



HAMURA NEWS



HAMURIN Hamura City Mascot

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

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Published by: Hamura City

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January 15th, 2026

第44回羽村市駅伝大会 (3月8日(日)) 参加者募集

< The 44th Hamura Ekiden Road Relay ~ March 8th (Sun) >

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

Date and Time: March 8th (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	JPY1,000-
	Adults-Women Team 一般女子の部		JPY2,000-	JPY3,000-
	Adults-50 and over Team 50歳以上の部		JPY2,000-	JPY3,000-
②	Junior High School Boys Team 中学生男子の部	Total 15.2 km (3.8km per block)	Free	JPY1,000-
	Adults-General Team 一般の部		JPY2,000-	JPY3,000-

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 17th (Sat) ~ Feb 1st (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)

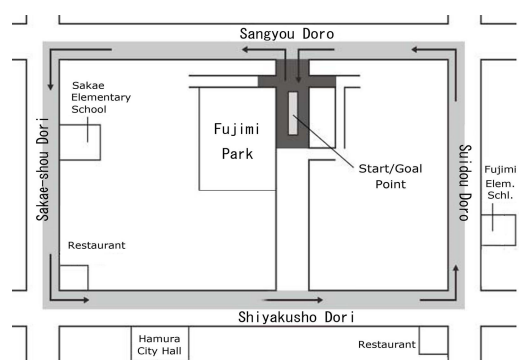
*Application form is available at the said office and for download 2D code posted in Hamura News ver. Jan 15th.

▶ 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.



2026 RESIDENTS TAX RETURN – *JUUMINZEI no SHINKOKU. SODAN
2025 INCOME TAX RETURN - SHOTOKUZEI no KAKUTEI
KARIUKETSUKE, SODAN

Term: Feb 16th (Mon) ~ Mar 16th (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）申告は郵送また電子申告で

<Please file Tax Return via Postmail or Electronic Filing>



◆ **[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.
- * 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

○ **Postmail** 郵送

Sign and seal the tax return forms ~ 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, please enclose a duplicate copy of the form and a self-addressed return-envelope attached with necessary postage (JPY110 stamp).

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

○ **Electronic Filing** 電子申告

To file electronic tax returns using your My Number Card via LTAX, the following passwords are required:

- Card Information Input Assistance Password (4-digit number).
- Signature Digital Certificate Password (6 to 16 alphanumeric characters).

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>

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.

Please file your tax return by e-Tax (electronic filing), which has a usage rate of over 70%, by mail or at the Ome Tax Office, which has jurisdiction over your tax return.

◆住民税（市民税・都民税）の申告・相談、確定申告の際必要な書類など

<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 2nd (Mon).

※ The application form will be distributed from Jan 19th (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) Fiscal year 2025 Income Tax Return copy documents (if you have it).

◆ 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).
- 10) Receipt of Donation.
- 11) Physical disabilities certificate, or Certificate for mental deficiency etc (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.

◆市役所での所得税確定申告受付は、3月16日(月)までに！

FILING TAX RETURN IN CITY HALL, DEADLINE TILL MARCH 16th (Mon)!

- . City hall accept filing tax return for FY2025 is from Feb 16th(Mon) ~ Mar 16th(Mon), 2026.
- . If you need to file after deadline, please file via Electronic Filing or Postmail.
- . If you need assistance for filing, please check Free Filing Consultation of Tax Accountants (scheduled in early Feb) or Ome Tax Office.

NOTIFICATION from OME TAX OFFICE

令和7年分所得税などの確定申告 受付・相談



2025 INCOME TAX RETURN - SHOTOKUZEI no KAKUTEI SHINKOK

Term: February 16th (Mon) ~ March 16th (Mon) (Exclude Saturdays, Sundays and Holidays)

Time: 8:30AM~ 4PM

Location: Ome Tax Office (require Admission Numbered Ticket via LINE)

※ Admission numbered tickets will be in advance via the LINE app. Please search for [IRS LINE Account] and [Add Friend].

※ Please note that the distribution of numbered admission tickets are limited.

※ The applying location will be crowded, please file your tax return early or use e-Tax.

申告方法は3種類

<3 ways for filing Final Tax Return >

(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 70% 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 2nd (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.

※ (2) (3), the tax office will not affix a receipt date stamp to the copy of the tax return. 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 16th (Mon).
- Submission and payment of the final consumption tax return for sole proprietors is till March 31st (Tue).
- Even if you do not need to file tax return but may need to file residence tax, please check Hamura News ver. Jan 15th 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 make On-Line reservation in advance.

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

■ NOTED FROM OME TAX OFFICE

From Feb 2nd (Mon) to Mar 16th (Mon), the parking lot of Ome Tax Office will not be available.

(excluding Handicap parking space)

Please use AEON STYLE Kabe parking lot 5F~7F at the north of Kabe station or public transportation.

Inquiries: Ome Tax Office ☎0428-22-3185 (please choose 2 to follow automatic recording).

<Using 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.

冬だからこそ市指定保養施設 「シャトレーズ」

<For Winter ~ Please visit Chateraise Recreation Facilities designated by City>

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.



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% ~ 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% ~ 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.143.

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.143.

介護保険負担限度額認定証を申請する方へ

<Those who apply for the Patient-Borne Expense Ceiling Amount Certificate of Long-Term Care Insurance>

Eligibility: 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.

<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 returns. 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.

Certification Recognition Date 認定基準日

December 31st of the year subject to income tax or municipal/metropolitan tax filing (or the death date if the person died during the year)

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 Fukushi 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 Fukushi Kaigo Ka, Korei Fukushi Kakari ☎Ext.177.

コミュニティバス「はむらん」運行見直し

「土・日曜日、祝日、年末年始」の運行を取り止めます

<Community Bus “Hamuran” Service Review>

Service will be discontinued on Saturdays, Sundays, holidays, and during the year-end/New Year period.

The bus industry nationwide is experiencing a severe driver shortage, leading to successive reductions and cancellations of route bus services.

Nishi-Tokyo Bus Co., Ltd., the operator of the city-circulating community bus [Hamuran], is similarly facing a driver shortage. To continue operating [Hamuran] in the future, it is necessary to address the driver shortage and improve efficiency based on usage patterns. Therefore, the bus schedule will be reviewed.

We apologize for any inconvenience to cause passengers. We ask for your understanding and cooperation to ensure the sustainable operation of [Hamuran].



Inquiries: Toshi Keikaku Ka ☎Ext.276.

Schedule Review

Date: April 1st (Wed)

※ The revised date will be announced in Hamura News, city's official website, and inside [Hamuran] vehicles once confirmed.

Details:

Suspension of Hamuran service on Saturdays, Sundays, holidays, and during the year-end/New Year period for all 4 routes (Hamura East Route, Hamura West Route, Ozaku Route, Hamura Central Route).

※ All 4 routes will operate on Mondays ~ Fridays (exclude holidays) using the current routes and schedules.



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.

Farm Name	Address	Available Plots	Lease period	Contribution Fee
Dai ④ Shimin Nouen	2-11-1 Sakae Cho	21	Mar 1st ~ Jan 31st, 2029	JPY4,000

※ Farm plot size is about 20㎡.

※ If applicant number is too many, the drawing will be held.

Appliciation: Please apply from application form by Jan 23rd (Fri) 5PM.

*If the applications exceed the capacity, tenants will be selected by drawing held from Jan 29th (Thu) 9:30AM, at city hall Nishi-Bunshitsu Building.

*Only one application is accepted per family.

*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.

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

- Prepare snow removal tools and support pillars for the garage.
- Complete shopping and errands before snowfall.
- Gather the latest weather information, public transportation schedules, and traffic restrictions.

-- 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 --

The city will carry out planned snow removal operations, but please work together with your neighbors to clear snow from roads in front of your homes.

1. Do not leave snow on the road.

~ Do not pile cleared snow near fire hydrants or fire water tanks.

2. Do not park on the road.

3. Snow removal may occur late at night.

~ Work may cause noise and vibration, and may require temporary road closures or one-way traffic.

Private property may be temporarily used as a snow storage area.

4. Please clear snow from your entrance and garage area yourself.

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

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



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: Feb 21st (Sat) (lecture) / 28th (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 17th (Sat) ~ Feb 8th (Sun) via application form, please call, fax or in person at S&D Sports Arena Hamura ☎042-555-0033, Fax 042-555-9974 (9AM ~ 5PM exclude Holiday's 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. Nutritional counseling by a registered dietitian will be provided.

Date and Time: Feb 16th (Mon) 9:30AM ~ 11:30AM (about 15 minutes)

Location: Hoken Center.

Capacity: 18 (in order of application)

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

※ Please bring Health notebook (if you have one).

Application/Inquiries: Jan 19th (Mon) ~ Feb 10th (Tue), 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. >

Reservation is not required.

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

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

Location: Hoken Center

Eligibility: Hamura Residents

Cooperation: Meiji Yasuda Co.

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

○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



[物価高対応子育て応援手当]を支給します

<Inflation Relief Child-Rearing Support Allowance Payment>

To support child-rearing households severely impacted by prolonged inflation, an Inflation Relief Child-Rearing Support Allowance will be provided to households receiving the Child Allowance.

Eligibility Children:

① For those who received the Child Allowance as of September 2025.

② The child is born October 2025 ~ March 31st, 2026.

Payment Amount: JPY20,000 per eligible child (one-time payment)

Application Method:

1) Non-public servants

1-1 For ①'s guardians, no application is required. Notification will be mailed in mid-January. Only notify Kodomo Seisaku Ka if you do not wish to receive the payment.

1-2 For ②'s guardians, if guardians divorce from Oct 1st, 2026 and change name of child allowance receiver, application is required.

2) Government workers: Complete the [Application Form for the Child-Rearing Support Allowance for Inflation Relief] distributed by your employer. After obtaining your employer's certification, submit it to the designated office for the Child-Rearing Support Allowance for Inflation Relief in the municipality where you resided as of Sep 30th, 2025.

The submission deadline for Hamura City is Feb 27th (Fri).

Payment Date:

1-1 For applicable... Late of February.

1-2 or 2) Government workers... If the application is received by Feb 13th (Fri), payment will be made on early March. After that, payments will be made as applications are submitted.

▼Important Notes

※ The application deadline for public servants varies by municipality. Please confirm with the Inflation Relief Child-Rearing Support Allowance office in the municipality where you submit your application.

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

Inquiries: Kodomo Seisaku Ka ☎Ext.235.

産後メンタルヘルス相談

<Postnatal Mental Health Consultation>

~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 25th (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 Kodomo Katei Center, Boshi Kenko. Sodan Kakari (in Hoken



Center) ☎Ext.695 in advance.

■お子さんの発達に関する相談

～いつでも相談してください～

<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 13th (Fri) and 20th (Fri).

Location: Hoken Center

Inquiries: Kodomo Katei Center, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 694.



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 >

Date: Feb 25th (Wed)

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

○ Astronomical Observation with Family: 6:30PM ~

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

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

Eligibility: Preschoolers ~ Age 18

Capacity: First 46 (including guardians)



East Children Center ☎042-570-7751

■ わくわくスポーツ「ドッジビーをたのしもう！」

<Exciting Sports: "Let's Enjoy Dodgeball!" >

Date and Time: Feb 18th (Wed), 3PM ~ 4PM.

Location: Gymnasium (Basketball Court Side)

Eligibility: Elementary and Junior High School Students.

Capacity: First 20

Things to Bring: Water bottle (water or tea) / Towel.

■ めりえコンテスト！

<Coloring Contest>

Submission Period: Jan 31st (Sat) ~ Feb 8th (Sun)

Voting Period: Feb 11th (Wed) - Feb 18th (Wed)

Results Announcement: Feb 21st (Sat)

Eligibility: Elementary school students

How to Apply: Please speak to a staff member during the submission period.



■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 14th (Sat), ① 10AM ~ Noon, ② 1PM ~ 3PM.

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

Capacity: First 20 (each session).

[The events at same day!]

◎Pitching machine game

◎Toy Hospital

Helper: Toy Hospital Nejimawashi

■ 工作ひろば「かくれんぼ、おひなさまを作ろう！」

<Craft Workshop: "Let's play Hide-and-Seek and make Hina Dolls!">

Date and Time: Feb 21st, 1:30 PM ~ 2:30 PM

Eligibility: Elementary school students to age 18.

Capacity: 12 (in application order)

Things to bring: Indoor shoes, water bottle (water or tea), hand towel, bag for taking items home.

Application: Feb 1st (Sun) ~ 20th (Fri) 9AM ~ 4:30 PM. The participant must apply by phone or in person at East Children's Center



Primo Library Hamura ☎042-554-2280

< Story Telling at Main Library> はなし会

○ **Story Telling for Babies**

Date & Time: Jan 21st (Wed), 11AM~

○ **Story Telling for Elementary school students**

Date & Time: Jan 24th (Sat), 11AM~

○ **Picture-Story Show for Preschoolers**

Date & Time: Feb 14th (Sat), 11AM~



羽村市国民健康保険加入者対象

無理なく続けて、確実に結果を出す方法～着実にやせたい方の減量セミナー～

<For Hamura City National Health Insurance Members>

How to Achieve Reliable Results Without Strain

～ Weight Loss Seminar for Those Seeking Steady Progress

▼ This program aims to improve and prevent lifestyle-related diseases. Exercise methods will be taught through practical application.

Participants bringing their specific health checkup results can receive individual consultations.

Date and Time: Feb 17th (Tue), 2PM ~ 3:30PM

Location: Primo Hall Yutrogi Lecture Room 1

Eligibility: Individuals aged 40~74 enrolled in Hamura City National Health Insurance as the seminar day.

Capacity: 10 (in application order)

※ Scheduled to be held jointly with 20 individuals eligible for specific health guidance on the same day.

Things to Bring: Beverages, writing utensils, results of the 2025 (specific health checkup (if available), comfortable clothing and shoes for movement.

※ Indoor shoes are not required.

Instructor: Tomomi Kandani San (Certified Health Exercise Instructor, Medical Fitness Division, Medical Corporation Wafukai)

Application and Inquiries: From Jan 15th (Thu), please call or in person to Kenko Ka (in Hoken Center),

☎Ext. 626.

