



Nari Kallyan shangho

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newsletter

Nari Kallyan Shangho

is a Health and Welfare Project for South Asian women and children living in Edinburgh. NKS provides a common platform for South Asian women to act together to improve the quality of their lives. At NKS, we firmly believe that...

...a happy woman is a happy family.

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Editorial ~



NKS users engaged in Tree Planting as part of outdoor activities

Welcome to the new issue of the NKS newsletter. NKS have recently been providing many services in order to help South Asian women understand the importance of their health and welfare. Here at NKS we believe that women have a right learn and to be able to know how to take care of themselves.

We have over the past few months organised a number of health activities for women's groups in order to encourage healthier lifestyle

among women. The health screening organised have made the women recognise how important it is to look after their bodies. Hopefully here at NKS we will be able to pursue more activities to do with the health of our women.

NKS are also proud of their recent volunteers from Global Xchange. It's always nice to see enthusiastic volunteers wishing to help with NKS' ideals of supporting women and children.

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For any further information, comments, or suggestions regarding any issues raised in this newsletter, or if you would like to contribute work to be included in future newsletters, please contact NKS at the address indicated.

Disclaimer: The views expressed in any of the articles in this newsletter belong to the author, and are not necessarily the views of Nari Kallyan Shangho.



Health Screening

Healthier lifestyle programme has always been a priority with NKS. As part of the programme and due to demand from women, NKS organised health screening for South Asian women at the NKS premises. The demand came from previous sessions where the awareness of diabetes and importance of a healthy heart raised concerns.

This led to organising a series of health activities, one of these being health screening for the women's groups.



These screenings would ensure that the woman would be reassured about their concerns, and that if they had any health issues, that they can be helped by their GP.

The health screening took place in three groups at NKS made up of about 70 woman. Lesley from the Western General Hospital screened the groups.

After the screening, it was shown that about 40% of the woman participating in the screening had high cholesterol, of which they did not know about. Many of the woman also discovered that they had high sugar levels as well.

A sure sign that the screening arranged by NKS was a good plan, to ensure that woman would be able to get treated for their health problems such as cholesterol and sugar levels.

The woman who were shown to have high cholesterol and sugar levels have been referred to their GPs.

To encourage a healthy lifestyle, NKS has decided to take a further step to ensure the full awareness of the importance of good health to

all of the women's groups. NKS will be organising further sessions around the mentioned issues of diabetes, heart disease, cholesterol and high sugar levels.



Some of these activities to be organised in future will be:

- * More health education around heart disease.
- * Outdoor activities to encourage healthy living.
- * As well as Healthy Eating Sessions to ensure woman can look after their cholesterol and sugar levels.

As well as these activities and sessions, NKS will be planning more liaising with health professionals to raise awareness to the visitors and members of NKS about the needs of South Asian woman in Edinburgh.





Services in Edinburgh

Student Benefits. -Samra Ahmed

Whether you go into full-time education, or work-based learning, you can get financial help with the cost of your studies. This could include help with transport and childcare costs.

Education Maintenance Allowance.

Education Maintenance Allowance (EMA) can give you up to £30 a week to stay in learning after you leave school. Depending on your progress and attendance, you can also earn bonuses. The amount you will get depends on your household income.

You can apply for EMA if you are:

- * In full time education at school sixth form or college, for example studying AS, A levels, Higher or Adv. Higher.
- * Taking part in an Entry to Employment program.
- * on a Program Led Apprenticeship (this is designed to lead you to Employer Led Apprenticeship, where you will work for an employer)

EMA is paid on top of any other financial help the government gives you, so it won't affect any household benefits that you or your family may be claiming (like Income Support, Child Benefits, Working Tax Credits etc.)

Help with Child Costs

If you're under 20 and have children, you could get help with childcare costs through the Care to Learn scheme. You can apply whether you're in sixth form at school, college, or on a work-based learning programme.

Help with Transport Costs.

If you travel by public transport to and from your school in sixth form, college or a further education institution, you may be able to get help with the cost from your local authority. If you're on an Entry to Employment program or on a course that leads to Apprenticeships, you should speak to your learning provider to find out whether they can offer you any help with your transport costs.

You could be entitled to extra help with costs if you want to attend:

One of the 51 Specialist Residential Colleges Centre's which mainly offer courses in agriculture, horticulture and Art and Design.

Or if you're on an Apprenticeship and you've been asked to work or study away from home, your employer or college may be able to help with any extra costs.

Help with Discretionary Support Funds.

You may be able to get help from Discretionary Support Funds with buying books, equipment or other learning-related costs if you're studying at a college or school sixth form.

You can get Discretionary Support Funds at the same time as receiving an Education Maintenance Allowance.

Dance With Drama Awards.

Dance and Drama Awards are national scholarships for the most talented dance and drama students. They are available at some of England's leading private performing arts institution. The awards are offered to the students who demonstrate the most potential to succeed in the profession. The award will pay for the majority of your tuition fees, but you'll also be expected to make a contribution. You could also get extra money to help with your living costs.

Help With Going to University

If you're thinking about going into higher education, you can apply for loans and grants to help with fees and living costs. If you are disabled or have children or adult dependants, you can apply for extra, non-repayable grants.

After your First Year, you need to re-apply for finance every year of your course - what's available depends on when you started.

Training for Undergraduates.

Initial teacher Training for undergraduates, there is financial help available if you're an undergraduate doing a course of initial teacher training. NHS and social work courses, financial help for medicine, social work and certain healthcare courses.

Achievements and Contributions

Tamanna Singh Baraik

Hello, I'm Tamanna Singh Baraka, I am 19 years old and from Bangladesh, from the Sylheti community. I am a student of first year Bachelor of Science. I applied for Global Xchange because I wanted to learn about a different culture, new language and experience the difference between a city and a village. I also wanted to learn about volunteering as this is an uncommon thing for a person to do in Bangladesh.



Rock on Team

Rock on Team 105



Rangpur - Edinburgh

My work was with **the Edinburgh Mela Ltd. and also Nari Kallyan Shangho.**

Whilst working at the two organisations, we have taken part in tree planting. This was lots of fun as I have already planted trees in Bangladesh. so I could help others out with how to plant them. Everyday I was learning new skills on the computer which would help me in the future. I was also involved in marketing and environmental strategies for the festival.

Working with the women's community group NKS, I have had the chance to talk with people from other places of Bangladesh and other parts of the world. This was really interesting because it allowed me to listen to their ideas and opinions. I also enjoyed helping out at lunch time with the ladies because it was like I was at home again in my country. After Global Xchange, I am interested in working with my community and helping them in their personal development.

Some events

Celebrating Wellbeing Mela 17th October 2010 Free event

This fun and enjoyable event will appeal to all the family. The day will be an opportunity to bring minority ethnic communities together to promote positive health and wellbeing in an enjoyable and relaxed atmosphere. Entertaining you will be artists from diverse ethnic groups, bagpipers, drummers, dancers, complementary therapists and there will be activities for children too! These pleasant activities will be designed for positive wellbeing. Together, let's share and learn what is good for your mind, body and soul. This unique event is sure to brighten up your day. Come and join us in celebrating the diversity of wellbeing! Free food will be served!

**St. Bride Centre,
10 Orwell Terrace,
Edinburgh, EH11**

For further information, please contact:

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Women Empow- ered Awards 2010 in Edinburgh



After the success of the first ever awards event celebrating the Asian women of achievement in Edinburgh and the Lothian area, Nari Kallyan Shango – an Asian women's organisation enters into the second year of a hunt for more inspirational women who could act as potential role models for the present generation of The **'Women Empowered'** Awards are designed to recognise South Asian women of all ages who have demonstrated excellence, commitment and passion in diverse activities from business to the arts and community and voluntary work.

The hunt for potential winners has commenced again, and nominations are being sought. Nominations are encouraged from women from all walks of life who are making a positive difference every day to their own and other people's lives."

The organisation is calling on women to nominate themselves or a friend or colleague and to submit entries of no more than 500 words (or one side of an A4 sheet) describing their achievements. If you feel that you have a story to tell about yourself, a friend or a colleague then make your nomination now. We want to celebrate women's achievement and to tell the inspiring stories of remarkable women who have empowered themselves.

Nominations, which must be received by the deadline of October 30, 2010, may be accompanied by supporting material such as official documents, photographs, or letters of thanks or commendation from community leaders.

The winners will be honoured at the awards ceremony in November at the venue in Edinburgh yet to be decided and bookings for the evening are currently being taken.

All entries are strictly confidential until the Awards Evening.

Please contact NKS for further information.



What's been happening at NKS?

NKS with The Edinburgh Mela

NKS has been involved in the past with the Edinburgh Mela. This year, Angela, the Engagement Officer was keen to include the organisation in the Mela outreach programme. Two groups from NKS have been involved in a wide variety of activities, including outdoor walks, food foraging, tree planting and culminating in the creation of a large-scale mural which will be on display at this year's Mela. NKS also hosted two Mela volunteers, one from the UK and the other from Bangladesh, who were part of the 'Global Xchange VSO programme. The volunteers were involved at the Mela with the Feast for the Senses project and worked at NKS with the Bangladeshi women's group.



The partnership working with NKS and the Mela has been very successful and has led to collaborations with other NKS groups, such as the elderly Pakistani Women's group, who are working with one of the Mela Artists-in-Residence, Sadia Gul-Ibrahim, assisting the delivery of Block printing workshops at the Mela.

Language with Flowers

Language with Flowers worked to help women at NKS create their own designs in Arabic, by teaching them calligraphy, as well as photography and screen printing. The purpose of Language with Flowers was in order to allow those who are from a Muslim background to be able to participate in art projects. During 8 sessions, the women took pictures at the Botanic Gardens, developed skills in digital photography, used design skills and calligraphy in order to create a final design that they could screen-print.

John Muir Award

There is a continuation of the John Muir Family Award for children and parents in partnership with Holy Rood rangers, as well as the mother and toddler group run by Rukhsana.

The John Muir Award sessions encourages awareness and responsibility for the natural environment in a spirit of fun, adventure and exploration.

There was 5 sessions run at NKS for the Award, and 8 families participated. Families at NKS took part in practical conservations at Holy Rood Park. They cleaned, dug and planted lots of new plants there.

Health session Incontinence

Incontinence affects up to 20% of the older female population. This session was given to the women in order to give awareness of incontinence and how it can be treated. Many women find it hard to be aware of their pelvic muscles, which are the main reason of incontinence.

Hopefully now after this session, women who attend NKS will be more aware of the causes of Incontinence, as well as treatments that can be taken to over time stop it.

Shakti Dinner

Shakti Women's Aid held a fantastic evening in order to raise funds work with vulnerable women to help empower themselves and have a good social life with other women. The night included comedy, dances and they were treated to top notch food as well.

The whole of NKS staff went to the Shakti Dinner on a day out. Everybody found it very enjoyable, and felt they had a great time. The Shakti Dinner was a great success.

Outings for groups

Lately the nursery group have gone to the East Link country park. The staff were pleased to see that the children had enjoyed their day out to the country park. The Saturday group went to Loch Lomond– National Park and Wednesday group have also been recently on an outing to Manchester. All outings were part of outdoor activities that were thoroughly enjoyed by the woman and children.

Public Participation training

Public Participation Training was set up at NKS in partnership with the REACH Health Project in Glasgow. This was to build women's confidence to participate in public consultations. In order to allow the women to participate comfortably during the training, the sessions included activities and discussions to put the women at ease.

The Participation training focused upon Public health, and health services available in your local area. The training was put in place in order for women to have a better understanding of health issues and to have an awareness of local health services available to them. Approximately 70 women participated in the eight sessions organised.



NKS Nursery planned three summer outings for the children to go on. The Safari Park, East Link Country Park and Dalkeith Country park. The final trip was then decided by the parents who got to vote, and then the trip with the most votes is where the children get to go to. The chance to vote on where the children go is a brilliant idea to involve the parents in their children's nursery lives.

East Links Family Park

There are lots of things for both children and adults to do here, including:



- * Soft play
- * Trampolines
- * Bouncy castle
- * Hay play barn
- * Jelly belly
- * Train safari
- * Milk can skittles and of course,
- * Visiting the Animals

For more information please visit East Links Family Park's website:

<http://www.eastlinks.co.uk/home.php>

Blair Drummond Safari Park

Blair Drummond Safari Park is bursting to the seams with action packed activities for all ages. You could go for a boat trip around the adventure playground, and then onto the wildlife animal reserve. See the birds of prey and live feeding from the rhino house. Also, visit the pirate ship, and watch the sea lion show. Finish the day by going around to the fun fair.



Whether you want a chilled family day out, or fun and adventure, there is something for everyone at Blair Drummond Safari Park.

For more information, please visit the Safari Park website:

<http://www.blairdrummond.com>

Dalkeith Country Park

See nature up close and personal. With guided walks and an oasis of calm woodland, you can find otters, badgers and roe deer roaming around. Hurdle down the flying fox in the Adventure playground. From the tree top walk, get a bird's eye view of the scenery around you. Or amaze the adults with dare devilling skills on the death slide.



For more information on Dalkeith country park visit their website:

<http://www.dalkeithcountryestate.com>



FOOD FOR THOUGHT

Lentil Soup (Masoor Dal Soup)

Ingredients:

Split lentils (or Masoor Dal) - 1/2 cup
Olive Oil - 1 tbsp
Onions - 1 medium, chopped
Garlic - 2 Cloves (optional)
Green Chilli - 1 small and finely chopped
Water - 4 cups
Salt - 1 tsp (or as needed)
Cumin Seeds - 1 tsp
Coriander seeds - 1 tsp
Pepper corns - 1/2 tsp
Lemon Juice - 1/4 cup



Method

1. Dry roast the cumin seeds and peppercorns. Then crush them coarsely using a pestle/ blender
2. Heat oil in a saucepan and sauté the onions, garlic and green chilli over medium heat for 10 minutes.
3. Add the remaining ingredients, except the lemon juice, and bring to boil. Cover and cook over medium heat for 25 minutes until the lentils are cooked.
4. Puree with a hand blender or in a blender.
5. Return the pureed mixture into a pot and reheat. (If needed add hot water to dilute it a little)
6. Stir in lemon juice and serve hot. Perfect for a cold day, or when you have a sore throat.

Peanut Brittle

Ingredients:

Peanuts - 1 cup (roasted)
Sugar/Brown Sugar - 3/4 cup
Cardomom Powder - 1/4 tsp



Method

1. Melt the sugar/brown sugar in a non-stick pan till honey brown in colour.
2. Crush the peanuts and add it to the melted sugar with the cardomom powder.
3. Place the mixture into a greased tray

4. Spread the peanut mixture to the desired thickness using a rolling pin.
5. Immediately cut it with a greased knife
6. After it cools, separate the pieces and store in air tight containers.

Dairy Free Carrot Cake

Ingredients:

3-4 small carrots (grated)
1 small fresh ginger (finely grated)
5 heaped tbsp whole-wheat flour
2 tbsp Molasses sugar (or darkest sugar you have)
2 tbsp Honey
1/2 tsp Baking powder
2 Mandarins



Method.

1. Place grated carrots, ginger, molasses sugar and honey into a bowl and mix well.
2. Add whole-wheat flour and baking powder, mix well.
3. Peel the mandarins, and remove any seeds. Blend mandarins and add to carrot cake mixture.
4. Mix well and pour into a greased baking tin. Place in a hot oven at 170C for 20-25 minutes.

Lemon Rice

Ingredients:

1 cup Rice
1 lemon
2 red chillis
1/4 tsp Mustard
5 curry leaves
1/2 tsp Turmeric powder
1 tbsp Oil



Method:

1. Wash and cook rice.
2. Cut the lemon and squeeze the juice. Keep aside.
3. Heat up a pan, adding the oil, mustard seeds, red chilli's and curry leaves.
4. Turn off the heat, add turmeric powder and lemon juice.
5. Add the rice and mix everything together.

NKS hopes that you like these recipes. We would be delighted to include your recipes on this page. So, please do send them to us.



Photo Gallery.....



Women's Group meeting about women's health



Planting trees with the Edinburgh Mela



A Nursery session at NKS



Health Screening for Women's Groups



Women Training for Health Awareness



Public Participation Training



Women's group meeting over training



More Public Participation Training for Women.



Global Xchange Volunteer 2010

Kirsty Rogalla

Hello I'm Kirsty Rogalla; I'm 20 years old and live in Peterborough England. I chose to take part in Global Xchange because I was coming to the end of my training course (BTEC Level 3 in children's care, learning and development) and wanted to try something new. I researched Global Xchange on the internet and the opportunity seemed too great to miss out!



Global Xchange is a 6 month volunteering programme which gives young people the chance to work together from different countries.

They share skills and work to make a practical contribution in local communities. Global Xchange aims to support the development of active global citizens, committed to working for positive change within communities.

Throughout the programme the team is paired with a living partner

and a working partner from the exchange country.

The volunteers live in host homes in the community and work in different organisations.

My partner and I worked in 2 organisations –

The Mela festival and Nari Kallyan Shangho (NKS).

The Edinburgh Mela is taking part on Friday 6th August to Sunday 8th August and is happening at Leith Links. I enjoy working there and am looking forward to coming back up to Edinburgh to volunteer at the festival. *Feast for the Senses* is one of the projects that we are involved in at the Mela; it involves four different black and minority ethnic community groups which gives them the chance to explore the environment through the arts.

NKS is a women's community group. We meet new people, and get to share ideas. I really enjoy working there because the friendly atmosphere. The exercise sessions are flexible and give me chance to get involved. In the future, after Global Xchange.. maybe do some more travelling to learn more skills from around the world and then to use them in my life!



BEAUTY CORNER.....

Healthy Skin

Healthy Skin by Kirsty Rogalla

There are many products around for your face in all shops, but have you ever looked a bit closer to home and opened your cupboards? These products are natural, have no animal testing and there is a lot less risk to your skin.

Avocado

The avocado is a tasty fruit and can also be used for your skin with being rich in vitamins and enzymes; the avocado nourishes the body both inside and outside. The peel is the source of essential beautifying oils. So why not have the avocado on your salad, and rub the peel into your skin. That way you are not only looking good, but you feel good as well. Just massage your face with the inside of the peel and leave on for 15 minutes. You can also rest for 20 minutes with avocado slices under your eyes to relieve puffiness. Also, you can rub mashed avocado into your skin, and rinse after 15 minutes.



Banana

The banana is rich in potassium and a great moisturizer for your hair and skin.

You can use it alone by mashing the banana and rubbing it on your face, neck and hair.

You could also add in oatmeal to the mashed banana mixture to make an exfoliating mask, or for additional softness, add some honey.



Egg

Using an egg yolk mask can help replenish and tighten skin, perhaps an alternative to wrinkle cream. To make up an egg yolk mask, simply beat one egg yolk, and apply to the skin area with a cotton ball. Leave for about 15 minutes, and then rinse the mask off of your skin.



Strawberries

Strawberries can be used to relieve puffy eyes, and to remove excess oil from skin. For oily skin, merely squash the strawberries down to a pulp, and apply to the skin area affected, and massage gently, remembering to rinse off the skin afterwards..

Puffy eyes should be used with the same method, or by slicing the strawberries, and placing them just under your eyes.

Also, an effective tooth whitener, by crushing down the strawberries, and then using the mixture as a toothpaste.



Whoever said that only money buys you good skin?

Looking forward with NKS...



Groups at NKS

ENGLISH AS A SECOND LANGUAGE (ESL) CLASSES:

- * Women only ESL classes run at NKS, thanks to Stevenson College, on Mondays and Tuesdays from 12.30 pm till 2.30 pm. Interviews are conducted on Tuesdays, after the class. Please note that the ESL classes run with the school terms.

BANGLADESHI WOMEN'S SUPPORT GROUP:

- * This group runs at NKS on Tuesdays from 10.00 am till 12 noon. The group decides what activities they want to do. Activities include: health sessions, sewing, complementary therapies, cookery, outings, social functions etc.

SAKHI (FRIEND) WOMEN'S GROUP:

- * This group runs on Wednesdays between 11.00 am and 1.00 pm at NKS. The group decides what activities they want to do. Activities include: health sessions, sewing, complementary therapies, healthy cooking, outings, social functions etc.

MOTHER AND TODDLER GROUP:

- * This group (run in conjunction with Sure Start) runs on Thursdays from 10.00 am until 12 noon at NKS. Please note that this group runs with the school terms. Activities include: health sessions, yoga, arts and crafts, sewing, healthy cooking, callanetics, outings, social functions etc.

OLDER WOMEN'S GROUPS:

- * These groups run every Monday and Friday from 11.00 am until 1.00 pm at NKS. Activities include: gentle exercise (thanks to the Ageing Well Project), complementary therapies, lunch club, discussion/health sessions, outings, social functions etc.

SATURDAY WOMEN'S GROUP:

- * This group runs once a month, on Saturdays, between 1.00 pm and 5.00 pm at NKS. Activities include: health/discussion sessions, cookery, music and art appreciation, outings, social functions etc.

Please check the three monthly programme of activities for full details as sessions may be cancelled or venues changed.

NKS Services

- * Outreach/befriending
- * One to one support, advice and information
- * Health education/promotion
- * Group work
- * Training/courses
- * Research
- * Seminars/conferences/information days
- * Advocacy work
- * Childcare

If you, or anyone that you know needs support from NKS, please contact us.

NKS Board of Directors

Rohini Sharma Joshi - Director (Chairperson)
Shaheen Ahmed - Director (Vice - Chairperson)
Jack Marshall - Director (Treasurer)
Jabeen Munir - Director (Company Secretary)
Ann Wigglesworth - Director
Iffat Aziz - Director
Indumati Pandaya - Director
Fulmaya Lama - Director
Razia Dean - Director
Allison Conroy - Director

NKS News/Events

NKS is currently planning for the Women Empowered Awards this year. The Awards will be in November, but as yet, no dates have been set into place. Since last years Awards were a great success, NKS has been looking at venues with a larger capacity, so more people will be able to attend. The funding has been put in place for this event, and all of NKS is looking forward to the Awards immensely.

We have been looking at such places as the Corn Exchange, and the Conference centre to search for the place to hold our event.

NKS Resource Library and Drop-in Facility

NKS holds books, CDs, videos and DVDs as part of its resource library. We encourage women to use these resources. You are welcome to come and browse through and borrow these from NKS. There is a drop-in facility at NKS for South Asian women and their children. You can drop in and watch Sky satellite.

Staff and Management Committee News

Fiona Rogan has stepped down as a co-opted member with NKS due to health issues.

NKS is receiving support in producing an effective business plan to develop and sustain project services in the current financial climate from Pilotlight. Pilotlight's mission is to enable small ambitious charities to alleviate disadvantage to help a greater number of people more effectively.

NKS has been selected as one of the six projects in Scotland to work towards commitment to excellence. The CEMVO Scotland has been supporting NKS to go through with the procedure.

Your Contacts at NKS

Naina Minhas ~ Manager
Nasima Zaman ~ Administrative Worker
Rohina Hussain ~ Community Health Worker
Shamsad Rahim ~ Community Health Worker
Samra Ahmed ~ Family Support Worker
Ruksana Hussain ~ Community Health Worker
Asma A Kassim ~ Child Care Manager
Amina Rahman ~ Childcare Worker
Sobia Shahzad ~ Childcare Worker
Lufta Dewan ~ Group worker
Urfol Sonu ~ In Charge of Cleaning