



**Volume 1**

**Issue 6**

**Summer 2025**

## **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 NYLO group programme will be running on:

**Tuesday 15<sup>th</sup> July - 19<sup>th</sup> August 2025**

1-2pm via Microsoft Teams (Virtual)

We will be running lots more face to face groups after summer, so watch this space for upcoming dates.

### **Catch up with NYLO**

For those who have completed the NYLO course previously. Come and check in with the NYLO team and try some new activities!

**Wednesday 16<sup>th</sup> July 2025**

9:30am - 11:00am

Fairwater Hub, Doyle Avenue, CF5 3HU.

Look out for an email from us with more information on what activities we will be doing and how to book on, You can also pop us a message anytime on 07972 732 614 to book your place.

# What's New at NYLO?

## Welcome Pooja

Some of you might have already met our newest NYLO team member, Pooja, who has been getting stuck in at group sessions in Barry and Canton this term.



## Ready, steady, grow!

Sarah has been helping the NYLO team learn all about how to grow your own edible garden. Look out for our Summer blog coming out soon, with tips on how to grow your own peashoots and basil at home with your little ones.



## Did you spot any of the NYLO team?

We've been talking to lots of families about the hidden sugars in different snacks and drinks at lots of different events this term, as well as bringing our very popular rainbow rice food play.

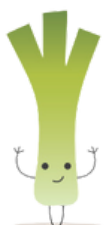


All our blogs are available to access on the website under "blog"

Find our video on "sugars in snacks and drinks" via the parent/carer information on the website.



[www.NYLO.co.uk](http://www.NYLO.co.uk)





Our “Spring into activity” catch up session in March was a hit! We got to hear all about how well you have all been doing since finishing NYLO, and shared some new resources with families all about how to stay active in all weathers this Spring and Summer.



## What's cooking at PIPYN?



Our early years team have been working hard to find some new delicious and healthy recipes for you from across the globe as part of our work under the PIPYN pilot. Pipyn supports families with children aged 2-7 years from minority ethnic communities in South Cardiff to help their child grow healthily. We at the NYLO team can't wait to try them out!



Check out the benefits of being active in the parent/carers section on the website.



Sign up to join our next *Get Cooking* to try some delicious healthy recipes.



[www.NYLO.co.uk](http://www.NYLO.co.uk)



## Ask the NYLO Team

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

**Q: *My child is eating a wide variety of foods, do they still need vitamins?***

**A:** Yes! Vitamins and minerals are essential for growing children to support them to stay healthy. Even if eating well, we recommend all children from 6 months - 5 years are given a daily supplement containing vitamin A, C & D. These can be purchased from local supermarkets or pharmacies. If you think you might be eligible for free vitamins via the Healthy Start scheme speak to your Health Visitor who will be able to help.

**Q: *How do I move away from using screens at mealtimes?***

**A:** Start small, try focussing on one screen-free meal a day to begin with. Consider starting with the calmest or quietest meal of the day and explain to your child that there will be no screen for this meal. Repetition makes it easier for your child to learn what is expected of them, so being consistent with your approach is important. TV left on in the background, even on low volume, can distract children and impact their listening skills so try and turn them off altogether.

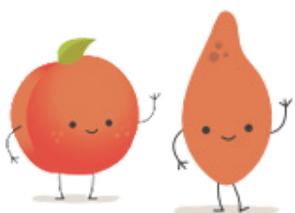
## Get in Touch with Us

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](mailto:Nutrition.Skillsforlife.cav@wales.nhs.uk)

**Call/text:** 07972732614

**Website:** [www.NYLO.co.uk](http://www.NYLO.co.uk)



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



Cardiff & Vale  
**Nutrition and Dietetics**  
**Maetheg a Dieteteg**  
Caerdydd a'r Fro

