



HAMURA NEWS

HAMURIN Hamura City Mascot

June 15th, 2024

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

Published by: Hamura City

5-2-1 Midorigaoka, Hamura City, Tokyo 〒205-8601 ☎042-555-1111

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

羽村市の子育てサポート子育てサポート を紹介します

<Introduction of Hamura City Child Rearing Supports>

The city offers various support and services for families raising children. Please feel free to use them.

※ This service is mainly for residents of the Hamura City.



子育てにちょっとした手助けが必要なとき…

○ When you need a little help raising your child...

Regular childcare services for preschool children New	Temporary childcare	Short-term stay for infants and toddlers
Regardless of whether the parent / guardian is working or not, children are regularly taken care of at kindergartens and other facilities.	This is a system to take care of preschool children who need temporary care due to parental fatigue, short working hours, etc.	This program provides care for children who cannot be cared for temporarily due to illness, weddings, funerals, vacations, etc. (Overnight care is also available).
Age 0 ~ 2 Preschoolers	Preschoolers	From 57 days old to before elementary school
Kosodate Shien Ka, Hoiku. Youchien Kakari ☎Ext. 233	Please inquiry to each facility directly.	Kodomo Katei Shien Center ☎042-578-2882 (direct)

Family Support Center	Childcare Support Helper	Postpartum Care Business
This is an activity, in which cooperating members and those who need help for childcare, help each other in the community.	Helpers are dispatched to families with children under the age of 18 who need assistance with housework and childcare.	Midwives provide mental and physical care and childcare counseling for mothers and children after childbirth. Please contact us for a consultation.
From 6 months old to 6th grade elementary school	Families with children under age 18	Postpartum mother and child
Social Welfare Council ☎042-554-0304	Kodomo Katei Shien Center ☎042-578-2882 (direct)	Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari ☎ Ext. 695

育児に関することについて 学びたいとき…

○ When you want to learn more about childcare...

Parent Training	Children Rearing Class	1 Year Old Class	Baby food class
This is a series of small group lectures for parents concerned about their child's development to learn how to be involved at home.	Through parent-child play and interaction with other participants, participants learn how to interact with their children. ※The event will be announced on the city's official website and Hamura News.	For one year old children, the characteristics, stop breastfeeding, eating, and playing way will be introduced.	You can experience cooking with a sample of baby food. Why don't you try making baby food ?

Parents of children from preschool middle class ~ 1st grade elementary school	Preschool children and their parents.	Children aged 1 ~ 1 & 2 months and their parents.	Hiyoko Salon: for first time baby food~first meal Mogumogu Class: for 2nd ~ 3rd time baby food
Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari ☎ Ext. 694	Kodomo Katei Shien Center ☎042-578-2882 (direct)	Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari ☎ Ext. 696	Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari ☎ Ext. 696

色々な相談をしたいとき、子育て仲間を増やしたいとき…

○ **When you want to consult about various issues or want to make child-rearing friends...**

Local Childcare Support Services	Children Centers	Child-Rearing Square/ Consultation	Children Developmental Counseling	Childcare consultation
The consultation on child rearing, including child growth and discipline.	For all children, aiming to promote the sound development of children through play.	There is a space where parents and children can play together, exchange information and consult about childcare.	Clinical psychologists and speech-language pathologists are available for consultation regarding developmental concerns and worries.	Height and weight measurements and individual consultations are available once a month. Please feel free to ask about child's development, childcare or parent's health condition!
Preschoolers	0 ~ 18 years old	Preschoolers	0 ~ under 18 years old	Preschoolers
Kosodate Shien Ka, Hoiku. Youchien Kakari ☎ Ext. 233	Central Children Center ☎042-554-4552 West Children Center ☎042-554-7578 East Children Center ☎042-570-7751	Taiyo No Ko ☎042-555-5780 Tatsu No Ko ☎042-555-9080 Each children Center (see left)	Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari ☎ Ext. 694	Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari ☎ Ext. 695

○ **MAP of child-raising support in Hamura City** (simplified version)

For more information on location, fees, application and implementation dates, please check Hamura News Ver. June 15th and contact to the facilities directly.

※ **Please consult with us anytime about any problems you may have!**

Child and Family Support Center ☎042-578-2882 (Hamura City Hall 2nd floor)



■羽村の水道水は安全です。 令和5年度水道水の水質検査結果

<**Hamura tap water is safe ~ FY2023 Water quality testing result for Tap water**>

City conducted the 51 statutory inspections required by the Waterworks Law and 49 inspections based on the water source and regional characteristics to test tap water.

The table listed in Hamura News ver. June 15th for the results of the statutory inspections conducted in FY2023. All items were within the standard values to confirm the safety of the tap water.

In addition, city voluntarily measured 52 items required for water quality control, including pesticides, dioxins (carcinogens), endocrine disrupting chemicals (8 substances), organic fluorine compounds (PFAS). It was confirmed that the results were below the national target values and guidelines.

Tap water was measured for radioactive substances once a month and was non-detectable. Water quality and radioactive materials testing will be conducted periodically as in the previous FY.

For more information on the results of the water quality inspection in FY 2023 and the inspection plan for FY 2024, please visit the city's official website.

Inquiries: Waterworks Office ☎042-554-2269

漏水修理・増改築時の水回り工事は、市指定の事業者へ

< For Water Leak Repair. Renovation Work of Extension House

~ Please contact the city –designated business operator. >

For the repair of water leaks in residential land (water pipe from the meter box to the building) and the water around the kitchen and bathroom, please ask the “Hamura City designated water supply equipment installation construction company”. For details such as the business name, please check the city official website.

雨水浸透施設設置費を助成しています

< Subsidy for Purchase of Rainwater Ground Infiltration System >

A partial grant for fees for rainwater ground-infiltration system installed in your premises are being offered. Installing this system allows the rainwater to flow into the ground. Please apply subsidy before installing.

※ It is the responsibility of the owner to keep clean for the function of the infiltration facility not deteriorating.

[Hamura City is Diversion Type] 羽村市の下水道は分流式

The City’s sewer is separated into sewage and rainwater. For this reason, rainwater cannot be drained into the sewer pipe. In addition, please flush the sewage discharged from the home into the sewage pipe.



<BE CAREFUL FOR HEATSTROKE!>

熱中症に注意!



Heat stroke occurs in with high temperatures environments , high humidity and lack of wind. Elderly people and infants are at a higher risk of developing heat stroke due to their weakened or underdeveloped body temperature control functions.

Cases of indoor heat stroke are increasing. Care should be taken not to use air conditioners and other devices too sparingly. Watch out for those around you and take preventive actions as early as possible to get through the summer.

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

Tips of new living style to prevent Heatstroke: 熱中症予防行動のポイント

- ❖ Please make sure to open windows, turn on fan or adjust air condition in proper temperature.
- ❖ Periodicly drink water when you feel thirsty (1.2 liters daily / about 6 cups of water).
- ❖ When a Heat Stroke Special Alert or Heat Stroke Warning Alert is in effect, avoid going outside and the heat as much as possible.
- ❖ Please wear cool clothing, hat or sunshade to prevent strong sunlight when going outside.
- ❖ When going out, make good use of public facilities in the city that have common spaces (rest areas where you can cool off).

Watch out for these symptoms, it might be Heatstroke! こんな症状があったら熱中症かも!

- ❖ Light symptoms... Dizziness, lightheadedness, muscle ache and sweating for a long time.
- ❖ Moderate symptoms... Headache, nausea, sickness, and tiredness.
- ❖ Severe symptoms... Unconsciousness, seizure, high fever and non-responsiveness.

You might get Heat Exhaustion: 熱中症かもと思ったら

- ❖ First you must move to cool place
- ❖ Drink a lot of fluid
- ❖ Try to cool down your arm pits and leg bases.
- ※ If someone is unconscious or cannot take in fluids, call an ambulance or call Tokyo Fire Department’s

Kyuukyuu Soudan Center ☎#7119 (available 24 hours, open all year round).

Heat Stroke Special Alert **NEW** 熱中症特別警戒アラート

Until last year, the government had issued "Heat Stroke Alerts" to alert people to be on the lookout for heat stroke, but this year a new "Heat Stroke Special Alert" has been launched.

In areas where "Heat Stroke Special Alerts" are issued, the heat is unprecedentedly dangerous and there is serious damage risk due to heat stroke. When the "Heat Stroke Special Alert" is announced, you will be notified via e-mail distribution service and disaster prevention administrative radio, so please take further actions to prevent.

※ For details, please check the city's official website or the Ministry of the Environment's website.

光化学スモッグの発生に注意してください

< Be Aware of "Photochemical Smog Warning" >

Photochemical Smog is an air pollution derived from sunlight-induced chemical reaction of elements contained in vehicular emission and industrial fumes output into the atmosphere. It occurs during a hot season, on a day of sunny or hazy weather combined with minimum air current. When the alert is issued, please do not go out as possible as you can.

▶ **Tokyo Bureau of Environment** provides Photochemical Smog Warning Online Information Center.

You can see the warning status and subscribe to the Photochemical Smog Warning Email Alert at this site.

In addition, PC or cell phones' e-mail service will be held. For details, please check Tokyo Metropolitan Environment Bureau official website.

Inquiries: Kankyou Seisaku Ka, ☎Ext.227

お知らせ

INFORMATION

「二十歳のつどい」で活躍するスタッフを募集！

<The recruitment of "Gathering of 20-Years-Old" event staff!>



We are looking for staff to help plan event for the "Nijyusai no Tsudoi" (Gathering of 20-Years-Old) and assist in the operation on the day of the ceremony.

Please join with your friends and make the event more exciting.

Eligibility: Those who are born between April 2nd, 2004 and April 1st, 2005 and may attend the "Gathering of 20 Year Olds" on January 13th, 2025 (Mon, holiday).

Application & Inquiries: Till June 30th (Sun), please apply in person or via application form to Lifelong Learning Promotion Division (in Primo Hall Yutorogi) ☎042-570-0707

「墓地に関する相談会」 富士見霊園に関する疑問や悩みにお答えします

<[Cemetery Consultation] ~ Answers to your questions related to Fujimi Cemetery>

The city will hold a consultation for those who have difficulty coming to the office on weekdays and like to have their family members present to listen to the consultation and guidance together.

※ Only contents related to Fujimi Cemetery will be available.

Date and Time: July 13th(Sat) 9AM ~ 12:30PM (about 30 minutes per group)

Location: Citizen Consultation Room, City Hall 1st floor

Eligibility: Hamura Residents and Users of Fujimi Cemetery

Capacity: 5 groups (if there are too many applicants, a drawing will be held)

Application: From June 19th (Wed) 9AM ~ July 3rd(Wed) 5PM, please send [name, address, phone number, number of participants, consultation details (succession, reburial, graveside service, etc.) and for Fujimi Cemetery users, user name and plot number] by phone or e-mail to Seikatsu

Kankyō Ka. ✉s208000@city.hamura.tokyo.jp

※ Result of application: The result of the drawing and consultation time will be notified by e-mail or phone within July 4th(Thu) ~ 5th(Fri).

Inquiries: Seikatsu Kankyō Ka ☎ Ext. 204.



集まろう 通いの場 みんなで続ける 介護予防体操説明会

<Let's get together and continue Nursing care prevention exercises >

Let's prevent physical fitness decline with simple muscle training that everyone can easily continue!

The city supports the creation of "commuting place" to engage in exercises for preventing nursing care.

※ "Commuting place" is a place where local residents take the initiative and get together at a familiar place or facility to do exercises for preventing caregiving.

Date and Time : July 5th (Fri), 10AM ~ 11:30AM

Location: Community Center, Basement, Functional Recovery Training Room

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

(Exercises will be performed using a chair for people are not confident in physical fitness).

Capacity: 10 (in the application order)

Things to bring: Towel, beverage and writing utensils.

※ Please come with clothes and shoes suitable for exercise.

Details: What is "Frail" / Practical exercises using a chair / 3-months support menu to continue exercises.

Application & Inquiries: From June 17th (Mon), please apply via phone, email or in person to Kourei Fukushi Kaigo Ka, Kaigo Yobou. Chiiki Shien Kakari ☎Ext. 196, ✉s304200@city.hamura.tokyo.jp

※ When applying by e-mail, please include [name, address, and contact information].

ひとり親家庭の就職・転職を応援します！母子・父子自立支援プログラム策定事業

< Single Parent Families Can Receive Independence Support ~

Single Mother/ Single Farther Independence Support Program Formulating Project>

Please contact city, such as "I want to become a full time employee and earn more income", "I can't find a job as I want", and "I want to get a qualification and change jobs".

In cooperation with the Public Employment Security Office (Hello Work), city support employment and job changes so that people can find a proper job.

Eligibility: Those who are receiving Child-Rearing allowance.

※ If you do not have received Child Rearing Allowance, you may also consulate.

Inquiries: Kosodate Sodan Ka, Kodomo Katei Shien Center ☎Ext. 239



情報アラカルト

MISCELLANEOUS INFORMATION

Primo Library Hamura ☎042-554-2280

ハーブ鑑賞会

< Enjoy Herbs in the Primo Library Hamura Roof Garden! >

Lavender and various other herbs are at their best now. Visitors can walk through the herb garden and view the herbs closely.

Date & Time: July 6th (Sat), 10AM ~ 2PM (It will be cancelled due to rains.)

※ Fresh herb tea will be served.

※ Lavender sachets & Dried lemongrass will be given away (until they are gone).

※ There will also be an exhibition of books about herbs.

Term: June 19th (Wed) ~ July 15th (Mon. Holiday)

Location: 1F Exhibition Corner

Sponsor: Herb Hamura

家の周りなどの草木の管理をお願いします

< Please Prune Trees Branches in Your Yard >

In summer months, grass and trees can overgrow. The visibility can be blocked to delay detection of crisis such as a fire, or acts of burglar breaking into a house. Please prune your branches and trim your bushes growing in your property in consideration of those passing by your property and for your own sake as well.
Inquiries: Kankyō Seisaku Ka, ☎Ext. 227.

こそだて 掲示板

CHILDREN AND PARENTS Board of Directors

FOR PARENTS



■ 1 歳の誕生日を迎えるお子さんに 令和6 年度 はッピーバースデーパッケージ

<FY2024 Happi Birthday Package for children celebrating their first birthday>

Happy Birthday Packages are distributed to families with a child who is turning one year old and who have responded to a questionnaire.

[Happy Birthday Package]

QUO Card Pay (worth JPY60,000) exclusively for Tokyo Metropolitan Government child-rearing support.

Eligibility: Children residing in Hamura City and whose first birthday falls on or after April 1st, 2024 (birth date on or after April 1st, 2023)

※ Information will be sent to those eligible at the end of the month prior to the birth month.

※ Information was sent to children born in April and May 2023 in late May.

※ The two-dimension code to answer the web-based survey is printed on the guide. Please answer the questionnaire from your smart phone or etc.

※ For details, please check the city official website.

Inquiries: Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎ Ext. 697



■ パパママ講座 第1 弾

<Papa & Mama Lecture Vol.1

~ Health with Parents and Children! Hanamaru Cooking> 親子で健康! はなまるクッキング

Parents and children will learn about health and nutrition while cooking together. This is also a great opportunity for free research during the summer vacation.

Date and Time: July 20th (Sat) 10AM~12:30PM

Location: Hoken Center

Eligibility: Elementary school students 1st ~ 4th grade residing in the city and their guardians
(1 pair per child and guardian)

Capacity: 8 pairs (in order of application)

Fee: JPY600 per pair (for cooking practice fee)

Things to bring: Apron, bandana, handkerchief, writing utensils and mask (to be worn during the cooking).

Details: Health quiz for parents & children and cooking practice (simple Paella, etc.)

Application: From June 17th (Mon), please apply via application form or call to Kenko Ka (in Hoken Center)
☎ Ext. 624.

■ お子さんの発達に関する相談

<Regarding to Children Development Consultation>

① こどもの発達に関する総合相談

◆ Consultation for Developmental Concerns of Your Child (Intellectual)

Date: Monday ~ Friday (exclude Holidays)

Eligibility: Under Age 18

② ことばの相談

◆ Speaking Consultation ~ "Speech therapist"

June Dates: July 3rd (Wed) and 19th (Fri).

Location: Hoken Center

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

FOR CHILDREN

Central Children Center ☎042-554-4552

< Daytime Moon Observation, Family Stargaze Event > 昼間の月観測会、ファミリー天体観測会

Date: July 7th (Sun)

Time: ○ Daytime Moon Observation ... 4PM~4:30PM

○ Family Stargaze Event 8PM~9PM

※ If it rains or cloudy, the planetarium will provide a "Starry sky commentary for tonight".

Eligibility: Preschoolers ~ 18 years old.

(Junior High School Students or younger must be accompanied by a guardian.)

Capacity: First 46 (including adults)

※ Late participation is not allowed.

Primo Library Hamura ☎042-554-2280

< Story Telling for Children > 図書館おはなし会

Story Telling * Preschoolers => July 13th (Sat), 11AM~

* Baby => July 17th (Wed), 11AM~



Primo Hall Yutorogi ☎042-570-0707

< Movies for Children > こども映画上映会

Date & Time: July 7th (Sun), 10:30AM ~ 11:30AM

Location: Small Hall

Capacity: First 252

Programs: Moomin Snufkin is Back! /Chibi Maruko-chan/ Tanabata-sama (Manga Japanese Old Tale).

Supported by: Hamura Eiga Club

East Children Center ☎042-570-7751

■ 工作ひろば「ルーレット付きSDGs すごろくをつくろう！」

<Craft Square "Let's Make SDGs Backgammon with Roulette!>

Date and Time: June 29th (Sat) 1:30PM ~ 2:30PM (Meet: 1:20PM)

Eligibility: Elementary school students ~ 18 years old residing in Hamura City.

Capacity: 12 (in order of application)

Things to bring: Indoor shoes, water bottle (water or tea), towel and bag to take home.

Application: June 16th (Sun) ~ 28th (Fri) 9AM~5PM, by phone or in person to East Children Center.

■ わくわくスポーツ☆「ドッジビーを楽しもう！」

<Exciting Sports ☆ "Enjoy Dodgeball!>

Date and Time: July 3rd (Wed) 3PM~4PM

Location: 2F Gym room (Taiiku Shitsu) (Basketball Court Side)

Capacity: First 20

Eligibility: Elementary School / Junior High students.

Things to bring: Water bottle (water or tea) and towel.

■ Handmade Toy Class 手作りおもちゃ教室

「おでこ風ぐるま」「くるくるフライヤー」などの中から好きなものを作ります。

[Odeko Kazagurum], [Kuru Kuru Flyer], etc. You can make your favorite one from them.

Date and Time: July 13th (Sat) ① 10AM ~ Noon ② 1PM ~ 3PM

Eligibility: Under Elementary School Student (Children who do not go to school should come with an adult.)

Capacity: First 20

The events to be held at the same day!

- Pitching Machine Game : No limit of participants and free to join.
- Toy Hospital : Broken toys can be repaired or consulted.



カスタマーハラスメントの加害者にならないために



<To avoid becoming a perpetrator of customer harassment>

When consumers have a problem with a purchased product or a service they have been provided, they should express their opinions to the business so that the business can improve its products and services. This is in the interest of many consumers and society.

On the other hand, "customer harassment" has become a social problem. Customer harassment refers to unwarranted complaints, excessive demands, assaults, verbal abuse and other disruptive behavior by consumers toward businesses. Excessive behavior may, in some cases, be punishable as a crime. The Tokyo Metropolitan Government is currently working on specifics for the early enactment of an ordinance to prevent customer harassment.

In order to avoid becoming a perpetrator of customer harassment, the Consumer Affairs Agency has prepared a list of points for "consumers to communicate their opinions".

- Points for "consumers to communicate their opinions" (Source: Consumer Affairs Agency)

As an independent consumer, please refer to the following three points when "communicating opinions" so that your opinions will be conveyed properly to others.

① Take a breath!

Anger-driven comments are counterproductive. Take a breath and remain calm. It is important to respect each other as "human beings" as well as your employees.

② Be "clear" about what you want to say and what you are requesting, and give the "reason" in a polite manner!

It is important to clearly and politely state whether you want to return the product or cancel the contract, and the reason why.

③ Listen to the business's explanation as well!

Good communication is the key to a solution. Don't just argue one-sidedly; listen to the business's explanation as well.

Aim for a society where both consumers and employees respect each other. If you are in a consumer trouble or feel uncomfortable, please consult with the Consumer Affairs Center as soon as possible.

Inquiries: Hamura City Consumer Affairs Center ☎Ext. 641