HAMURA NEWS

HAMURIN Hamura City Mascot

December 1st, 2025

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**
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■１２月３日～９日は障害者週間

<December 3rd ~ 9th is "Disability Week">

Inquiries: Shougai Fukushi Ka, Shougai Fukushi Kakari ☎ Ext. 174.

Disability Week is a week to deepen the interest and understanding of the welfare of disability persons and to motivate disability persons to actively participate in social, economic, cultural, and all other fields of activity.

Let's use Disability Week as an opportunity to create an environment where everyone respects and understands each other's personality and individuality toward a "Everyone lives together Society".

■ご存じですか「障害者差別解消法」

<Do you know "Disability Discrimination Elimination Law"?>

Inquiries: Shougai Fukushi Ka, Shougaisha Shien Kakari ☎ Ext. 185.

The Disability Discrimination Elimination Law stipulates that government and municipalities, as well as private business such as companies and stores, must not give "unfair discriminatory treatment" and provide "reasonable accommodation" on the basis of disability.

This law aims to create a society where people with and without disabilities can live together by eliminating discrimination.

● してはいけないこと・・・「不当な差別的取扱い」

What people should not do ~ "Unjustified discriminatory treatment"!

It is to respond differently from a person without disability, such as refusing to provide services due to disability without a justifiable reason. For example,

✖ Refuse to enter store or use the facility due to disability.

✖ Do not respond that there are no properties for people with disabilities.

● しなければならないこと・・・「合理的配慮の提供」

What people should do ~ "Providing reasonable accommodation"!

If there is a manifestation of intention from a person with disability to ask for some consideration, please respond within the range that does not become too burdensome. For example,

○ Devise a method of communication such as writing or reading aloud.

○ If there is a step, assist in raising casters, using slopes or ropes, etc.

※ Raising the casters... Lifting the front wheels of a wheelchair to balance solely on the rear wheels.

Some disabilities are difficult to see from the outside that a person needs to be taken into consideration. Everyone is at risk of becoming disabled due to injury or illness. Let us aim to create a community where everyone in the community has a better understanding of disability, and everyone who is with or without

disablitly can live together in peace.

■ プリモライブラリーはむらから

FROM PRIMO LIBRARY HAMURA ☎042-554-2280

FAX 042-554-2800 (10AM~8PM, close Mondays exclude Holiday's Monday).

<"Disability Week Exhibition" will be held> 障害者週間展示を行います

The books and materials will be held that deepen the understanding of disabilities and knowing those who have difficulty reading in print.

Term: Dec 2nd (Tue) ~ 14th (Sun).

Location: 1F Exhibition Corner.

<The Handicap Service will be held> ハンディキャップサービスを行っています

The following services are available for those who have difficulty reading printed books due to visual impairment or other reasons, or who have difficulty visiting the library due to old age or physical disability. Registration may be required for handicap services. Please contact the library for details.

◆ Lending of Braille books, Large print books and Reading CDs.
※ If you have Libary Card, everyone can borrow.

◆ Lending of talking books (DAISY version (The digital Accessible Information System)).

◆ Face-to-Face reading service.

◆ Delivery Services.

子どもの居場所紹介④

<Introduction to Children's Safe Spaces (Part 4)>

To realize a child-centered society, we are introducing a series of safe spaces and children's cafeterias within the city that children can use with peace of mind.

Inquiries: Kodomo Seisaku Ka, ☎Ext. 261.

Group Name: Raimugi House

Address: 2-8-20 Kawasaki, Hamura City (inside Sozenji Temple)

Phone: 090-5542-6159

Real Terakoya リアルてらこや

Dates and Time: The 2nd Saturday, 9AM ~ Noon / The 4th Wednesday, 2PM ~ 7PM.

Fee: Free

※ The "Crayon Club" (offering support for those struggling with childcare, housework, personal matters, or simply needing someone to talk to) is also held simultaneously.

[Raimugi House] began its activities five years ago, motivated by a desire to understand the diverse realities of children within the city and provide a safe haven for all children.

It is operated with the hope that children will meet trustworthy adults and peers, discover their own dreams and goals, and cultivate the ability to envision a future true to themselves.

At [Real Terakoya], it is provided learning support tailored to each child's individuality. A diverse group of children gathers here. There is a children's cafeteria using a cooking workshop style. Being surrounded by different adults and peers creates a tangible sense of relieving.

Many adult volunteers warmly watch over the children, helping create this safe space.

Meanwhile, it will increase operating days once there have a stable number of permanent staff and volunteers. Both children and adults are vert welcome to visit [Real Terakoya].

TOPICS 災害のとき、避難が困難な方を支援します

<Assisting those who have difficulty evacuating in the event of a disaster>

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

The city operates a [Persons requiring support for evacuation action system] to support those who have difficulty evacuating by themselves due to old age or disability. A list of those who have given prior consent is prepared and distributed to those who are involved in evacuation support, etc.

「個別避難計画」を作成

An [individual evacuation plan] will be created.

For those who need it, an [Individual Evacuation Plan] is prepared for each resident with evacuating necessary consideration, route, procedures, and emergency contact information etc. for supporters.

避難行動要支援者名簿とは

◆ **[Evacuation Action Supporter Roasters]**

▼ Eligibility 対象

Eligible City residents who fall into one of the following categories (excluding those residing in facilities).

1. Households comprised of age 75 or older.
2. Certified as Long-term Care Level 3 or higher.
3. Physical Disability Certificate（身体障害者手帳）Level 1 or 2.
4. Intellectual Disability Certificate（愛の手帳）Level 1 or 2.
5. Health and Welfare Handbook for Mentally Disabled（精神障害者保健福祉手帳）Level 1 or 2.
6. Those needing special assistance in time of evacuation with incurable diseases.
7. Those certified by the mayor as needing evacuation assistance during evacuation.

▼ Items to be included in the list 名簿に記載する事項

. Name, gender, date of birth, address, emergency contact information, reason for evacuation etc.

名簿. 個別避難計画を提供する関係者とは

◆ **[Provide the rosters, individual evacuation plan involved in evacuation support, etc.]**

Neighborhood Association, Civil Voluntary Disaster Management Organization, Commissioned Welfare Volunteers, Fire Brigades, Hamura City Social Welfare Organizations and Traffic Safety Organizations, Fussa Police Department and Fire Department etc..

※Please note that personal information may be disclosed within the Disaster, even if there was no consent provided in times of emergency.

※[Individual evacuation plan] includes, the aforementioned items, the names of persons assisting with evacuation, evacuation sites, evacuation routes, and matters requiring special consideration during evacuation.

名簿，個別避難計画作成のため、通知を送付します

◆ **[For creating the evacuation rosters and individual evacuaion plan, the notice will be sent.]**

Eligibility: Households consisting of individuals aged 75 or older residing in the designated area west of the Ome Line (Kawasaki 1~4 Chome, Tamagawa 1~2 Chome, Hanehigashi 1~3 Chome, Hane 651~750, Hane Kami 1~4 Chome, Hane Naka 1~4 Chome, Hane Nishi 1~3 Chome, Ozakudai 3~5 Chome).

Sending Period: Mid-December.

Documents Sent: ○ Directory registration confirmation.
○ Consent to provide information for the roster.
○ Consent to create and provide an individual evacuation plan.

お知らせ

INFORMATION

学び

LECTURE

<Lecture on Social Withdrawal (Hikikomori)> ひきこもりに関する講演会

~Approaches for Engaging with Individuals Experiencing Social Withdrawal~

A lecturer with extensive experience supporting many young people will discuss the fundamentals of addressing social withdrawal, its challenges, and effective engagement strategies.

Date and Time: Dec 16th (Tue), 2PM~4PM.

Location: Primo Hall Yutrogi Lecture Room 1.

Eligibility: Individuals experiencing social withdrawal, family members, and support providers

Capacity: 75 (in application order)

Lecturer: Mr. Kenta Fujiwara (Tokyo Hikikomori Support Network).

Application & Inquiries: Dec 1st (Mon) ~ 15th (Mon), via the application form, email, phone, or in person at Kodomo Seisaku Ka ☎Ext. 261, ✉s304100@city.hamura.tokyo.jp

※When applying by email, please include your [address, name, and phone number] in the text.

<Childcare Training Video of the Month> 今月の子育て研修動画

（In cooperation with Meiji Yasuda Foundation for Mental Health)

December Theme: [Proposals on Parenting from the Counseling Field].

Distribution period: Dec 1st (Mon) ~ 31st (Wed) (Viewing time: approx. 60 minutes).

Lecturer: Ms. Sayoko Nobuta (Advisor, Harajuku Counseling Center / President, Japan Association of Certified Psychologists)

Details: For many years as a counselor, she has witnessed the harsh realities within parent-child and marital relationships—a reality that has been a pressing concern for about 20 years, since the call to prevent abuse and domestic violence began. She has also met countless individuals who have survived what can only be described as dysfunctional families.

Based on this field experience, she would like to offer several suggestions regarding child-rearing. She believes the specific, practical content can be put into action immediately.

Co-sponsored by: Meiji Yasuda Foundation for Mental Health and Hamura City.

Supported by: Meiji Yasuda Life Insurance Company.

Inquiries: Kodomo Seisaku Ka ☎Ext.261.

イベント

EVENT

令和８年羽村市二十歳のつどい

< Coming of Twenty-Year-Old Gathering Ceremony 2026 >

The "Twenty-Year-Old Gathering" will be held to celebrate all of the 20-year-olds who are moving forward. After the ceremony, video messages from celebrities and a slide show of former teachers produced by the staff will be shown.

Date and Time: Jan 12th (Mon, Holiday) 11AM ~, (Reception Time: 10:30AM ~).

Location: Primo Hall Yutorogi, Main Hall.
Eligibility: Those who was born April 2nd, 2005 ~ April 1st, 2006.
※ Please bring invitation postcards (which will be sent in late November ~ early December).
※ Even you live in out off Hamura City, you still may participate, please apply via application form from city official website.
※ Family members may observe from the 2nd FL. seating (limited seating available).
Inquiries: Primo Hall Yutorogi ☎042-570-0707, FAX042-570-6422.

健康

HEALTH

羽村市平日夜間急患センターを利用するときは

<When using the Hamura City Weekday Night Emergency Center>

The Weekday Night Emergency Center provides emergency treatment on Monday, Thursday, and Saturday nights for individuals experiencing sudden symptoms such as fever or abdominal pain that do not require hospitalization.
Tests for influenza and coronavirus infections are also available.
※ Please call ahead before visiting.
Hours: Monday, Thursday, and Saturday, 7PM ~ 10PM (Appointment requests until 9:10PM, phone consultation untill 9:45PM).
Specialty: Internal Medicine (Pediatrics).
※ Pediatrician on duty every 1st and 3rd Thursday of the month (Adults require consultations).
Hamura City Weekday Night Emergency Center (5-1-2 Midorigaoka, Hamura City) ☎042-555-9999.
Inquiries: Kenko Ka (in the Hoken Center) Ext.☎ 627.

税金

TAXATION

令和８年度償却資産申告書を送付します

< FY 2026 Tax Filing for Depreciable Assets sending out>

If you own a business registered in Hamura City as of January 1st, 2026 are required to report depreciable assets for the purpose of operating business, please filing till Jan 31st (Sat).
The Depreciagle Assets Tax Filing guides will be sent to those who have registered in early of December.
If you have not received or started new business, please contact to Kazai Ka, Shisanzei Kakari.

○ Counter Filing Term: from Jan 5th (Mon) ~ Feb 2nd (Mon) 2026,
(for depreciable assets as Jan 1st, 2026).

○ eLTAX Electric Filing ~ you may apply from home or office via internet. For eLTAX, there are some commercial tax/ accounting software to support. You can also download eLTAX-compatible software PCdesk for free. The details, please check eLTAX's website.

Inquiries: Kazei Ka, Shisanzei Kakari ☎Ext.157.

遅れてしまうときはまず連絡！　滞納にメリットはありません

If you're going to pay lately, contact us first!
There's no benefit to late tax payments.

If you have unavoidable circumstances for paying by the due date, please contact us before the due date and follow the procedures.

市の税金は行政サービスを提供するための大切な財源

● City taxes are an important source of revenue for providing administrative services.

City taxes are used for various administrative services, such as education, culture, welfare, industrial promotion and urban development. City insurance taxes and premiums are used to provide national health insurance, late-elderly medical care and long-term care insurance services.

Tax delinquency has a significant impact on administrative operations and can hinder the provision of administrative services. Please make appropriate payments and follow the procedures.

いろいろ選べる市税等の納付方法

● Various payment methods of city tax and other.

▼ Payment at the counter: City Hall, financial institutions, and convenience stores.

▼ Online payment: Smartphone applications such as PayPay etc.

▼ Hamura City payment site (F-REGI public money payment, ※ Credit card payment)

Payment can also be made automatically each due date from a savings account or credit card.

For details, please refer the city's official website "Payment methods of City Taxes etc. (General Information)" or inqury to Nouzei (Tax Payment) Ka.

12 月は「滞納ＳＴＯＰ強化月間」 **[December is "Stop Delinquency Awareness Month"]**

● Concentrated Notice will be held. 集中的に催告を行います

A phone call with a synthetic voice will be made to those who have not paid their taxes and insurance premiums by the deadline.

This call will be made from the outgoing call only number "050-1702-4403".

If the phone call cannot be connected or payment cannot be confirmed by the city, a writing notice will be issued.

● Concentrated disposition of delinquent accounts. 集中的に滞納処分を行います

If a delinquent payment has passed the due date and there is no deferment procedure, disposition for delinquency, such as seizure property etc. must be conducted by law.

Please take great care not to forget to make payments or complete procedures.

滞納や債務不履行が長期化・高額化する前に

● Before the delinquency or default becomes prolonged and expensive.

Due to various reasons, such as illness or unemployment, the balance between income and expenses may become unbalanced, payment of taxes, loans, and other debts may be delayed or become overdue. If this situation is prolonged, taxes and other debts may become delinquent and expensive, making it difficult to improve one's livelihood.

The city also offers a system of self-support for the needy and legal counseling. Please consult as soon as possible.

Inquiries: Nouzei (Tax Payment) Ka, ☎Ext.169.

健康管理術　　冬こそ注意！ 高血圧を予防する食事のポイント

<Health Care Techniques ~ You need to be extra careful in WINTER!
Key Dietary Tips for Preventing High Blood Pressure >

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

●Hypertension is a Common Lifestyle Disease　高血圧は身近な生活習慣病

Hypertension is a condition where blood vessels are constantly under high pressure, affecting about one in three Japanese people.

Often called the “silent killer” due to its lack of noticeable symptoms, leaving it untreated increases the risk of serious diseases like myocardial infarction and stroke. Winter requires particular caution as cold temperatures cause blood vessels to constrict, making blood pressure more likely to rise.

●Key Dietary Points for Preventing Hypertension　高血圧を予防する食事のポイント

The foundation of hypertension prevention is [dietary management]. The most crucial aspect is [reducing salt intake]. The average salt intake among Japanese people is significantly higher than the recommended target.

[Key Points When Preparing Meals]

○ Use dashi, spices, and acidity to reduce salt

Effectively utilize the umami from kombu and bonito flakes, the aroma of ginger and garlic, and the acidity of lemon or vinegar.

○ Actively incorporate foods rich in potassium

Potassium helps expel excess sodium from the body. Make bananas, potatoes, spinach, and hijiki seaweed part of your daily diet.

[Tips for Eating]

○ Be mindful of overindulging in hot pot dishes

Hot pot is a convenient way to eat plenty of vegetables, but store-bought soups often contain high amounts of salt. Avoid drinking the soup entirely. Instead, use homemade kombu dashi broth and adjust the flavor with ponzu sauce or sesame dressing.

○ Salt intake tends to increase during the year-end and New Year period.

December to January sees more opportunities for eating out, such as Christmas meals and Osechi dishes. These often have strong flavors and tend to be high in salt. Keep portion sizes moderate and consciously include vegetables and seaweed to maintain a balanced diet.

○ Introducing recipes for preventing high blood pressure

Recipes used in our health workshops are available on the city's official website. Here are recipes from workshops focused on high blood pressure. Please use them to support your daily health efforts.

環境　　**ENVIRONMENT**

家庭用パソコンを処分するとき

<When disposing of your home computer>

The city cannot collect unused household PCs. If you wish to dispose, please use one of the following methods.

(1) [Collection by PC manufacturers]

PCs that are no longer used at home and reused as resources.Please contact each manufacturer for contact information, collection methods, collection/recycling fees and other details.

Inquiries: PC3R Promotion Association ☎ 03-5282-7685.

(2) [Free collection by courier service]

The city's cooperating and collaborating businesses collect PCs by courier service. If a PC is included in the collection items, the collection fee for one box will be waived. Peripheral equipment such as printers can also be collected together. (The Free Collection Box ~ the maximum size and weight of the free box is 140 cm (3 sides total) or less, and the weight is 20 kg or less).

Data erasure service for personal information is also available.

For details on collection methods and items eligible for collection, please check the website of Linnet Japan Recycle Co.

※You can also check the websites of the PC 3R Promotion Association (General Incorporated Association) and Rinett Japan Recycle Co., Ltd. from the city's official website.

Inquiries: Seikatsu Kankyou ☎Ext. 205.

情報アラカルト

MISCELLANEOUS INFORMATION

子育て

CHILDREN

1 歳児教室「1 歳ちゃん♪　集まれ～！」

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

Date: Dec 23rd (Tue), from 9:30AM ~ 11:30AM　　Location: Hoken Center

Eligibility: Children will be one year old as December and their partents or guardians.

Capacity: 15 groups (in the order of application)

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

Application & Inquiries: From Dec 1st (Mon) 9AM~, please apply via application form, call or in person to Kodomo Katei Center, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 693.

ご存じですか、児童扶養手当

<Do you know about the Child Support Allowance?>

This allowance is provided to single-parent families for the purpose of promoting the welfare of their children by helping to stabilize their lives and promote their independence.

To receive the allowance, application is requrired.

For details on eligibility requirements, income limits, etc., please check the official website of the city.

Inquiries: Kodomo Seisaku Ka ☎Ext. 237.

フッ素塗布受診券受診期間は 3 月 31 日まで

<Fluoride Medical Voucher Valid Until March 31st>

The [FY2025 Hamura City Fluoride Medical Voucher (Postcard)] for children aged 3~4 is valid until March

31st (Tue), 2026. Free treatment is not available after this period. Please make an appointment with a dental clinic in advance and receive treatment early.

Eligibility: For children born between April 2nd, 2021 ~ April 1st, 2023 (Coupons mailed in April).

※ For details, please check the coupon or the official website.

Inquiries: Kodomo Katei Center, Boshi Hoken. Sodan Kakari ☎Ext. 697.

マル親(親)医療証の更新

<Renewal of parents - MaruOya Medical Card>

Maruoya Medical Card for single parent is renewal January 1st in every year.

The medical card for the new year (valid from January 1st ~ December 31st, 2026) is "Mauve (light purple)" color.

The new medical card will be sent to those who have been continuously certified in late December.

Medical certificates cannot be issued to those who have not completed the current status form.

ひとり親家庭等医療費助成制度（マル親(親)）の助成を受けるには申請が必要です。

◎ **To receive Single Parent Medical Expense Subsidy System (MaruOya), require application.**

Those who wish to apply for new certification, please check from city official website or inquiry.

Inquiries: Kodomo Seisaku Ka ☎Ext. 237.

新入学の方へ就学援助の入学前支給

<Pre-Enrollment Assistance for New Students>

For parents of children residing in the city who will be entering elementary or junior high school in April, but face financial hardship in covering educational expenses, city will provide pre-enrollment assistance (new school supplies expenses).

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

Inquiries: School Education Section, Academic Affairs Division, ☎Ext. 358

１２月１日 ～７日は冬の TOKYO 交通安全キャンペーン

WINTER TOKYO METROPOLITAN GOVERNMENT'S TRAFFIC SAFETY CAMPAIGN

~ December 1st to 7th

Tokyo Metropolitan Government aims to the safest city of the world with 6 important points as below: ~

☼ 1: Secure safety for the Elders Pedestrians.

☼ 2: Prevention of traffic accidents at twiligh or night time.

☼ 3: Prevention of motorcycle traffic accidents.

☼ 4: Ensure compliance with traffic rules including Bicycles and Specified Small Motorized Bicycles, etc.

☼ 5: Stop Druck Driving.

☼ 6: Stop illegal parking.

Inquiries: Bousai Anzen Ka, Bouhan Koutsuu Anzen Kakari ☎Ext. 216.

年末防犯・交通安全・火災予防　パトロール週間

< The Year End Crime Prevention, Traffic Safety, Fire Prevention Patrol Week >

In the aim to create a safe town, providing a sense of security [Protect our own town by ourselves] for all Hamura City citizens, various groups have planned city-wide patrol by organized efforts of concerned citizens, school workers, members of Fussa police/ fire department, Hamura City fire brigades / Traffic Safety Committee, Fussa Crime Prevention Committee Hamura branch etc.

パトロール週間

◎ **[Patrol Week]**

Term: December 12th (Fri) ~ 18th (Thu)

Location: All areas of Hamura City.

出発式および羽村駅東口周辺パトロール

◎ **[Kick-off Ceremony and Patrol Hamura Station East Entrance around Areas]**

Date and Time: December 12th (Fri) 6:30PM~

Location: Hamura Stateion East Entrance Gonokamisha and around Areas.

Inquiries: Bousai Anzen Ka, Bouhan Koutsuu Anzen Kakari, ☎Ext. 216.

郷土博物館　**KYOUDO HAKUBUTSUKAN　☎ 042-558-2561**

臨時休館　**<Temporary Closure>**

The museum will be closed during the following period for cleaning of exhibition rooms, storage areas, and other facilities, as well as maintenance of museum equipment.
We appreciate your understanding and cooperation.
Period: Dec 23rd (Tue) ~ 24th (Wed).

図書館　**PRIMO LIBRARY HAMURA　☎042-554-2280**

大人のためのおはなし会

<Storytelling for Adults　~Join us for a relaxing moment~>

Heartwarming picture books and storytelling that expands your imagination and await for you.
Date and Time: Dec 18th (Thu), 2PM ~ (approx. 1 hour).
Location: Primo Hall Yutrogi, Lecture Room 1.
Capacity: First 40.
Performed by: Library Volunteer Storytime Hotton.

Library Closure Day (Closed)
Date: Dec 16th (Tue).

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

第５期 水泳教室案内　**<The 5th Swimming Class>**

Elementary school students must be picked up by a guardian aged 16 or older by 5PM, and junior high school students by 7PM or later.
Period: Jan 4th (Sun) ~ Feb 28th (Sat), 2026.
Application: Dec 7th (Sun) ~ 21st (Sun), 9AM ~ 8:50PM. Please register directly at S&D Swimming Plaza Hamura.

受験生チャレンジ支援貸付事業

< Public Loan Program for Students Preparing for Entrance Examination >

The Tokyo Metropolitan Government offers interest-free loans for cram school fees and entrance exam expenses to households below a certain income level with students taking entrance exams. Repayment is waived upon admission to an eligible school.

Consultations for loan applications are available until the end of January. Please consult as soon as possible.

Eligibility:

① The earner of main source of income / The total income of household is below certain standard.
② Household members' bank savings, etc. must be less JPY 6 million.
③ Tokyo resident record history (starting at least 1 year ago and continuing).

Details

① Study Tutoring School's Tuition Fee ..... JPY300,000 or less.
② Entrance Examination Fee ..... High School must be JPY27,400 or less /
University or Vocational School etc. JPY120,000 or less.

Inquiries: Shakai Fukushi Kyougikai (Council of Social Welfare) ☎042-554-0304, (8:30AM ~ 5PM, exclude Sat, Sun and Holidays), FAX042-555-7445.

日本年金機構から「公的年金等の源泉徴収票」が送付

<Japan Pension Service will send [Certificate of Withholding Tax for Public Pensions, etc.]>

In mid-January of each year, Japan Pension Service sends a [Certificate of Withholding Tax for Public Pensions, etc.] to all those who receive pensions for the elderly or retirement orderly. This document is required when filing an income tax return with the tax office.

Disability pensions and survivor's pensions are exempt from taxation, so there is no withholding tax form. For details, please inquiry to [Nenkin Dial].

Inquiries: Japan Pension Service [Nenkin Dial] ☎0570-05-1165.

火災からあなたを守るために　ストップ！住宅火災

<Stop! Home Fires ~ Protecting Yourself from Fire>

Key Points for Preventing House Fires　住宅火災を防ぐポイント

- ○ Keep flammable items away from stoves.
- ○ Never smoke in bed.
- ○ Never leave the stove unattended while in use.
- ○ Watch out for bent electrical cords! Make sure they aren't trapped under furniture or other objects.

Do you have one? Your own fire extinguisher

- ○ Keep a fire extinguisher at home.
- ○ Fire extinguishers have greater fire-suppressing power than water, increasing your chances of successfully putting out a fire.
- ○ Options include compact, lightweight residential fire extinguishers for homes and aerosol fire extinguishers that can be used with one hand.

Learn how to use a fire extinguisher.

Inquiries: Fussa Fire Station ☎ 042-552-0119.

救急車の出場がひっ迫しています！

<Ambulance dispatch is strained!>

Winter is the season with the second-highest demand for emergency services after summer, and an increase in various infectious diseases is considered one reason for this.
Please manage your own health and use ambulances appropriately at the right time.
If you believe the situation is highly urgent, do not hesitate to call 119.
※ Calls to 119 are answered in the order they are received. If your call does not connect immediately, please do not hang up; just wait. If you call again, your call will be placed at the end of the queue.
Inquries: Fussa Fire Station Prevention Division ☎ 042-552-0119

１２月の相談日

PUBLIC CONSULTATIONS　Schedule of December

Category	Date	Time	Contact
General Consultation for Foreign Residents Ⓐ *	Appointment required	Appointment required	Spanish and English interpretation services are available by appointment for Foreign Residents Consultation only. Shimin Soudan-Shitsu City hall ext.541
Public Administration and Human Rights	Dec 18th (Thu)	1:30pm ~ 4:30pm	

*Ⓐ=appointment required.　*For English 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.

12 月の休日診療

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
December	9am~5pm		5pm~10pm		9am~5pm	
7th (Sun)	Hamura Sougo Shinryoujo	☎042-554-5420	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Ikoma Shika Hamura Shinryoujo	☎042-555-3139
14th (Sun)	Yamaguchi Naika Clinic	☎042-570-7661	Hikari Clinic (Fussa-shi)	☎042-530-0221	Inagaki Shika	☎042-555-6018
21st (Sun)	Ozaku Ekimae Clinic	☎042-578-0161	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Inoue Shika Iin	☎042-554-7735
28th (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	Usui Shika. Orthodontic Clinic	☎042-579-1199
29th (Mon)	Yamakawa Iin	☎042-554-3111	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	Hamura Tulip Shika	☎042-578-8284
30th (Tue)	Wakakusa Iin	☎042-579-0311	Hikari Clinic (Fussa-shi)	☎042-530-0221	Watanabe Shika Iin	☎042-570-1688
31st (Wed)	Baba Kodomo Clinic	☎042-555-3788	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Hanenaka Shika Clinic	☎042-554-2202

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