



**HAMURIN** Hamura City Mascot

# HAMURA NEWS



**January 15th, 2025**

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令和7年度住民税（市民税・都民税）の申告・相談

令和6年分所得税などの確定申告 仮受付・相談

## **2025 RESIDENTS TAX RETURN – \*JUUMINZEI no SHINKOKU. SODAN 2024 INCOME TAX RETURN - SHOTOKUZEI no KAKUTEI KARIUKETSUKE, SODAN**

Term: Feb 17th (Mon) ~ Mar 17th (Mon) (Exclude Saturday, Sunday and Holidays)

Time: 9AM~11:30AM, 1PM~3:30PM

Location: Hamura city hall 4th floor, Main Conference Room

Inquiries: Kazei Ka, Shiminzei Kakari ☎Ext.165

住民税（市民税・都民税）申告は郵送で

### **<Please file Tax Return via Postmail>**



#### ◆ **[People NEED to file a Residence Tax]** 住民税（市民税・都民税）の申告が必要な方

- \* Those who have only salary income and not submitted a payment report to the city from employment (please confirm with employment whether you have submitted or not).
- \* Those who have business, real estate, dividends, individual pensions, and other income and do not need to file a final income tax return.
- \* Those who have only tax-exempt income (survivor's pension, disability pension, unemployment insurance and welfare benefits).
- \* Those who did not have income (it is not necessary if they are dependent on the same household).

#### **<The ways for filing>** 提出方法

Sign and seal the tax return forms ~ fill in phone number, social insurance deduction (without attached document), deduction for spouse / dependent relatives, applicable to the person necessary items submit to venue or post mail to address to:

**Mail to:** 〒205-8601, Hamura-Shi Kazei Ka Shiminzei Kakari ※ Street address not necessary.

\*If the documents are enclosed, not need to enter the amount.

\*If you need your copy of the tax return stamped with the date of receipt, and/or medical expense receipts returned, please enclose a duplicate copy of the form and a self-addressed return-envelope attached with necessary postage.

\*For those who did not have income in 2024, item [7. For those who did not have income], please fill in necessary items with documents

\*If you live together but different household on your resident certificate, please declare if you are dependent.

市職員による確定申告の仮受付・相談に関するお願い

### **<Requests for tentative acceptance of tax returns and consultation by city staff>**

Please file your tax return by e-Tax (electronic filing), which has a usage rate of over 58%, by mail or at the Ome Tax Office, which has jurisdiction over your tax return.

※ Tentative acceptance and consultation at City Hall is available only for those who have difficulty using e-Tax or go to the Ome Tax Office, such as the elderly or physically disabled.

**<What to Bring for Filing the Tax Return while filing, consoling and income tax return>**

- 1) Tax Return Form (those who have this form.)
  - ※ Tax Return form will be mailed on Feb 3rd (Mon).
  - ※ The application form will be distributed from Jan 20th (Mon) in city hall.
- 2) Documents proving your income record (Certificate Of Income And Withholding Tax 源泉徴収票, or official record of any income you are declaring) for yourself and for your dependents.
- 3) Individual Number Card (my number card), Driving License etc. ID documents (Income tax return might need to provide copy).
- 4) Bank passbook issued at your designated banking financial institution to which bank transfer is made.
- 5) It will be processing smoothly if Fiscal year 2023 Income Tax Return copy documents with you,

◆ 各控除を受ける場合

**< If you have any Deduction occasion >**

- 6) National Pension Deduction Certificate, etc.
- 7) The receipts of social insurance fees etc.
- 8) Deduction for Life Insurance Premiums and Earthquake Insurance.
- 9) Deduction for Medical expenses or Self-Medication of payments (make list in advance). Please attach necessary documents for the application of deductions.
- 10) Receipt of Donation.
- 11) Physical disabilities certificate, or Certificate for mental deficiency (身体障害者手帳、愛の手帳).
- 12) Special Spousal Deduction: Please attach a document certifying the spouse's income.
- 13) Official documentation required for personal spousal exemptions for relatives residing overseas.

Those who are dependent on relatives residing abroad and are eligible for the dependent deduction, spouse deduction, special spouse deduction and disability deduction are eligible for relative documents (family register certificate, birth certificate, marriage certificate etc.) and remittance related documents (such as remittance request, etc.).

  - ※ The ages of 30 and 70 are no longer eligible for expatriate relatives. However, the following cases are
    1. Those who no longer have a domicile in Japan due to study abroad.
    2. Those who are disabled.
    3. Those who receive more than JPY380,000 in payments to cover living expenses or educational expenses for the year from a person claiming exemption for dependents, etc. Please bring the proof documents with you.
  - ※ Foreign's Documents Providing Proof needs to have an accurate Japanese translation.

◆申告は3月17日（月）までに！

**FILING DEADLINE TILL MARCH 17th (Mon)!**

Please note that if you do not file tax return by deadline, you may not be able to issue 2025 tax/ tax exemption certificate or not reflect the same contents of your tax payment notice at the beginning.

**NOTICE from OME TAX OFFICE**

令和6年分所得税などの確定申告 受付・相談



**2024 INCOME TAX RETURN - SHOTOKUZEI no KAKUTEI SHINKOK**

Term: February 17th (Mon) ~ March 17th (Mon) (Exclude Saturdays, Sundays and Holidays)

Time: 8:30AM~ 4PM

Location: Ome Tax Office ☎0428-22-3185 (require Admission Numbered Ticket)

- ※ Admission numbered tickets will be distributed at the venue on the event date and can also be obtained in advance via the LINE app. Please search for [IRS LINE Account] and "Add Friend".
- ※ Please note that the distribution of numbered admission tickets may end early depending on the situation
- ※ The applying location will be crowded, please file your tax return early or use e-Tax.

確定申告（所得税などの国税の申告）は電子申告や郵送などで

**<Final Tax Return (Declaration of National Tax such as Income Tax) via e-Tax, Mail or etc. >**

Please declare by one of the following methods

**(1) e-Tax (electronic filing)**

Using the National Tax Agency (Kokuzeicho) website page "Final tax return preparation corner" via personal computer or smartphone, create final tax return and send through internet.

※ There are 58% people filing tax return via E-Tax system currently.

**(2) Post Mailing**

Send to:

Tokyo Regional Taxation Bureau, Musashi-fuchu Branch, Operation Center (Ome Tax Office)

〒183-8510 4-2 Honmachi, Fuchu City, Tokyo

\*\* Acceptance was starting already.

**(3) Use "Submission Post"**

Starting from Feb 3rd (Mon), a post for submitting "Prepared final tax return" will be set up at City Hall.

Please put your tax return in an envelope with your name and address written and drop to.

Location: City Hall 1F citizen hall and 4th FL Filing Venue.

※ (2) (3), the tax office will not affix a receipt date stamp to the copy of the tax return from January 2025.

Please put it in an envelope for submission only.

**Inquiries about Tax Return details**

Telephone counseling center ☎0570-00-5901



◆確定申告は所得税（国税）の申告です

**<The Final Tax Return is an Income Tax (national tax) declaration.>**

- The tax return will be submitted and paid till March 17th (Mon). Refund declaration will be submit from Jan 6th.
- Submission and payment of the final consumption tax return for sole proprietors is till March 31st (Mon).
- Even if you do not need to file tax return but may need to file residence tax, please check Koho Hamura January 15th version to get details.

◆税理士の無料申告相談

**<Free Filing Consultation of Tax Accountants>**

Free filing consultation of Tax Accountants belonging to Ome branch of the Tokyo Certified Public Tax Accountants Association will be provided.

Please apply either via On-Line in advance.

※ The details, please check Hamura News ver. January 1st.

※ You may make reservation from LINE Menu [Tax Filing].

土・日曜日、祝日の申告受付は行っていない

**■ Unable to accept declaration on Saturday, Sunday and Holidays**

- The Tachikawa Tax office will accept the preparation and submission of tax return only on Mar 2nd(Sun) but required admission numbered ticket.
- From Feb 3rd (Mon) to Mar 17th (Mon), the parking lot of Ome Tax Office will not be available. (excluding Handicap parking space)

Please use AEON STYLE Kabe parking lot at the north of Kabe station or public transportation.  
Inquiries: Ome Tax Office ☎0428-22-3185 (please choose 2 to follow automatic recording).

## TOPIC

### <You can use LINE to check if you need to file Resident Tax (City. Metropolitan tax) or not>

You can now check if you need to file a resident tax return on the city's official LINE account.

You can access it by clicking the "Tax Filing" button on the menu. Please take advantage of this service.

Inquiries: Kazei Ka, Shiminzei Kakari ☎Ext. 162.

<LINE @ friends wanted!> If you have not yet added your LINE account as a friend, please do so.

[How to register]

Please start the LINE app on your smartphone or other device and use one of the following methods to register.

○ From the "Home" menu, enter "Hamura City" or "@ hamura\_city" and search.

○ Select "QR Code" from the "Add Friends" menu and read the 2D code.

介護保険サービスを利用している方へ

### <Tax Deductions for persons in need of Long-term Care>

確定申告で医療費控除の対象になる場合があります

### <Medical expenses may be deductible on your tax return>

[Eligibility]

Home Services :            在宅の方

For both ① and ②, the deductible is the out-of-pocket expenses (10-30%) for in-home services.

① Medical expense deduction [Medical Services] ~ including Long-term Care Service

- Home visit nursing            ○Home visit rehabilitation            ○Home care management guidance
- Outpatient rehabilitation    ○Short-term admission medical care
- Routine patrol and occasional home-visit nursing care (only available for using at an integrated office)
- Multiple services (limited to cases which is provided in combination without medical service [excluding the part of home-visit care centered on life support])

② Eligible for medical expense deduction only when used in combination with the service of ① (including Long-term care prevention service)

- Home visit care (excluding life support centered type)    ○Night time home visit care
- Home visit bathing care            ○Outpatient care            ○Short term admission life care
- Community based outpatient care            ○Dementia friendly outpatient care
- Small scale multifunctional home care    ○Routine patrol and occasional home visit nursing care
- Multiple services (limited to cases which is provided a combination without including medical services.  
<Excluding the home visit care centered on life support>).
- Visit type and outpatient services for Nursing care prevention / Daily life support comprehensive business (excluding services centered on life support).

\*\* All services are limited to home services (Long-term care prevention) plan.

介護保険施設に入所している方

Those who are in the Long-term Care Insurance Facility:

① Designated Long-term Care Welfare Facility for the elderly (the elderly Special Long-term Care Home and Community Long-term Care Welfare Facility) ~ Own expenses of total amount of facility care services'



10% to 30% and half amount of food/resident fees are eligible for deduction.

- ② Long-term care health facility / medical facility and medical center ~ Own expenses of total amount of facility care services' 10% to 30% and amount of food/resident fees are eligible for deduction.

※ Compensation such as sputum suction by certified care worker is also eligible.

※ The Long-term Care Insurance Service provider is supposed to issue receipt to the user stating amount eligible for medical expenses deduction.

Inquiries: Applying and policy of tax system ~ Ome Tax Office (Ome Zeimusho) ☎0428-22-3185.

Long-term Care Insurance System ~ Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari ☎Ext.149.

介護保険料は社会保険料控除の対象です

### <Long-term Care Insurance fees are eligible for Social Insurance Premium Deductions>

When filing a tax return, Long-term Care Insurance fees can be declared as a social insurance premium deduction in the same way as health insurance and pension insurance.

※ If the Long-term Care Insurance fees is especially collected from the public pension, those who are receiving pension may declare it.

Inquiries: Applying and policy of tax system ~ Ome Tax Office (Ome Zeimusho) ☎0428-22-3185.

Long-term Care Insurance System ~ Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari ☎Ext.149.

介護保険負担限度額認定証を申請する方へ

### For those who apply for the Patient-Borne Expense Ceiling Amount Certificate for Long-Term Care Insurance

The Patient-Borne Expense Ceiling Amount Certificate for Long-Term Care Insurance is for households exempt from residence tax.

If you are applying for a certificate, please make sure to file a tax return or residence tax.

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari ☎Ext.143.



おむつにかかる医療費控除に 必要書類を市から発行できます

### <Medical expenses deduction related to Diapers, City may issue the require documents>

Bedridden condition and diaper charges for those who need medical treatment are eligible for medical expense deduction. While filing your tax return, please attach the "Diaper fee receipt" and the "Using Diaper Certificate" issued by doctor.

Those who meet the following ① and ② can attach "Documents that the municipality has confirmed the contents of doctor's opinion" instead of "Using Diaper Certificate".

① Those who used diapers and have a valid period of nursing care or assistance certificate in the same year.

② People can confirm that there is a possibility of urinary incontinence in bedridden state by "Doctor's Opinion" at the time of certified nursing care.

Require Documents: Nursing Care Insurance Certificate and ID card to proof identity.

Inquiries: Applying and procedure ~ Ome Tax Office (Ome Zeimusho) ☎0428-22-3185/

[Documents that the municipality has confirmed the contents of doctor's opinion] ~ Kourei Fukushi Kaigo Ka, Kaigo Nintei Kakari ☎Ext.145.

要支援・要介護の方および、その方を介護している方へ 確定申告手続きに利用できる認定書を発行します

### <Those who need support or nursing care and caregiver

~ Tax Return Certificate can be issued.>

#### Deduction Eligibility Certificate for people with disabilities

障害者控除対象者認定書

By attaching this certificate to your resident tax (municipal inhabitant tax / metropolitan inhabitant tax) while filing income tax retruns. You or your dependents can receive a deduction for the disabled.

Eligibility: Age 65 or older who have a certificate of residence in Hamura, have not been issued a physical disability certificate but have been certified as requiring nursing care.

### Eligibility Criteria:

- ◆ Deduction for the disabled 障害者控除
  - ・ Those who are in need of long-term care and level of independence in daily living is rank A.
  - ・ Those who have dementia and level of independence in daily living is rank II or III.
- ◆ Deduction for special disabled 特別障害者控除
  - ・ Those who are in need of nursing care and level of independence in daily living is rank B or higher.
  - ・ Those who have dementia and level of independence in daily living is rank IV or higher.
  - ・ Those who are bedridden.

Who can apply: The applicant and his/her family (dependents).

※ The inquiries regarding personal informations, such as the level of nursing care and independence in daily living will not be able to answer on phone.

Application: Please bring the nursing care insurance card of the eligible person to city hall 1F Korei Fukushima Kaigo Ka or can also be sent by postmail.

※ For details, please check the city official website.

[日常生活自立度の区分(要介護認定時の状態)]

### [Classification of level of independence in daily living]

(status at the time of certification of need for nursing care)]

- ・ Rank A: Indoor life is generally independent, but cannot go out without assistance.
- ・ Rank B or higher...Requires some kind of assistance for indoor living and mainly stays in bed during the day.
- ・ Ranks II and III: Some difficulty in communicating necessary for daily living.
- ・ Rank IV and above...Frequent difficulty in communicating necessary for daily life.

Inquiries: Korei Fukushima Kaigo Ka, Korei Fukushima Kakari ☎Ext.177.



第43回羽村市駅伝大会 (3月9日(日)) 参加者募集

### < The 43rd Hamura Ekiden Road Relay ~ March 9th (Sun) >

Inquiries: NPO Hamura-shi Sports Association ☎042-555-1698 (9AM~5PM, exclude Monday)

Date and Time: March 9th (Sun) (※ Will proceed despite light rain but cancel for snowing)

Scheduled Time: Reception...8AM~8:50AM, Kick-off ceremony 8:50AM~ / close will be Noon~.  
Race 1... 9:30AM, Race 2... 10:20AM.

Location: Start / Goal at S&D Sports Park Fujimi East Side.

### ● [Eligibility and Participation Fee]

Team Categories		Course Distance	Entry Fee per Team	
			Hamura Residents	Others
①	Neighborhood/District Association Team 町内会・自治会対抗の部	Total 7.6 km (1.3 block 2.0km 2.4 block 1.8km)	Free	---
	Junior High School Girls Team 中学生女子の部		Free	¥1,000-
	Adults-Women Team 一般女子の部		¥2,000-	¥3,000-
	Adults-50 and over Team 50歳以上の部		¥2,000-	¥3,000-
②	Junior High School Boys Team 中学生男子の部	Total 15.2 km (3.8km per block)	Free	¥1,000-
	Adults-General Team 一般の部		¥2,000-	¥3,000-

A team must consist of: 4 runners, 2 back-up runners, 1 head coach (7 total or less)

\*No gender-restriction for: Neighborhood/district association, Adults-50 and over, Adults-General.

\*Non-Hamura residents can also participate except in Neighborhood/District Association Teams.

\*If there is a non-Hamura resident nor worker in a team, the fee for "others" will apply.

Application & Inquiries: Jan 16th (Thu) ~ Feb 2nd (Sun) (must be submitted by 5PM), Please fill in the



application form and bring it along with the fee to Hamura-shi Sports Association  
(S&D Sports Arena Hamura 2F)

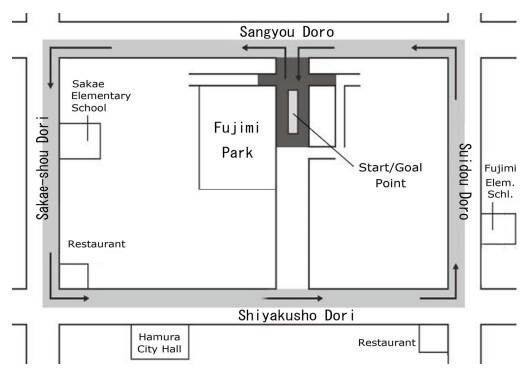
\*Application form is available at the said office and for download from Sports Association official website.

### ▶ TRAFFIC RESTRICTIONS for above ROAD RACE EVENT

Please be informed that Traffic Restriction will take place  
on the race course of Hamura-shi Ekiden Taikai on  
**9AM ~ Noon.**

During the traffic restriction hours, general vehicles  
will be advised to Drive slowly on the race course between  
**8AM and 1PM.**

Thank you very much for your understanding.



雪に備えて

### < Preparation for the Snow Season >

Inquiries: Bosai Anzen Ka, Bosai Kikikanri Ka, ☎Ext. 217

-- To Prevent Disaster before snowing -- 雪が降る前に

- Be prepared – Buy a shovel before the store runs out of stock.
- Finish your grocery shopping prior to the worsening of weather conditions.
- Also useful are the information from the Hamura City, and other television and radio broadcasts which will inform you of road closures and necessary emergency information.

-- If it Snows - 雪が降ったら

- Avoided leaving your home. If you must go out, stay calm. Wear durable shoes.
- Have snow gear for your vehicle, and keep your distance from the car in front of you, and don't speed.
- Beware of the snow which falls from rooftops and trees.

-- Please have your cooperatrions --

1. Do not haul snow into the roadway section of the street.
2. Don't park illegally on the street.
3. Please permit snow removal at night by the city hall. Noise levels may rise during the process.  
We may require road closures if necessary. Loading of snow into temporary residential spaces may occur.
4. Remove snow within reasonable area near the residence, such as driveways front and entrances areas.

Inquiries: City Road ~ Doboku Ka, Douro Kanri Kakari ☎Ext.292.

Metropolitan Road ~ Nishitama Kensetsu Jimusho Kanri Ka ☎0428-22-7219.

お知らせ

## INFORMATION

### < Rental Farm Plot for Hamura Residents > 市民農園使用者募集

Hamura City leases agricultural farm plots to local residents who desire to grow their own crops.

Applicant Eligibility: Hamura residents. \*Corporations and citizen groups are not eligible.



Farm Name	Address	Available Plots	Lease period	Contribution Fee
Dai ① Shimin Nouen	5-4-14.49 Midorioka	45	Mar 1st ~ Jan 31st, 2027	JPY4,000
Dai ③ Shimin Nouen	4-6-8 Ozakudai	48	Mar 1st ~ Jan 31st, 2027	JPY4,000
Dai ⑧ Shimin Nouen	1-14-9 Sakae Cho	35	Mar 1st ~ Jan 31st, 2027	JPY4,000

\*\* Farm plot size is about 20 m<sup>2</sup>, No parking lot and please confirm location before applying.

\*\* Please check each farm's location and apply.

\*\* Dai ② Shimin Nouen will be closed on Jan 31st, so unable to apply.

Application: Please apply from application form by January 27th (Mon) 5PM.

\*If the applications exceed the capacity, tenants will be selected by drawing held from Feb 4th (Tue) 9:30AM, at city hall Nishi-Bunshitsu Building.

\*Only one application is accepted per family. If applicant violates the rule, the applications will be invalidated.

\*If you/your family are already renting plots in other Shimin Nouen, you are not eligible to apply.

\*The result will be notified each applicants.

Inquiries: Sangyou Koshin Ka, Nousei Kakari ☎ Ext. 663.

講座・講演

## COURSE AND LECTURE

羽村市家庭教育セミナー

### <Hamura City Family Education Seminar>

~ **Let's learn together as parents and children!** 親子で学ぼう！家庭での防災・安全対策

#### **Disaster prevention and safety measures at home.**

Learn about how to enhance disaster prevention knowledge with your children and parents, and participate in a experience workshop. Let's have fun while learning!

Date & Time: February 15th (Sat), 10AM ~ Noon.

Location: Primo Hall Yutorogi, Lecture Room 1.

Eligibility: Elementary and Junior high school students and their parents/guardians

Capacity: 20 parent-child pairs (in order of application)

Lecturer: The staff of Ministry of Land, Infrastructure, Transport and Tourism.

Co-sponsors: Hamura Board of Education, Hamura Elementary and Junior High School PTA Association.

Application & Inquiries: From Jan 16th (Thu), please apply via application form or in person to Primo Hall Yutorogi ☎042-570-0707 (9AM~8PM close Mondays exclude holidays').

くらしを変える大豆ミート その凄さを体験しよう！

### <Experience the amazing Soy Meat that will change your life>

Let's cook soybean meat, which has been attracting attention for its benefits for the global environment and health. While tasting, we will introduce the sustainable aspects of soybean meat.

Date & Time: Feb 8th (Sat) 9:30AM ~ Noon.

Location: Community Center, Cooking Training Room.

Capacity: 15 (in order of application)

Menus: Dumplings and Meat Balls.

Fee: JPY500 (for ingredients)

Things to bring: Apron and triangle hood.

Lecturer: Ms. Atsuko Kurachi (Econet Hamura).

Co-organized: Hamura City and Econet Hamura.

Inquiries & applications: Jan 16th (Thu) 9AM ~ Feb 3rd (Mon) 5PM, please apply via application form, call or in person to Kangyou Seisaku Ka ☎Ext. 227.



健康

## HEALTH

### ウォーキング講座 <Walking Courses>

Learn how to walk beautifully for a healthy body. Pole walking is also included in the practical skills. This course is designed for exercise beginners.





Date & Time: February 15th (Sat) (lecture) and 22th (Sat) (practical): 10AM~Noon each day

Location: S&D Sports Arena Hamura, outside roads of the facility, etc.

Eligibility: People who can walk by themselves.

Capacity: 30 (in order of application)

Things to bring: Comfortable clothes/ shoes, drink and writing utensils.

Lecturer: Mr. Keita Aihara (Assistant Professor, Department of Physical Therapy, Kyorin University School of Health Sciences)

Application/Inquiries: Jan 15th (Wed) ~ Feb 9th (Sun) via application form, please call or in person at S&D Sports Arena Hamura ☎042-555-0033.(Applications by phone or in person are accepted from 9AM ~ 5PM except Mondays)



体組成測定会

### <Body Composition Measurement Session>

Let's analyze your body by measuring muscle mass, body fat percentage, basal metabolic rate, etc. with a body composition analyzer.

Date and Time: Feb 17th (Mon) 9:30AM ~ 11:30AM (about 15 minutes)

Location: Hoken Center.

Eligibility: People 18 years old or older residing in Hamura City.

Capacity: 18 (in order of application)

Things to bring: Health notebook (if you have one).

※ Nutritional counseling by a registered dietitian will be provided.

※ Tests cannot be taken if you have a pacemaker or other medical device.

Application/Inquiries: Jan 17th (Fri) ~ Feb 14th (Fri), please call or e-mail to Kenko Ka (in Hoken Center)

☎Ext. 625, ✉s305000@city.hamura.tokyo.jp

※ When applying by e-mail, please include your [name, telephone number, and date of birth] in the text.

やさい、たべていますか？ やさい摂取量測定会

### < Are you eating vegetables? ~ Measure your vegetable intake session. >

Why don't you measure your vegetable intake by placing your palm on the sensor for about 30 seconds?

Date and Time: Jan 29 (Wed) 10AM ~ 11:30AM.

Location: Hoken Center

Eligibility: Hamura Residents

Cooperation: Meiji Yasuda Co.

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



ひきこもり相談会

### <Hikikomori Counseling Sessions>

The “Hikikomori Counseling Session” will be held for those who have withdrawn and not had a chance to consult with a counselor, or those who have someone around or close to them in withdrawn state and would like to consult with a counselor.

Date and Time: Feb 10th (Mon) (1) 9:30AM ~ 11AM (2) 11AM ~ 12:30PM,  
(3) 2PM ~ 3:30PM (4) 3:30PM ~ 5PM.

Location: City Hall East Office Building 2F, Conference Room 202.

(If you have difficulty coming to the office, please consult with us).

Eligibility: In principle, withdrawn persons aged 15~35 residing in the city, or their guardians or relatives.

Capacity: 4 (in order of application)

Application & Inquiries: From Jan 16th (Thu), please call or in person to City Hall 2F, Kosodate Shien Ka, Children and Youth Section ☎Ext. 261.

家族介護者リフレッシュ会

**<Get-together event for family members of dementia patient >**

Participants can learn and talk about how to take care of family members in need of special care for dementia symptoms. Join to share your questions/tips with other care takers. There are information and tips of countermeasures to prevent affection at home.

Date & Time: Feb 19th (Wed), 10AM~Noon.

Location: Primo Hall Yutorogi, Kouzashitsu 1.

Eligibility: Hamura residents who are taking care of elderly family members.

Capacity: 10 (in application order)

Application & Inquiries: Till Feb 14th (Fri) 5PM, please apply via application form, call or Email to Kourei Fukushima Ka, Kaigo Yobo. Chiiki Shien Kakari ☎Ext.456,  
✉s304200@city.hamura.tokyo.jp

※ If you apply via email, please have your [name, age, address and phone number] in text.



こそだて 掲示板

**CHILDREN AND PARENTS Board of Directors**

○If no otherwise stated, City Hall is open from 8:30AM to 5PM (exclude close day).

○Please the 2D code for each facility from Hamura News.

○If no application is indicated, in person to the venue on the event day. If there is no cost listed means free.

**FOR ADULTS**

**<Postnatal Mental Health Consultation>** 産後メンタルヘルス相談

~If mother is feeling unwell after childbirth, why not consult to us once?

A woman's body will be changed with pregnancy and childbirth and various effects are exerted on her mind. Occasionally, she may lose her mental balance and have problems with childcare anxiety and mind. Specialist doctor will be available to discuss such mental issues.

Date and Time: Feb 26th (Wed) ①1:30PM~ ②2PM~ ③2:30PM~

Location: Hoken Center

Capacity: 1 person for each time (in application order)

Eligibility: Maternity women living in Hamura and their families (less than one year after delivery)

※ If you live in another municipality but would like to consult while returning hometown Hamura, childcare is available, please consult to us.

Consultant Psychiatrist: Mr. Hiroshi Mitsushio (Director of Chihiro Mental Clinic)

Application & Inquiries: Please call to Kosodate Sodan Ka, Boshi Kenko. Sodan Kakari (in Hoken Center) ☎Ext.692 in advance.



2 月から、市公式 LINE「子育て」メニューがもっと使いやすく！

**<Starting in February, the city's official LINE [Child Rearing] menu will be easier to use!>**

Those who are raising children or pregnant will be able to obtain necessary information more conveniently. A wide range of information will be posted, from pregnancy, childbirth, childcare support, kindergarten and nursery school, various consultations, health checkups and vaccinations to outing information.

We hope you will make use of it!

Inquiries: Child Rearing Menu ~ Kosodate Shien Ka, Hoiku. Youchien Kakari ☎Ext.233/  
City official LINE ~ Information Policy Section ☎Ext.518.

**<Child Development Consultation>** ~Please consult with us anytime!

① [General consultation on child development]

Date: Monday ~ Friday (exclude holiday)

Eligibility: Children under 18 years old.

② [Consultation on language]

Date: Feb 5th (Wed) and 21st (Fri).

Location: Hoken Center

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



子育てママのフリータイム

**<Free Time for Parenting Mothers>**

Parents raising children can leave their children in the care of the library or Yutrogi while using the library or Yutrogi. The details, please check city official website.

Date and Time: Jan 24th (Fri) and Feb 12th (Wed) 10AM~Noon

Eligibility: Parents or guardians who are raising child age one and half years old or preschoolers.

Capacity: 4 (in order of application).

Fee: JPY 500 per child / per time

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

**FOR CHILDREN**

**Central Children Center ☎042-554-4552**

屋間の月観測会・ファミリー天体観測会

**< Day-time Moon Observation . Astronomical Observation with Family >**

The explanation of SORA-Q which was small robot landed Moon will be held.

Date: Feb 5th (Wed)

Time: ○ Day-time Moon Observation: 4PM ~ 4:30PM

○ Astronomical Observation with Family: 6:30PM ~ 7:30PM

※ If the weather is cloudy or raining, place will be changed to Planetarium  
~lecture of "Tonight's starry sky".

Eligibility: Preschoolers ~ Age 18

(Junior High School students or younger children must be accompanied by an adult).

Capacity: First 46 (including guardians)

※ If you are late, you may not allow to participate.



**East Children Center ☎042-570-7751**

■工作ひろば「紙ねんどで好きなキャラクターをつくろう！」

**<Craft Square "Let's make your favorite character with paper clay!">**

Date and time: Feb 22nd (Sat) 1:30PM ~ 2:30PM.

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

Application: Feb 1st (Sat) ~ 21st (Fri), 9AM ~ 4:30PM, please call or in person to East Children Center.

■イラストコンテスト

**<Illustration Contest>**

Let's draw an illustration freely on the theme of Snowman!

Entry Period: Feb 1st (Sat) ~ 9th (Sun).

Voting Period: Feb 12th (Wed) ~ 19th (Wed).

Announcement of results: Feb 22nd (Sat)

Eligibility: Elementary school students.

※ Please come to the East Children Center during the period.

**West Children Center ☎042-554-7578**

■工作ひろば「おりがみでペンスタンドを作ろう♪」

**<Craft Square "Let's make a pen stand with origami!">**

Date and Time: Jan 29th (Wed) 3PM ~ 4PM.

Eligibility: Elementary Schoolers ~ 18 years old who are residing in Hamura.

Capacity: 12 (in order of application).

Application: Jan 16th (Thu) ~ 27th (Mon) 9AM~4:30PM, please apply via call or in person to West Children Center.



■手作りおもちゃ教室

**<Handmade toy workshop>**

Make your favorite from "Forehead Windmill," "Kuru Kuru Flyer," etc.

Date and time: Feb 8th (Sat), 10AM ~ Noon, 1PM ~ 3PM.

Eligibility: Elementary school students or younger. (Preschoolers need to come with an adult).

Capacity: First 20.

**[The events at same day!]**

◎Toy Hospital

You can repair broken toys and ask for advice.

◎Pitching machine game (held on the same day)

Helper: Toy Hospital Nejimawashi



**Primo Library Hamura ☎042-554-2280**

**< Story Telling at Main Library> はなし会**

○ **Story Telling for Babies**

Date & Time: Jan 22nd(Wed), 11AM~

○ **Story Telling for Elementary school students**

Date & Time: Jan 25th (Sat), 11AM~

Date & Time: Feb 15th (Sat), 11AM~

○ **Picture-Story Show for Preschoolers**

Date & Time: Feb 8th (Sat), 11AM~

「シャトレーズ」 指定保養施設を利用しよう！

**<Please visit Chateraise Recreation Facilities>**

Inquiries: Chiiki Shinkou Ka, Chiiki Shinkou Kakari ☎Ext. 203.

The hotels, Golf Course, Ski Resorts leisure facilities owned by Chateraise Holdings Co., Ltd. are designated as facilities that citizens can use at a discount rate and the partial usage fee is also bearded by city.

\*\* Regarding information services, fees etc., please inquiry to facilities directly.

Eligibility: Hamura Residents, worker and students.

City contribution: JPY2,000 per person / per use

\*\* Application is required.

\*\* Regarding information of how to use, recreation facilities, etc., please check city official website.

\*\* Up to 2 times per person in a year, it will end as soon as the city budget limit is reached.

