



Volume 1

Issue 12

Autumn 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!

2027 group dates coming soon!

All of our current NYLO groups are up and running for this term at:

Maelfa Wellbeing Hub

St Francis Parish Hall

St Pauls Community Hall

Join our waiting list now and we'll let you know as soon as 2027 dates are released.

Family Updates

We love hearing how families are getting on after NYLO. Here are some of the recent successes families have shared.

"I am a lot calmer around mealtimes"

"[NYLO] has helped me find different ways to introduce new foods"

"it was great to have creche so I could have time for myself to learn!"



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



What's New?

Autumn blog

Discover our new autumn blog, packed with seasonal activities, recipes and family fun. From autumn walks to hands-on activities and tasty recipes, there's something for every family. You'll find lots more activities and tips in our previous blogs on the website.



click the photo to read our Autumn blog



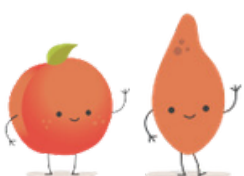
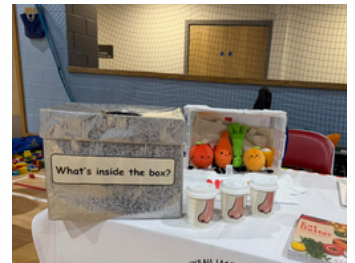
click the photo to download your free meal planner

Meal plan with NYLO

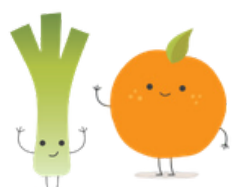
Our popular NYLO meal planner is now available to download for free on the website. Meal planning can help make busy weeks easier, save money and reduce food waste.

Did you spot the NYLO team?

We've had a busy summer celebrating National Play Day and Flying Start's 20th Anniversary across Cardiff and the Vale. Children loved our "What's in the Box?" challenge and sensory activities. We also joined our Public Health Dietetic colleagues at St Fagans Food Festival, sharing practical ways to reduce food waste using budget-friendly recipes.



Find more activities, recipes, blogs and family resources at www.NYLO.co.uk.





It was lovely to see families who have previously completed the NYLO programme join us for a pretend trip to the beach with Nancy, Yusuf, Llewelyn and Ola.

Try our beach-themed sensory activities using the Summer Blog on the website. Look out for details of our next Catch Up session coming soon.



Cooking is Fun with pipyn

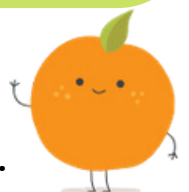


After a summer break, the PIPYN team are delighted to return to **St Paul's Primary School**. Families have been cooking together and creating some delicious recipes whilst learning about what makes up a healthy balanced diet.

PIPYN supports families from minority ethnic communities in South Cardiff who have children aged 2 to 7 years, helping them build healthy habits.



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: Young children often copy their older siblings. Where possible, offer the same healthy snacks to everyone, such as fruit or vegetables with toast, crackers, or yoghurt. If older children have other snacks, try offering these when your younger child is not around or keep them out of sight.

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

A: Sometimes mealtime games can be distracting and may make children feel pressured to eat. Instead, keep meals relaxed and enjoy talking together. If you'd like your child to explore foods, try food play away from 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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