



**Volume 1**

**Issue 7**

**Autumn 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 groups at St Pauls Community Hall and Tremorfa Nursery are full - we can't wait to meet everyone.

There are still spaces available for:

**Tuesday 14<sup>th</sup> October - 9<sup>th</sup> December 2025 9:30-11:30am**

Fairwater Presbyterian Church, St Fagans Rd, Cardiff CF5 3AL.

**Wednesday 8<sup>th</sup> October - 3<sup>rd</sup> December 2025 9:30-11:30am**

Castleland Community Centre, Belvedere Crescent, Cardiff CF63 4JZ.

### **Catch up with NYLO**

For anyone who has completed the NYLO course previously. This is a chance to meet with other NYLO parents and complete some new activities with your little ones. A healthy snack will be provided too. Keep an eye out for a text with our November session date - we'd love to see you there!

Contact us on 07972732614 or  
[nutrition.skillsforlife.cav@wales.nhs.uk](mailto:nutrition.skillsforlife.cav@wales.nhs.uk) to book on.

# What's New at NYLO?

## Good Bye George!

Our superstar George has left us to go and study to become a Dietitian. He will be greatly missed by all of us at the NYLO team but we are wishing him the best of luck!



## Catch up with NYLO



Our “Grow with Nylo” catch up session in July was a chance for us to hear all about how well you have all been doing since finishing NYLO. The little ones made some very delicious looking fruit kebabs!

## Did you spot any of the NYLO team?

Big thank you to both Cardiff and the Vale Flying Start teams for inviting us to attend your Family Fun Days this summer! We've also teamed up with the Cardiff Hubs to showcase our favourite food play activities for little ones.

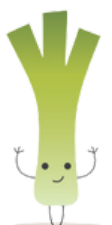


Check out our brand new Autumn blog with a challenge from Nancy Nectarine!

Find tips on food play at home via the parent/carer information on the website.



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





Our early years team had a busy day at our summer family health event 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.

It was lovely to catch up with some of our NYLO parents and to see lots of new faces trying out our fun filled food activities!

Special thanks to our PIPYN Partners for making it an extra special day.



grow your own cress



fruit & veg arts and crafts

## Play with PIPYN

We teamed up with Grangetown hub to deliver our first *Play with PIPYN* session in August. It was great to see lots of PIPYN families, old and new, get stuck in with our play activities.

Keep your eyes peeled for more of these in the future. No need to book, just drop in for a chance to chat with our PIPYN team and have a lot of fun together as a family.



## Ask the NYLO Team

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

**Q: My child won't eat any vegetables. Should I hide them in their main meals?**

**A:** Hiding foods in meals that are already accepted can actually make children less trusting of the food you serve, and cause more anxiety around food. Hiding foods won't help children to learn about the texture, colour or flavour of that food, making it harder to accept in the long run so we don't encourage this approach. Becoming familiar with a new food is what leads to children eventually coming to accept that food as part of their diet. Try using food in play outside of mealtimes, offering a food many times, and in different ways to increase that familiarity.

**Q: Can I give my child fruit in the form of an ice lolly if I blend the fresh fruit myself?**

**A:** When we blend whole fruits they release the sugars held within them into a form which is damaging to teeth. Why not try swapping the ice lollies for a piece of whole fruit, for less impact on dental health.

## 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)



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