



Volume 1

Issue 9

Spring 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!

Upcoming NYLO Groups

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

Wednesday 22nd April - 17th June 2026 9:30-11:30am
Castleland Community Centre, Barry, CF63 5JZ.

Thursday 23rd April - 18th June 2026 4-6pm
St. Francis Parish Hall, 204 Grand Avenue, CF5 4QF.

Thursday 30th April - 25th June 2026 9:30-11:30am
Eastern Leisure Centre, Llanrumney Avenue, CF3 4DN.

Get Cooking

Our next 8 week cooking course will be:

Friday 1st May - 26th June 2026 9:30-11:30am
St. Pauls Community Hall, Paget Street, CF11 7LR.



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



What's New?

Little Ones Activities are Live

Our NYLO characters' favourite food and active play ideas are now available to download on our "for Little Ones" webpage. We love seeing what you try at home with your family - let us know which activities become your favourites!



[click the photo to view](#)

Spring Blog

Our student dietitian, Frances, has teamed up with our very own Kehinde to share some new Spring activities on the blog. Visit the "Blog" tab on our website to find a healthy, easy-to-make dessert that supports children's growing bones too.

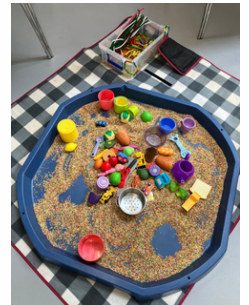


[click the photo to view](#)

Did you spot the NYLO team?

We've been busy spreading the word about NYLO - speaking with early years settings at the Cardiff and the Vale Healthy Sustainable Pre-School Scheme celebration events, visiting Stay and Play sessions and attending family events across Cardiff and the Vale.

Our messy play activities were a hit!



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. Our student dietitians, Iqra and Oliver, joined the early years team at Ninian Park Primary School to deliver Cooking is Fun with PIPYN, where children and families cooked, played, and learned together. Well done to all the families who took part.

"Thoroughly enjoyed the lessons. Informative and relaxed. Kids enjoyed cooking and eating the foods prepared."

Our “Spring into your Senses” catch up with NYLO session took place in Barry this March. It was lovely to chat with parents and hear about the progress they’re making. The children had lots of fun exploring their senses through different play stations and making their own spring animal snack pots.



Keep an eye out for an email or text invitation next term to join our next catch up - we'd love to see you there!

Family Stories

A big well done to all the NYLO families who've just completed the 8 week course! We've loved getting to know everyone and hearing about the fantastic changes they've made.

Here are a few highlights parents shared with us:

“I have learnt a lot about healthy lifestyle”

“My child started to drink water and try lots of new foods”

“keep trying...no pressure at mealtimes”

Hear more about NYLO family's journeys on our website under “Family Stories”.

Check out our “useful links page” on the website for more organisations that might be helpful for you.



You can find all of our previous blogs and newsletters under “news and events” on the website.



www.NYLO.co.uk

Ask the NYLO Team

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

Q: *What should I do when my child keeps asking for more?*

A: If your child has finished their portion and is still hungry, try offering an extra serving of vegetables or fruit. Follow this with a drink of water, as children don't always recognise when they're thirsty. If this is happening every mealtime, try using our handy portions guide to check you're offering the right portion sizes for your child.

Q: *Where can I get vegetarian sources of iron in the diet?*

A: Iron is important for keeping your little one's blood healthy and helping it carry oxygen around the body. Offering 3 portions of plant-based proteins a day – such as beans, lentils and other pulses, tofu, or smooth nut butters – is a simple way to help meet their iron needs. Serving these foods with a source of vitamin C can boost iron absorption, so try pairing them with a fruit or vegetable at mealtimes.

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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