



Volume 1

Issue 8

January 2026

## 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

There are still spaces available for:

**Thursday 22<sup>nd</sup> January - 19<sup>th</sup> March 2026** 9:30-11:30am  
CAER Heritage Centre, Church Road, Caerau, CF5 5LQ.

**Friday 16<sup>th</sup> January - 13<sup>th</sup> March 2026** 9:30-11:30am  
Wellbeing Hub @ Maelfa, Llanederyn, CF23 9PN.

### Get Cooking

Our next 8 week cooking course will be:



**Tuesday 20<sup>th</sup> January - 17<sup>th</sup> March 2026** 12:30-2:30pm  
St. Pauls Community Hall, Paget Street, CF11 7LR.

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



## What's New?

### NYLO Little Ones Webpage

We have created a new space on the NYLO website with little ones in mind. Here you can find tailored activities for children 5 and under that you can be trying at home. There are lots of videos on there already. Watch this space for some printable activities that will be available on there very soon.



click the photo to view



click the photo to view

### We have a new NYLO Video

A big thank you to our Severn Primary School NYLO parents who participated in our brand new NYLO promotion video - check it out on our website!



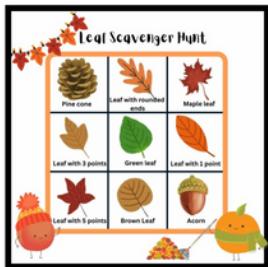
### Cooking is Fun with Pipyn

Pipyn supports families with children aged 2-7 years from minority ethnic communities in South Cardiff to help their child grow healthily.

We have been working with the local Primary Schools in South Cardiff on a new school based programme, *Cooking is Fun with PIPYN*, where the children and families cook, play and learn together. Special thanks to St. Pauls Primary School and St. Mary the Virgin Primary School for having us; and a big well done to the families and children who took part.



We are heading to Ninian Park Primary in 2026 - say hello if you spot us!



Our *Appletastic Autumn* Catch up with NYLO took place in St Mellons this term. The children had the chance to try out some of our Autumn activities from the blog. We had a lot of fun playing “falling apples” and making fruity bugs for snack time.

### Catch up with NYLO

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

**Wednesday 18<sup>th</sup> March 2026 9:30-11:30am**

Castleland Community Centre,  
Belvedere Crescent, Barry, CF63 4JZ

Contact us on 07972732614 or  
nutrition.skillsforlife.cav@wales.nhs.uk to book on.

### A final look back at 2025...

We've worked with 164 families this year as part of a group or in their own homes! A big thank you to all the parents, carers, community partners and children who have helped to make 2025 such a success 😊

Check out our brand new Winter blog, with ideas for keeping moving through the colder months!

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



## Ask the NYLO Team

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

### Q: Should I be using build up drinks when my child is not eating well?

**A:** The only drinks we recommend for young children is milk and water. Build up drinks should only ever be used under specialist advice from a Health Professional and not offered routinely to children. Filling up on drinks can mean that children are not hungry at mealtimes. It is important children stay well hydrated, but try and be mindful of when drinks are offered - do not fill up on fluids before sitting down for a meal, you could try offering a drink part way through or at the end of a meal.

### Q: How much fibre is too much for my child?

**A:** Fibre is in starchy carbohydrates, fruit and veg—often the foods little ones refuse! Keep offering them, even when they are not eaten. Use your child's hand or the NYLO portion guide to help offer the right sized portion. Under 2s need a mix of white and wholegrain starchy foods as too much fibre can fill them up too quickly. As they grow, add more wholegrains and aim for 5 fruit and veg a day to support children to reach their recommended 15g of fibre daily. Don't forget to include plenty of water too for healthy digestion.

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



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

