



Volume 1

Issue 4

Autumn 2024

Welcome to our NYLO Newsletter

Our aim is to keep you up to date with all things NYLO. Read on to hear about upcoming groups, catch-up sessions and some other fun-filled news you won't want to miss!

NYLO Upcoming Dates

Our next 8 week NYLO group programmes will be running on:

Wednesday 16th October - 11th December 2024

9:30-11:30am

Castleland Community Centre, CF63 4JZ.

Thursday 17th October - 12th December 2024

4-6pm

Fairwater Hub, CF5 3HU.

Get Cooking Upcoming Dates

Our next 8 week free cooking course for parents will be running on:

Tuesday 8th October - 3rd December 2024

9:30am- 11:30am

Glenwood Church and Community Space, CF23 6UW.

Thursday 17th October - 12th December 2024

10am-12pm

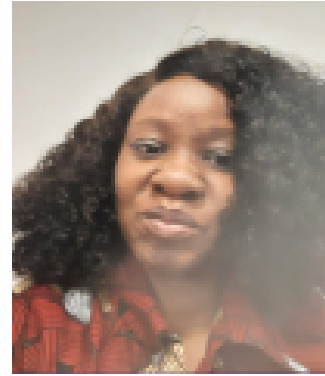
EYST, South Loudon Place, CF10 5HP.



What's New at NYLO?

We have some new team members!

We are happy to introduce a few new members to our early years team. El, Ewa and Kehinde are looking forward to seeing you very soon.



Did you spot any of the NYLO team over the summer?

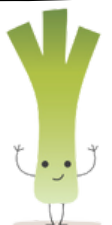
We've been perfecting our pasta necklaces at the Flying Start fun days and really enjoyed coming to meet you all at the hubs around Cardiff for some rainbow rice play.



Visit the website for lots more of our food play ideas!



Check our "Meet the Team" page on the website to learn more about our team members.



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We had lot's of fun making music shakers & being jumping beans at our 'Catch up with NYLO' session in July.

Catch up with NYLO is for any family who has completed NYLO previously. Our next catch-up date will be announced soon so keep an eye out for an email or text from us!

Bugs on a Log

This snack is packed with nutrients to support healthy growth and development and is easy for the little ones to get involved with.

Ingredients

- 1 x celery stick
- 2 x cherry tomatoes or grapes (cut into quarters lengthways)
- 1 x TBSP cream cheese



Method

- Cut the celery sticks into finger length pieces
- Turn the celery stick so the hollow side is facing the sky and fill with cream cheese.
- Place pre-chopped fruit/veg onto the cream cheese to make the bugs (you can use any fruit/veg you like, we love grapes).

Check out our Autumn blog on the website for more ideas!

Want to learn some more recipes like these? Sign up to join our next *Get Cooking*.



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Ask the NYLO Team

We've answered some of our most common questions from session this term below.

Q: Is dark chocolate okay to offer young children?

A: Less healthy snack options, like chocolate can often provide children with high amounts of fat, sugar and salt. Try to limit these foods. Dark chocolate is also higher in caffeine in comparison to milk chocolate- be mindful that we do not recommend caffeine for little ones.

Q: Should my child keep taking vitamins if I'm using fortified milk alternatives?

A: Yes. All children under 5 years having less than 500mls formula a day should be having Vitamins A, C and D every day. When choosing a milk alternative to use it's important to make sure it's fortified with calcium and iodine especially, as these support healthy development.

Get in Touch with Us

We'd love to hear from you, whether that's an update on how you are doing since finishing NYLO, for information on some of our other courses or to answer any questions you have.

Email: Nutrition.Skillsforlife.cav@wales.nhs.uk

Call/text: 07972732614

Website: www.NYLO.co.uk



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