



Excerpts from the Newsletter issued by Abiko City [Tel:04-7185-1111](tel:04-7185-1111)

Acting as a bridge between the community and the local government

Vibrant! A priceless experience!

Why don't you become a community/child welfare commissioner?

Do you know community/child welfare commissioners? Have you ever heard of them? Many of you may have heard of them, but might not know what they do. In this issue, we will introduce the activities of community/child welfare commissioners who connect the community and the local government.

Inquiries: Social Welfare Section, ext. 649

◆ What kind of people are community/child welfare commissioners?

They are volunteers who connect the community and the local government. They are part-time special local government officials commissioned by the Minister of Health, Labor, and Welfare.

Approximately 170 people are active in the Abiko city. The term of office is three years and can be reappointed, so many have been involved for many years. They watch over the community, provide consultation for problems in daily life and child-rearing and connect those who need assistance to the local government and the Council of Social Welfare.

◆ What is a chief child welfare commissioner?

Among community/child welfare commissioners, there are “chief child welfare commissioners” who specialize in counselling for children and child-rearing households. Working with schools and child guidance centers to support child rearing, they also support community welfare commissioners and child welfare commissioners.

EVENTS

Let's cheer for NEC Green Rockets TOKATSU! (Rugby)

Free invitation to a hosted game (vs NIPPON STEEL KAMAISHI SEAWAVES)

Date: Mar 29th (Sat) 14:30 - 16:10

Venue: Kashiwa-no-ha Park Sports Stadium

Fee: The first 1,000 pairs of 2,000 guests will be invited free of charge.

A separate handling fee will be charged.

Apply via web site by March 23rd (Sun)



Application site

Cherry Blossom Viewing Party

Date: Mar 31st (Mon) Entry time: 10:00 - 16:00 (admission until 15:00)

Cancelled in case of rainy weather

Place: Abiko Golf Club 13th and 16th Hole and surrounding area

Fee: JPY100 (free for elementary school children and under)

- ◆ Advance registration is not required.
- ◆ Parking is available at Gohon-matsu Sports Field
- ◆ Shuttle bus available (departing from the south exit of Tennodai Station, 200 yen one-way (free for elementary school children and under), cash only)

Enter through a special entrance at the back of the opposite side of Gohon-matsu Park (The front entrance of the clubhouse is not available)

- ◆ Athletic shoes, no smoking, no eating or drinking (soft drinks only), no pets allowed, no leisure seats, no ball games (including golf)

Baby Athletic Meet Baby crawling race / Baby wheelbarrow race

Date: Mar 16th (Sun) 10:00 - 13:00

Place: 1F Center Court, Abiko Shopping Plaza

Target group: Children who can crawl and cruise, and their parents/guardians

Apply: web site of Abiko Shopping Plaza by 12:00 Mar 12th (Wed)

Inquiry: Abiko Shopping Plaza ODA 090-1805-5169 (Mon - Fri 10:00-17:00)



Tea Ceremony at Seisetsu-an

Why don't you enjoy Japanese Tea Ceremony while viewing the garden with camellias in full bloom?

Abiko Highschool Tea Ceremony Club will serve as the host of the tea ceremony.

Date: Mar 20th (National holiday) 10:00 – 15:00

Place: Sugimura Sojinkan Memorial Museum

Fee: JPY500, First 60 applicants

Apply: via LINE from 9:00 Mar 5th through web site of Abiko City



City web site

Individual Number Card Services on Weekends (Issuance by reservation only)

Call the Civic Section at 04-7185-4326 (8:30a.m. ~ 5:00p.m. on weekdays except national holidays) for a reservation by the day before.

| Dates and Hours | Reservation will be accepted |
|--------------------------|---|
| Mar 09(Sun) 9:00 ~12:00 | Accepting reservations |
| Apr 12 (Sat) 9:00 ~12:00 | From 9:00 on Mar 26 th (Wed) |

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, etc.

Requirements: notification card, 2 kinds of your ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Advisory Services- Mar, 2025

* Reservation required

| Item | Date/Time | Location | Contact |
|-------------------------------------|--|---|---|
| Legal Advice | Mar 6, 13, 18, 25, and 27 9:30 ~ 15:30 | Civic Consulting Room, 2F, Abiko City Hall Or by telephone | Secretarial Section * Tel: 04-7185-1714 Call for an appointment |
| Daily Life Advice | Weekdays (except national holidays) 8:30 ~ 17:00 | Social Welfare Section West Annex 2F | Social Welfare Section Ext.394 |
| Child Matters in General | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 1F | Child Consulting Section Tel: 04-7185-1821 |
| Domestic Violence | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 2F | Support Office for DV Social Welfare Section Tel: 04-7185-1113 |
| Consultations for Foreign Residents | Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 ~ 16:30 | AIRA Office Abiko Civic Plaza | E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counsellor will call you back later. |

Public Health Care Center Programs – Mar, 2025 Tel:04-7185-1126*

| Item | Date | Eligibility |
|---------------------------------------|--|---|
| Maternity Class (Welcome Baby Gakkyu) | Mar 1,8, and 15 (Sat) Reservation required* | Expecting mothers of 20 weeks or over, and their family |

| | | |
|---|---------------------------------------|---|
| Consultation for 4-month-old children | Mar 4 and 11 (Tue) | Children born in Oct 2024 |
| Health Checkup for 18-month-old children | Mar 6 (Thu) | Children born between Aug 13 and 31, 2023 |
| Dental Checkups for 2-year and 8-month-old children | Mar 13 (Thu) | Children born in Jul 2022 |
| Health Checkup for 3-year-old children | Mar 6 (Thu) | Children born between Aug 14 and 31, 2021 |
| Dental Checkup for 5-year-old children | Mar 13 (Thu) | Children born between Mar 1 and Apr 1, 2020 |
| Baby Food Class for 4 to 6-month-old babies | Mar 19 (Wed) Reservation required* | First 30 applicants (parents) |
| Baby Food Class for 8 to 9-month-old babies | Mar 12 (Wed) Reservation required* | First 20 applicants. Children born in Jun 2024 |

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions

Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday/night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.

2. Child's Sudden Illness at Night: telephone consultation with a nurse

Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 next day A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays: telephone consultation with a nurse

Call #7119 or 03-6810-1636. Hours: weekdays and Saturdays 18:00 ~ 8:00 next day
Sundays, Holidays, and year-end/New Year holidays: 9:00 ~ 8:00 next day

4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020

(1) Dentist: 9:00 ~ 11:30 (2) Internal Medicine & Pediatrician: 9:00 ~ 11:30, 13:00 ~ 16:30
Note: Holidays: Sundays, national holidays, year-end/New Year holidays
Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

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