



HAMURA NEWS

March 1st, 2024

Edited by: Hisho Kouhou Ka (Secretary & Public Information Section)

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Hamura City Official Website = <https://www.city.hamura.tokyo.jp> E-mail: s102000@city.hamura.tokyo.jp

災害に備えて 防災ブックや 東京都防災ホームページのを活用を！

<Preparing for Disaster ~ Please utilize the Disaster Prevention Book and the Tokyo Metropolitan Government Disaster Prevention Website !>

Inquiries: Bosai Anzen Ka, Bosai. Kiki Kanri ☎ Ext. 207

防災ブック「東京くらし防災」「東京防災」

Disaster Prevention Book "Tokyo Living Disaster Prevention" and "Tokyo Disaster Prevention"

The Tokyo Metropolitan Government has renewed its Disaster Prevention Books "Tokyo Kurashi Bosai (created in FY2017)" & "Tokyo Bosai (created in FY2015)" and posted them in all households in the city. Please utilize them.

- "Tokyo Kurashi Bosai" (Tokyo Life Disaster Prevention) after renewal

Disaster prevention actions that anyone can undertake in their daily lives are presented from diverse perspectives including women's perspectives as well as the elderly, people with disabilities, children, foreign residents, and sexual minorities.

- "Tokyo Bosai" (Tokyo Disaster Prevention) after renewal

To further deepen your knowledge of disaster prevention, it have included the latest information on disasters and other topics. It can be used in various settings such as local communities, schools, and workplaces.



東京防災ホームページ

Tokyo Disaster Prevention Homepage

When disaster happen in Tokyo, the website provides on how to prepare for a disaster and useful information. It provides information on what to do in the event of a disaster, as well as daily preparedness.

案内票が投函された方へ

- To those who received an information sheet in the mail

If you cannot receive the Disaster Prevention Book in your mailbox, the information slip will be mailed to you instead (in December 2023). If you wish to receive the booklet, please visit City Hall 2F Bosai Anzen Ka and exchange the information slip for the booklet.

配布に関する問合せ

- For inquiries regarding distribution, please inquiry.

Tokyo Metropolitan Government Disaster Prevention Book Call Center ☎03-6690-2918 (till March 29th (Fri), 9AM ~ 6PM exclude Saturdays, Sundays and national holidays).

■3月1日(金)~7日(木)は春の火災予防運動

<Spring Fire Prevention Campaign from March 1st (Fri) ~ 7th (Thu)>

The purpose of this campaign is to prevent fires, minimize damage and protect precious lives and valuable property by raising citizens' awareness and action regarding fire and disaster prevention.

☆ Fire Prevention Campaign

Date: March 2nd(Sat) 9:30AM ~ 3:30PM

Location: Hinotonton ZOO

Details: Initial fire extinguishing training, mini fire suit experience, experience smoke house and ladder truck boarding.

※ For details, please inquiry to Fussa Fire Department official website.

Inquiries: Fire Prevention Inspection Section, Prevention Division, Fussa Fire Station ☎042-552-0119



自分の中の「アンコンシャスバイアス」を見つめ直す

<Rethinking the "Unconscious Bias" within You>

Author: Mr. Hideyuki Sashou (Member of the 12th Hamura Gender Equality Promotion Council, Supervisor of Education, Hamura City Board of Education)

Inquiries: Somu Ka, Somu Kakari ☎Ext. 347

My daughter happily reported to me that she had become the leader of the cheering squad at a field day. I asked my daughter, "Even though you're a girl ?" but it clouded my daughter's expression. I had an assumption in my mind that boys were supposed to be the cheerleaders at athletic meets. Fathers work hard at the office and mothers make delicious hamburgers for dinner. Perhaps we subconsciously hold such an image in our minds.

Such unconscious assumptions and prejudices are called "unconscious bias". In recent years, this subject has been attracting attention, especially in relation to gender (ideas about gender differences). There is an urgent need to rethink assumptions and impositions such as "men should be this way" and "women should be that way," and to create a society in which everyone is equal and can live comfortably.

Currently, various efforts are being made in schools to review gender-related unconscious bias. For example, physical education classes in junior high schools used to be segregated by gender, but now they are held together. The goal is for everyone to learn together about the joys of exercise, regardless of differences in physical fitness, skills, gender, or disabilities.

The class roster is also mixed gender. Students are not addressed by "kun" or "san". The standard junior high school uniform is also designed to accommodate the diversity of each student, with "Type A" and "Type B" rather than "boys'" and "girls'" uniforms, and the option of slacks instead of skirts.

Unconscious bias exists in everyone and it is not easy to review and change them. But if someone is being hurt or suffering because of our unconscious assumptions and judgments...

I think it is important for us adults to re-examine ourselves first, so that our children will be able to appreciate each other's diversity and become people who value themselves and others.

羽村市 LINE 公式アカウントを開設しました

<Hamura City has launched an official LINE account>

By registering your account as a friend, you can receive information on events, disaster prevention, search for ways to dispose of and sort garbage, and easily access the city's official website.

You can also easily access the city's official website.

How to register:

Launch the LINE app on your smartphone or other device and register using one of the following methods

○ Search for [@hamura_city] from the "Home" menu.

○ Select [QR Code] from the [Add Friends] menu and scan the 2D code.

To set the information you wish to receive...

Select "Setup" from the menu , and follow the questionnaire to set up the information you wish to receive.

Inquiries: Information Policy Section, Information Technology Promotion Division ☎Ext.518

指定収集袋(燃やせるごみ袋)に広告を掲載しませんか

ADVERTISE YOUR BUSINESS on HAMURA CITY-DESIGNATED WASTE BAG

Design of Hamura City-designated Burnable Waste Bags will incorporate a section for business advertisement. It can be a great medium to effectively promote your business to local residents. Special Offer (optional) for free banner advertisement on Hamura City Official Website for 3 months.

Inquiries: Seikatsu Kankyou Ka ☎Ext.205

Listing Period: Starting from July 2024 for 1 year

※ It may be subject to change by number of distribution.

Listing Fee: Differs depending on the design size and quantity. Advertisement for packaging only cannot be placed. On individual bags - ¥70,000~¥180,000 / On wrapping of bulk-sale package - ¥40,000~¥45,000

Application: Till March 29th (Fri), please postmail, email or come directly with the draft data and completed application form with necessary items to City Hall 2F, Seikatsu Kangyou Ka.

※ Please download application form from City official website.

Manuscript data file format:

- Illustrator ai file (with text outlined)
- Image data (JPEG, TIFF, or PDF file, 1200dpi or higher, black and white, two tone)

Decisions on advertisements:

The decision on whether or not to place an ad will be made after reviewing the applications in accordance with the guidelines and handling criteria.

If there are too many applicants, decisions will be made in the order of priority specified in the guidelines.

Mail to:

〒205-8601 (location is not required) Hamura Seikatsu Kankyou Ka / ☎s208000@city.hamura.tokyo.jp

資源収集カレンダーを配布します

<Resource Collection Calendars will be distributed>

The new calendar for resource collection (from April 2024 to March 2025) will be distributed to all households along with the Hamura News (Koho) March 15th version. Please check it.

If you lose your calendar after distribution or need an additional one, please come to City Hall 1F Information Desk or 2F the Living Environment Section (Seikatsu Kankyou Ka).

※ You can also check the calendar on the city's official website (to be posted on or after March 15th).

Inquiries: Seikatsu Kankyou Ka ☎Ext.204

お知らせ

イベント

INFORMATION EVENT

<The 44th Hamura Consumer's Day> 第44回羽村市消費者の日

~ Screening of the movie "Bento Day" & Waiwai Tasting Party with Onigiri and Miso Ball Making.

The documentary film "Bento Day" will be screened and depicted "Why children should not be deprived of the opportunity to be in the kitchen ?" proven over 20 years. After the screening, there will be an experience of making onigiri & miso balls and tasting event.

Date and Time: March 24th (Sun) 1:30PM ~ 4PM

Location: Consumer Affairs Center 2nd floor

Eligibility: Preference given to those who live or work in Hamura City.

(The 2nd grade elementary school students and younger must be accompanied by a guardian.)

Capacity: 50 (if the number of participants exceeds the limit, a drawing will be held.)

※ No childcare is provided.

Sponsored by: Hamura City Consumer's Day Executive Committee

Supported by: Hamura City

Application & Inquiries: Please register between March 1st (Fri) ~ 15th (Fri) by phone or e-mail, indicating whether you wish to attend the screening only or the screening & tasting, with [the address, name, furigana, age (grade) and phone number] to Consumer Affairs Center ☎Ext.640 and ✉s107000@city.hamura.tokyo.jp



みどりと触れ合う植樹体験！ [みどりの環境教室]

<Tree-planting experience to get in touch with greenery!>

~ Green Environment Class

Why don't you enjoy learning about the greenery around us through tree-planting experience?

Date and time: March 16th (Sat), 10AM~ Noon (Meet: 9:45AM at the Central Children's Hall)

Location: Inari Green Space (near 2-75 Hanehigashi)

※ Please walk to the venue.

※ In case of stormy weather, the event will be cancelled.

Eligibility: Residents of the Hamura City.

※ The 4th graders and younger must be accompanied by a parent or guardian.

Please consult with us about preschool children.

Capacity: 10 (in order of application)

Things to bring: Beverage and garden gloves.

* Please wear clothes that can get dirty and easy to move shoes.

Co-sponsored by: Hamura City and Inari Green Space Association

Application: March 1st (Fri) ~ 15th (Fri) (must arrive by 5PM), please send your [address, name, age (including grade if you are a student), and telephone number] by phone or come to the Kankyou Hozen Ka, ☎Ext.227 and ✉s205000@city.hamura.tokyo.jp

<Let's use solar heat to make dried foods!> 太陽熱を利用して、乾燥食材などを作ろう！

ソーラーフードドライヤー 工作講座

Solar Food Dryer Class ~ To make dried vegetables, dried fruits, rusks, etc. by Solar Heat in a short time.

It is useful to have dried vegetables on hand in case of emergencies.

Date and Time: March 10th (Sun), 1:30PM ~ 4PM

Location: Primo Hall Yutorogi Creation Room 1

Eligibility: Preference given to those who live or work in the city.

Capacity: 10 (in order of application)

Fee: JPY1,500 (including materials fee)

Things to bring: Beverages and writing utensils.

Instructor: Econet Hamura Kadou, Eriko San and Satou, Minami San

Organized by: Econet Hamura and Hamura City

Application: Till March 8th (Fri), please apply by phone or in person to Kankyou Hozen Ka, ☎Ext.227.



■ 物価高騰対応重点支援給付金 (10万円と5万円)

< Priority Support Benefits for Responding to Living Price Hike (JPY100,000 & JPY50,000)>

Households are only taxed at the per capita levy of residence tax rate will receive a benefit of JPY100,000. In addition, among households exempt from residence tax and households taxed only at the per capita levy rate with a child under 18 years of age will receive JPY50,000/per child.

■ Eligibility and Payment Amount 支給対象

Classification	Eligibility
Benefit (JPY100,000 per household)	FY 2023 Resident Tax at the per capita levy rate
Additional allowance for children ※ (JPY50,000 per child)	FY 2023 Resident Tax of exempt households or at the per capita levy rate households with dependent children born on or after April 2nd, 2005.

※ Children who are not dependent (not living in the same household) as of the base date and children in institutions are not eligible for the additional allowance for children.

Eligibility: As of Dec 1st, 2023, Hamura registered residents household is applicable to (1) or (2).

※ For both (1) and (2), dependents of those who are subject to resident tax are not eligible.

※ The documents will be sent to Eligibility Household from early of March sequentially.

Submit the application: Please submit to application counter (City Hall 2F Meeting room 201) or post mail to 〒205-8601 Hamura City, Shakai Fukushi Ka, Somu Kakari (no need to indicate the address).

Application Deadline: April 25th (Thu) (postmarked valid on the same date).

Inquiries: [March 1st (Fri) ~ April 25th (Thu)]

◎ Hamura City Priority Support Benefit Call Center ☎ 0570-092923

Office Hours: 9AM ~ Noon and 1PM~5PM (exclude Saturdays, Sundays and Holidays).

■ Eligibility, application and payment details, etc.

Eligibility		Apply	Payment Method	Payment Term
(1) FY 2023 Resident Tax at the per capita levy rate (including household with additional allowance children)		Need	The application documents will be sent in Early March. Please fill out the required information and send it back with the attached documents in the enclosed return envelope.	Late March
(2) FY2023 Resident Tax Exempt Households that are eligible for the additional allowance for children	① Priority on responding to price hike Support Benefits (JPY70,000) Households receiving	Need Not	A bank transfer notice will be sent in early March (containing the bank transfer account) ※The bank account is the same as the one registered for the previous ¥70,000 payment. Please confirm the details.	
	② Households have not received subsidy as ①	Need	The application documents will be sent in Middle March. Please fill out the required information and send it back with the attached documents in the enclosed return envelope.	Middle April

自転車用ヘルメット購入費の一部補助(間もなく終了)

<Partial Subsidy for Purchasing Bicycle Helmets (Closing Soon)>

Eligibility: People who purchased a new bicycle helmet certified for safety standards during FY2023.

Those who are under 18 years old (born on or after April 2nd, 2005) or over 65 years old (born before April 1st, 1959) and have no arrears of municipal tax, etc.

Subsidy amount: JPY2,000 per item (if the purchase price is less than 2,000 yen, match the purchase price)

※ One subsidy per person, one time only.

Application deadline: Till March 29th (Fri), (if it is via post mail, the postmarked is by March 31st(Sun))

※ For details, please check the city's official website or contact the city office.

Inquiries: Bosai Anzen Ka, Bohan. Koutsu Anzen Kakari ☎Ext. 216

税金

TAX

令和6年度償却資産の申告がまだの方は至急申告を

< Please Report Ownership of Depreciable Assets for FY 2024 as soon as possible >

Business entities are required to report any depreciable assets which are owned as of January 1st, 2024 of each year. If you still not report, please repost as soon as possible.

○ You may request an application form if you do not have one.

○ They can also be filed on-line. Please check the details from City official website.

Inquiries: Kazei Ka, Shisan Zei Kakari, ☎Ext 157

水道

WATER

水道メーターボックス内の維持管理を

< Please maintain your Water Usage Meter >

Every two months, your meter is inspected for water usage amount.

① Please clean the inside of Meter Box.

It is important to keep the meter box free from bugs during the warm season. Remove blankets and cloths wrapped around the meter to prevent frosting because it will be infested with bugs.

② Check for water leakage.

Leaks may be detected if the surface is wet. If you do not use water for a while, it might be unable to run.

If you have any question, please consult with city designated plumbing shop.

Inquiries: Suidou Jimusho (Hamura City Waterworks Office) ☎042-554-2269

健康

HEALTH

< BLOOD DONATION NEEDED! > 愛の献血

Date & Time: March 21st (Thu) 10AM ~ Noon / 1:15PM ~ 4PM

Location: Hamura City Hall, by the Main Entrance

Eligibility: Age 16~69 (Those over age 65/older who had donation experiences at age 60~64 are eligible)

Details: for 400ml or 200ml blood

※ Please check Hamura News version March 1st QR code for unfit donation details.

Inquiries: Kenko Ka ☎Ext.623



3月1日～8日は女性の健康週間

<March 1st ~ 8th is Women's Health Week>

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

★ Knowing about women's health

The average life expectancy for women is 87.6 years, and healthy life expectancy is 75.4 years. This means that they live more than 10 years with health problems (osteoporosis, dementia, etc.) that affect their quality of life.

Women's health is closely related to changes in female hormone production. Female hormones secreted by the ovaries support bodily functions such as menstruation, pregnancy, and childbirth. However, ovarian function declines and the secretion of female hormones decreases with ageing.

★ Menopause

The average age of menopause for Japanese women is 50 years old. The five years before and after menopause are called menopause term. During menopause, the secretion of female hormones declines rapidly. The balance of mind and body can easily become unbalanced. Other factors such as personality, workplace relationships, and changes in the family environment, such as parental caregiving and children's independence, also affect menopause.

[Physical symptoms]: Hot flashes, sweating, dizziness, palpitations, headaches, stiff shoulders, back pain, fatigue, coldness, etc.

[Mental symptoms]: Decreased motivation and mood, insomnia, emotional instability, irritability, etc.

Symptoms of menopause are vary from person to person. Many of them are difficult for others to understand or communicate, and require understanding by family members and others around them. In addition, there is a possibility that other illnesses may be lurking, so do not assume anything and consult with medical institution (e.g., menopause outpatient clinic or gynecology department).

At the Health Center (Hoken Center), public health nurses and dietitians are available for consultation on physical condition, diet, and mental health. Please feel free to consult with them.

MISCELLANEOUS INFORMATION

INFORMATION for CHILDREN AND PARENTS



子育て

■ 1歳児教室「1歳ちゃん♪ 集まれ〜!」

< The 1 Year-Old and Parent Get-Together Group >

Talking about characteristics of a one-year-old child, rhythm of life, breastfeeding, eating, how to play, accident prevention, etc.

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

Eligibility: Hamura City Residents who have a child at age 1 as March can attend with their child.

Capacity: 8 groups (in order of application)

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

Application & Inquiries: From March 6th (Wed) 9AM~, please call or come directly to Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎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~

<Children Development Consultation Services ~ Welcome to anytime >

①子どもの発達に関する総合相談

◆ General Consultation child development

Date and Time	Eligibility	Location
Monday ~ Friday (exclude Holidays)	Age under 18	Hoken Center

ことばの相談（言語聴覚士）

◆ Consultation for speech and hearing Concerns (speech therapist) of Your Child

Date	Location
March 8th (Fri) and 27th (Wed)	Hoken Center

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



小学校に入学する方、中学校を卒業する方に4月から医療証が変わります。

<Medical certificates will be changed from April 1st for those who will enter Elementary School or graduate from Junior High School>

For eligibility, the new medical certificate will be sent out on late March.

Eligibility:

- (1) Children who have a "Medical Expense Subsidies for Infants and Toddlers (Marunyu ㊦) medical card" and will enter elementary school in April (born between April 2th, 2017 ~ April 1st, 2018)...will be switched to the "Medical Expense Subsidies for School Age children with Compulsory Education (Maruko ㊧)".
 - (2) Children who have a "Medical Expense Subsidies for school age children with Compulsory Education (Maruko ㊧)" certificate and will graduate from Junior High school in March (born between April 2nd, 2008 ~ April 1st, 2009)... will be switched to the "Medical Expense Subsidies for High School Students (Maru-Ao ㊨)".
- ※ If there is no change in the application details for either (1) or (2), no procedure is required. Please be sure to check the guide enclosed with the new medical card.
 - ※ If there are any changes in the contents of the application, such as change insurance coverage or guardian's status (marriage, divorce, moving out, moving in) etc. Please submit change notification.
 - ※ If you exceed the maximum amount of payment under the medical expense subsidy system for high school students, etc. (Maru-Ao ㊨), you will be notified. If the amount is less than the limit, you will need to re-apply for the subsidy.
 - ※ For details, please check the city official website or inquiry to office.

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

戸籍証明書の広域交付の請求が可能になります

<Requests for wide-area issuance of family register certificates will be available>

Starting on March 1st (Fri), you will be able to obtain a certificate of all items of your family register or removal from your municipal office other than your permanent residence place.

When visiting the counter, please bring a photo identification document such as your my number card or driver's license.

The person who can request the certificate must be the person or spouse listed in the family register, or a direct ancestor or direct descendant.

- ※ Requests by mail or by a proxy are not acceptable.
- ※ Certificates of partial family register matters, personal matters, and attachment of family registers are not eligible for wide-area issuance.

Inquiries: Shimin Ka, Uketsuke Kakari ☎Ext. 133

交通安全講習会

<Traffic Safety Seminar>

Date and Time: March 6th (Wed) 7PM ~ 8PM (Reception...from 6:30PM)

Location: Primo Hall Yutorogi Main Hall

※ Parking is limited. Please come on foot or by bicycle if possible.

Inquiries: Bosai Anzen Ka, Bohan. Kotsu Anzen Kakari ☎Ext. 216

PRIMO LIBRARY HAMURA ☎042-554-2280

大人のためのおはなし会

<Storytelling for Adults>

~Please join us for a moment of relaxation! ~ほっとするひとときを一緒に~

Date and Time: March 13th (Wed) from 2PM (about 1 hour).

Location: Primo Hall Yutorogi Lecture Room 2.

Capacity: First 40.

Details: Storytelling "Ume noKimura no Onara Jisan" and other stories.

Performances by: Ohanashi Hotton (library volunteers)

2 時間で作れるカンタン絵本にチャレンジしませんか

<Why don't you try making easy picture book in two hours ?>

This is a handmade picture book that can be easily made and fastened with rings.

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

Location: Volunteer Room

Eligibility: 1st grade elementary school students and older residing in Hamura city.
(parents and children are also welcome to participate).

Capacity: 15 (in order of application)

Things to bring: Scissors, glue sticks, sign pens, colored pencils, etc.

Lecturer: Ms. Taeko Kuwabara (picture book creator)

Application : March 8th (Fri) ~ March 17th (Sun) 10AM~ 5PM, please call or come to Main Library directly.

「はむすぽ」卓球ジュニアクラブ

<"HAMUSUPO" Table Tennis Junior Club>

Zero Ichi + Trial Session

ゼロイチ+体験会

Hamusupo's first table tennis club! Beginners and children who are not good at sports are welcome. We will do our best to support for you from beginners / no experience until you can play a full range of games.

Date and Time: March 26th (Tue) 7PM ~ 9PM * Enter and leave during the session are allowed.

Location: S&D Sports Arena Hamura, 1st Hall

Eligibility: The 4th grade elementary school students ~ the 3rd grade junior high school students.

Capacity: 20 (in order of application)

Things to bring: Please wear comfortable clothes and indoor sports shoes

※ Rackets are available for rent.

Applications/Inquiries: Tuesdays ~ Fridays 3PM~5PM, please send your [name, grade, and phone number] by



e-mail, phone, or in person to Hamura Sports Club Hamusupo ☎ 042-519-5712,
✉ hamuspo@gmail.com

※ Insurance is already taken out.

※ Elementary school students must be accompanied by a parent or guardian.

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

第1期水泳教室案内

<The 1st Swimming Class>

Term: April 3rd (Wed) ~ May 28th (Tue)

Application: March 10th (Sun) ~ 24th(Sun) 9AM~8:50PM, please come to S&D Swimming Plaza to apply

** Elementary school students after 5PM, Junior high school students after 7PM, need to company with guardian age over 16 for dropping off and picking up.

Lesson Schedules: Please check Hamura News version March 1st's QR-code or city official website.



第34回 自殺防止！東京キャンペーン

< THE 34th TOKYO SUICIDE PREVENTION CAMPAIGN >

March and September are Suicide Prevention Reinforcement Months.

相談無料（別途通話料）

* Fee Consultation (Call and communication charges will apply to all other numbers except the toll-free).

Do not worry alone, please consult.

※ Navi Dial numbers starting with 0570 are **NOT** covered by cell phone toll-free numbers, unlimited calling plans, etc.

Service Counter/ Facility	Telephone Number	Special Consolation Term	General Consolation (reference)
Toll Free Special Counseling (NPO Bifrenders Tokyo Suicide Prevention Center)	☎0120-58-9090/ 03-5286-9090	Mar 1st(Fri)~7th(Thu) 8PM~ / Mar 4th (Mon) 10:30PM~/ Mar 5th (Tue) 5PM~ ※ All are till next day 2:30AM	☎03-5286-9090 everyday 8PM ~ (Mon) 10:30PM ~ (Tue) 5PM~ ※All are till next day 2:30AM
Yamabiko Support for Life "Inochino Yamabiko Phone Line"	☎03-3842-5311	March Tuesday, Wednesday, Friday ~ Sunday and Holidays Noo~8PM	☎03-3842-5311 Every Tue, Wed, Fri & Sat Noon~8PM
(Nationwide) Suicide Prevention Hotline "Inochi-no Denwa" (Tokyo) Tokyo Inochi-no Denwa	☎0120-783-556 ☎03-3264-4343	Mar 10th(Sun) 8AM~ Next day 8AM/ Mar 1st (Fri)~31st (Sun) 4PM~9PM Every day 24 hours	☎0120-783-556 Every 10th monthly: 8AM ~ Next day 8AM Everyday 4PM~9PM ☎03-3264-4343 Everyday / 24 hours
Tokyo Suicide Prevention Consolation Dial "Kokoro to Inochi no Hotline" [NPO Mental Care Association]	☎0570-087478	Mar 27th (Wed) ~ 31st (Sun) every day 24 hours	☎0570-087478 Everyday Noon ~ next day 5:30AM
Grief Care and Support (NPO Grief care support plaza)	☎03-3796-5453	March 5th (Tue) ~ 8th (Fri) 11AM~4PM	☎03-3796-5453 Every Tue, Thu & Sat 11AM~4PM
Suicide-Bereaved Family Consolation Dial	☎03-3261-4350	March 11th (Mon) ~ 13th(Wed) 10AM~5PM	☎03-3261-4350 Every Thu till 8PM Every Sun till 6PM ※All days are from 10AM~

多重債務110 番

▼ Telephone Counseling for Problems with Multiple Consumer Loans #110

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

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

こころといのちの講演会

▼ **Lecture on Mental Health and Life**

Mental health issues associated with Hormonal Changes in Women

~What you can do by yourself and what medical care can do ~

Date and Time: March 10th (Sun) 10:30AM~11:45AM.

Brocasting Methods: Live streaming via a free online distribution tool.

Eligibility: People who live, work, or study in Tokyo Metropolitan.

Lecturer: Ms. Mariko Ogawa (Associate Professor, Department of Obstetrics and Gynecology, Tokyo Dental College, Ichikawa General Hospital)

※ For details, please check the website of the Bureau of Public Health and Medical Care, Tokyo Metropolitan Government.

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

自殺対策強化月間

▼ **Suicide Prevention Month**

[Mental Health Books] Exhibit 「こころの健康図書」展示

More than 50 books and posters on the importance of life, mental health, suicide prevention, etc. will be displayed.

Date and Time: Till March 31st (Sun), 10AM ~ 8PM (exclude library close days)

Location: Primo Library Hamura

※ Library close days : Every Monday, Book check: till Mar 7th (Thu),

Library cleaning day: March 15th (Fri)

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

自動車の移転手続・廃車手続はお済みですか

<Have you completed the procedures for transferring and scrapping your vehicle?>

The automobile tax is levied on the owner (or user in the case of installment sales) of the vehicle registered on the automobile inspection certificate as of April 1st of each year.

The procedure for registration transferring is required when a vehicle is transferred, and the delation of registration is required when a vehicle is scrapped.

Inquiries: Tokyo Motor Vehicle Tax Call Center ☎ 03-3525-4066



引っ越しをしたときは、自動車の変更登録の手続きが必要です

<When you move, you need to change the registration of your vehicle>

You are required to change the registration of your vehicle at the Transport Branch Office or the Vehicle Inspection and Registration Office in your jurisdiction.

If you delay the procedure, it may cause problems such as not receiving the tax notice for the automobile tax

by type.

If you have no choice but to delay the procedure, please contact the Tokyo Metropolitan Motor Vehicle Tax Call Center by electronic application or telephone to obtain the new mailing address of the tax notice.

Inquiries: Tokyo Metropolitan Motor Vehicle Tax Call Center ☎ 03-3525-4066.

3月相談日

PUBLIC CONSULTATIONS Schedule of MARCH

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠*	Appointment required		Shimin Soudan-shitsu city hall ext.541 ◆Public Administration Spanish and English interpretation service is available by appointment for Foreign Residents Consultation only.
Public Administration and Human Rights	21st (Thu)	1:30pm ~ 4:30pm	

*㉠=appointment required. *For Koren and Spanish translation services, please make an appointment in advance

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

3月の休日診療

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
3rd (Sun)	Hamura Sougo Shinryoujo	☎042-554-5420	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Usui Shika. Orthodontic Clinic	☎042-579-1199
10th (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	Uno Shika Iin	☎042-555-8241
17th (Sun)	Yamaguchi Naika Clinic	☎042-570-7661	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Okikura Shika	☎042-555-4331
20th (Tue, Holiday)	Matsuda Iin	☎042-554-0358	Mizuho Byouin (Mizuho-machi)	☎042-556-2311	Ozawa Shika Clinic	☎042-579-1500
24th (Sun)	Yamakawa Iin	☎042-554-3111	Hikari Clinic (Fussa-shi)	☎042-530-0221	Asahi Kouen Douri Shika Iin	☎042-555-7904
31st (Sun)	Ozaku Ekimae Clinic	☎042-578-0161	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Ikoma Shika Hamura Shinryoujo	☎042-555-3139

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