

HERTS Confident
Continence Scheme

Making Incontinence Better!

Discover the benefits of
switching to reusable
incontinence products



Hertfordshire residents can apply for
15% off
with selected suppliers



WasteAware.org.uk/ConfidentContinence
[#ConfidentContinence](https://twitter.com/ConfidentContinence) [@HertsWasteAware](https://www.instagram.com/HertsWasteAware)



Save
money &
reduce
waste

Reusable incontinence products are...



Better for the environment

Disposable incontinence products can contain up to 90% plastic – not just in the packaging but in the product itself. A single pad can take as long as 500 years to break down.

Reusable products can be used for up to 10 years, so making the switch will significantly reduce the amount of waste created.

Better for your health

Disposable incontinence products often contain chemical fragrances which can potentially lead to irritation.

Washable products contain no chemicals, so no skin reactions. They are also 'rustle-free' for a more discreet experience and softer against delicate skin.

Better for your bank balance

Save money by switching to reusables with our 15% discount scheme. Hertfordshire residents get a discount with participating suppliers.



Scan me to see
suppliers

Got questions?

Email us: wasteaware@hertfordshire.gov.uk

What are your options?

Washable pads

A shaped absorbent pad with wings that popper around your pants similar to a disposable pad, or washable period pad. Spare pads fold up discreetly and used pads can be stored in a small stylish wet bag. There are lots of sizes and absorbencies to suit your needs, whether for day or night-time use.

To clean, rinse with cold water after use, then pop into the washing machine with your next wash.



Washable absorbent pants

Simply a pair of pants with an absorbent inner panel – popularised recently with the surge in demand for similar ‘period pants’. They come in all shapes, styles, sizes and absorbencies, and can offer you peace of mind when out and about.

At the end of the day just rinse with cold water, pop into your washing machine and then hang out to dry.



Men’s absorbent underwear

A pair of men’s trunks or briefs with an absorbent, leak-proof liner in the front pouch that comes in a range of absorbencies for confidence and comfort. After wear, just rinse in cold water, then wash in your washing machine and hang out to dry.

Washable undies for kids

If your child is transitioning to ‘big kid pants’ or dealing with mild incontinence, there’s a variety of options available, including underwear for teenagers.



Apply for your discount

We've teamed up with some great suppliers to offer 15% off a range of reusable incontinence products. If you live in Hertfordshire, apply for the discount using the link (below) or QR code (right).

Anyone in Hertfordshire can apply, so please use it for yourself and share it with family and friends.

More information online

For more information about switching to reusable incontinence products and the HERTS WasteAware discount scheme, visit: www.wasteaware.org.uk/confidentcontinence



Who are we?

The Hertfordshire Waste Partnership are raising awareness of the options available for reusable products. We want to reduce single use plastics and change attitudes to using resources across Hertfordshire.

If you would like us to give a talk at an event, or host an information stall, please get in touch by emailing wasteaware@hertfordshire.gov.uk

www.wasteaware.org.uk/confidentcontinence
#ConfidentContinence @HertsWasteAware



Pads



Tampons



Packaging

