

HAND in HAND in Tama

Information for daily life
In Tama city
February 2025 Issue Vol.376

● February is the payment month for Child allowance

The child allowance or child development allowance shall be transferred to the designated account around Feb. 14 (Fri). If the transfer had not been received by the end of February, please contact us.

● Please sure to apply for the Child or Child development allowance

If your family has a reason for applying due to birth or moving in to Tama city, please do not forget to apply. The allowance will be paid from the next month following the month of application.

ID: Child Allowance = 1003454, Child Development Allowance = 1003456

Contact: Children and Youth Policy Division ☎ 042-338-6851

● Charcoal burning will be made at Ipponsugi Park

Charcoal burning is carried out for the purpose of reusing pruned branches generated from parks and roads in the city. During the charcoal burning period, smoke and odors may generate in the neighborhood. But we ask for citizen's understanding and cooperation in recycling resources.

Wood stuffing work to kiln, etc. = Mar. 2 (Sun) around 9a.m. ~ noon (In case of rain, postponed to

Mar. 8 (Sat) or 9 (Sun)), Charcoal grilling = Mar. 15 (Sat) around 8 a.m. ~ March 19 (Wed) a.m.,

Charcoal taking-out = March 30 (Sun) around 9 a.m. ~ noon

Location Ipponsugi Park Charcoal Grilling Kiln

Remarks Observation is allowed, please come in the morning as much as possible.

Application / Inquiries By phone, Ipponsugi Charcoal Yaki Club ☎090-1106-6055 Yujobo ID 1004079

● Japan Pension Service will send a certificate of deduction of social insurance premiums for the National Pension

To those who have paid the first premium for National Pension during October 1 to December 31, Reiwa 6 (2024) and have registered it be mailed, the certificate will be sent in early February. To those who paid between January 1 and September 30, Reiwa 6 (2024) it have already been sent last year.

Remarks Please keep it because it is required for such procedures as filing a tax return. If lost, reissue is available ID 1001948, Inquiries Nenkin Kanyuusya (Pension participants) Dial ☎ 0570-003-004 (Navi Dial), in case of calls from the number starting with 050 = ☎ 03-6630-2525

● Notice of temporary closure of City Hall Branch Office at Tama center station

On Thursday, February 20, due to a power outage during electrical equipment inspection, City Hall Branch Office at Tama center station will be temporarily closed.

We apologize for the inconvenience. Please use the Branch Office at Seiki-Sakuragaoka Station and City Hall Main Office. ID 1004554 Inquiries Citizen Division ☎ 042-338-6880

● Let's try going to the "Body Care Menu Store"!

To prevent metabolic syndrome and lifestyle-related diseases, it is important to care and maintain a balanced diet. Please make use of the "Body Care Menu Store" that offers vegetable-rich menus and menus that consider nutritional balance and reduced salt for your health. A "Body Care Menu Store MAP" introducing the such stores in Tama city is distributed at the Health Center and Minami-Tama Public Health Center. Inquiries: Minami-Tama Public Health Center Health Nutrition Section ☎ 042-371-7661.



● Support the Recovery from Great East Japan Earthquake and Noto Peninsula Earthquake "Interaction Concert Connecting Noto and Tama"

Date: February 24 (Monday) from 1:00 PM to 3:30 PM

Venue: Auditorium at Hijirigaoka junior/senior high school affiliated to Tama university (Address: Hijirigaoka 4-1-1)

Capacity: 600 people

Program: Presentation of messages on the Noto Peninsula earthquake, along with a wind orchestra concert by student representatives of the wind orchestra of Japan Aviation High School Ishikawa and the wind orchestra club of Hijirigaoka junior/senior high school affiliated to Tama university.

Admittance: Please go direct to the venue on the day.

Inquiries/Organizer: 44th Seiseki Sakura Festival Executive Committee ☎ 042-373-5869

● **Nordic walking experience class starting from Tama Central Park visiting Sudajii (Beech tree) and viewing plum blossoms spots**

Date: February 19 (Wed) 9:30 a.m. ~ 11:30 a.m. (Reception 9:15 a.m. ~) **Who can participate:** Living, working, and studying in the city **Gathering Spot:** In front of Obirin University Tama Academy Hills (Ochiai 2-31-1) **Capacity:** 25 people (On application, first come, first served basis)
Walking Course: Tama Central Park ~ Hirakubo Park ~ Tama Central Park finish (about 3.0km walk)
What to bring: Hat, towel, drinks, Nordic poles (free rental available)
Remarks: Please wear shoes and clothes that allow you to exercise, bring a bag with both hands free
Cancelled in case of rain. **Organizer:** Tama City Sports Promotion Committee Council
Application/Inquiries: Feb. 5 (Wed) ~ Feb. 18 (Tue), Sports Promotion Division ☎by phone 042-338-6954 (Contact on the day of the event: ☎070-1591-6185) ID 1011279

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

2/11(Holiday) Hijirigaoka Hospital Renkoji 2-69-9
 ☎042-338-8111
 2/16(Sun) Sasabe Clinic Sekido 4-9-2
 Comfort Seiseki 1&2F ☎042-375-7313
 2/23(Holiday) Nagayama Clinic of Internal Medicine
 Kotta KTA Building 2F ☎042-338-2355
 2/24(Substitute Holiday) Tsurumaki Yagi Clinic
 Tsurumaki 5-4-1 ☎042-319-3449

3/2(Sun) Abe Tama Center Clinic of Internal Medicine
 Tsurumaki 1-22-2 ☎042-373-7755
 3/9(Sun) Karakida Ekimae Clinic Karakida 1-1-7
 Plaza Karakida 104 ☎042-376-3800

●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=Pediatric

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

★ **Japanese class schedule** (Fee:Free for Members)



Commissioned by Tama city

Class	Venue	Time	Date	
			February	March
Monday classes	Parthenon Tama 3 & 4F, Meeting Rooms	9:45~11:45	3rd・10th・17th	3rd・10th・17th
	Nagayama Kominkan 5F, BELLEBS Hall	9:30~11:30	3rd・10th・17th	3rd・10th・17th
Thursday classes	TIC Room (VITA Commune 7F)	10:00~12:00	6th・13th・20th	6th・13th・20th
		19:00~21:00	6th・13th	6th・13th
Saturday classes	TIC Room (VITA Commune 7F)	14:00~16:00	1st・8th・15th	1st・15th・22nd

※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 Feb. 22 (Sat) 13:30-15:00, TIC Activity Room, Reservation not required, Free participation, No Fee

Published on the 10th of every month by the Culture & Lifelong Learning Promotion Division, Living & Culture Dept. Tama City Hall ☎042-338-6882

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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).
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