



HAMURA NEWS



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Edited by: Hisho Kouhou-ka (Public Information & Public Opinion Section)
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

令和 8 年度国民健康保険

FY 2026 NATIONAL HEALTH INSURANCE

Inquiries: Shimin Ka, Hoken Kakari ☎Ext. 126.

National Health Insurance (Kokumin Kenko Hoken) is available to those who are self-employed, farmers, have retired and quit their workplace health insurance, and not covered by workplace health insurance due to part-time work, etc.

▼ <The National Health Insurance Tax Rate> 国民健康保険税

The FY 2026 National Health Insurance Tax Rate is described as below list. The income tax rate and the per capita tax amount will change. Starting in FY 2026, the Child and Childcare Support Grant system will be newly established. Additionally, the tax base limit of medical expenses is revised from JPY660,000 to JPY670,000.

FY2026 NHI Premiums etc.

ITEM		FY 2026
Medical Expenses	Income Ratio	6.68 %
	Per Capital Basis	JPY29,100.-
	Limit of Tax Base	JPY670,000.-
Premiums for supporting the late elderly	Income Ratio	2.44 %
	Per Capital Basis	JPY12,200.-
	Limit of Tax Base	JPY260,000.-
Premiums for Nursing Care	Income Ratio	2.24 %
	Per Capital Basis	JPY13,900.-
	Limit of Tax Base	JPY170,000.-
Child-Rearing Support	Income Ratio	0.3%
	Per Capital Basis ※	JPY1,928.-
	Limit of Tax Base	JPY30,000.-



※ For insured persons under 18 years of age, the Per Capital Basis of the Child and Childcare Support Benefit is reduced.

加入・喪失手続きを忘れずに

▼ <Please do not forget to complete the National Health Insurance enrollment and loss procedures.>

○ Enrollment

加入

Those who resigned at the end of March and quit their workplace health insurance are required to enroll in the National Health Insurance program. A loss eligibility certificate for health insurance or resignation certificate is required for the procedure.

○ Loss of Health Insurance

喪失

Those who started working in April and enrolled in workplace health insurance are required to complete the procedures for loss of National Health Insurance. Required documents include the health insurance association's eligibility confirmation letter and eligibility information notice.

※ Identification documents are required for both enrollment and loss of insurance.



※ The procedures are acceptable by postmail or online.

▼ **<The Tax Payment Notice will be sent in July>** 7月に送付納税通知書
FY 2026 National Health Insurance tax payment notice will be sent in middle July.



▼ **<Reduction from Payment of Premiums>** 国保税の軽減
Reduction of Insurance Tax per capita levy 保険税均等割の軽減

Households whose total income is below a certain amount are eligible for a reduction of the national health insurance tax (per capita levy).

No application is required, but if the income of the previous year has not been declared, the reduction will not be applied. The criteria for the tax reduction due to the 2026 tax reform are as shown in the table below.

FY2026 Reduction from Payment of Premiums

	Applicable requirements
70% Reduction	Household's total income of the person insured is less than JPY430,000 + JPY100,000 x (the number of salaried workers, etc. ※ - 1).
50% Reduction	Household's total income of the person insured is less than JPY430,000 + the number of persons insured x JPY310,000 + JPY100,000 x (the number of salaried workers, etc. ※ - 1).
20% Reduction	Household's total income of the person insured is less than JPY430,000 + the number of persons insured x JPY570,000 + JPY100,000 x (the number of salaried workers, etc. ※ - 1).

※ The number of salaried workers, etc.: Those whose salary income is JPY550,000 or more, those who are under 65 years old and whose pension income (excluding salaried workers) exceeds JPY600,000. Those who are 65 years old or older and pension income (excluding salaried workers) exceeds JPY1,250,000.

Helping to save on medical expenses 医療費の節約にご協力を

It is important to make efforts to maintain and promote good health by, for example, undergoing specified medical checkups. Use of generic drugs can also help you save on medical expenses.

Please cooperate with us. Thank you for your cooperation!

国保加入者限定！ 温泉センター割引利用券

**< For National Health Insurance members only!
~ Onsen Facility Admission Discount Tickets >**



Items to Bring: Identification Documents.

Valid Term: Till March 31st, 2027.

Inquiries: Shimin Ka Hoken Kakari ☎Ext. 127 (City Hall 1F).

Discount tickets can be used at these facilities:

- 数馬の湯 Kazuma-no Yu ☎042-598-6789
- もえぎの湯 Moegi-no Yu ☎0428-82-7770
- 瀬音の湯 Seoto-no Yu ☎042-595-2614
- つるつる温泉 Tsuru-Tsuru Onsen ☎042-597-1126

~ 75 歳以上の方の医療保険 ~ [令和8年度後期高齢者医療保険]

~ For those who Age 75 or over

FY 2026 LATE ELDERLY MEDICAL INSURANCE SYSTEM (Kouki Koureisha Iryou Hoken)

Inquiries:

○ About system ~ Kouiki Rengou Inquiry Center ☎0570-086-519 (IP hone, PSH ☎ 03-3222-4496)
Fax 0570-086-075.

○ Individual Consolation and Personal information ~ Shimin Ka, Kourei Iryo. Nenkin Kakari ☎Ext. 140.
The insurance premiums will be used not only to cover medical benefit payments but also, starting this FY, to support child-rearing assistance. The premium rate is reviewed every two years and is uniform throughout

▼ **How Premiums Are Determined** 保険料の決め方

Premiums are charged to each person insured. The amount of premiums is the sum of the [Per Capita Amount], which is paid equally by each insured person, and the [Income Tax Rate] which is based on the insured person's the previous year income.

Medical Expenses (Limit amount: JPY850,000)

+

Child and Child-Rearing Support Allowance (Child Portion)

(Limit amount : JPY21,000)

||

Insurance Premium Amount (Annual)

(Limit amount : JPY871,000)

※ For more details of calculations, please check Hamura News ver. April 1st.



▼ **Reduction of Premium** 保険料の軽減

For those with low incomes, premiums are reduced according to the [Total amount of gross income, etc.]. For more details, please refer to the [Notice of Determination of Insurance Premium Amounts], enclosed with the notice of insurance premium amount, will be sent in Middle of July.

※ The reduction is required to file tax return. City may send a [Simplified Income Declaration Form for the Late Elderly Medical Care Program] to individuals (insured persons and heads of households) who have not filed their income tax return for the FY2026.

▼ **Notification of Determination of Insurance Premiums** 保険料額決定通知書

The FY2026 Notification of the determination of the amount of Late Elderly medical insurance premiums will be sent in the middle of July. Please confirm.

■ 4月から 高齢者補聴器購入費助成事業

<Hearing Aid Purchase Assistance Program for Elderly will be started from April>

Eligibility: Individuals meeting all of the following criteria (1) to (4):

- (1) Individuals aged 65 or older with a registered residence in the city.
- (2) Individuals not eligible for a Physical Disability Certificate due to hearing impairment.
- (3) Individuals exempt from resident tax.
- (4) Individuals who can submit a physician's statement confirming that the average hearing level in both ears is moderate hearing loss (40 dB or higher but less than 70 dB) or worse, and that hearing aid use is necessary.

※ Purchases made before approval are ineligible.

Subsidy Amount: Up to JPY40,000 (one device per person only).

Application: Please visit the Kourei Fukushi Kaigo Ka counter. The opinion forms to those confirmed as eligible will be distributed.

[Applying Procedure]

- ① Apply to the Kourei Fukushi Kaigo Ka (Starting April 1st) : Please apply in advance before purchasing.
- ② Examination at the Otolaryngology Department: A medical opinion statement will be written.
- ③ Estimate: Shops with certified hearing aid specialists --> Submit it to Kourei Fukushi Kaigo Ka.
- ④ Review and Decision.
- ⑤ Purchase: Purchase the same hearing aid as the one quoted.
- ⑥ Claim: Please bring copies of invoice and receipt, along with documentation showing your bank account details, and visit the counter in person.
- ⑦ Subsidy

Inquiries: Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari ☎Ext. 178.



FY2026 PENSION

Inquiries: Ome Nenkin Jimusho ☎0428-30-3410

Shimin Ka, Kourei Iryou. Nenkin Kakari ☎Ext. 135

▶ National Pension Premiums 国民年金保険料

For the FY2026, the monthly premium amount of National Pension (国民年金保険料) will be increased JPY410. Starting with the April premium payment, a monthly premium will be JPY17,920.

The Japan Pension Service (日本年金機構) will mail the packet of payment slips to the National Pension premium payers at Early of April.

Please check the payment, which can be paid at financial institutions, post offices and convenience stores, or by bank transfer. and be sure to pay by due day.

If you wish to use the convenient direct debit service, which offers a discount program, please complete the necessary procedures at the financial institution or post office of your choice.

※ Please inquire regarding credit card payments to Ome Nenkin Jimusho.



▶ Exemption and Deferment of Premium Payment 保険料の免除・納付猶予

Period for which application can be made: 申請できる期間

● Past period: Up to 2 years and 1 month before the month of application.

※ The months for which premiums have already been paid are excluded.

● Future period: Up to the most recent June.

How to apply: Apply at the service counter of the city hall or pension office.

▶ Student Premium Payment Exemption System 学生納付特例制度

Period for which application can be made: The applicant student is age 20 or over during the term.

○ Past term: From applying month to previous 2 years and 1 month prior.

○ Future term: By the end of application fiscal year.

※ Excludes months for which premiums have already been paid.

Application Method:

○ Those whose enrollment in the 2026 academic year has been confirmed based on the previous year's application: Japan Pension Service will send student a notice confirming your application for continuation of the Special Provision for Student Payment. If you wish to continue your application for the 2026 academic year, please fill out the enclosed postcard and return it to the Japan Pension Service.

○ If you did not receive a confirmation notice of application for continuation or are applying for the first time: Please go to your local city hall or pension office.

※ If you have resigned from your job, you may be required to submit an employment insurance release form or other documents. Please inquire in advance.

※ Required Documents for application, please check barcode posted in Hamura News ver. April 1st.

あなたの健康を応援!

SUPPORT YOUR HEALTH



【带状疱疹および肺炎球菌予防接種の共通事項】

[General Information for Shingles and Pneumococcal Vaccination]

Eligibility: Residents registered in Hamura who have never been vaccinated and wish to receive the vaccine.

Location: Participating medical institutions within the city (direct booking required).

Number of Subsidized Doses: One dose within the designated period (two doses for Shingles inactivated vaccines).

※ If you receive the vaccination at a facility other than a participating medical institution, or after the vaccination period has ended, you will be responsible for the full cost.

※ You must present the [Subsidy (voucher) postcard} issued by the city to receive the vaccination.

Inquiries: Kenko Ka, ☎Ext. 627.

助成 带状疱疹定期予防接種費用を一部

<Partial Subsidy for Shingles Vaccination Costs>

Individuals turning ages within this fiscal year: 65, 70, 75, 80, 85, 90, 95, or 100 years old, the [Subsidy (Voucher) Postcard] will be sent within April.

※ Individuals aged 60 ~ 64 with immune dysfunction due to Human Immunodeficiency Virus (HIV) but wish to vaccination, please contact to Kenko Ka.

Subsidy amount: Live vaccine.....JPY4,000.

Inactivated vaccine...JPY10,000. (two doses within the specified period).



助成 高齢者肺炎球菌感染症予防接種 ~ワクチン、助成額、自己負担額の変更~

<Subsidy Pneumococcal Vaccination for the Elderly>

~ Changes to the Vaccine, Subsidy Amount, and Out-of-Pocket Cost ~

City will mail a [Subsidy (voucher) Postcard] to individuals turning 65 years old in the latter half of the month preceding their birthday.

※ If you are age 60 or older but under 65 on the day of your vaccination, and you have disability that severely limits your ability to perform activities of daily living due to heart, kidney, or respiratory dysfunction, or an immune deficiency caused by the human immunodeficiency virus (HIV), and holding a Level 1 Disability Certificate, please contact the Kenko Ka.

Subsidy Amount (FY 2026): JPY5,500.

※ For those who fall under category ①, a [Subsidy (Voucher) Postcard] will be mailed in the latter half of the month preceding your birthday. Those who fall under category ② should contact the Kenko Ka.

※ For individuals born between April 2nd, 1960 ~ April 1st, 1961, a [Subsidy (Voucher) Postcard] was already mailed during the FY2025. If you have lost it, please contact the Kenko Ka.

助成 大人の風しん予防接種費用を一部

<Partial Subsidy for Adult Rubella Vaccination Costs>

Eligibility: Residents aged 19 or older with a registered residence in the city who meet any of the following criteria and have low rubella antibody levels:

- (1) Women planning or hoping to become pregnant.
- (2) Pregnant women or individuals living with those in (1)

※ An antibody test is required before vaccination.

Subsidy Amount: Measles-Rubella Combined Vaccine...JPY5,000.

Rubella Vaccine...JPY3,000.

[Those Not Eligible for Free Antibody Testing] 【無料抗体検査の対象とならない方】

- ① Individuals who have previously received two or more rubella vaccinations.
- ② Individuals who have previously received antibody testing through this program.
- ③ Individuals who have already undergone antibody testing on their own and confirmed insufficient antibody levels.

Application: Submit the application form via postmail or in person to the Kenko Ka ☎Ext. 627.



みんなで続ける！ 大人ダイエット 60 日コース

<Let's Keep On It Together! Adult Weight Loss 60-Day Course>

We've received feedback from last year's participants such as, "Tracking my weight on a graph really helped me understand how my weight fluctuates", "I learned the right methods and knowledge for dieting" and "Having everyone there made it fun to stick with it until the end"!

Location: Hoken Center

Eligibility: City residents aged 70 or younger as of May 19th.

※ Those eligible for Specific Health Guidance are kindly asked to refrain.

※ Please consult us if you cannot attend all sessions.

Date & Time:

Session	Date	Time
Session 1	May 19th (Tue)	All sessions: 10AM ~ 12:30PM
Session 2	June 2nd (Tue)	
Session 3	July 28th (Tue)	

Capacity: 12 (in application order).

Fee: JPY300 (Sessions 1 & 3: Cooking class fee).

Application & Inquiries: From April 2nd (Thu), via the application form or by phone to the Kenko Ka ☎ Ext. 625.



胃がん・肺がん検診 (第1期)

< Screening for Stomach / Lung Cancer & Tuberculosis (the 1st term) >

Date & Time: June 10th (Wed) ~ 13th (Sat) 8AM ~ Noon (Time specification not available)

Location: Hoken Center.

Eligibility: Hamura residents 40 years of age and older.

Fee: JPY500 each (both are X-ray imaging).

Those who are not eligible to take examination: 受診できない方

[Stomach cancer screening] ①~⑦

[Lung Cancer Examination] ①~④

- ① Pregnant, possibly pregnant, or breast feeding.
- ② Those who are currently undergoing treatment or follow-up for a disease in the area to be examined.
- ③ Those who have an opportunity to receive a medical checkup at their workplace.
- ④ Those who need assistance during examinations.
- ⑤ Those who are with implanted medical devices, such as pacemakers.
- ⑥ Those who with a history of intestinal obstruction and allergic to barium.
- ⑦ Those who have had laparotomy, orthopedic surgery, myocardial infarction or cerebral infarction etc. within the past year.

Capacity: 80 people each day (If there are too many applicants, the drawing will be held).

※ City will mail examination vouchers to those selected for the examination in late May.

Application: April 1st (Wed) ~ 15th (Wed) postmark deadline, please submit required information via fill application form or postmail to Kenko Ka.

[Required Information] ① Preferred screening date (1st choice, 2nd choice, or anytime acceptable)

② Desired screening type ③ Address ④ Name (furigana)

⑤ Date of birth and age ⑥ Contact phone number (daytime)

※ One application per person is required.

※ Please apply by postcard or letter. A return postcard is not required.

※ In accordance with National guidelines, sputum examination will be discontinued from FY 2026.

Inquiries: Kenko Ka ☎ Ext. 626.

Application & Inquiries: Kenko Ka (in Hoken Center)

〒205-0003 5-5-2 Midorigaoka, Hamura City,

☎ 042-555-1111, FAX 042-554-4767, ✉s305000@city.hamura.tokyo.jp

PICK UP NEWS

国の重点支援地方交付金重点支援地方交付金を活用した

Using the National Priority Support Local Grant! ~

City will implement measures to combat rising prices

物価高騰対策を行います



<Exemption from Basic Water and Sewerage Fees> 水道基本料金・下水道基本使用料の免除

City will waive the basic water service charge and basic sewer service charge for four months.

Eligibility: For those who are using small-diameter water meters (13mm, 20mm, 25mm) intended primarily for residential use.

Period: Applies to meter readings taken on or after April 1st.

- Meter readings in even-numbered months: April and June readings (March ~ June).
- Meter readings in odd-numbered months : May and July readings (April ~ July).

Applicable charges (excluding tax) 対象となる料金 (税悦)

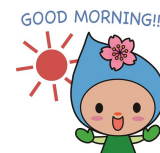
Meter Size	Basic Water Charge	Basic Sewerage Charge	Total
13mm	JPY2,480.	JPY1,760.	JPY4,240.
20mm	JPY3,320.	JPY1,760.	JPY5,080.
25mm	JPY4,120.	JPY1,760.	JPY5,880.

※ This amount is for 4 months.

※ You can check the meter size on your billing statement.

※ This does not apply if you only use the sewer service.

Inquiries: Waterworks Office ☎ 042-554-2269, Fax042-554-2573.



事業者物価高騰緊急対策助成事業

<Emergency Subsidy Program for Businesses Affected by Rising Prices>

To alleviate the financial burden on businesses, subsidies will be provided to businesses operating with the city and to sole proprietors.

Application Period: April 6th (Mon) ~ September 30th (Wed) (postmark valid).

※ The application form can be downloaded from city official website.

Grant Amount: Sole Proprietors...JPY30,000. / Corporations...JPY100,000.

Application: Please apply via application form on the city official website, or submit by postmail or in person to Sangyou Shinkou ka, Shoukou Kankou Kakari.

Send to: 〒205-8601 (No need address) Attn: Sangyou Shinkou Ka, Shoukou Kankou Kakari.

Inquiries: Sangyou Shinkou Ka, Shoukou Kankou Kakari ☎Ext.666.

保護者の負担を軽減 ~幼稚園・保育園等の副食費等支援

<Reducing the Financial Burden on Parents ~ Support for Supplementary Meal Costs at Kindergartens, Nurseries, etc.>

To alleviate the financial burden on parents of Kindergartens, Nurseries etc. within the city, city will provide support for supplementary meal costs and other expenses starting in April.

Eligibility and Support Amounts

- Licensed Nurseries and Certified Children's Centers (childcare component)...JPY4,500 per child/monthly (Paid to the facility).
- Non-licensed childcare facilities (certified childcare centers, etc.)... JPY4,500 per child monthly (Paid to parents as a subsidy to reduce user fees).
- Kindergartens and Certified Children's Centers (educational component)... An additional JPY3,000 per child/ monthly added to the parent fee reduction subsidy (up to JPY6,000/monthly; paid to parents).
- Regular Childcare Services... JPY4,000 per child/ monthly (paid to the facility).

Inquiries: Kosodate Shien Ka, Hoiku. Youchien Kakari ☎Ext. 231.



保護者の負担を軽減 ~学校給食費の無償化を継続

<Reducing the Financial Burden on Parents

~ Continuation of Free School Lunches>

To reduce the financial burden on parents of students attending Hamura City elementary and junior high schools, city will continue to provide free school lunches by utilizing subsidies from the national and metropolitan governments.

※ Parents of students who bring packed lunches due to allergies or other reasons will receive a payment equivalent to the cost of school lunches.

[Note] Program details may be subject to change depending on the status of national subsidies related to the free school lunch program.

Inquiries: Gakkou Kyouiku Ka, Gakumu Kakari ☎ Ext. 356.

■ 4月1日から 自転車の交通違反に「青切符」導入

<Starting April 1st, [Blue Tickets] will be introduced to Bicycle Traffic Violations>

● What is a [Blue Ticket] ?

A system where violators avoid criminal penalties by paying a fine.

Eligibility: Applies to individuals aged 16 and older.

※ Particularly serious violations, such as drunk driving or driving under the influence, will result criminal penalties.

[Major Violations]

- Running a red light: Fine: JPY6,000.
- Using a mobile phone (holding it) Fine: JPY12,000.
- Violating traffic lane rules Fine: JPY6,000.
- No lights at night Fine: JPY5,000.

For details, please refer to the Bicycle Rulebook (National Police Agency).



■ Follow the Five Rules for Safe Bicycle Use!

Ride on the roadway as a rule, keep left, use sidewalks only when permitted, give way to pedestrians

At intersections, obey signals and stop signs, check for safety

Use lights at night.

Do not ride under the influence of alcohol.

Wear a helmet.

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

青少年育成活動保険保険に加入しませんか

< Why do'nt you enroll Insurance for Youth Development Activities? >

The city can purchase insurance for representatives and leaders of youth development organizations (volunteer activities) at the city's expense.



Eligible Groups, etc. 対象団体等

- Youth development and social education organizations (sports clubs, etc.) in the city for the purpose of youth development.
- The coverage for youth development group is limited to 10 members /per group and social education-related organizations is limited 5 members in the city.

Application & Inquiries: April 2nd (Thu) ~ 30th (Thu), please bring application documents directly to the city hall 2F Kodomo Seisaku Ka (only April 23rd (Thu) is extended to 7PM).

Compensation 補償内容

[Compensation for liability]

This indemnity provides relief in the event that a representative or leader of an organization (unpaid person) becomes legally liable for compensation as a result of an accident during activities.

Limit of coverage: JPY500 million per accident for both bodily injury and property damage.

[Personal Accident Compensation]

Provides relief in the event that a representative or leader (unpaid person) of the organization is injured in an accident during the activities.

Limit of compensation: Death and permanent disability: JPY30 million,
Hospitalization per day: JPY4,500, Hospital visit per day: JPY3,000.

Application Documents : ○Application form ○project plan.

※ Application documents can be downloaded from city official website.

Inquires: Kodomo Seisaku Ka ☎Ext. 261.

お知らせ

INFORMATION



参加者募集 青梅・羽村ピースメッセンジャー

<Participants Wanted: Ome /Hamura Peace Messengers>

Would you like to join us on a journey to Nagasaki to [Feel and Reflect on the importance of peace]?

Period: June 26th (Fri) ~ August 16th (Sun) (includes pre- and post-program training, Nagasaki visit).

Eligibility: Junior high school students residing in the city.

Requirements: Able to participate in the entire schedule.

Capacity: 10

Cost: Free (Transportation, lodging, meals, facility admission fees, and insurance for the Nagasaki trip covered by the organizer).

Selection Method: Document screening.

Organizer: Ome/Hamura Children's Experience Program Executive Committee.

Application & Inquiries: By April 30th (Thu), please submit completed application form with photo attached via postmail or in person to Somu Ka, ☎ Ext. 333.
〒205-8601 (No address needed)

※ Application guides and forms are available at all city Junior high schools, City Hall 1F Information Desk, 3F Somu Ka counter, Primo Library Hamura, Primo Hall Yutorogi, or downloadable via the QR code poste in Hamura News ver. April 1st.

※ This program utilizes the Tokyo Mayors Association's [Tama/Island Wide Area Collaboration Activity Grant Program].

暮らし

DAILY LIFE



防災行政無線が聞こえにくいときは

<When Disaster Prevention Broadcasts Are Hard to Hear>

▼ How to Check Disaster Prevention Broadcast Content

防災行政無線の放送内容を確認できます

If you couldn't hear the broadcast due to [heavy rain or couldn't make it out indoors], you can check the content using the following methods.

※ Excludes regular broadcasts like evening chimes and welfare announcements.

○ Disaster Prevention Administrative Radio Toll-Free Line (within 24 hours) ☎0120-554-994 (Free call).

※ The most recent broadcast content will be played via automated voice.

○ City official website

You can check the latest broadcast content from the top page.

○ Email delivery service, LINE Official Account

Broadcast content is simultaneously distributed. Please register using the QR code on Hamura News ver. April 1st.

防災行政無線の「戸別受信機」を無償で貸し出します

▼ Free Rental of [Individual Households Receivers] for Disaster Prevention Administrative Radio

City may offer free rental of [Individual Households Receivers] to eligible individuals, ensuring clear broadcast reception indoors.

○ Eligibility

1) Individuals with hearing impairments (Household representatives residing in the city who belong to households with members holding a hearing impairment grade 2 or higher)

2) Elderly households residing in flood/landslide hazard zones (Households consisting solely of

individuals aged 75 or older residing in areas designated as hazardous on hazard maps. Limited to those without access to the city's disaster prevention app via smartphone, etc.)

○ Application Method

For details on eligibility criteria and required documents, check the city's official website or contact the Bousai Anzen Ka.

4月1日から「夕方のチャイム」放送時刻が変わります

▼ **Starting April 1st, the broadcast time for the [Evening Chime] will change.**

City will adjust the broadcast time for the [Evening Chime], which serves as a guide for children returning home, as follows, due to radio system maintenance.

※ The chime may not be broadcast if it coincides with emergency broadcasts such as fire alarms.

Chime Broadcast Time (April ~ September): 5:30PM.

Inquiries: Bousai Anzen Ka, Bousai. Kiki Kanri Kakari ☎Ext. 214.

住宅の防犯機器等購入費の一部を補助

<**Partial Subsidy for Purchase of Security Equipment, etc. for Houses**>

Eligibility: Those who are not in arrears of municipal tax, etc.

※ There are others eligibility conditions, please check city official website.

Eligible security equipment etc.: Intercoms with cameras, security cameras, security films etc.

Amount of subsidy: 1/2 of the actual cost of purchasing. installing security equipment, etc.
(maximum JPY10,000, amounts less than JPY1,000 are rounded down)

※ Subsidies will be granted only once per residence.

※ Acceptance of applications will be closed when the budgeted amount is reached.

How to apply: By March 15th (Mon), 2027, please submit the application form, invoice, and download required documents to the Bousai Anzen Ka.

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



今年も定期集合注射を行います ~ 狂犬病予防注射を忘れずに!

<**Group Rabies Shot will be also held this year.**

~ **Please do not FORGET Rabies Shot for Your Dog.**>

Group Vaccination Dates: April 16th (Thu). 17th (Fri). (Held Rain or Shine)

Fee: JPY3,750 (Vaccination JPY3,200, Vaccination Certificate JPY550).

Things to bring:

○ [FY 2026 Rabies Vaccination Certificate Issuance (Reissuance) Application Form] (pink) sent by the city at the end of March.

※ Please make sure to fill questionnaire completely and bring with you.

※ Dog registration procedures cannot be done at the group vaccination venue. Please complete the registration procedures beforehand before coming to the venue.

Inquiries: Kankyou Seisaku Ka ☎Ext.227.

4月は若年層の性暴力被害予防月間

<**April is the month for Preventing Sexual Violence among Young People**>

Sex crimes and sexual violence are serious human rights violations and are never acceptable.

Methods of sexual violence against teens and young adults are becoming increasingly sophisticated.

If you think you **[might be a victim]**, don't suffer alone ~ seek help.

Inquiries: Somu Ka, Somu Kakari ☎Ext. 347.



フレイル予防体操教室に参加しましょう!

<**Let's participate in the Flail Prevention Exercise Class.**>

There are two types of exercise classes offered for preventing frailty: [Basic exercise class] and [Muscle training machine class]. Both classes feature exercises and training anyone can do.

Choose the class you want to take or are interested in trying, and join in!

Eligibility: Hamura Residents with age over 65.

Things to bring: Clothing for exercise, towel for wiping sweat, beverage and writing utensils (Muscle training machine class is required to have indoors shoes).

[Precautions of Muscle training machine class]

※ Applications by phone are accepted only for those unable to apply via the online form.

※ Each person may reserve one location per month.

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Yobo. Chiiku Shien Kakari ☎Ext.197.



● **Flail Prevention Class to up body strength**

Basic Exercise Class					
Details	Location	Date	Time	Capacity	Application
Stretching Exercises, Slow muscle training, Oral function improvement exercise etc.. Flail Prevention all details.	Primo Hall Yutorogi Reception Hall	Apr ~ Sep The 3rd Wed	9:30AM~11:30AM	Each session 30	First come first serve on the event day.
		Oct ~ Mar The 3rd Tue			
	Ikoi No Sato 2F Meeting Room	The 3rd Thursday / Monthly			

Muscle Training Machine Class					
Details	Location	Date	Time	Capacity	Application
Strengthen your arms, back, and leg muscles with muscle training machines. ※ The trainer will help the beginner.	S&D Sports Arena Hamura Training Room	Apr ~ Sep The 2nd Thur	1) 1:30PM~2:30PM	Each session 10	The 1st date for each month 8:30AM ~, please apply via application form (in application order). ※ If date 1st is Sat, Sun or holiday, please process in next day.
			2) 2:30PM~3:30PM		
	Fukushi Center Aoba Activity Room	The 2nd Sat after November	1) 9:30AM~10:30AM 2)10:30AM~11:30AM		
	Ikoi No Sato Meeting Room	Every 4th Tue of the month	1) 1:30PM~2:30PM 2) 2:30PM~3:30PM		

情報アラカルト

MISCELLANEOUS INFORMATION



子育て

CHILDREN

■ 4 月から定期予防接種に R S ウイルス感染症 (母子免疫ワクチン)

<Starting in April, RSV infection (maternal-fetal vaccine) will be included in the routine vaccination schedule.>

RS Virus Infection… A virus that causes respiratory symptoms, most infants and young children are infected at least once by the age of 2.

For pregnant women between 28 weeks 0 days and 36 weeks 6 days of gestation

Eligibility: For pregnant women receiving vaccination on or after April 1st, 2026, who are between 28 weeks 0 days and 36 weeks 6 days pregnant at the time of vaccination.

※ For pregnant women who register their pregnancy on or after April 1, city will distribute the preliminary medical questionnaire along with the Maternal and Child Health Handbook. For those who registered their pregnancy before April 1st, city will send the preliminary medical questionnaire separately.

Location: Participating Medical Institutions (Direct Appointments)

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

■ 妊産婦メンタルヘルス相談

<Pregnant woman Mental Consultation (reservation required)>

Date and Time: April 22nd (Wed) ① 1:30PM~ ② 2PM~ ③ 2:30PM~

Location: Hoken Center.

Eligibility: Pregnant woman or raising children mother living in Hamura City.

※ Please contact use if you live outside the city and are visiting Hamura hometown and need childcare at the time of your consultation.

Capacity: One person / per time (in the order of application)

Counselor: Mr. Hiroshi Mitsushio (Psychiatrist, Director of Chihiro Metal Clinique).

Application & Inquiries: Please call in advance to Kodomo Katei Center. Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 695.



■ 1歳児教室「1歳ちゃん♪ 集まれ〜!」

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

Date & Time: April 28th (Tue), from 9:30AM ~ 11:30AM

Location: Hoken Center

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

Capacity: 15 groups (in the order of application)

Application & Inquiries: Starting from April 1st (Wed) 9AM~, via application form or in person to Kodomo Katei Center, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 695.

4月から改正 児童扶養手当・特別児童扶養手当の支給額が改定

<Starting April, Child Support Allowance & Special Child Support Allowance Amounts Revised>

■ Child Support Allowance (Monthly) 児童扶養手当 (月額)

Base Amount

	Before Revision	After Revision
Full Payment	JPY46,690.	JPY48,050.
Partial Payment	JPY11,010. ~ JPY46,680.	JPY11,340. ~ JPY48,040.

■ Additional Amount for Second and Subsequent Children 第2子以降加算額

	Before Revision	After Revision
Full Payment	JPY11,030.	JPY11,350.
Partial Payment	JPY5,520. ~ JPY11,020.	JPY5,680. ~ JPY11,340.

■ Special Child-Rearing Allowance (Monthly) 特別児童扶養手当 (月額)

【Grade 1】 JPY56,800. ⇒ JPY58,450.

【Grade 2】 JPY37,830. ⇒ JPY38,930.

Inquiries: Kodomo Seisaku Ka, ☎Ext. 237.



郷土博物館

KYODO HAKUBUTSUKAN ☎042-558-2561

企画展 こいのぼりと五月人形展

<Special Exhibition: Koi Nobori and May Dolls>

A special exhibition coinciding with Children's Day. Featuring a collection of May dolls related to horses, such as [Horseback Warriors], in honor of this year's zodiac sign.

Date & Time: April 11th (Sat) ~ May 10th (Sun), 9AM ~ 5PM (Old Shimoda Residence closes at 4PM).

※ May 4th (Mon. Holiday) opens, but 7th (Thu) close.

Location: Orientation Hall, Special Exhibition Corner, Old Shimoda Residence.

プリモホールゆとろぎ

PRIMO HALL YUTOROGI ☎042-570-0707

出演者募集 第11回HAMURA メリーリボン演劇祭

<Performers Recruitment : The 11th HAMURA Merry Ribbon Theater Festival>

A theater festival bringing together theater professionals active in the Tama region.

Date & Time: July 18th (Sat) & 19th (Sun), 11:50AM ~ 5PM.

Location: Primo Hall Yutrogi, Small Hall.

Eligibility: Theater clubs from schools within the Tama region or theater groups active in the Tama region.

Capacity: 10 groups (Document screening if oversubscribed).

Sponsors: HAMURA Merry Ribbon Theater Festival Executive Committee and Hamura City Board of Education.

Application: April 1st (Wed) ~ 23rd (Thu) via the application form.

伝統文化日本舞踊こども教室

<Traditional Japanese Dance Children's Class>

Dates & Time: May ~ November Sundays (all 15 sessions). 1:30PM~3PM.

Location: Primo Hall Yutrogi and Gonogami Kaikan.

Eligibility: Elementary School Students.

Capacity: 20 (drawing, if oversubscribed)

Fee: JPY500 (for all 15 sessions)

Application: By May 12th (Tue) (must arrive by this date), via postmail to Japanese Dance Wakatsuki no Kai (check city website).



伝統文化いけばなこども教室

<Traditional Ikebana Children's Class>

Date & Time: May ~ January, 2027 Saturdays (8 Sessions) 10AM ~ Noon.

Location: Primo Hall Yutrogi Creative Room 1

Eligibility: Elementary school students.

Capacity: 30 (drawing, if oversubscribed).

Fee: JPY600 per session (flower cost).

Organizer: Hamura City Ikebana Sakura Association.

Application: By April 30th (Thu) (must arrive by this date), via postmail to Hamura City Ikebana Sakura Association (check from city website).

図書館

PRIMO LIBRARY HAMURA ☎042-554-2280

館内整理日（休館日） **< Library Closure >**

Library will be close Apr 15th (Wed) for organization.



利用者カードは更新が必要です

<Library User Card needs to be renewed>

The library user card needs to update registration data once every 3 years in the month of birth. This notice will be notified from counter one month in advance.

Items required for renewal: Driver's license etc. that verifies your address.

※ In addition to the above, those who work or study in the city must have a document that can verify the location of their place of employment.

※ If you have your previous user card, please bring it with you.

春の全国交通安全運動

<Spring National Traffic Safety Campaign>

~ Aiming to be the World's Safest City for Traffic Safety: TOKYO~

● Spring 2026 National Traffic Safety Campaign

Period: April 6th (Mon) ~ April 15th (Wed).

● Four Key Campaign Focus Areas 運動の重点4項目

① Ensuring the safety of pedestrians, especially children, on school routes and residential roads.

② Eliminating distracted smartphone use while walking and improving safe driving awareness, such as prioritizing pedestrians.



③ Thorough understanding and compliance with traffic rules for bicycles and specific small motorized bicycles.

④ Prevention of motorcycle traffic accidents.

Inquiries: Fussa Police Station, Traffic Administration Division ☎ 042-551-0110 FAX 042-553-8044.

4 ~ 9 月に新規で購入する方 東京都シルバーパス

<For Tokyo Metropolitan Government Silver Pass new purchase (April ~ September)>

Tokyo Metropolitan Silver Pass: It allows to use the Tokyo Metropolitan Transportation System (buses, subways) and privately operated buses in Tokyo.

Valid Term: From the date of issue ~ September 30th (Wed).

Eligibility: Residents 70 years of age or older (excluding bedridden persons).

※ The card can be purchased from the first day of the month of your 70th birthday (or the first day of the previous month for those whose birthday is on the 1st of the month).

Application: Please prepare the necessary documents and purchase a Silver Pass at the nearest bus office, subway commuter pass sales office, or other Silver Pass-issuing counter.

Inquiries: Tokyo Bus Association Silver Pass Special Phone Number ☎ 03-5308-6950 (9AM~5PM, exclude Saturdays, Sundays and national holidays)/ Tokyo Metropolitan Government Welfare Bureau, Home Assistance Division, Promotion Section ☎ 03-5320-4275.

PUBLIC CONSULTATIONS Schedule of APRIL

Category	Date	Time	Contact
Public Administration and Human Rights	16th(Thu)	1:30pm ~ 4:30pm	Shimin Soudan-shitsu city hall ext.541 ◆Please do not call the Shimin Soudan-shitsu for consultation over the telephone.
Consultation for Families with Children (General Support for Child Rearing Families)	Monday ~ Friday	8:30am ~ 5pm	Soudan Kakari at city hall ☎042-555-1111, Ext. 692 or Kodomo Katei Shien Center (Family Support Center) ☎042-578-2882

*The General Consultation for Foreign Residents service has been discontinued.

4月の休日診療 **ARPIL** ◆ **MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS** ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
5th (Sun)	Matsubara Naika Iin ☎042-554-2427	Heijitsu Yakan Kyuukan Center ☎042-555-9999	Matsubara Naika Iin ☎042-554-2427	Heijitsu Yakan Kyuukan Center ☎042-555-9999	Minagawa Sougou Shika Clinic ☎042-555-8219	Minagawa Sougou Shika Clinic ☎042-555-8219
12th (Sun)	Matsuda Iin ☎042-554-0358	Hikari Clinic (Fussa-shi) ☎042-530-0221	Matsuda Iin ☎042-554-0358	Hikari Clinic (Fussa-shi) ☎042-530-0221	Moriya Shika Iin ☎042-555-9872	Moriya Shika Iin ☎042-555-9872
19th (Sun)	Hamura Sougo Shinryoujo ☎042-554-5420	Kumagawa Byouin (Fussa-shi) ☎042-553-3001	Hamura Sougo Shinryoujo ☎042-554-5420	Kumagawa Byouin (Fussa-shi) ☎042-553-3001	Uno Shika Iin ☎042-555-8241	Uno Shika Iin ☎042-555-8241
26th (Sun)	Yamakawa Iin ☎042-554-3111	Hikari Clinic (Fussa-shi) ☎042-530-0221	Yamakawa Iin ☎042-554-3111	Hikari Clinic (Fussa-shi) ☎042-530-0221	Okikura Shika ☎042-555-4331	Okikura Shika ☎042-555-4331
29th (Wed. Holiday)	Ozaku Ekimae Clinic ☎042-578-0161	Mizuho Byouin (Mizuho-machi) ☎042-556-2311	Ozaku Ekimae Clinic ☎042-578-0161	Mizuho Byouin (Mizuho-machi) ☎042-556-2311	Ozawa Shika Clinic ☎042-579-1500	Ozawa Shika Clinic ☎042-579-1500

※ Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily
Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 627.