



IGA



City Newsletter

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Kodomo Teate (Child Benefits) 2011 平成 23 年度 こども手当

Child Benefit payments are usually calculated on an annual basis from April to March of the following year. However, this year, the payments will not be reviewed again until September.

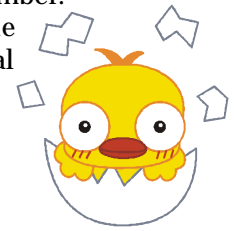
Information about what will happen to child benefits from October onward will be made available in the near future. It will not be necessary to submit an update on your personal situation in June, as you would normally have to.

Benefit available: 13,000 yen per month

Payments made: June & October

Beneficiaries: Children up until final year of Junior High School

Enquiries: City Hall's Kodomo Kateika ☎ 22-9654



Register for a SAIGAJI YOUENGOSHA DAICHO

(A ledger of individuals who need help to seek refuge in the event of a natural disaster)

The **Saigaiji youengosha daichou** is a ledger that keeps a register of those who need assistance in the event of a natural disaster, storing their emergency contact details, the name of their doctor and so on. By registering on the ledger you will enable local authorities to identify what kind of emergency assistance will be necessary where, and help them to plan and carry out the relief effort more effectively.

Eligible for:

People over the age of 65 who live alone

Households with no one younger than 65.

People approved for Care levels 3 ~ 5

People with a disabled passbook

Babies & children
The elderly
Foreign nationals
Any one who needs assistance

Consent necessary

Optional

May

June & July

City Hall will send you a consent form for registration

Apply to City Hall (1st stage)

City Hall will send you a personal evacuation plan (Kobetsu Hinan Shien Keikaku)

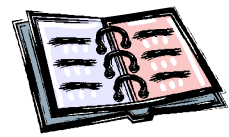
Apply to City Hall (2nd stage)



The information you provide will be used by government departments, social welfare offices, community groups, residence associations, voluntary fire groups etc



Booklet arrives



Enquiries: City Hall's Shimin Seikatsu Ka ☎ 22-9702

い が し の じんこう
伊賀市の人口

Population of Iga City (end of March 2011)
Total: 99,726 inhabitants, including 4,819 foreigners (4.83%)

Libraries Closing Temporarily | Used Furniture Auction

Ueno Library and the book room in Aoyama's Community Hall will be closed during the following periods for maintenance:

Ueno Library

Monday 9th to Monday 23rd of May.

If you need to return books during this time, please use the drop box outside the library.

Aoyama Book Room

Saturday 21st to Tuesday 31st of May

Please note that books will not be available for borrowing from May 6th.

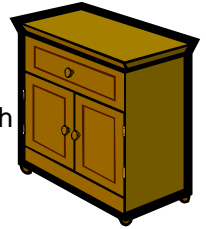
Enquiries: Ueno ☎21-6868, Aoyama ☎52-1110

An auction sale of used furniture that was collected for recycling purposes will take place on Thursday 26th of May.

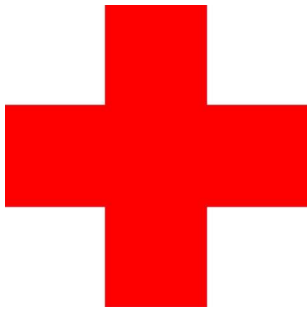
Items entered in the auction can be viewed between Friday 6th and Wednesday 25th of May, 9am-5pm on weekdays and 1pm-5pm on Sundays (closed on Saturdays).

Where? Iga Nanbu Clean Center Recycle Plaza 1F (Okugano 1990)

Enquiries: Iga Nanbu Environmental Health Union (*iga nanbu kankyou eisei kumiai*) ☎53-1120



Red Cross Fundraising Activities



From 1st to 31st of May there, the Red Cross Society of Japan will be carrying out lots of fundraising activities all across Japan. The Red Cross quickly dispatches medical teams to disaster areas in the event of earthquakes, floods or other natural disasters, provides training for disaster relief personnel, and collects relief goods such as blankets and so on, to be distributed to the victims. All of these vital activities are only possible through the generous donations received from the public. During the month of May, Red Cross members will be knocking on doors to ask for donations. Please help the Red Cross make a difference to people's lives by donating whatever you can.

Enquiries: Welfare Protection (*kousei hogo ka*) ☎22-9650

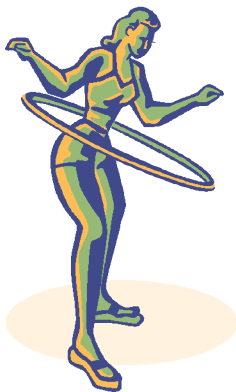
Spring Traffic Safety Campaign

Friday 20th of May is 'aim for no deaths on the road' day. The traffic safety campaign will run from Wednesday 11th of May to Friday 20th of May. The main theme of the campaign will be on prevention of traffic accidents involving children and the elderly. Emphasis will also be placed on promoting the safe use of bicycles, checking that all seat belts and child seats are properly installed and on stamping out drunk driving.

Enquiries: Shimin Seikatsu Ka ☎22-9638



Hula Hoop Exercise Classes



When? June 3rd, 10th, 17th, 24th, July 1st, 8th, 15th, 22nd (all Fridays), between 7.30 ~ 8.30pm

Where? Chuutou Junior High School Gymnasium (Ijiro 450)

Who can take part? Anyone of Junior Highschool age or above

Details: Have fun exercising by using hula hoops to get into shape.

How much will it cost? 500 yen (includes insurance)

Applying to take part: Apply before 5pm on 26th of May. There are 40 spaces available. If more than 40 people apply, names will be chosen by lottery. Send a postcard, fax or email including the name of the class (hula hoop exercise class). Your name, address and telephone number. If you apply by email, please include the name of the class in the subject heading.

Enquiries/applications: ☎518-8501 Iga Ueno Maru no Uchi 116 Iga Board of Education Sports

Promotion Division 22-9680 F A X 22-9692 sports@city.iga.lg.jp

BLOOD DRIVE

Please give blood! The next blood drive will be Thursday 26th between 9.30 ~ 10.30am at Aoyama Community Center.

Infant Health Check-Ups from May 1st to May 31st.

05月1日～05月31日のあかちゃんのけんしん

Infants Exam (for infants from 4 to 10 months old) will be as follows.

Further Information: Shimin Byouin ☎ 24-1111



Exam for 18 month old infants (1歳6ヶ月健診)

DATE	TIME	PLACE
10/05 (Tuesday)	13:00~13:30 hrs	Iga Machi Hoken Fukushi Center
17/05 (Tuesday)	13:00~14:30 hrs	Iga Ishi Kaikan

Exam for 3 and a half year old infants (3歳児健診 (3歳6ヶ月で健診))

DATE	TIME	PLACE
10/05 (Tuesday)	14:00~14:30 hrs	Iga Machi Hoken Fukushi Center
19/05 (Thursday)	13:00~14:30 hrs	Iga Ishi Kaikan

Includes measuring height and weight, a general and dental check-up, consultation about teeth, consultation about child care and so on. A notification will be sent to all children within the appropriate age range.

These health check-ups are free. Please ensure that you bring your Maternal Health Card (BOSHITECHO)

Japanese encephalitis vaccinations

The Japanese encephalitis vaccination was discontinued in 2005 but will be given again from this year. It will be available to anyone being vaccinated for the first time, but those who missed getting vaccinated because it was discontinued are also encouraged to come and start a vaccination course retroactively.

Enquiries: Health Promotion Division (*kenkou suishin ka*) ☎ 22-9653

Eligible Age	Number of shots
First vaccination (36~90 months after birth)	2, with 6~28 days between them
Additional first vaccination (36~90 months after birth)	1, one year after the first vaccination
Retroactive vaccination (36~90 months after birth), (9~13 years of age)	3 vaccinations needed in total
Second (9~13 years of age)	1

Classes & Workshops for Mums

Refresh Time for Mums



Enjoy some relaxing yoga with other new mothers.

When? Friday 27th May 11am ~ noon.

Where? Aoyama Hoken Center Exercise Room

Who can take part? Mother's who gave birth between 3 months and roughly 1 year ago. There are only 15 places, filled on a first come first served basis.

Can I bring my child? Yes! Child care facilities will be available for the duration of the class.

How much? 500 yen. If you have not used the facilities before, please go for an induction before the day of the class. Please wear loose clothing and bring some indoor gym shoes.

Applying: You can apply from May 9th to the Aoyama Hoken Center ☎ 52-2280

Are you a new mother?

Two special workshops are being held for mothers at Fureai Plaza (2F) on Friday 3rd and Friday 17th of June. **June 3rd:** What would you do in an emergency? How to prevent accidents and what to do if one happens. **June 17th:** Relax and shape up! A gentle aerobics class to help mums get back in shape after giving birth.

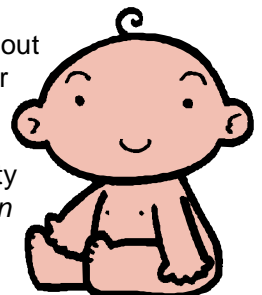
Who can take part? Mothers with children under 12 months of age. You can bring your baby with you to the classes. Participants are asked to attend both sessions.

Applying/Enquiries: Apply from May 10th to Health Promotion Division (*kenkou suishin ka*) ☎ 22-9653

Welcome Baby Class!

This is a class for expectant mothers, their partners or other family members, to learn about what to expect when the new addition to the family arrives. You can learn about caring for new born babies, the pregnancy process, bathing, exchange information etc. Any family members who will be involved with looking after the new baby are welcome to attend.

Sunday 5th May from 10am to noon in Fureai Plaza (2F). Please bring your maternity passbook (*boshi techou*) Applications: Apply to Health Promotion Division (*kenkou suishin ka*) ☎ 22-9653 from May 10th.



ADVICE FOR FOREIGNERS

がいこくじんのためのそうだん



Get advice in your language on work, education, paying municipal bills, health care, Jichikai (neighbourhood associations) etc. and anything else you are having difficulties with.

Every weekday from 9am ~ 5pm at the Shimin Seikatsu Ka in City Hall (1st floor of the main building)

Monthly Tax Payments

(こんげつ の のうぜい)
LIGHT MOTOR VEHICLE TAX
 -FULL INSTALLMENT-
 (keijidousha ze)
NATIONAL HEALTH INSURANCE
 -2ND INSTALLMENT-
 (kokumin hoken)
 Deadline for Payment
Tuesday 31st of May
 Information: Shuuzei Ka
 TEL:0595-22-9612

ADVICE ON PUBLIC ADMINISTRATION

ぎょうせいそうだん

If you have any questions or problems about the work that city hall does, such as on pensions, insurance, taxes, registration, roads, welfare and so on, then feel free to make use of this service and come talk to someone. Consultations are free, and strictly confidential.

Enquiries: Shimin Seikatsu Ka ☎ 0595-22-9702

JAPANESE LANGUAGE AND ACADEMIC SUPPORT CLASSES

(日本語教室 & 学習支援)

COURSE	IGA NIHONGO NO KAI	SASAYURI SUPPORT CLASSES
TIMES	WEDNESDAY 7:45PM ~ 9:00PM SATURDAY 7:00PM ~ 8:30PM	SATURDAY 2:00PM ~ 4:00PM
LOCATION	UENO FUREAI PLAZA 3RD FLOOR	UENO FUREAI PLAZA 3RD FLOOR
COST	¥ 200 PER CLASS	¥ 200 PER CLASS
INFORMATION	TEL:0595-23-0912	TEL:0595-22-9629



(伊賀市応急診療所)

Emergency medical treatment at night and on holidays is divided between urgent and non-urgent cases. If you have a medical emergency which requires special treatment or hospitalisation, you will be treated at the hospital which is on call for such emergencies at that time.

Iga Emergency Clinic is available for non-emergency cases during the night or on holidays for general treatment or pediatrics.

Mon to Sat	8:00PM to 11:00PM
Sundays, public holidays, New Years holidays	9:00AM to 12:00PM 2:00PM to 5:00PM 8:00PM to 11:00PM

Where: Iga shi Ueno-Kuwamachi 1615 (behind Okanami Hospital)

Telephone: 0595-22-9990

You will receive emergency medical aid from the doctor on call, but be sure to see your regular doctor the following day for full medical aid.

A&E ROTATION IN IGA

(伊賀地域救急輪番制担当表)

May						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 OKANAMI	2 NABARI	3	4 OKANAMI	5 NABARI	6 SHIMIN	7 NABARI
8 NABARI	9 SHIMIN	10 NABARI	11 SHIMIN	12 NABARI	13 OKANAMI	14 SHIMIN
15 OKANAMI	16 NABARI	17 NABARI	18 OKANAMI	19 NABARI	20 SHIMIN	21 NABARI
22 NABARI	23 OKANAMI	24 NABARI	25 SHIMIN	26 NABARI	27 OKANAMI	28 SHIMIN
29 OKANAMI	30 NABARI	31 NABARI				

< Times >

Weekdays

5:00PM to 8:45AM the following morning

Sat, Sun, Public Holidays

8:45AM to 8:45AM the following morning (apart from pediatrics, medical aid is administered on a rotational basis. During the day time on weekdays, please visit a regular health clinic.)

No emergency services are available on these days. If you have a medical emergency, you will be taken to the closest

neighbouring area where emergency medical services are available.

< Hospitals on Rotation >

UENO SOUGOU SHIMIN BYOUIN TEL:0595-24-1111 Iga shi Shijuku chou 831

OKANAMI SOUGOU BYOUIN TEL:0595-21-3135 Iga shi Ueno-Kuwamachi 1734

NABARI SHIRITSU BYOUIN TEL:0595-61-1100 Nabari shi Yurigaoka Nishi 1-178

< Information about the Hospitals on Duty >

TEL:0595-24-1199(Iga) TEL:0595-64-1199(Nabari) TEL:0800-100-1199 (toll-free line)



This newsletter is edited and published by the Iga International Friendship Association

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