b> <b>B W I R</b>	Brecon, Builth Wells, Llandrindod Wells, Newtown and Welshpool W: <a href="http://www.boots.com">www.boots.com</a>	Boots have their own brand of reusable nappies but they do not currently stock them in the stores in Powys! However, you can order them and they take about a week to arrive. Alternatively they can be bought on their website where you can also buy Cotton Bottom nappies.
<b>Cheeky Rascals</b> <b>B W T P</b>	1 Stone Barn, The Brows, Farnham Road, Liss, Hampshire GU33 6JG T: 0870 873 2600 F: 0870 873 2800 E: <a href="mailto:sales@cheekyrascals.co.uk">sales@cheekyrascals.co.uk</a> W: <a href="http://www.cheekyrascals.co.uk">www.cheekyrascals.co.uk</a>	Suppliers of the Galfies nappy system along with lots of other baby products. Trial kits from £20.
<b>Cuddlebabes</b> <b>B W I P</b>	22 The Stray, South Cave, East Yorkshire HU15 2AL T: 01430 425257 F: 01430 421931 E: <a href="mailto:enquiries@cuddlebabes.co.uk">enquiries@cuddlebabes.co.uk</a> W: <a href="http://www.cuddlebabes.co.uk">www.cuddlebabes.co.uk</a>	Cuddlebabes are an independent supplier of reusable nappies and do not manufacture any of the nappies themselves. They offer a really flexible system of pick and mix trial packs at 5% discount with free postage. They also operate a free returns policy as long as goods are returned in an unused/unwashed condition within three months of purchase, with a choice of an exchange, credit or refund.
<b>Cotton Bottoms</b> <b>B W I T P</b>	7-9 Water Lane Ind Estate, Water Lane, Storrington, West Sussex, RH20 3XX T: 08707 778899 E: <a href="mailto:sales@cottonbottoms.co.uk">sales@cottonbottoms.co.uk</a> W: <a href="http://www.cottonbottoms.co.uk">www.cottonbottoms.co.uk</a>	Cotton Bottoms produces flat nappies, polyester and cotton wraps and a number of accessories. They also have a range of trial packs, starter packs and birth to potty packs.

Nappy supplier	Contact details	Products and prices
<b>Deanna's Baby Shop</b> R	Newtown Market Hall, Newtown, SY16 2PQ T: 07773 599080	Deanna's Baby Shop currently stocks terry nappies and will soon also have a selection of modern reusable nappies.
<b>Eco-Babes</b> B W I T A P	17b Paradise Road, Downham Market, Norfolk, PE38 9HS T: 01366 387851 W: www.eco-babes.co.uk	Eco-Babes supply a wide range of brands of nappy and nappy accessories and operate with a network of over 60 nappy agents. Trial kits are also available from 01833 640400 on a two weekly hire basis.
<b>Ellie Nappy Co</b> B W I P	PO Box 16, Ellesmore Port, CH66 2BE T: 0151 200 5012 E: info@elliepants.co.uk W: www.elliepants.co.uk	Ellie Pants make award-winning easy to use waterproof covers for reusable nappies. They are designed to be used with flat nappies but also fit most types of washable nappies. Ellie Pants also supply flat nappies and wool wraps which are all made in Britain. Trial packs available from £15. Also available from independent nappy agents.
<b>Ethos Baby Care</b> B W I T P	37 Chandos Road, Bristol, BS6 6PQ E: enquiries@ethosbaby.com W: www.ethosbaby.com	Ethos Baby are independent suppliers of a range of reusable nappies which have been chosen solely on performance and price. The range comprises of the Motherease One Size, Bambino Mio Prefolds and Organic 'Snug-to-Fit' reusable nappies. They have trial packs and Birth-to-Potty specials.
<b>Green Baby</b> B W I R T P	345 Upper Street, Islington, London, N1 0PD T: 0207 226 4345 W: www.greenbaby.com	This London based shop sells a wide range of eco-friendly baby products including reusable nappies. They offer a wide range of branded nappies as well as their own, which is also sold through other suppliers such as Lollipop and Eco-babes. Trial packs are available from £17.50.

Nappy supplier	Contact details	Products and prices
<b>Green Fibres</b> <b>B W I R T P</b>	99 High Street, Totnes, Devon, TQ9 5PS T: 01803 868001 F: 01803 868002 E: mail@greenfibres.com W: www.greenfibres.com	Green Fibres specialise in goods and garments made from organic cotton, organic linen, hemp, organic wool and untreated silk, including organic cotton nappies and organic wool wraps. Trial packs available from £14 and nappy starter packs from £95.
<b>Huggababy</b> <b>B W R T P</b>	19-21 The Prya Centre, Talgarth, Powys, LD3 0DS T: 01874 711629 F: 01874 711037 E: margaret@huggababyco.uk W: www.huggababy.co.uk	Huggababy produce their own baby products including a reusable nappy and supply many more. They are a local company who supply the Powys free sample! Nappy kits start at £65.
<b>Kittykins</b> <b>W I P</b>	Southerly, Church Road, Heveningham, Suffolk, IP19 0EA T: 01986 798939 E: contact@kittykins.co.uk W: www.kittykins.co.uk	As well as supplying a good range of branded nappies, Kittykins sell their own 100% cotton flat nappy. They are looking to provide trial kits in the future but at the moment they will accept unused returns.
<b>Little Green Earthlets</b> <b>B W I T A P</b>	Units 1-3 Stream Farm, Chiddingly, East Sussex, BN8 6HG T: 01825 873301 F: 01825 873303 W: www.earthlets.co.uk	Supply a selection of prefolds, terries and Motherease washable nappies, along with eco-friendly disposable nappies and lots of other baby products.

Nappy supplier	Contact details	Products and prices
<b>Lollipop Children's Products</b> <b>B W I T A P</b>	Freepost SWB40893, Penzance, Cornwall, TR20 8YX T: 01736 799512 F: 01736 794886 E: sales@teamlollipop.co.uk W: www.teamlollipop.co.uk	Lollipop is one of largest nappy suppliers with a massive range of nappies and nappy accessories. They produce their own brand of nappy – the Rainbow Nappy and they also operate the largest network of nappy agents. Their trial kits consist of one nappy and one wrap. If you decide to buy you keep it, if not you send it back with a FREEPOST return.
<b>Modern Baby</b> <b>B W I T A P</b>	Brooksby, 70 Tamworth Road, Hertford, Herts SG13 7DN T: 0800 093 1500 F: 01992 536473 E: sales@modernbaby.co.uk W: www.modernbaby.co.uk	Modern Baby make shaped nappies and nappy covers which are made in Europe by a family-run business who have 10 years experience making nappies. The fabrics are printed using ECO-100 standard dyes. They also stock prefold nappies and many nappy accessories plus natural toiletries for both baby and parents. Trial kits available from £8.50. Modern Baby nappies are also available from a number of other suppliers.
<b>Nappies by Minki</b> <b>B W I A P</b>	Timbukthree, New Tolsta, Isle of Lewis, HS2 0NN T: 01851 890402 W: www.nappiesbyminki.co.uk	A cottage industry based in the Outer Hebrides produces a range of nappies including Minki Nappy, Minki Wrap and Minki Flippa.
<b>Nappy Nation</b> <b>B W T P</b>	33 Brockhampton Road, Kingston, Surrey, KT2 5JU T: 0793 096 4582 E: info@nappy-nation.com W: www.nappy-nation.com	Suppliers of their own prefold nappies and all-in-one nappies. Trial packs available in two sizes from £15 and second hand nappies from £6 each.

Nappy supplier	Contact details	Products and prices
<b>Natural Collection</b> <b>B W I T P</b>	Eco House, 19a Monmouth Place, Bath, BA21 2AY T: 0870 331 3333 W: www.naturalcollection.com	Natural Collection provide a system of reusable nappy in 100% brushed unbleached cotton. Trial packs containing one nappy, insert, overpant and paper liner roll available in small, large or extra large for £15.
<b>Naturally Nappies</b> <b>B W I T P</b>	50b High Street, Shrivenham, Swindon, SN6 8AA T: 0845 166 4716 E: orders@naturallynappies.com W: www.naturallynappies.co.uk	Mostly an internet based company with a large range of nappies. Have a Try Before You Buy scheme with second hand nappies which can then be purchased or returned and new ones bought.
<b>Nature Babies</b> <b>W I P</b>	Unit 17 Clearview Business Park, 103 Loughborough Road, Quorn, Leicestershire, LE12 8DU T: 01509 621 065/879 E: contact@naturebabies.co.uk W: www.naturebabies.co.uk	Nature Babies manufacture a complete range of nappy products from terries to all-in-ones and stuffables, with a lovely range of fabric choices. They also stock a number of sundry products like Nappi Nippas for terry nappies.
<b>Perfectly Happy People</b> <b>B W I T P</b>	1-33 Park Royal Road, London, NW10 7LQ T: 0870 1202018 E: info@phpbaby.com W: www.phpbaby.com	PHP are the main distributors of Canadian made Kooshies brand of nappy. Trial packs available from £6.50

Nappy supplier	Contact details	Products and prices
<b>Sam I Am!</b> <b>B W I T A P</b>	Besthorpe Road, North Scarle, Lincs, LN6 9EZ T: 01522 778926 E: info@sam-l-am.co.uk W: www.sam-l-am.co.uk	Suppliers of a good range of nappies as well as their own Sam I Am brand which is manufactured in the UK. Trial packs available from £9.95 in small, medium and large.
<b>Schmidt Natural Clothing</b> <b>B W P</b>	Corbiere, Nursery Lane, Nutley, East Sussex, TN22 3NS T: 0845 345 0498 W: www.naturalproducts.co.uk	Schmidt Natural clothing offer a range of natural clothing and products including Organic Cotton and soft wool Wraparound Nappy System.
<b>Snazzypants</b> <b>B W I T P</b>	Besthorpe Road, North Scarle, Lincs, LN6 9EZ T: 01522 778440 E: info@snazzypants.co.uk W: www.snazzypants.co.uk	Suppliers of a good range of nappies as well as their own Snazzypants all-in-ones and Snazzystuffs stuffables.
<b>The Nappy Biz</b> <b>B W I A P</b>	2 Angelica Road, Guildford, Surrey, GU2 9GY T: 01483 833640 E: enquiries@thenappybiz.co.uk W: www.thenappybiz.co.uk	This family run business sell a large variety of nappies from around the world including North America and Europe with brands such as Bummi, Disana, Fuzzi Bunz, Imse Vimse, Keester Kovers and Popolini. Also have a huge range of British made nappies such as Bambino Mio, Ella's House, Modern Baby, Nappy Nation, Minki, Nature Babies, Sam-I-Am, Snazzypants, Stuffie Nappies and Tots Bots.

Nappy supplier	Contact details	Products and prices
<b>The Nappy Lady</b> W T P	16 Hill Brow, Bearsted, Maidstone, Kent, ME14 4AW T: 0845 456 2441 E: info@thenappylady.co.uk W: www.thenappylady.co.uk	Comprehensive advice and suppliers of nappies and other accessories. Provide trial kits at 18% discount.
<b>Tots Bots</b> B W T P	Unit 5 Green City, 23 Fleming Street, Glasgow, G31 1PQ T: 0141 550 1514 F: 0141 550 1556 E: info@totsbots.com W: www.totsbots.com	Manufacturers of one of the most popular UK made nappies. Tots Bots are a range of shaped cloth nappies made in Scotland from soft GM free terry. Tots Bots only supply their own product but do provide a 25% discount on one nappy and one wrap trial kits. Tots Bots are also available from many other multi-suppliers.
<b>Twinkle Twinkle</b> B W I T P	Beggars Hill Road, Lands End, Twyford, Berkshire, RG10 0UB T: 0118 934 2120 E: info@twinkleontheweb.co.uk W: www.twinkleontheweb.co.uk	Twinkle Twinkle give independent advice and assistance on choosing cloth nappies and have a wide range of real nappies and related washable nappy products including all the big brands.

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