



HAMURA NEWS

HAMURIN Hamura City Mascot

September 1st, 2023

Edited by: Hisho Kouhou Ka (Secretary & Public Information Section)
5-2-1 Midorigaoka, Hamura City, Tokyo 〒205-8601 ☎042-555-1111
Hamura City Official Website = <https://www.city.hamura.tokyo.jp>

Published by: Hamura City

E-mail: s102000@city.hamura.tokyo.jp

COMMUNITY

■ 9月是世界アルツハイマー月間

< September is World Alzheimer's Month >

The city's efforts during Alzheimer's Awareness Month will be introduced, so that people can be interested in Alzheimer's disease / dementia and deepen their correct understanding. Let us think together about a society where people with dementia can live easily.

Inquiries: Korei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎Ext. 456.

1. Hamura City Global Alzheimer's Month Lecture

羽村市世界アルツハイマー月間講演会

Date and Time: Sep 16th (Sat) 2PM~4PM.

Location: Primo Hall Yutorogi Small Hall.

Eligibility: For those who live or work in Hamura City.

Lecturer: Mr. Masahiro Shigeta (Professor, Department of Psychiatry, Jikei University Medical School)

Capacity: 100 (in application order)

Application: Till September 13th (Wed) 5PM, please call, email via application form or come to Korei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari, ✉s304200@city.hamura.tokyo.jp.

※When applying via email, please have "Application for Hamura City Global Alzheimer's Monthly lecture Association" in subject title and [address, name and contact phone number] in the text.

2. Books Exhibition 書籍の展示

Display and lend out books of Alzheimer's disease and dementia.

Term: September 1st (Fri) ~ 30th (Sat)

Location: Primo Library Hamura

※Close day: Mondays exclude Holiday's and September 15th (Fri).

3. Hinotonton Zoo Orange Light Up ヒノトントンZOO オレンジライトアップ

The entrance of Hinotonton Zoo will be lit up in orange, the symbolic color of dementia support.

Date and Time: September 1st (Fri) ~ 30th (Sat) from sunset to 9PM

敬老金をお届けします

< Complimentary Gift to Elderly Citizens from Hamura City >

A complimentary Gift will be sent to elderly citizens on September 18th (Mon, Holiday).

Eligibility and Gift Amount are:

- 100 years old people (who was born Apr 2nd, 1923 to Apr 1st, 1924) ~ ¥50,000
- 88 years old people (who was born Apr 2nd, 1935 to Apr 1st, 1936) ~ ¥20,000

Inquiries: Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari ☎Ext. 178.



家族介護慰労金を支給します

< Rewarding Family Members who Provide Elder Home Nursing Care >

Home nursing care providers for elders who are certified as level 4 and 5 will be eligible to receive a one-time sum. Please claim if you apply to the following **Eligibility**:

- Have been caring for level 4 and 5 elder for at least one year counting from standard date set for evaluation, while residing on adjacent or same property as your elder.
- Previous year's income counting from term of rewarding year's standard date set for evaluation of all household members is tax exempt.

- Have not utilized the day care system (short stay term for total of 7 days or less total is not counted) in the past year counting from standard date set for evaluation.
- The elderly receiving nursing care has not been hospitalized for more than 90 days.

[Amount]: ¥100,000 per family for details, please inquiry

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎456.



高齢の方に関する事業

INFORMATIONS FOR ELDERLY PEOPLE

高齢の方への主な福祉サービス ～いつまでも安心して暮らしていくために～

<Main Welfare Measures for the elderly ~ Living with peace of mind forever ~>

City carries out the following services for elderly people. All require an application in advance and survey may be required depending on the services. For further information, please inquiry.

Inquiries: Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari ☎Ext. 178.

Services	Eligibility	Details
Diaper Service	<ul style="list-style-type: none"> ● Those who are age 65 or over needed diapers all the times at home (long-term care level 3 or more) ● Those who are Support level 1, 2 and recognized as incontinent due to illness etc.(exclude Living Support Act recipient) 	Benefits for diapers designated by the city (up to ¥4,000 per month) *10% of the cost of benefits is borne by you.
Bedridden Elderly Bedding Dry Services	<ul style="list-style-type: none"> ● Living alone at home and having difficulty drying bedding people aged 65 or over. ● Households with only elderly people / with bedridden people aged 65 or over at home 	Dry up to 5 sheets once a month.
Elderly Independence Support Housing Renovation Benefit	<ul style="list-style-type: none"> ● Equipment Renovation: Those who are at home age 65 or older with certified long-term care and needed renovation. ● Preventive Benefits: Those who do have certified for long-term care 	○Equipment Repair: Bathtub replacement (up to ¥379,000) Sink/Wash Basin (up to ¥156,000) ○Preventive benefits: Installation of handrails, elimination of steps on the floor, etc. (up to ¥200,000) *10 to 30% of cost of benefits is borne by own. *Please consult before renovation.
Elderly emergency notification system	<ul style="list-style-type: none"> ● Those who live alone age 65 or over and need constant attention due to physical chronic illness (heat disease, circulatory system) 	Install and lend emergency notification system equipment *Some costs will be borne depending on income.
Elderly housing fire reporting system	<ul style="list-style-type: none"> ● Those who are age 65 or over and live alone Households with only elderly people who need constant attention and consideration for disaster prevention due to chronic physical illness, etc. 	Installation and rental of residential fire reporting equipment, etc. *Some costs will be borne depending on income.
Prowling elderly search services	<ul style="list-style-type: none"> ● Those who are age 65 or over and caring for people with wandering due to dementia at home. 	○Using the GPS location search system, convey wandering elderly location to the caregiver for early detection. *10% of the cost of benefits will be borne by you. ○Anshin Watch Sticker ~ A label sticker with 2D code printed is attached to the clothes or bag of the wandering elderly. When the finder reads the 2D code to notify the caregiver, leading to prompt return home. *Free up to 40 Watching Stickers.

Subsidies for water and sewerage usage fees	<ul style="list-style-type: none"> ● Single-person households aged 70 or over or in a household with only elderly people who are applied to the following 1) ~ 3). 1) Residents Tax is exempt in the year which all household members are subsidized 2) Not receiving Living Support Act subsidy 3) No delinquency in water and sewerage usage fees 	Subsidize basic water and sewage charges (minimum diameter (13mm) for one faucet)
Welfare Telephone Services	<ul style="list-style-type: none"> ● Single-person households aged 65 or over, with only elderly people and no telephone ● Single-person households with aged 70 or over and apply the following 1) and 2) 1) No relatives live in Hamura City 2) Annual income tax is ¥42,000 or less and require regular safety confirmation 	<ul style="list-style-type: none"> ● Subsidize basic usage and call charge (up to ¥600 per month) ※ Lend a phone to household without a phone.

みんなで続ける！介護予防体操

< Let's keep going! Care Preventive Exercises >

Easy muscle training to build physical strength that can withstand frailty and infectious diseases. A rehabilitation specialist will introduce the Hamura City frailty prevention exercises that are currently available on YouTube.

Date and Time: October 6th (Fri) 10AM~11:30AM

Location: Community Center Hall.

Eligibility: Those who are concerned about lack of exercise and interested in preventive care.

- Exercises will be performed using a chair for those who are not confident in their physical status.

Capacity: 10 (in application order)

Things to bring: Towel, Beverage and Writing Utensils.

** Please wear easy to do exercises clothes.

Details: Care prevention, what is "frailty", do exercise using a chair and "3 months support menu" for continuing exercise.

Application & Inquiries: Till October 5th (Thu) 5PM, please call, email or come to Korei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎Ext. 197, ✉:s304200@city.hamura.tokyo.jp.

** When applying by email, please write "Continue with everyone! Application for long-term care Prevention Exercise" in the subject title with [address, name and contact information] in the text.



65歳以上の成人歯科健康診査 < Age 65 or over adult's Dental Checkup >

Date: September 1st (Fri) ~ October 31st (Tue).

Eligibility: Hamura residents of age 65 and older as of June 1st present.

Fee: Free (once a year)

How to apply: Please make an appointment at a designated dental clinic listed on the Participating Dental Clinics List.

*Those who are under dental treatment or who have checkups provided by an employer are not eligible.

*Bring your Health Insurance Card *Please check Hamura City website or call related medical facilities

Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 626

■健康管理術 「おいしく減塩1日マイナス2g」

<Health Care Techniques "Deliciously Reduce Salt -2g a Day">

One of the reasons why Japanese food is attractive from the world is "healthy". However, the high salt content is a challenge.

Japanese people consume more salt than other countries.

Japanese people consume about 10g of salt per day. This is about twice the WHO recommended target for

salt intake (less than 5g/day). The biggest factors hindering healthy life expectancy are strokes and heart disease. So, reducing salt intake is important for preventing these diseases.

Early and repeated reduction of salt intake prevents future high blood pressure.

One study estimated that if a 35-year-old male continues to consume 14g of salt per day, he will reach the level of hypertension after 30 years. But if he consumes 7g per day, he will not reach the level of hypertension. Salt intake is high in all age groups above 20 years old. We should all get accustomed to lighter tastes and reduce salt intake from childhood.

Tips for reducing salt intake –Deliciously reduce 2g of salt a day!

- Use low-sodium foods and seasonings
Replacing 1 tablespoon of soy sauce with 40% less salt can reduce salt intake by approximately 1g.
- Reduce the frequency and quantity of eating high salt foods.
[Examples of foods high in salt]: Soup (miso soup, soup), pickles, processed fish products (salted fish, kamaboko, chikuwa, etc.), processed meat products (ham, sausage, etc.), noodles (ramen, udon etc.), seasoned main dishes (fried rice, chirashizushi, etc.)
※Reducing miso soup from 2 cups to 1 cup per day will reduce salt intake by 1 to 2g.
- If you feel that the taste is not enough, add aroma, spiciness and acidity.
Vinegar, lemon juice, green onion, green perilla, sesame, shichimi chili, pepper, curry powder, etc.
- Do not put seasonings on the table.
Prevent the habit of "putting seasonings on before tasting".

Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 624.

新型コロナワクチン「令和5年秋開始接種」

<COVID-19 Vaccine [Vaccination starting in Autumn 2023]>

Term: September 20th (Wed), 2023 ~ March 31st (Sun), 2024.

Eligibility: Those who are age 6 months or over and have received the 1st vaccination.

Vaccine to be used: Vaccine corresponding to the Omicron XBB.1.5 strain.

Vaccination Locations:

Vaccination Location	Eligibility
S&D Sports Arena Hamura	Age 12 or older
Individual medical facilities in Hamura City	Age 6 months or older



※ Autumn Group Vaccination in S&D Sports Arena Hamura is September 20th (Wed) ~ October 29th (Sun).

● 64歳以下で接種を希望する方は申請が必要です

[Those age 64 or under who wish to be vaccinated must apply]

Since a pre-medical checkup sheet with an integrated vaccination ticket will not be uniformly issued to those aged 64 or younger, for those who wish to receive the vaccination must apply as following methods.

1) Apply via dedicated form on the city official website.

2) Apply via phone to Hamura City COVID-19 Vaccine Call Center.

※ For those age 65 or older who have received the "2023 Spring Vaccination", a pre-medical checkup sheet with an integrated vaccination ticket for "2023 Autumn Vaccination" will be send out sequentially. Those who haven't used "2023 Spring Vaccination" can use pre-medical checkup sheet that they already have for "2023 Autumn Vaccination".

※ If you have lost the ticket, please contact the Hamura COVID-19 Call Center for reissue.

◇ **Reservation of Autumn Vaccination ~ Starting from September 5th (Tue) 9AM.**

※ Please make a reservation through the internet reservation site of the Hamura COVID-19 Vaccine Call Center after preparing the pre-medical checkup sheet with vaccination ticket at hand.

● 65歳以上の方は接種日時を指定します（一部の方は対象外）

[Those who are age 65 or over will be specified Vaccination Date and Time]

(It may not applicable to some people).

For those who meet all of the following (1) ~ (3), the vaccination date and time will be designated in advance. A notice stating the vaccination date and time will be sent separately from the Pre-medical checkup sheet integrated with the vaccination ticket.

<For those who specify the date and time of vaccination>

- (1) Those who have Hamura City's residence certificate at the time the pre-medical checkup sheet integrated with vaccination ticket is sent.
 - (2) Those who are 65 years old or older as of September 1st.
 - (3) Those who received COVID-19 vaccination at S&D Sports Arena Hamura between May and June, 2023.
- ※ Vaccination is not obligatory, so please make a final decision to receive the vaccination or not after you have given your consent.

[The COVID-19 vaccination starting in 2023 Spring will end on September 19th (Tue)]

"The COVID-19 vaccination starting in 2023 Spring" for those age 65 or older and with underlying medical conditions will end September 19th (Tue).

- ※ The vaccination site in Hamura City will be end, but you may still use in Tokyo Metropolitan large scale Vaccination Site.

Inquiries: Hamura City New Coronavirus (COVID-19) Call Center ☎0570-030207, 9AM~5PM (exclude Sunday and Holidays)

** Telephone relay service (telephone calls through an operator who interprets in sign language, etc.), please call Kenko Ka ☎042-555-1111 Ext.628~630

はむら市民と産業のまつり2023

<Hamura Citizens and Industry Festival 2023 >

Date and Time: November 4th (Sat) & 5th (Sun), 10AM ~ 4PM.

- ※ The event may be changed or cancelled due to weather or other reasons.

Location: S&D Sports Park Fujimi (Fujimi Park)

Sponsor: Hamura Citizens and Industry Festival Executive Committee



参加者大募集！ **[Participants Recruitment!]**

Recruitment term: September 1st (Fri) ~ 15th (Fri) 5PM.

1) Stage Performers Recruitment

The dancers, musicians, and other performers to join us on the track stage are recruited at the event site.

Eligibility: Individuals, groups, schools, nursery schools and kindergardens who volunteer to perform and are approved by the Hamura Citizens and Industry Festival Executive Committee

- ※ If there are too many applications, the Executive Committee will make a decision.

2) Volunteer Staff Recruitment

Join us for the Hamura Citizens' and Industry Festival as a staff member. Let's make the Hamura Citizens and Industry Festival more exciting by becoming a member of the management staff.

Eligibility: Volunteers who are willing to cooperate in the operation of the festival.

Details: Guide and clean up the site, assist in the management of each event, etc.

3) Sponsorship is now being recruited. 協賛をお願いします。

In order to make the festival even more successful, we are looking for companies, organizations, and individuals who would like to become sponsors.

We hope that you will understand the purpose of the festival and support us!

☆ Application period: September 1st (Fri) ~ 29th (Fri)

☆ Sponsorship benefits: Publication in flyers and on the city's official website.

☆ Sponsorship fee: ¥5,000 / per unit

☆ Sponsorship of goods, etc.

Sponsorship of goods (beverages, etc.) to be distributed to visitors, stage performers and management staff.

4) Stalls Recruitment!

The stalls selling food, beverages, goods, etc. are recruitment.

Eligibility: Members of the Hamura Chamber of Commerce and Industry, business in the city or citizens' groups that are active in the city on a regular basis.

※Application and application forms differ for members of the Hamura Chamber of Commerce and Industry and citizen's groups.

Application & Inquiries:

Please submit fee, documents etc. during application term to as below: ~

○Members of the Hamura Chamber of Commerce and Industry: Hamura Chamber of Commerce and Industry.

○Citizen's groups: To Sangyou Shinkou Ka (City Hall 2F, West Bld.).

- ▼ Citizen's groups must have proof (activity record, etc.) that they are active in the city at all times with members ~ 5 persons or over (consist 70% members who are residing or working in Hamura City).
- ▼ In accordance with the guidance of the public health center, food and beverage sellers are required to fill in the address and name of the facility where they will prepare their food and beverages. In addition, stalls cannot be opened with items for which permission cannot be obtained from the health department.

Application & Inquiries: Hamura Citizens and Industry Festival Executive Committee office (Sangyou Shinkou Ka, Shoukou Kankou Kakari ☎Ext. 667, ✉s206000@city.hamura.tokyo.jp / Hamura Chamber of Commerce and Industry ☎042-555-6211.

お知らせ

INFORMATION EDUCATION



令和6年4月に小学校に入学するお子さんの健康診断を行います

< Medical Checkup for April, 2024's First Grader Students >

Households with child(ren) entering an elementary school in April 2024 will receive a notification of Pre-entrance Child Medical Check-up (就学時健康診断) in middle of September. If you are a parent expecting the notification but it is not delivered to you, or if you plan to enter your child to a school other than the school designated to you per notification, contact Gakkou Kyouiku Ka, Gakumu Kakari

Date & School: Specified by the school districts;

Elementary School Name	Date
Hamura Higashi	Oct 4 th (Wed)
Hamura Nishi	Nov 20 th (Mon)
Fujimi	Oct 25 th (Wed)
Sakae	Oct 27 th (Fri)
Shourin	Nov 22 nd (Wed)
Ozakudai	Oct 6 th (Fri)
Musashino	Nov 15 th (Wed)

Time: Reception 1:15PM~1:30PM

Inquiries: Gakkou Kyouiku Ka, Gakumu Kakari ☎ Ext.358.

10月1日は、👶、👦、👧医療証の更新日です

<October 1st is the date of renewal of Medical Certificate for infants, children and youths.>

The medical expense subsidy system for infants (Marunyu), children of compulsory education (Maruko), and high school students (Maruao) will be renewed on October 1st every year. The new medical card will be a light orange color after renewal. Those who are eligible will be mailed a new card in late September.

Those who have not certified as "Maruao" due to income limitation and are expected to meet the criteria for certification in 2023 should apply for the certification during September.

What are "Marunyu", "Maruko" and "Maruao"?

- The subsidy covers the co-payment of medical expenses covered by insurance.
- The "Maruao" has an income limit.
- It is required to report while changing address, health insurance or name. Please bring your medical care certificate and health insurance to Kosodate Sodan Ka for procedures.

Inquires: Kosodate Sodan Ka, Teate. Josei Kakari ☎ Ext.237.

乳幼児身体発育調査に協力を

<Cooperation in the Infant Physical Growth Survey>

This is a nationwide survey conducted by the Administration for Children and Families to investigate the state of physical development of infants and toddlers to improve health guidance.

In the city, the Child and Family Agency will conduct the survey in randomly selected districts. Information about the survey was sent to those who were eligible for the survey at the end of August. Your cooperation in the survey is highly appreciated.

Survey period: September 1st (Fri) ~ 29th (Fri)

※ A physical measurement will be held on September 8th (Fri) at the Hoken Center.

Eligibility: Infants who live in the eligible area, are 14 days old or older and have not yet entered elementary school.

Details: Measurement of height, weight, head position, interviews about pregnancy/ childbirth/ nutrition status etc.

※ The contents of the survey will be kept confidential and will not be used for any other purpose.

Inquires: Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎ Ext.692.

福祉

WELFARE



ご存じですか？ヘルプカードとヘルプマーク

<Do you know about Help Cards and Help Marks?>

- Help Card

A help card is carried by a person who needs assistance due to disability, etc., and contains information on what he/she needs help with. If you are in need of assistance, please follow the instructions on the card.

To whom the cards are distributed

People with physical disability certificate (身体障害者手帳), Intellectual Disability Certificate (愛の手帳), Mental Disability Health and Welfare Certificate (精神障害者保健福祉手帳) or incurable disease, etc.

- Help Mark

This mark is worn by people whose need for assistance or consideration is not apparent from their appearance. If you see a person wearing the Help Mark, please act considerately by offering your seat on the train.

<Distribution eligibility>

People with artificial legs or joints, internal disabilities, incurable diseases or in the first trimester of pregnancy, etc.

- Distribution of Cards and Marks

Cards and marks are distributed at the City Hall 1F Shougai Fukushi Ka service counter to eligible people.

※ Distribution of help marks at City Hall will be discontinued as soon as all gone. It is also distributed at Toei Subway, Yurikamome and Tama Monorail stations (with some exceptions). Please check with the place where they are distributed firstly.

Inquiries: Shougai Fukushi Ka, Shougai Fukushi Kakari ☎ Ext.173.

環境

ENVIRONMENT

発酵促進剤を使って、生ごみを堆肥に ~生ごみ堆肥化講習会~

<Using Fermentation Accelerators to turn kitchen waste into compost

~ Kitchen waste composting workshop>

☆ Hamura Eco-Action Point Program

People can easily make compost by mixing food scraps from home with a fermentation accelerator

(containing microorganisms) and covering it with soil to reduce the amount of waste. The resulting compost can be used to produce delicious organic vegetables.

Date and Time: September 30th (Sat) 10AM~11:30AM

Location: Community Center, the 1st Kenshou-shitsu

Eligibility: Those who live or work in Hamura City.

Capacity: 16 (in application order)

※ Those who have participated in the food waste composting workshop before may also participate.

※ Participants will be asked to fill out a questionnaire at a later date.

Application & Inquires: Sep 4th (Mon) ~ 25th (Mon), please call or come to Seikatsu Kankyou Ka, ☎Ext. 204.

羽村市公共施設予約システムメンテナンスを一時停止

<Hamura City Public Facility Reservation System will be stopped temporarily for maintenance.>

The Hamura City Public Facility Reservation System will be out of service during the following period due to maintenance for system upgrades.

We apologize for the inconvenience and ask for your understanding and cooperation.

System shutdown period: November 29th (Wed) 8:30AM ~ December 1st (Fri) 8:30AM.

*During this period, all reception work via the public facility reservation system will also be stopped at the counter of each facility.

*Acceptance of drawing and Yutorogi ticket sale on counter will also be suspended.

*Facilities that have already been reserved can be used as usual.

Inquiries: Primo Hall Yutorogi ☎042-570-0707 / S&D Sports Arena Hamura ☎042-555-0033 /

Community Center ☎042-554-8584 / Grand Tennis Court etc. (Wing Park) ☎042-555-4342.

粗大ごみの受入れを一時休止します

< Oversize Trash Services will be stop temporarily >

Due to facility repair, recycling center will stop service for accepting oversized trash. Your cooperation will be highly appreciated.

Term: September 18th (Mon, Holiday) ~ 22nd (Fri).

** If you need to dispose of oversized trash during moving, please contact us in advance.

Inquiries: Recycling Center ☎042-578-1211

補助

SUBSIDY

<Assistance for "Earthquake Resistance Diagnosis" and "Earthquake Retrofitting" expense for wooden houses> 木造住宅の「耐震診断」「耐震改修」経費を補助します

In order to prepare for earthquakes in Tokyo area that will not know when it will occur, city will subsidize some costs required for "Earthquake Resistance Diagnosis" and "Earthquake Resistance Retrofitting" of wooden houses in order to prevent disaster.

Eligibility: 1) Residents who own houses

2) Those who have fully paid city taxes, etc.

Subsidized Housing:

Among wooden houses in city, detached wooden houses less 2 stories build by the conventional construction method (frame construction method) before May 31, 1981.

● Please inquiry for other conditions.

Subsidy Amount:

● Seismic Diagnosis ~ 1/2 of costs (¥50,000 limit)

● Seismic Retrofitting ~ 1/2 of costs (¥500,000 limit)

Inquiries: Kenchiku Ka (Architecture), Kenchiku Kakari ☎ Ext.253

野外焼却（野焼き）は禁止されています

<Open burning is prohibited>

Open burning (burning in drums, directly on the ground, etc.) and burning in small-scale waste incinerators are prohibited by law.

Please dispose of garbage properly by collecting via city garbage collection system or disposing of it as resources.

Exception:

- Incineration for traditional events, customs or religious services (e.g. Dondoyaki).
- Unavoidable incineration for agriculture and forestry (e.g. Pest control, frost damage etc.)
- Minor incineration activities in the course of daily life (e.g. Bonfires in gardens, campfires, barbecues etc.)
- Necessary for school education and social education activities.
- ※ Please be sure to give sufficient consideration not to cause trouble in the neighborhood and inform neighbors in advance not to cause any problems or complaints.
- ※ If smoke is generated, please consult with the fire department in advance and follow the necessary procedures.

Inquiries: Kangyou Hozen Ka, ☎Ext. 227.

交通安全

TRAFFIC SAFETY

■交通安全講習会 <Traffic Safety Seminar>

Date and Time: September 6th (Wed), 7PM~8PM (schedule ending)

** Open reception: 6:30PM ~

Location: Primo Hall Yutorogi, Main Hall.

※ Parking space is limited, please come on foot or by bicycle as possible as you can.

Inquires: Bousai Anzen Ka, Bouhan. Koutsu Anzen Kakari ☎Ext. 216.

四季のウォーク I

<Seasonal Walking Event "I" >



The pole walking to Shiobune Kannonji Temple in Ome City will be held. Family and friends are invited to join, or just one person is also welcome.

Date & Time: September 23rd (Sat) 9AM ~ Noon (The event will be cancelled for stormy weather)

Courses: S&D Sports Arena Hamura ~ Shiobune Kannonji Temple (about 6 km, 90 minutes)

Meeting Time and Place: 9AM ~ 9:15AM in front of S&D Sports Arena Entrance Square

Eligibility: Those who can walk whole course by oneself.

Capacity: 40 (in application order)

※ Participation fee is free but transportation is borne by own.

Things to bring: Easy to walk shoes, clothes, beverages and walking pole (if you have one and the pole is available to rent).

Co-hosted by: Hamura City Board of Education (Kyouiku Iinkai), Hamura Sports Promotion Committee.

Application & Inquires: Within September 2nd (Sat) ~ 16th (Sat), please call, fax, email or come to S&D Sports Arena Hamura ☎042-555-0033, Fax: 042-554-9974 and ✉ s705005@city.hamura.tokyo.jp.

- Event Day Contact: 070-1355-3003 (Sports Promotion Section 9AM ~ Noon)
- Please register Hamura City Mail Services, if it is cancelled, you may confirm from mail services.

相談

CONSOLATION

<THE 33rd TOKYO SUICIDE PREVENTION CAMPAIGN> 第33回 自殺防止！東京キャンペーン

In Tokyo Metropolitan, every year's March and September are Suicide Prevention Reinforcement Months.

** All services are free. But, the communication fee will be costed except Free Dial.

** Navi Dial #0570 is not eligible for free talking or all you can call plan.

◇ **Consolation counters during Campaign Term**

Service Counter/ Facility	Telephone No.	Special Consolation Term	Regular Consolation
Toll Free Special Counseling (NPO Bifrenders Tokyo Suicide Prevention Center)	☎0120-58-9090 03-5286-9090	Till Sep 5 th (Tue) 8PM ~ Next day 2:30AM ** Monday: 10:30PM ~ / Tuesday: 5PM~	☎03-5286-9090 8PM~2:30AM (next day) ** Monday: 10:30PM~, Tuesday 5PM~
Yamabiko Support for Life ~ Listening Line (NPO Inochino Yamabiko Phone)	☎03-3842-5311	September's Tuesday, Wednesday, Friday, Saturday, Sunday and Holidays Noon~8PM	☎03-3842-5311 Every week's Tuesday, Wednesday, Friday and Saturday Noon~8PM
Suicide Prevention Hotline "Inochi-no Denwa" (Nationwide) (Tokyo) "Inochi-no Denwa"	☎0120-783-556 ☎03-3264-4343	Sep 10 th (Sun) 8AM~ Next day 8AM Sep 1 st (Fri)~30 th (Sat) 4PM~9PM ☎03-3264-4343 every day 24 hrs.	☎0120-783-556 Every month 10 th 8AM ~ next day 8AM / Everyday 4PM ~ 9PM ☎03-3264-4343 Everyday 24 hrs.
Tokyo Suicide Prevention Campaign "Kokoro to Inochi no Hotline" [NPO Mental Care Association]	☎0570-087478	Sep 10 th (Sun) ~ 14 th (Thu) Everyday 24 hrs.	☎0570-087478 Everyday Noon ~ Next day 5:30AM
Suicide-Bereaved Family Listening Line [NPO Grief Care and Support Plaza]	☎03-3796-5453	Sep 5 th (Tue) ~ 8 th (Fri) 11PM~4PM	☎03-3796-5453 Tue, Thu and Sat 11AM~4PM
Suicide-Bereaved Family Counseling Dial [NPO Suicide-Bereaved Family General Support Center]	☎03-3261-4350	Sep 11 th (Mon) ~ 13 th (Wed) 10AM~8PM	☎03-3261-4350 Thursday 10AM~8PM/ Sunday 10AM~6PM

- Telephone Counseling for Problems with Multiple Consumer Loans #110 多重債務110 番

☎03-3235-1155 (Tokyo Consumer Affairs Center)

Date and Time: September 4th (Mon) and 5th (Tue) (9AM~5PM).

こころといのちの講演会

● **Kokoro and Life Lecture**

"Metal Care for students, let's think about the protection of metal health through COVID-19."

Date and Time: September 26th (Tue) 2PM~4PM

Eligibility: Tokyo Metropolitan residents, students and workers.

Lecturer: Ms. Terumi Ishii (Professor of Waseda University / Waseda University Health Center Psychiatrist).

*** For details, please check Tokyo Metropolitan Health and Welfare Bureau official website.

Inquiries: Kenko Ka (in Hoken Center) ☎Ext.625.

MISCELLANEOUS INFORMATION

PRIMO LIBRARY HAMURA ☎042-554-2280

■ <The Reading Notebook will be commendation> 読書手帳の表彰

Those who are using the "Reading Notebook" and "Yomucho" of Hamura City Library and reading a lot of books according to the reading week will be commended.

If you have reached the standard number of books, please come to main library's counter. Staff will contact you at the award ceremony at a later date.

Application period: September 8th (Fri) ~ October 1st (Sun).

Standard number of books: 500 books for Elementary School students or younger,
500 books for Junior High and High School students,
1,000 books for General (up to 5 times for award).

Eligibility books: Material borrowed from Primo Library Hamura, school library or books at home (excluding magazines, manga and audiovisual materials) with stickers attached to "Reading Notebook" and "Yomucho"

Award Day and Time: November 3rd (Fri, holiday) 10AM~ (about 30 minutes).

■ 休館日のお知らせ **Close Day** September 15th (Fri).



子育て

CHILDREN

< The 1 Year-Old and Parent Get-Together Group > 1歳児教室「1歳ちゃん♪ 生まれ〜!」

It will offer tips on how to stop breast feeding or about safety, and the child can play with other children.

Date: September 26th (Tue), from 9:30AM ~ 11AM Location: Hoken Center

Eligibility: Hamura City Residents who have a child at one year old as **September** can attend with their child.

Capacity: 8 pairs (in application order).

Things to Bring: Boshi Kenkou Techou (Maternal Handbook), Bath Towel and Beverage

Application & Inquiries: Starting from September 6th (Wed) 9AM~, please call or come directly to Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari ☎Ext. 692.

お子さんの発達に関する相談~いつでも相談してください~

<Consultation for child's development - Please consult anytime!>

(1) General Consultation Service for Child Development

Date: Monday through Friday (except holidays)

Eligibility: Under 18 years old

(2) Consultation on language

September Consultation Date: September 8th (Fri) and 27th (Wed)

(1) and (2) **general items**:

Location: Hoken Center

Application & Inquiries: Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 694.

<Children's Center Chatting Space> 児童館 おしゃべり場

Let's talk about what you are feeling in your daily child-rearing.

Date: September 23rd (Sat), 10AM ~ 10:30AM

Location: Central Children Center

Eligibility: People who are raising preschool children

*Face-to-face style chatting sessions will be held. For details, please visit the official website.

Inquiries: Child Family Support Center ☎ 042-578-2882

S&D SWIMMING PLAZA HAMURA ☎042-579-3210

<Water Walking Class> 水中ウォーキング講習会

Date and Time: September 23rd (Sat) 10AM~10:50AM

Eligibility: Age 16 or over

Capacity: First 30

Fee: Hamura residents or worker ¥410, outside of Hamura City ¥610 (included admission and insurance fee)

Things to bring: Swimsuit, Swimming Cap and Towel.

Application: At the same day 9AM~9:50AM, please come to swimming center reception desk directly.

Inquiries: Swimming Center ☎042-579-3210

018 (ゼロイチハチ) サポート

<018 (zero, one, eight) support>

By providing ¥5,000 per month (¥60,000 per year) to each child under the age 18 residing in Tokyo, the program aims to realize a [Child-Raising-Friendly Tokyo] by providing uninterrupted support for children's education, including learning.

The Bureau of Social Welfare of the Tokyo Metropolitan Government will send information to eligible households and begin accepting applications in September 2023.

For details, please refer to the official website of the Tokyo Metropolitan Government.

Inquiries: 018 Support Benefit Call Center ☎0570-082-018

(Sep 1st (Fri), 2023 ~ Mar 31st (Sun), 2024 (include Saturday, Sunday and Holidays)).

※ Exclude Year-end and New Year Holidays.



9月休日診療

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
3 rd (Sun)	Futaba Clinic	☎042-570-1588	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Takada Shika Iin	☎042-555-5903
10 th (Sun)	Sakae-chou Shinryoujo	☎042-555-8233	Hikari Clinic (Fussa-shi)	☎042-530-0221	Hanenaka Shika Clinic	☎042-554-2202
17 th (Sun)	Matsubara Naika Iin	☎042-554-2427	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Hamura Shika Iin	☎042-570-4618
18 th (Mon, Holiday)	Baba Kodomo Clinic	☎042-555-3788	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	Hamura Station Dental Clinic	☎042-570-5621
23 rd (Sat, Holiday)	Hamura Sougo Shinryoujo	☎042-554-5420	Mizuho Byouin (Mizuho-machi)	☎042-556-2311	Hirai Dental Partners	☎042-533-5157
24 th (Sun)	Izumi Clinic	☎042-555-8018	Hikari Clinic (Fussa-shi)	☎042-530-0221	DenTrust	☎042-555-7064

*Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily

行政・人権相談日

PUBLIC CONSULTATIONS

Schedule of September

Category	Date	Time	Contact
Public Administration and Human Rights	21 st (Thu)	1:30pm ~ 4:30pm	Shimin Soudan-shitsu city hall ☎Ext.541

*Ⓐ=appointment required. .

◆ Consultations are by appointment only. Please do not call the Shimin Soudan-Shitsu for consultation over the telephone.