



HAMURIN Hamura City Mascot

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HAMURA NEWS

August 15th, 2024

COMMUNITY

10月14日(月, 祝日)は市民スポーツまつり

<October 14th(Monday, Holiday) is Citizens Sports Festival >

Inquiries: NOP Sports Association ☎042-555-1698

Hours: Exclude Holiday's Monday, 9AM~5PM



The "Citizens Sports Festival" is a sports event in which all citizens of the city can participate and promote friendship among citizens through sports.

Date and Time: October 14th (Monday, holiday) 9:30AM~3PM (It may be cancelled due to rains).

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

Things to bring: Easy to move clothes, shoes, beverage and towel.

★ Participants Recruitment

参加者募集

Participants can receive direct instruction from athletes, and 200 M races for parents and children.

Meet: Meet at all events 30 minutes before the start time.

Application: Aug 16th(Fri) ~ Sep 8th(Sun), please fill in application form from city official website or call with your [Name (katakana). grade or age, desired event & time and emergency contact information] to the NOP Sports Association.

○ Adult Running Class 大人のランニング教室

Time: 9:30AM ~ 10:45AM

Location: Multiple Purposes Square

Eligibility: Junior high school students and older.

Capacity: 30 people (in order of application)

Instructor: Ms. Keiko Suzuki (OG of Dai-ichi Seimei Track & Field Club)

○ Hamu Run Race はむ RUN 競走

[Junior high school students and older division (2km)]: 10:30AM~11AM

Capacity: 30 (in the order of application)

[Preschoolers and parent division (200m)]: 1PM~1:30PM

Capacity: 30 pairs (in the order of application).

○ Soccer School サッカースクール

Location: Multiple Purposes Square

Part 1: 11AM ~ Noon (1st grade ~ 3rd grade elementary school students)

Part 2: 1PM ~ 2PM (4th grade ~ 6th grade elementary school students)

Capacity: Each 50 (in order of application)

Instructor: Tokyo Verdy (J1 League) coach.

※ If it rains, event will be held at S&D Sports Arena Hamura.



<"Hamura Health Fair" will also be held together. >

The event will have a corner where you can experience the popular Veg-Check, the measurement of vascular age, body composition and grip strength etc. There will be a variety of health promotion, awareness corners and a tasting of recipes recommended by health promotion staff.

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

Time: October 14th(Mon. Holiday) 10AM~3PM (if it rains, the event will be cancelled).

※ For details, please check the city's official website and Hamura News ver. Oct 1st.

Inquiries: Kenko Ka, (Health Center) ☎Ext. 626



8 月 30 日(金)～ 9 月 5 日(木)は防災週間

<August 30th(Fri) ~ September 5th(Thu) is Disaster Prevention Week>

According to the Tokyo Fire Department's recent earthquake damage survey, 30 to 50% of injuries were caused by falling or moving furniture indoors. Furniture falling over due to earthquakes not only causes injuries, but also poses many other dangers such as fire and obstacles to evacuation.

Take the opportunity of Disaster Prevention Week to learn about the necessity and methods of furniture tipping over, and implement measures to protect you and your loved ones!

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

お知らせ

イベント

**INFORMATION
EVENT**

四季のウォーク I **<Four Seasons Walk I>**

Let's shape up your legs and hips while pole walking along the Tama River!

Date and Time: September 21st(Sat) 9AM~Noon (cancelled in case of stormy weather).

Please select a course from the following ① or ②, Both courses start from S&D Sports Arena Hamura and return to the destination.

① Fussa Kanizaka Park Course (approx. 8 km, 150 minutes)

② Hamura Kyoudo Hakubutsukan (approx. 6 km, 120 minutes)

Reception / Meet: 9AM~ 9:15AM at S&D Sports Arena Hamura front yard

Eligibility: Participants must be able to walk the course by themselves.

Capacity: 40 (in order of application)

Things to bring: Comfortable walking clothes and shoes, drink and walking poles (if you have)

Application/Inquiries: August 16th(Fri) ~ September 13th(Fri), please send your [name, telephone number, desired course and whether or not you wish to borrow walking poles] via city's official website's application form, call, fax or in person to S&D Sports Arena Hamura
☎042-553-0033 Fax ☎042-554-9974

※ Applications by phone or in person are accepted from 9AM~5PM, exclude Mondays.

講座、講演

COURSE. LECTURE

<Composting workshop for Food Waste> 生ごみ堆肥化講習会



You can try two methods of composting: one using cardboard and the other using a fermentation accelerator (which contains microorganisms).

Why don't you try to reduce waste by composting food scraps? The compost can be used for growing vegetables.

Date and Time: September 8th(Sun), 10AM~11:30AM

Location: Community Center, 1st Studying Room.

Eligibility: Those who live or work in the city

Capacity: 12 (in order of application)

※ Composting materials used in the workshop will be provided.

Application & Inquiries: August 16th(Fri) ~ September 5th(Thu), please call or come directly to Seikatsu Kankyou Ka ☎Ext.204.



東京都理学療法士協会羽村市支部共催 はむら Enjoy ウォーキング

<Tokyo Physical Therapists Association, Hamura Branch Co-hosts "Hamura Enjoy Walking" >

This class is designed to help you learn to walk properly with confidence. It will start to walk from Hoken Center to city's location. If you have knee or back pain, our physical therapist will suggest ways to make it easier for you to move.

※ Depending on blood pressure on the day, participants may be unable to participate in the walking.

Schedule and details:

Time	Date	Details
1	Sep 21st(Sat)	Walking's functions and shoes selection.
2	Oct 12th(Sat)	How to walk and proper posture
3	Nov 9th (Sun)	Dietary requirements for exercise
4	Nov 30th (Sat)	Tips on how to keep exercising.

Time: All days are 9AM ~ Noon.

Location : Hoken Center

Eligibility: Residents of the city who want to develop an exercise routine, who have stopped exercising but want to resume exercise, or who have been advised by doctor to exercise.

Capacity: 20 (in application order).

Things to bring: Towel, beverage, comfortable clothes, shoes and hat etc.

※ If it rains, the practice lecture will be held in Hoken Center.

Application & Inquiries: Aug 15th(Thu) ~ Sep 13th(Fri), please call or e-mail to Kenko Ka ☎Ext.624, s305000@city.hamura.tokyo.jp.

※ When applying by e-mail, please have "Participate in Hamura Enjoy Walking" in the subject with [address, name, age and daytime contact phone number] in details.

※ If you do not receive a reply within 3 days, please inquiry.



介護予防リーダー養成研修参加者募集

< Recruitment of Care Prevention Leader Training Participants >

This is a training program for volunteers who run health exercise classes for the elderly.

If you want to live a healthy life and are motivated to prevent caregiving, please join us. No experience is required and anyone can take the course. After completing the training, you can register "Maimaizu Health Class" and work as a care prevention leader.

Term and Time: Oct 3rd (Thu) ~ Dec 19th(Thu), every Wednesday (all 12 times) 9:30AM~11:30AM

Location: Community Center Basement Functional Recovery Training Room, etc.

Eligibility: Hamura Residents age 18 or over who act as a long-term care prevention leader after the training.

Capacity: 10 (in application order)

Things to bring: Writing Utensils, beverage and towel.

Details: Lectures of exercise function, nutrition, oral function improvement and cognitive decline prevention, etc. / Practical exercises and field trips.

Application and Inquiries: Till September 26th(Thu) 5PM, please call, email, via application form or come to Korei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎Ext. 197,
✉ s304200@city.hamura.tokyo.jp

※ When you apply via mail, please have "Application of Care Prevention Leader Training" in subject and with [address, name and daytime contact phone number] in details.

健康

HEALTH

メンズキッチン 肝機能を守る！男の満足メニュー

<Men's Kitchen ~ Protecting Liver Function! Men's Satisfaction Menu>

Building a healthy body starts with daily meals. Let's make a simple menu that contains plenty of high quality protein and vegetables.

Date and Time: September 18th (Wed), 10AM~12:30PM

Location: Hoken Center

Eligibility: Men residing in Hamura City.

Capacity: 16 (in application order)

Fee: JPY300 for cooking class

Things to bring: Writing utensils, apron, bandana, health notebook (if you have one) and Mask.

Details: Health lecture and cooking practice.

Lecturer: Registered dietitian and public health nurse.

Application & Inquiries: from August 16th(Fri), please call or e-mail with [①name, ②age, ③daytime contact number ④address] to Kenko Ka, Kenko Suishin Kakari ☎Ext. 624,

※ If you apply via email, please have "Men's Kitchen participation request" in the subject with necessary details. ✉s305000@city.hamura.tokyo.jp.



野菜、たべていますか？ベジチェック測定会

<Are you eating vegetables? Veg-Check Measurement Session>

Just put your palm on the sensor for about 30 seconds! Why don't you try Vegi-Check which can measure your vegetable intake level ?

Date and time: August 28th(Wed), 10AM~11:30AM

Location: Hoken Center

Eligibility: Residents of Hamura City

Details: Veggie check/vegetable recipes and an exhibition on dietary habits

Cooperation: Meiji Yasuda Co.

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

特定健診（集団、無料）を日曜日に行います

< Tokutei Kenshin (Health Check Up) [Group. Free] at Sunday >

For those who wish to have Colon Cancer Screening may take together.

Date and Time:

▼ The 1st time: October 20th (Sun) 9AM ~ 4PM

▼ The 2nd time: November 10th (Sun) 9AM ~ Noon

Location: Hoken Center



Eligibility:

(1) Health Check Up 特定健診 ~ Applies to the following ① ~ ③ conditions.

- ① Those who received the check-up voucher from Hamura City, and you are National Health Insurance member
 - ② Those who are age 40~74 (including person who is becoming age 40 in this Fiscal Year)
 - ③ Those who have not the checkup in medical facilities during this Fiscal Year.
- ※ The pregnant woman is not allowed to take Health Check Up.

(2) Colon Cancer Screening 大腸がん検診

If you take Health Check Up with age 40 or over but never take Colorectal Cancer Screening in this fiscal year.

Capacity: (1) About 100 persons/ per day (in the order of application).

(2) About 70 persons / per day (in the order of application).

Things to bring: The check-up voucher and National Health Insurance certificate.

※ The examination details are the same as city medical facilities.

※ Not allow to only take Colon Cancer Screening.

Application & Inquiries:

1. The 1st time: Aug 15th (Thu) ~ Sept 6th (Fri),

2. The 2nd time: Aug 15th (Thu) ~ Sep 27th(Fri)

Please apply via website or post mail and fill in required informations to Kenko Ka (in Hoken Center)

☎Ext. 626.

○ Send to: 〒205-0003 5-5-2 Midorigaoka, Hamura City

Kenko Ka Tokutei Kenshin Tanto

Required informations: Name (Furigana), Address, Birthday, Age, Request checkup date (Oct 20th or Nov 10th), Phone number and whether you also want to do Colorectal Cancer Screening or not.

※ You cannot specify the time, the time and necessary items will be notified later.

It will take about one hour.

※ Health Check Up and Colon Cancer Screening is once a year/ per person. If you take duplicate, the fee will be charged whole amount later.



30歳、35歳健康診査「集団、無料」を 日曜日に行います!

Age 30. 35 Health Checkup (Group, Free) will be held on SUNDAY

Date: October 20th (Sun) 9AM~4PM

Location: Hoken Center

Eligibility: Applies to both ① and ② conditions.

- ① Hamura City Residents, becoming age 30 or 35 during Fiscal Year 2024 (those who was born Apr 2nd, 1994 ~ Apr 1st, 1995 or Apr 2nd, 1989 ~ Apr 1st, 1990).
 - ② Unable to have any others health checkup opportunity in workplace etc.
- ※ The pregnant woman is not allowed to take Checkup.
- ※ Exclude those who took checkup at the others medical facilities within this Fiscal Year.

Capacity: about 20 (in application order)

Details: Physical measurement, Blood pressure measurement, Blood lipid test, Liver function test, Blood sugar test, Urinalysis, Anemia Test and Electrocardiogram Test etc.

※ The Check Up is once per person/year. If you take duplicate, the fee will be charged whole amount later.

Application & Inquiries: Within Aug 15th(Thu) ~ Sept 6th(Fri), please apply via post mail or city official website and send to Kenko Ka (in Hoken Center) ☎Ext. 626.

Send to: 〒205-0003 5-5-2 Midorigaoka, Hamura City

Kenko Ka, Age 30.35 Group Check Up Tanto



- ※ You may download application form from city official website
- ※ You cannot specify the time. It will be notified later. Health Check Up time is about one hour.

大腸がん検診実施中

< Colon Cancer Screening >

Term: Till October 31st(Thu)

Eligibility: For those who are 40 years old or older as of the date of the checkup and residing in Hamura.

※ One examination per person during the fiscal year.

Test method: Fecal occult blood reaction test (2-day stool collection method).

How to receive the examination: After receiving a stool collection container at a cooperating medical facilities in the city, collect 2 days' stool samples and submit them to the medical institution.

Things to bring: Health insurance card and Medical examination ticket (if you have one).

※ The medical institution will explain the checkup results to you.

※ If the result of the medical checkup is positive, the city will contact you to ascertain your status of receiving a detailed examination afterwards.

※ For more information about medical institutions, please visit the official city website or inquiry.

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

情報アラカルト

MISCELLANEOUS INFORMATION

漏水調査にご協力ください

<Please cooperate with city leakage survey!>

Investigators from an investigation company commissioned by the city will enter the premises to conduct a leak survey of water pipes, taps, meters, etc. at each home.

Your understanding and cooperation will be highly appreciate.

※ The investigation company will not charge any fee.

※ The investigator will carry his/her identification card. If you find anything suspicious, please ask for it.

Survey period: August 19th(Mon) ~ February 28th(Fri), 2025.

Survey area: All areas east of the Ome Line

Investigation company: Rikuchi Leakage Investigation Co.

Inquiries: Waterworks Office ☎042-554-2269.



全国瞬時警報システム（Jアラート）の試験放送

<National Instantaneous Warning System (J-Alert) Test Broadcasts>

J-Alert is a system that provides instantaneous information directly from the government to residents on situations that cannot be dealt with in a timely manner, such as earthquake early warnings, weather warnings and ballistic missile information.

A nationwide test of this system will be conducted.

Date and Time: August 28th(Wed), 11AM.

On the day of the test, the city's disaster prevention radio system will broadcast a preliminary announcement, followed by a chime and a test broadcast of "This is a test." This is a drill, so please make sure not to make a mistake.

Inquiries: Bousai. Anzen Ka, Bousai. Kiki Kanri Kakari ☎Ext. 217.



新しい🏠受給者証を送付します

< Renewal of Certificate for Disabled Person >

The Disability Medical Support Recipient Certificate will be renewed on September 1st(Sun). Those who are applicable will receive the new certificate in late August by mail. If you have any changes to report, or if you have moved, etc. please contact Shougai Fukushi Ka.

Medical Support System For Disabled Person (心身障害者医療費助成制度 障) is a subsidy for those who own a Physical Disability Certificate, Grade 1 or 2 (身体障害者手帳 1 級、2 級) Intellectual Disability Certificate, Grade 1 or 2 (愛の手帳 1 度、2 度), and Mental Disability Health and Welfare Certificate, Grade 1 (精神障害者保健福祉手帳 1 級).
** Certain standards (age or income) apply; please inquire.

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

プリモホールゆとろぎ



PRIMO HALL YUTOROGI ☎ 042-570-0707

[サラダ音楽祭] SaLaD プレミアムコンサート

<[Salada Music Festival] SaLaD Premium Concert>



Date and Time: October 16th(Wed) 2PM, (Doors open at 1PM).

Location: Main Hall.

Capacity: 800 (4 years old and up. If the applicants are too many, the drawing will be held).

Conductor: Mr. Toshiaki Umeda / Moderator: Mr. Satoru Asaoka.

Performance: Tokyo Metropolitan Symphony Orchestra.

Application: Till Sep 5th(Thu) via the Salada Music Festival website or postcard.

Application by postcard ~

- ① Choose your wish concert (please specify "Hamura Concert")
- ② Name of representative (Furigana), postal code, address, and telephone number.
- ③ The number of visitors ~ including representative up to 4 persons.
- ④ Please indicate any other special considerations (e.g., number of wheelchair users and whether or not they can transfer to the audience seats, etc.)

Send to: 〒158-8540 Salada Music Festival Office, Access Progress, Inc.
3-15-10 Seta, Setagaya-Ku, Tokyo, Japan.

※ Seats are not selectable.

Drawings Results:

[W E B form]: Winners will be notified by e-mail on or after September 30th(Mon).

[Postcards]: Tickets will be sent to the winners.

Organizer: TOKYO MET SaLaD MUSIC FESTIVAL Executive Committee

Inquiries: Salad Music Festival Office ☎ 03-6704-9342 (Mon ~ Fri, 10AM~6PM).

全国一斉「子どもの人権110番」強化週間

< Children's Human Rights Protection Campaign Week > (Phone or SNS (LINE) Consultation)

If you need professional help for troubled cases concerning children's human rights such as Child Abuse, bullying or any other act of human rights violation, please do not hesitate to give us a call!

Consultation Date & Time: Aug 21st(Wed) ~ 27th (Tue)

(Mon ~ Fri) 8:30AM~7PM / (Sat and Sun) 10AM~5PM.

Toll Free Dial for Phone Consultation: ☎0120-007-110.

Human rights counseling via SNS (LINE)

Except the week for strengthening human rights, the counseling is available Mon ~ Fri 8:30AM~5:15PM.

Persons in charge of consultation: Human Rights Protection Commissioners and Legal Affairs Bureau staff.

Inquiries: Tokyo Legal Affairs Bureau, Human Rights Protection Department, 2nd Section ☎0570-011-000.





東京都出産・子育て応援事業ポイント 交換サイト登録は 9 月 30 日(月)まで！

<Tokyo Metropolitan Government Childbirth & Child-Rearing Support Program Point Exchange Site ~ Registration closes on September 30th(Mon)!>

The final deadline for initial registration (login) for the Childbirth & Child Rearing Support Gift is Sep 30(Mon). If you miss the deadline without registering, your points (JPY100,000 or JPY50,000 worth) will be forfeited. Please register and apply as soon as possible.

■ If you have difficulty accessing the point exchange site, inquiring about products or registering for the point exchange site. Please call Tokyo Metropolitan Birth Support Project Call Center ☎0120-922-283.

Eligibility: Those who are raising a child born between April 1st, 2022 and March 31st, 2023, and who have received the following gift cards.

○ Childbirth Support Gift...Gift card worth JPY50,000 (orange envelope)

○ Childcare Support Gift... Gift card worth JPY50,000 (green envelope)

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

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

Date: September 4th (Wed) and 22nd (Fri).

Location: Hoken Center

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



未就園児の定期的な預かり事業変更があります（富士学院幼稚園）

<There will be changes in the regular preschool care program (Fuji Gakuin Kindergarten)>

Starting in September, the following facility will be changing services.

○ Facility name: Fuji Gakuin Kindergarten

Change Items	Before Change	After Change
Eligibility Age	From Age 2	From Full age 2
Hours for nursery	9AM ~ 2PM (with lunch)	① 9AM~2PM (with lunch) ② 9AM~11:30AM (without lunch)

※ Please inquire directly to the facility for details such as usage fees.

Inquiries: Fuji Gakuin Kindergarten ☎042-555-1241 / Kosodate Shien Ka, Hoiku. Youchien Kakari ☎Ext.241.

子育てママのフリータイム

<Free Time for Mothers who are Raising Children>

While parents who are raising children use the library of Yutorogi, the childcare services will be provided. For details, please check the city's official website.

Date and Time: The 2nd Wednesday and 4th Friday 10AM~Noon.

Location: Primo Hall Yutorogi Nursery Room.

Eligibility: Parents of 1 year and 6 months old ~ Preschoolers.

Capacity: 4 (in order of application).

Fee: JPY500 per child / per time.

Inquiries: Primo Hall Yutorogi ☎042-570-0707.



FOR CHILDREN

Central Children Center (closed Friday)	☎042-554-4552
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<Handmade Toy Workshop> 手作りおもちゃ教室

Participants can make their favorite toys from “Forehead Windmill” , “Kuru Kuru Flyer” , etc.

Date and Time: September 14th (Sat) 10AM~Noon, 1PM~3PM

Eligibility: Elementary school students and younger (Preschoolers need to be accompanied with an adult).

Capacity: First 20

[Same time event]

▶ Pitching machine game ▶ Toy Hospital

Supportor: Toy Hospital Nejimawashi

< Daytime Moon Observation. Stargaze Event > 昼間の月観測会, 天体観測会

Date: September 17th(Tue)

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

○ Stargaze Event: 6:30PM ~ 7:30PM

※ If it rains, an explanation of starry sky will be held in planetarium.

Eligibility: Preschoolers ~ 18 years old

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

Capacity: First 46 (including guardian)

※ It is not allowed to participate for late.



West Children Center (closed Tuesday)	☎042-554-7578
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工作ひろば「ミニクルクルマシーンを作ろう！」

<Handcraft Square “Let's Make a Minikurukuru Machine!”>

Date & Time: August 31st (Sat) 10AM~11:30AM

Eligibility: Elementary School Students ~ 18 years old residing in Hamura City.

Capacity: 12 (in application order)

Things to bring: Bag to bring back home and Beverage (water or tea).

Application: August 16th (Fri) ~ 29th(Thu) 9AM~5PM, please call or come to West Children Center directly.

East Children Center (closed Thursday)	☎ 042-570-7751
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じどうかんまつり「わくわくハッピーデー」

<Children Center Festival ~ Exciting Happy Day >

Let us have fun with vehicles and sports! 「のりもの・スポーツでたのしもう！」

Date and Time: September 8th (Sun) 10AM~2PM

Eligibility: Children till age 18 (Preschoolers must be accompanied with adult).

Capacity: 150 (by tickets)

◆ Free Tickets distribution: Aug 17th (Sat) ~ Sept 7th (Sat) 9AM~4PM, please come to Counter.

※ The previous day of event September 7th will be closed for preparation.



Details: Everything Sukui (scooping of all kinds of items), vehicles exhibition, SDGs corner, raffle/game corner, etc.

Things to bring: Eco bag to bring back gift or rewards.

PRIMO LIBRARY (closed Monday) ☎ 042-554-2280

< STORY TELLING EVENTS >

図書館おはなし会

▶ at Ozakudai Library Branch

Picture Book >> August 22nd (Thu) 3:30PM ~

▶ at the Main Library

Story Telling for Preschoolers >> Panel Theater September 14th (Sat), 11AM~



PRIMO HALL YUTOROGI (closed Monday) ☎ 042-570-0707

<Movie for Children> ゆとろぎ 子ども映画会

Date & Time: September 8th(Sun) 10:30AM~11:30AM

Location: Small Hall

Capacity: First 252

Feature Movie: schedule 3 titles of children movies.

■屋根工事等の「点検商法」のトラブルにご注意！

<Beware of problems with roofing and other “inspection” schemes!>

Inquiries: Hamura City Consumer Affairs Center ☎ Ext. 641



Contractors will suddenly visit your house and tell you that they will inspect the roof and underfloor for free. After the inspection, the contractor will tell that the roof will leak or that the foundation will rot, and then the consumer will be forced to sign a contract for expensive home repair work.

[Example]

Suddenly, a roofing contractor who claims to work on roofs in the neighborhood came to my house and said, “I saw that the tiles on your roof have shifted and I can inspect your roof for free. After the inspection, he showed me pictures of cracked and shifting roof tiles. If I don't fix it, the tiles will fly off and cause problems for neighbors. Then, I became worried and signed the contract in a hurry, but regret and want to cancel it.

[Answer]

If a contract was signed by a contractor who visited you unexpectedly, you can use the “cooling-off” (unconditional cancellation of the contract) within 8 days from the date you received the contract document or the application form. I explained to the consultant how to give a cooling-off notice.

[Advice on how to prevent problems]

Do not make an immediate decision on an expensive contract! Consult your family, acquaintances and consider carefully.

- Do not allow a contractor who visits you suddenly to inspect your home.
- Do not sign a contract immediately and carefully consider whether the contract is really necessary.
- When making home repairs, get estimates from multiple contractors and compare them.
- Do not take the contractor's word for it, even if you are told that insurance or subsidies are available.
- In some cases, a cooling-off or cancellation of the contract may be possible.

If you encounter consumer trouble or feel uneasy, please contact the Consumer Affairs Center as soon as possible.