

● November is the payment month for Child Rearing Allowance

The child rearing allowance for September - October of Reiwa 6 will be transferred to the designated account. While, in such cases as the pension payment having decided or, the move out of Tama city, its notification should be submitted. If you have any other changes, please be sure to contact us.

Transfer date November 11 (Thu) (If the transfer has not been received by late November, please contact us) Inquiries Children and Youth Policy Division ☎042-338-6851 ID: 1003455

● Information on the Tokyo Metropolitan Government's Life Support Project against Rising Prices

will be sent to the households, newly acknowledged in Reiwa 6 as fully resident tax-exempt, or as exempt from per-capita amount of resident tax and having received the 100,000yen benefit, the Tokyo Metropolitan Government will provide such households a gift certificate or electronic money worth 10,000 yen. Shipping Time Around November to December Inquiries Tokyo metropolitan government Price rise counter measures temporary life support project call center ☎ 03-6700- 8720 (9am-6pm) ID 1014837

● Metropolitan Public Housing Tenants wanted (Local Quota)

Housing to let 5 units for single resident Remarks For details, please refer to the application guidelines distributed on November 13 (Wed) through 21 (Thu) at the reception desk on the 1st floor of the City Hall, at the City Planning Division on 2nd floor of East wing building, the branch offices of Seiseki Sakuragaoka Station and Tama Center Station, and the Nagayama Community Center.

Application & Inquiries Fill out the application form and send a mail, which must arrive by Monday, November 25, to ☎206-8666 the City Planning Division. ☎042-338-6817 ID 1010284

● Sat. and Sun. partial opening of City Hall main office in November will be 9th (Sat) and 24th (Sun)

Time 8:30am-noon, 1pm-5pm Main services available Procedures such as seal registration and address change, Issue of resident record copy, seal registration certificate, and family register certificate, and Consultation on tax payment (Sunday only) Remarks Some services may not be handled. Please arrive at the office at least 30 minutes before the end of each session. ID 1001741 Inquiries Citizen Division ☎042-338-6823, Tax Payment Division ☎ 042-338-6852, Insurance and Pension Division ☎042-338-6840

● The new issue of Health insurance card will be terminated

From December 2nd, the system will change being based on the My Number Card as a Health insurance card (*). You can continue to use your current health insurance card until September 30, Reiwa 7, if you are enrolled in the National Health Insurance, and until July 31, Reiwa 7, if you are enrolled in the Medical Care System for the Elderly. At the time of (new) enrollment or renewal, we will issue a "Notice of Credentials" for those who have a My Number Card as a Health insurance card, and a "Certificate of Eligibility" for those who do not have it. To those who are enrolled in the Medical Care System for the Elderly, a "Certificate of Eligibility" will be issued until July 31, Reiwa 7, regardless of the holding status of their My Number Card as a Health insurance card.

(*) My Number Card as a Health insurance card is a such My Number Card which is usable as a health insurance card.

Inquiries Insurance and Pension Division (About National Health Insurance ☎042-338-6824 About the medical care system for the elderly: ☎042-338-6807) ID 1001979

● Free food and other daily necessities will be distributed

For whom Households having difficulties in their lives and living in the city (1) with children of college age or younger (2) of people up to around 30s who have hard lives as not being able to have or being difficult to have social connections, including households living with such people.

Organizer Liaison Committee of Tama Regional Companies, Universities, etc. (Yurutama Net)

Remarks For details, please refer to the November issue of Fukushima-dayori (Welfare bulletin) and the November 7 issue of Volunteer Newsletter.

Inquiries Tama Volunteer and Civic Activity Support Center ☎042-373-6611

● Disaster Volunteer Course for Tama citizen

Date & Time November 29 (Fri) 2pm~4:30pm Venue Tama Volunteer and Civic Activity Support Center (Vita) Eligibility Tama city residents Capacity 20 people (first-come, first-served basis)

Application & Inquiries Tama Volunteer and Civic Activity Center from November 7 (Thu) by telephone, facsimile, e-mail, or Internet procedures

☎ 042-373-6611 Fax 042-373-6629 ✉tamavc@tamashakyo.jp



● Kitakai Sanpokan Festa 2024

Date & Time November 24 (Sun), 9am – 2:30pm **Location** Kitakai Sanpokan (Kaidori 1-26-1, Tama)
Activities Making mini earthenware (advance registration required), Puppet show, Boccia game experience, Making "Mekai (Woven bamboo basket)", Art exhibition, etc. **What to bring** Indoor shoes (at gymnasium) **Inquiries** Citizen Activities/Exchange Center ☎042-400-7723



● "Tomin Yose" (Tokyo citizen vaudeville) is coming to Sekido community center again this year!

Date & Time: January 25 (Sat), Reiwa 7, 1:30pm (doors open at 1pm) **Venue** Sekido Community Center Vita Hall **Capacity**: 200 people (If the number of applicants exceeds, a lottery will be held. No admission of preschoolers. All seats are reserved) **Program** Classical Rakugo (comic story-telling) by an up-and-coming master who has just been promoted to Shin'uchi (main performer) and a veteran master **Remarks** Application limit is 2 people per each applicant. Admission ticket will be sent to the winners. **Application** Only through on-line procedures by December 5 (Thu).



● Lighting Ceremony of 2024 Tama Center Illumination

Lighting Ceremony of 2024 Tama Center Illumination, which is a traditional event at Tama Center, will be held. Please enjoy the opening ceremony and the opening fantasy show that will live-up the Lighting ceremony.

Date & Time November 16 (Sat), 4pm **Location** Crossroads of Parthenon Promenade **Registration** Go directly to the venue on the event day **Organizer / Inquiries** Tama Center Illumination Executive Committee ☎090-8636-4886 (Weekdays 10am - 5pm)

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

11/17 (Sun) Takeshima Clinic of internal medicine
 Ochiai 3-11-3 ☎042-338-5665
 11/23 (Holiday) Tsurumaki Yagi Clinic
 Tsurumaki 5-4-1 ☎042-319-3449
 11/24(Sun) Suzuki Clinic of internal medicine &
 Gastroenterology
 Nagayama 5-4-10 ☎042-371-2760
 12/1 (Sun) Abe Tama Center clinic of internal medicine
 Tsurumaki 1-22-2 Tama medical bldg. 2F ☎042-373-7755

12/8 (Sun) Yamazen Clinic of internal medicine
 Ichinomiya 4-40-3 Seiseki Sakuragaoka Garden House 1F
 ☎042-372-5588

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

Please visit this clinic first if your child has an emergency. (19:00–21:45) In principle, 15 years old or younger ☎042-375-0909



Emergency Dental Treatment on holidays (in Health Center)

(9:00–15:30 Sun. & public holidays) ☎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

★Counselling for Foreign Residents Every 1st & 3rd Thursday of the month (13:30–16:30) TIC Room (VITA 7th floor)

* By appointment only



Commissioned by Tama city

★Japanese Class Scheule (Fee: Free for members)

Class	Venue	Time	Date	
			November	December
Monday classes	Parthenon Tama 3 & 4F, Meeting Rooms	9:45 ~ 11:45	11th・18th・25th	2nd・9th・16th
	Nagayama Kominkan 5F, BELLEBS Hall	9:30 ~ 11:30	11th・18th・25th	2th・9th・16th
Thursday classes	TIC Room (VITA Commune 7F)	10:00 ~ 12:00	7th・14th・21th	5th・12th・19th
		19:00 ~ 21:00	7th・14th・21th	5th・12th・19th
Saturday classes	TIC Room (VITA Commune 7F)	14:00 ~ 16:00	9th・16th・30th	7th・14th・21st

※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 Nov. 12 (Sat) 13:30–15:00, TIC Activity Room, Reservation not required, Free participation, No Fee

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※ If you have any comments or requests regarding articles 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 extra copy(s). Edited by: Naoko Nishio, Translated by: Hiroshi Kumagai

