HAND in HAND in Tama

Information for daily life
In Tama city
November. 2026 Vol.397

●Tama City × Fujimi Town: 40 Years of Sister City Partnership! ～Commemorative Events and More～

Fujimi Town in Nagano Prefecture is a plateau town rich in nature. In 1980, the Yatsugatake Youth Nature House of Tama city was opened and the exchanges began, bringing 40 years of sister city partnership.
◇ Inquiries: Culture and Lifelong Learning Promotion Division ☎042(338)6882 ID:1020475

○ 40th Anniversary Commemorative Tree-Planting Ceremony for the Sister City Partnership
On Saturday, November 14, 14:30～15:30 at Tama Central Park Edible & Flower Garden. For up to 20 children in elementary school or younger. Sign up by Thursday, November 12 through the City's official website internet procedures, with the Culture and Lifelong Learning Promotion Division.

○ School Lunch commemorating 40th Anniversary of the Sister City
School lunch using ancient rice from Fujimi Town will be served at elementary and junior high schools in the City on Monday, November 16, and Friday, November 20. Menu: Nozawana Soboro Donburi (rice with ancient grains), miso soup with frozen tofu, agar salad, and milk

○ Display of ornaments made by the elementary school students from both city and town
November 14 (Sat) – January 11, 2027 (Holiday), in front of Cocoria Tama Center construction fence
★ At lighting ceremony of Tama center Illumination, the traditional "Kiyari" of Fujimi Town will be performed.
◇ Lighting ceremony: November 14 (Sat) 16:00–17:30, Special stage under the Center Land Tree at the Parthenon Avenue crossroads ◇ Inquiries:Economic and Tourism Division ☎042(338)6830 ID:1013499
＊Illumination from 11/14–2027/1/11

● November is the payment month for Child Rearing Allowance

The child-rearing allowance for September to October of Reiwa 8 will be transferred to the designated account. (Please contact us if it has not been deposited by late November. While, you need to report things like pension confirmed or moving out, etc. Please also let us know if there are any other change items.
*Don't forget to submit the current status report for the Child Rearing Allowance as well. Please submit it directly to the Children's and Youth Policy Division on the 4th floor of the City Hall.
◇ Inquiries: Children and Youth Policy Division ☎ 042-338-6851 ID:1003455

● For those who have paid National pension premium, a Social insurance premium (National pension premium) deduction certificate shall be sent.

The deduction certificate shall be sent directly from the Japan Pension Service. If you registered in advance to receive it electronically, it will be sent electronically.
＊The deduction certificate is necessary for procedures like filing your tax return, so please keep it for sure.
◇Sending period: For those who paid between January 1 and September 30, 2026 - [Electronically] sequentially from mid-October, [by Mail] sequentially from late October.
For those who paid between October 1 and December 31, 2026 - [Electronically] around late January 2027, [by Mail] around early February 2027. ◇ Inquiries: Nenkin Subscriber Dial ☎ 0570-003-004 (Navi Dial) {For phones starting with 050: ☎ 03-6630-2525} ID: 1001948

● Supporting child-rearing needy households! - Free distribution of food and other items -

◇ Dates: ① Friday, Dec. 18, ② Saturday, Dec. 19, ③ Sunday, Dec. 20. Each from 11:00 to 13:00
◇ Locations: ① Otsuma Women's University (2-7-1 Karakida), ② Former Toyogaoka Junior High School Clubhouse, ③ Tama Volunteer & Civic Activity Support Center
◇ Eligibility: Households living in Tama city with children up to university age having financial difficulties; or individuals in 30s or younger having difficulties in forming or keeping social connections, along with their households
◇ Organizer: Tama Region Companies & Universities Liaison Committee (Yurutama Net)
◇ Application: From Monday, Nov. 16, 9:00 to Saturday, Nov. 21, 17:00 via internet through Tama City Council of Social Welfare https://tama-shakyo.jp *For details, see the November issue of Fukushi Dayori (Welfare Bulletin) and the official homepage of Tama City Council of Social Welfare
◇ Inquiries: Tama Volunteer & Civic Activity Support Center ☎ 042-373-6611

● Have you noticed any worrisome behavior of the kids'? - November is Child Abuse Prevention Promotion Month -

If you see or hear something worrying, like "children being left alone late at night" or "adults being violent toward children," please contact the Kodomo Katei Center 'Nijitama.' Physical punishment is also prohibited by law, even as discipline. *Special consultation phone line for Tama City Kodomo Katei Center: ☎042(355)3777 (Monday-Saturday, excluding holidays, 8:30-18:00)
★ During the promotion period, the Vita Commune Clock Tower will be lit up in W-Ribbon colors.

W-Ribbon colors represent the elimination of violence against women (purple) and the prevention of child abuse (orange). Since domestic violence and child abuse are closely related, the city works on both together (W-Ribbon). In addition to the Clock tower lighting, there will be W-Ribbon displays at various locations, including the City Hall main building lobby, the second-floor hallway of the Health Center, Sekido Community Center lobby, and the bridge gallery linking the Keio Seiseki-Sakuragaoka SC A and B buildings.
◇Inquiries: Kodomo Katei Center 'Nijitama' ☎042(355)3833 ID: 1003494

●"Pompompurin Wan Wan Biyori at Tama Central Park" Event Staging Confirmed!

The event celebrating the 30th anniversary of the Sanrio character "Pompompurin," where guests can enjoy themselves together with their dogs shall be held.
◇ Event Period: November 21 (Sat) - 23 (Holiday) 10:00 AM - 5:00 PM
◇ Organizer: Sanrio Entertainment Co., Ltd., FLAFFY Co., Ltd. ◇ Supported by: Tama City
◇ Cooperation: TAMA Central Park JV
◇ Notes: The event may be changed or canceled in case of rain or stormy weather. Some areas may be off-limits to dogs. Some activities require advance lottery or have a fee. For details, check the QR code on the right. ID: 1021489 ◇ Inquiries: Sanrio Puroland Guest Center ☎042-339-1111 (Open 9:30 AM - 5:00 PM except on the office closed days)

ROTA of on-duty doctors on holidays 9:00-17:00 Tama City Doctors Association: http://www.tama-med.or.jp/toban/

11/15 (Sun) Fusekawa Clinic ☎042-373-5858
Ochiai 1329
11/22 (Sun) Nagayama-Suwa Clinic of respiratory internal medicine ☎042-373-2522 Nagayama 4-2-6-202
11/23 (Holiday) Tama Nagayama Takada Clinic ☎042 400-5145 Kaidori 3-6 Medial mall Nagayama 3F
11/29 (Sun) Yamazen Clinic of internal medicine ☎042-372-5588 Ichinomiya 4-40-3
Seiseki Sakuragaoka garden house 1F

12/6(Sun) Shiinoki Clinic of internal medicine ☎042-337-5711 Ochiai 6-15-4 No. 5 Shiinoki bldg.
12/13(Sun) Sasabe Clinic ☎042-375-7313
Sekido 4－9－2 Comfort Seiseki 1･2F

●Emergency cases only.
●Be sure to bring your health insurance card and infant healthcare card.
●Please visit during clinic hours without fail.
※Always please make a phone call in advance.
※This ROTA list is subject to change

Night clinic (in Health center) for Children=Pediatrics
If your child suddenly gets sick, please visit this clinic first. (19:00～21:45) ☎042-375-0909



Emergency Dental Treatment on holidays (in Health Center) (Sun･Holiday 9:00～15:30) ☎042-376-8009
Note Be sure to call in advance

Information on Medical Institutions (24 hours service)
Fire Dept. Emergency Consultation Service ☎＃7119 (mobile phones, PHS, push-button phones) ☎042-521-2323 (dial-up phone)
Tokyo Metropolitan Medical 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

☆Daily life Counselling for Foreign Residents Every 1st & 3rd Thursday of the month (13:30-16-30) TIC Room (VITA 7F) ＊By Appointment only

☆Japanese class schedule (Fee: Free for TIC member)



Commissioned by Tama city

Class	Venue	Time	Dates	
			November	December
Monday classes	Parthenon Tama 4F 3 & 4 Meeting Room	9:45～11:45	2nd･9th･16th･30th	7th･14th
	Nagayama Kominkan 5F, Bellevue Hall	9:30～11:30	2nd･9th･16th･30th	7th･14th･21st
Thursday classes	TIC Room (VITA Commune 7F)	10:00～12:00	5th･12th･19th	3rd･10th･17th
		19:00～21:00	5th･12th･19th	3rd･10th･17th
Saturday classes	TIC Room (VITA Commune 7F)	14:00～16:00	7th･14th･28th	5th･12th･19th

＊Those unable to attend the classroom for special reasons may be allowed to participate online. Please consult with the TIC office.
Chatting Salon in Japanese: November 21st (Sat) and December 26th 13:30-15:00, TIC Activity Room, Reservation not required, Free participation, No Fee

△ For the reservations and inquiries to the above, please call ☎ 042-355-2118 TIC Office

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※ If you have any comments or requests regarding articles in Hand in Hand in Tama, please send them to the above address. This news-letter is available in four languages (Japanese, English, Chinese, Korean and easy Japanese); Please contact TIC office when you would like to have the extra copy(s). Edited by: Chieko Ukita, Translated by: Hiroshi Kumagai