

●APRIL IS THE MONTH FOR PAYMENT OF CHILD ALLOWANCE

If your family needs to apply due to a birth or moving in, please do not forget to apply to this program. Payment will be made from the month following the month of application.

- ◇Date of remittance: Tue., April 15th Please contact us if you have not received the payment by Wed., April 30th.
- ◇Inquiries: *Kodomo/Wakamono Seisaku-ka* (Children and Youth Policy Section) ☎042-338-6851 ID:1003454

●REVISION OF NATIONAL PENSION INSURANCE PREMIUM AND PROCEDURES UPON RETIREMENT

The national pension insurance premium for fiscal year 2025 has been revised to 17,510 yen per month. Those affected by this change must complete the necessary procedures.

- ◇Target:①Residents of Japan aged 20 to 60 years old at the time they lose eligibility for Employee's Pension Insurance (excluding those who enroll in the Employees' Pension Insurance at their new workplace the day after resigning).
②Husbands and wives aged 20 to 60 who are financially supported by a retired spouse or a spouse aged 65 and enrolled in the Employees' Pension Insurance.
- ◇Things to bring: Documents showing the date of retirement (certificate of loss of eligibility for employee's pension or social insurance, etc.), basic pension number or individual number, identity documents (IDs) such as driver's license.
- ◇Note: An exemption scheme is available for those who have difficulty paying their national pension premiums due to low income or other reasons (application is required)
- ◇Inquiries: Insurance & Pension Section, City Hall ☎042-338-6844, Fuchu Pension Office ☎042-361-1011
ID: Enrollment procedures = 1001959, National Pension premiums = 1001961

●TAMA CITY SUPPORTS CHILDCARE AND PARENTING !

Tama City supports childcare and parenting through various measures! For example...

☆Programs for infants, young children and their parents

= Postnatal care programs, support benefits for pregnant women, Papa-Mama (parents) classes, baby food seminars, Happy 1st birthday program (Families raising children who have turned one year old will receive gift cards after completing the questionnaires), *sukusuku* developmental counseling, etc.

- ◇For inquiries: Children and Families Support Center "Nijitama" ☎042-376-9177

= Tama City Children and Families Supporter Dispatch Program, Tama City Children's Short Stay Program, General Counseling for Children and Families

- ◇For inquiries: Children and Families Support Center "Nijitama" ☎042-355-3833

☆Tama City Children Daycare Program for Everyone = A program for children who don't attend daycare, allowing them to go even if their parents don't need childcare services.

- ◇For inquiries: *Kodomo/Wakamono Seisaku-ka* (Children and Youth Policy Section) ☎042-338-6850

☆Ohanashi Kai (Storytime) = Held regularly at each city library with the cooperation of volunteers. In addition to picture book readings, you can enjoy storytelling in various forms such as *kamishibai* (literally means paper theater) and theater panels

- ◇For inquiries: Central Library ☎042-373-7955

Each library also has a "Ringo no tana (book shelf)" with fabric picture books, Braille books and audio-visual materials.

★In addition, various support projects such as the Rascal Children's Film Festival, Tama Children's Festival and Oyato Play Park TAMA are being conducted. If you want to know more information about child care, you can access the website by scanning the QR code below.

- 「Guide to child care services」 ID1003477
- Official website「Childcare support website Tama Musubi」 ID1000004
- 「Nyantomo Childcare LINE」 ID1005327



「Guide to child care services」



「Child care support website Tama Musubi」



「Nyantomo child care LINE」

●WI-FI IS NOW AVAILABLE AT PUBLIC FACILITIES IN TAMA CITY

You can now use OpenRoaming public Wi-Fi which is highly secure and connect easily.

- ◇Facilities: Lobby 1F Main building of City Hall, community centers, *Sogo taiiku-kan* (gymnasium), *Budo-kan*, public health center, Nagayama and Sekido *Kominkan* (Public Halls), TAMA Josei Center, Consumer Affairs Center, Nagayama and Sekido libraries
- ◇Inquiries: Information Policy Section ☎042-338-6865 ID1016833

● TOKYO VERDY PUBLIC VIEWING EVENT IN SEISEKI SAKURAGAOKA

Public viewing of Fagiano Okayama match, a raffle to win Tokyo Verdy goods, exhibition booth, etc.

◇Date/Time: April 29 (Holiday) 12:00 p.m.~4:00 p.m. (Game starts at 2:00 p.m.)

◇Venue: Aura Hall, Keio Seiseki Sakuragaoka SC Annex-A

For details, please refer to the website of Keio Seiseki Sakuragaoka SC

◇Inquiries: Sports Promotion Section ☎042-338-6954 ID1016917



←Keio Seiseki
Sakuragaoka SC
website

ROTA OF ON-DUTY DOCTORS ON HOLIDAYS 9:00-17:00 TAMA CITY DOCTORS ASSOC.: <http://www.tama-med.or.jp/toban/>

4/13(Sun.) Nakamura Internal Medicine Clinic
5-10-7 Suwa ☎042-375-7757

4/20(Sun.) Seiseki Sato Clinic
1F Annex C, Keio Seisekisakuragaoka SC,
1-7-5 Sekido ☎042-337-2715

4/27(Sun.) Aragaki Internal Medicine & Surgical Clinic
3F Shintosh Center Bldg.,
1-24-1 Tsurumaki ☎042-373-0514

4/29(Tue./Holiday) Ezaki Children's Clinic
3-20-2 Ochiai ☎042-376-5225

5/3(Sat./Holiday) Tama Center Clinic-Mirai
1F Maghreb Parking Bldg.,
1-38 Ochiai ☎042-316-8570

Tamura Clinic ☎042-356-0677

5F Tama Ctr. Peperi Bldg., 1-32-1Ochiai

Takei Children's Clinic
2-69-3 Sekido ☎042-357-3030

5/4(Sun.) Ai Clinic 1431-3 Kaidori ☎042-375-9581
Tamura Clinic (the same as 5/3)

5/4(Sun.) Nishida Children's Clinic ☎042-376-1001

1F Flora Nagayama, 1-2-14 Nagayama

5/5(Mon./Hol.) Takahashi Internal Med. & Neurology Clinic
2-66-1 Sekido ☎042-400-1508

Tamura Clinic (the same as 5/3)

Children's Clinic-Shimizu ☎042-373-0512

3F Shintosh Ctr. Bldg., 1-24-1 Tsurumaki

5/6 (Tue./Substitute holiday) Miyuki Clinic
1-8-3 Renkoji ☎042-372-4853

Tamura Clinic (the same as 5/3)

Karakida Children's Clinic ☎042-355-8505

2FKarakida Ctr. Bldg., 1-53-9 Karakida

●Emergency cases only.

●Be sure to bring your health insurance card and infant
healthcare card (if applicable)

●Please visit during clinic hours

※Always call in advance ※This list is subject to change

NIGHT CLINIC FOR CHILDREN (Health Center)=Pediatrics

(19:00-21:45) Please visit this clinic first if your child has an
emergency. *Must be age 15 or younger ☎042-375-0909

EMERGENCY DENTAL TREATMENT ON HOLIDAYS

(Health Center) (9:00-15:30 Sundays & public holidays)

☎042-376-8009 Note: Please call in advance.



INFORMATION ON MEDICAL INSTITUTIONS (24/7)

Emergency Call Center (Tama Fire. Dept.) ☎042-375-0119

Fire Dept. Emergency Consultation Service ☎ #7119 (mobiles,

PHS, push-button phones) ☎042-521-2323 (dial-up phones)

Tokyo Met. Med. Health Info Service "Himawari" ☎03-5272-0303

MEDICAL INFORMATION IN FOREIGN LANGUAGES

(Tokyo Metropolitan Health and Medical Info Center)

9:00-20:00 ☎03-5285-8181

Counseling for Foreign Residents

Every 1st & 3rd Thursday of the month (13:30-16:30) TIC Rm. By appointment only

Japanese Class Schedule (Classes are free for TIC members)



Commissioned by Tama City

	Venue	Time	Dates	
			April	May
Monday classes	Parthenon Tama 4F, 3 & 4 Meeting rooms	9:45-11:45	7 th , 14 th , 28 th	12 th , 19 th , 26 th
	Nagayama Kominkan 5F, Bellebs Hall	9:30-11:30	7 th , 14 th , 21 th	12 th , 19 th , 26 th
Thursday classes	TIC Room (7F VITA Commune)	10:00-12:00	10 th , 17 th , 24 th	8 th , 15 th , 22 nd
		19:00-21:00	10 th , 17 th , 24 th	8 th , 15 th , 22 nd
Saturday classes	TIC Room (7F VITA Commune)	14:00-16:00	5 th , 12 th , 19 th	10 th , 17 th , 24 th

※If you have difficulties attending the class in person, please contact TIC Office as you may be able to participate online.

Chatting Salon in Japanese Sat., April 26th 10:30~12:00 TIC Room *No reservation needed. Feel free to join. It's FREE

>>For above inquiries and/or appointment, please contact TIC Office Tel. 042-355-2118

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Office hours: Mon.-Sat. 10 a.m. - 5 p.m. Closed Sundays, every 1st & 3rd Monday of the month, national holidays,
year-end and new-year holidays and extra holidays.

If you have any comments or requests regarding Hand in Hand in TAMA, please send them to the above address.

This newsletter is available in four languages (Japanese, English Chinese, Korean and easy Japanese); please

contact the TIC office if you would like a copy.

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