

# HIGASHIHIROSHIMA



Newsletter



Living info

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## New Year Party

新年交流会

A New Year Party, at which non-Japanese residents can enjoy the New Year together with Japanese volunteers, will be held in Azalea Hall, Sunquare, from 13:30 to 16:00 on Sunday January 13th. Entrance is free.

Attractions will include mochitsuki (rice-pounding), tea ceremony, flower arranging, and calligraphy.



Contact: Communication Corner (コミュニケーションコーナー),  
tel.: 082-423-1922.

## Help with applications for 'My Number' cards (at the Citizens' Affairs Division)

- ・マイナンバーカード申請キ
- ・ャンペーン (市民課受付)

Help with applying for a 'My Number' card (completing the application form, getting a photograph taken) will be available at the Citizens' Affairs Division between Tuesday January 15th and Thursday January 31st (except Saturdays and Sundays), from 8:30 to 16:00.

Those who fall into all of the following categories can make use of this service:

1. Those who are registered as citizens of Higashihiroshima City.
2. Those who have not yet applied for a My Number card.
3. Those who have no plans to move house within the city, or move out of the city, within two months of applying for the card.
4. Those who can come to the City Office in person.

The service is only available at the Citizens' Affairs Division in the City Office, not at branch offices or sub-branch offices.

When applying, the following are necessary:

- Officially-issued identification (the original document, not a copy): One piece of identification from group A, or two pieces from group B (see the examples to the right).
- Your 'My Number' notification card (if you have lost this, you may need to visit the City Office twice.)
- Your Basic Resident Registration Card (if you have one)
- Your personal stamp (a rubber 'Shachihata' stamp is not acceptable)

For those under 15, or adult wards, the necessary items are different. Please check in advance what is needed.

The automatic certificate issuing machine is no longer available, but if you have a Citizen's Identification Card (Seal Registration Card), please keep this carefully, as it is still needed if you need to have a personal seal registration certificate issued at a counter of the City Office.

Contact: Citizens' Affairs Division, tel.: 082-420-0925.



**Group A documents** (with a photo of the holder's face)  
e.g. driving license, passport, Basic Resident Registration Card, Residence Card, physically disabled person's handbook, mentally disabled person's health and welfare handbook, Certificate of Special Permanent Residence, etc.

**Group B documents** (showing name and date of birth, or name and address)  
e.g. health insurance certificate, pension handbook, student ID, medical care certificate, etc.



It's useful to have a My Number card in the following sorts of situations!

- If you need officially-issued photo identification.
- If it's inconvenient to go to the City Office to get a certificate of residency or a personal seal registration certificate (with a My Number card, you can get these certificates at convenience stores across Japan).

## Eye tests using a spot vision screener

- スポットビジョンスクリーナーによる視力検査

These eye tests are available for children in the middle or upper grades of kindergarten or nursery school (those born between April 2nd, 2012, and April 1st, 2014) who have not had an eye test with a spot vision screener at nursery school or kindergarten. If you wish your child to have one of these eye tests, please go to one of the following locations:



Date and time	Location
Sunday January 20th 10:30-13:30	2F, Kurara (Children's Future Festival)
Monday January 21st to Friday January 25th 9:00-17:00	Children and Family Support Division, City Office

Please ensure that you have your Mother and Child Health Handbook with you.

Contact: Children and Family Support Division (Kodomo-katei-ka, こども家庭課), tel.: 082-420-0407.

## Fire Department New Year event

- 東広島市消防出初式

The Fire Department will hold a New Year event ('Dezomeshiki') on Sunday January 6th, from 9:30, at the Higashihiroshima Sports Ground. The event will last for about two hours. In the case of rain, the event will be held in the gymnasium. The event will feature a ceremony, parades, performances of rescue training, etc.



Contact: Fire General Affairs Division (Shobo-somu-ka, 消防総務課), tel.: 082-422-6062.

## Coming-of-Age celebration

- 成人を祝う会



Higashihiroshima City will hold a ceremony to celebrate the coming-of-age of those born between April 2nd, 1998 and April 1st, 1999. The event will be held in the gymnasium of the Higashihiroshima Sports Ground (Aquapark), on Monday 14th January, from 11:00 to 13:00. The doors will open at 10:15, and participants need to be seated by 10:45. The ceremony itself is from 11:00 to 11:40. It will not be possible to enter the event once the ceremony has begun.

The registration area is always very busy around 30 minutes before the ceremony begins, so please try to arrive early. If you forget your invitation on the day, you will need to show proof of identity.

Contact: Lifelong Learning Division (Shogai-gakushu-ka, 生涯学習課), tel.: 082-420-0979.

## Parent-and-child swimming lessons

- 親子水泳教室

A five-session parent-and-child swimming lesson will be held on February 3rd, February 10th, February 17th, March 3rd and March 10th (all Sundays), from 10:30 to 12:00.

The course will be held at the pool of the Akitsu B&G Ocean Center, and is open to children in the 1st to 3rd grades of elementary school, and their parents. There are spaces for 15 groups, and applications will be dealt with on a first-come-first-served basis. The deadline for applications is Friday January 25th, but if there are still spaces, applications will be accepted even after the deadline. To apply, please send a fax or email, with the child's name, sex, date of birth, address, telephone number and school grade, and the parent's name.

Contact: Akitsu B&G Ocean Center (Akitsu B&G Kaiyo Center, 安芸津B & G海洋センター), tel.: 0846-45-3932, email: aki2@hhface.org

### Swimming lessons for beginners

- ・ リフレッシュ初心者
- ・ 水泳教室

Swimming lessons will be held on January 20th, January 27th, February 3rd, February 17th, February 24th, March 3rd and March 10th (all Sundays), from 10:30 to 12:00. The course will be held at the Kurose Indoor Pool. There are spaces for 15 people.

To apply, please call, or send a fax or email, with the participant's name, sex, date of birth, age, address and telephone number. The deadline for applications is Friday January 11th. Participants will be notified by post of what items to bring, etc.

Contact: Kurose Indoor Pool (Kurose Okunai Pool, 黒瀬屋内プール), tel.: 0823-82-7075,  
email: center02@diary.ocn.ne.jp

### Social Insurance Premiums: notice of amounts paid

- ・ 社会保険料納付済額の通知

Paperwork detailing the amount of Social Insurance (National Health Insurance (kokumin-kenko-hokenzei, 国民健康保険税), Public Nursing Care Insurance (kaigo-hokenryo, 介護保険料), Latter Stage Elderly Health Insurance (koki-koreisha-iryō-hokenryo, 後期高齢者医療保険料)) paid during 2018 will be sent at the end of January. Please make use of this paperwork when submitting tax returns.

Contact: Public Nursing Care Insurance: Long-term Care Insurance Division (Kaigo-hoken-ka, 介護保険課),  
tel.: 082-420-0937.

National Health Insurance: Tax Collection Division (Shuno-ka, 収納課), tel.: 082-420-0912.

Latter Stage Elderly Health Insurance: National Health Insurance and Pension Division (Kokuho-nenkin-ka, 国保年金課), tel.: 082-420-0933.

### Notice of Medical Expenses (usable when claiming deductions for medical expenses)

- ・ 医療費控除に使用できる「医療費のお知らせ」の発行

It is possible to obtain a 'Notice of Medical Expenses', which shows details of medical expenses paid during 2018. This can be used when making a claim for deductions from income tax, etc., for medical expenses paid. If you require one of these documents, please request one, by phone or in person.

The documents are only available for those enrolled in the National Health Insurance scheme. When applying, please take identification (a driving license, Residence Card, etc.) with you.

Documents showing expenses paid between January and November 2018 can be issued from Wednesday January 16th.

Documents showing expenses paid between January and December 2018 can be issued from Monday February 18th.

Contact: National Health Insurance and Pension Division (Kokuho nenkin ka, 国保年金課), tel.: 082-420-0933.

### There is only one month left to take the 'Genki Sukoyaka' health check!

- ・ 「元気すこやか検診」の受付期間は残り1カ月!

The final day on which you can take the 'Genki Sukoyaka' health check at a medical facility is Thursday January 31st. The health check is available to citizens of Higashihiroshima City aged 40 and over, and to female citizens aged 20 or over (even-number ages only). Ages are calculated as of March 31st, 2019.

If you have lost your examination voucher, these can be re-issued.

Contact: Health Promotion Division (Kenko-Zoshin-ka, 健康増進課), tel.: 082-420-0936.

**Deadline for payment of taxes: Thursday January 31st**

- 1月の納税・納期限は
- 1月31日(木)

Please pay Municipal and Prefectural Tax (the fourth installment) and the National Health Insurance Premium (the seventh installment) by Thursday January 31st.

A notice of non-payment (Tokusokujo, 督促状) will be sent to residents who have not paid their tax by the deadline. If you receive a Tokusokujo, please pay the tax immediately, using the payment slip enclosed.

※ **Note:** it takes about ten days for the Tax Collection Division to confirm payment of tax, and therefore you may receive a Tokusokujo even after you have completed payment. In this case, please ignore the letter.

Contact: Tax Collection Division (Shuno-ka, 収納課), tel.: 082-420-0912.

**Consultation services for non-Japanese residents**

外国人相談窓口

**Consultation services for non-Japanese residents** are available at the Communication Corner, in Sunsquare Higashihiroshima. English-speaking staff are available daily, at the following times: Tuesdays, Wednesdays, Thursdays: 9:00 to 17:00, Saturdays: 9:00 to 13:00, Mondays, Fridays, Sundays: 13:00 to 17:00.

Communication Corner website (English): <http://hhface.org/corner/en.html>

You can also access the Communication Corner website by using the upper QR code on the right.



Communication Corner website (English)

**40-minute free legal consultations** are available on Saturday January 12th, at 13:00, 14:00, 15:00 and 16:00. The date for February is Saturday February 9th. English translation is available. **Please make an appointment at least one week in advance.**

Contact: Communication Corner (コミュニケーションコーナー), tel.: 082-423-1922.



Facebook page

**Communication Corner Facebook page:**

<https://www.facebook.com/Communication-Corner-544685425697277>

You can also access the Communication Corner Facebook page by using the lower QR code on the right.

**Night-time and holiday hospitals**

夜間休日当番医

Full information about night-time and holiday duty hospitals (Primary Emergency Medical Care Hospitals) within Higashihiroshima City is published in the Japanese-language version of the monthly city newsletter 'Higashihiroshima' (the page inside the back cover), and on the Higashihiroshima City website:

In Japanese: <http://www.city.higashihiroshima.lg.jp/kenko/iryu/3/11522.html>

In English: <http://www.city.higashihiroshima.lg.jp/kenko/iryu/3/11526.html>

The information is also available (in Japanese and automatically-translated English) on the 'Kyukyu Iryo Net Hiroshima' site (<http://www.qq.pref.hiroshima.jp>). You will be able to find information about which medical facility to go to, and what times the facilities are open. The information on the site may be subject to change at short notice, so please contact the medical facility to confirm the information.

**About emergency medical treatment**

In the case of an injury or a sudden fever or illness, where you cannot decide whether the symptoms are serious or not, first of all go to a 'Primary Emergency Medical Care Hospital'. If the symptoms are serious, and emergency surgery or hospitalization is required, the doctor will provide an introductory letter for a 'Secondary Emergency Medical Care Hospital'. If the symptoms are clearly serious, do not hesitate to go to a Secondary Emergency Medical Care Hospital, or call 119 to summon an ambulance.

For details of Secondary Emergency Medical Care hospitals, where patients with serious symptoms can be treated, contact Higashihiroshima City Fire Department (tel.: 082-422-0119).

**Higashihiroshima City Holiday Clinic** (Kyujitsu Shiriyosho, 休日診療所) is a facility that can provide emergency treatment in the case of a sudden medical problem, for those who cannot get treatment anywhere else. Whenever possible, please visit a medical facility during opening hours on a weekday. Holiday clinic medical Departments: internal medicine, pediatrics and dentistry.

- Open: Sundays, holidays, year-end and New Year holidays (Dec. 30 - Jan. 3). Hours: 9:00 - 12:00, 13:00 - 16:00  
Until Sunday March 10th, the internal medicine and pediatrics departments will be open until 20:00.

**Call Center for Emergency First-aid for Children** (Kodomo-kyukyu-denwa-sodan, こどもの救急電話相談), tel.: #8000 (from a normal phone or mobile phone) or 082-505-1399 (from an IP phone or hikari phone). Available 365 days a year, from 19:00 to 8:00 the following morning. Only in Japanese.

This newsletter contains selected information from the Monthly City Newsletter 'Koho Higashihiroshima'. This newsletter is available at the City Office and sub-branch offices, Hiroshima International Center, Communication Corner (Sunsquare Higashihiroshima, 1F), Hiroshima University, Kindai University, Hiroshima International University, Fuji Grand (Higashihiroshima store), Youme Town (Higashihiroshima, Gakuen, and Kurose stores), Shoji (Route 375 bypass and Toyosaka stores), Gyomu-yo Shokuhin Super (Saijo store), Manso (Hachihonmatsu and Takaya stores), Bankok Store, Higashihiroshima Catholic Church (Takamigaoka), Motonaga Hospital, etc.

**As of the end of November, 2018:**

Population of Higashihiroshima City: 187,668  
Population of foreign residents: 7,133