



Volume 1

Issue 10

Summer 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:

Friday 3rd July - 23rd August 9:30-11:30am

(no session 31st July 2026)

St Pauls Community Hall, Paget Street, CF11 7LR.



A big well done to the 6 people who completed our 8-week practical cooking course this term and have gained their Level 1 accreditation. During the course, learners developed key skills such as safe cutting techniques, following simple recipes, and building confidence in exploring and preparing new, healthy meals.



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



What's New?

Summer Blog

Our new summer blog is packed with fun, beach-themed activities for children aged 1–5. From simple cooking, with a rainbow wrap recipe to try, and sensory play to active games. It includes ideas you can try at the beach or bring the beach home, helping children build skills and feel more confident exploring new foods through play.



[click the photo to view](#)



[click the photo to listen](#)

Get “wrapping” with NYLO

Try our NYLO healthy food rap on our website and rap along as you make the rainbow wrap from this month's blog. Singing and talking about food outside of mealtimes can help children feel more confident exploring new foods.

Did you spot the NYLO team?

We visited the Race Equality First event with our colleagues from Families First, and the Cowbridge Food Festival with Food Vale. Lots of little ones did a fantastic job using their senses to explore different foods hidden in our feely boxes and smelling cups.



Our “Eat the Eatwell Guide” activity was a big success, with many of you building your own healthy snack using a variety of food groups. Well done to everyone who tried a new food!



www.NYLO.co.uk





For families who have previously completed the NYLO programme, come and join Nancy, Yusuf, Llewelyn and Ola as they take a pretend trip to the beach! Try our beach-themed sensory activities, catch up with the NYLO team, and make a delicious homemade snack that the whole family can enjoy together.

Friday 3rd July 2026

12:30-2pm

St Pauls Community Hall, Paget Street, CF 11 7LR



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. Children and their families at Grangetown Primary made some tasty dishes and enjoyed taking part in activities together. We are also running a group at Mount Stuart Primary School and have loved every second. Well done to everyone for asking lots of questions about a healthy balanced diet and trying new foods.



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



Ask the NYLO Team

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

Q: *How do I stop my child eating the high fat and sugar snacks in the house for my older children?*

A: It can be hard to say no when these snacks are already in the house. Setting clear limits and making sure the whole family understands them can really help. Try to buy fewer of these snacks where possible. If they are not in the house, it can help your child learn to expect them less often over time.

Have healthier options ready, such as fruit, vegetable sticks, yoghurt, or hummus. This makes it easier for your child to choose these instead. You can find more ideas for healthy snacks on our NYLO website.

Q: *I am worried my child is not eating enough, should I offer them more milk to drink?*

A: It's best to think about what your child eats over a whole week, not just one day. Children's appetites can change from day to day. This can be due to things like illness, tiredness, weather, or how active they are. Children aged 1-4 usually need no more than 300-400ml of milk per day. Drinking more than this can fill them up and leave less room for food. Try to offer a regular routine of 3 meals and 2-3 snacks each day. This helps your child get the energy and nutrients they need, without filling up on drinks.

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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