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This newsletter is available at:

<http://www.ccia-chiba.or.jp/005003jyoho/index.html>

ちばしからのお知らせ CITY NEWS

今月からマイナンバー(個人番号)の利用が始まりました

Use of 'My Number' (Personal ID Numbers) Begins this Month

'My Number' is a 12-digit number assigned to each person registered as a resident in Japan, which is used by the national and local government to confirm personal information for social security, taxes, disasters, etc. Using 'My Number' allows local and national governments to do their work quickly and correctly.

★ To those who still have not received their notification cards

Those who were not available when their notification card were delivered and still

have not gone to collect them, please contact the Citizens' Affairs Division of the ward in which you live. If it has been longer than 3 months, you will have to pay a fee to receive your notification card.

★ Beware of suspicious phone calls

Scams may take advantage the 'My Number' system to make suspicious phone calls, especially those asking for bank account information. Do not give your information to these suspicious phone calls.



If you get a suspicious phone call

Consumer Hotline (direct call): ☎188

If you were scammed or a victim of some other damage:

Police hotline: ☎#9110

Questions: 区役所市民課 Ward Citizens' Affairs Division

Chuo ☎221-2109 Hanamigawa ☎275-6236

Inage ☎284-6109 Wakaba ☎233-8126

Midori ☎292-8109 Mihama ☎270-3126

National Call Center ☎0120-95-0178

ひきこもり 地域支援センター 2/1(月)開設

Hikikomori (Recluse) Regional Support Center – Opens Mon. 2/1

The City has established a support center that provides individual consultations and support for hikikomori (recluses/shut-ins) and their families, etc.

When: Weekdays from 9:00 - 17:00

Where: 美浜区高浜2-1-16 (こころの健康センター

内) 2-1-16 Takahama, Mihama-ku (inside the Mental and Emotional Health Center)

Eligibility: Hikikomori aged 18 and older living in Chiba City and their families, etc.

Consult/Ask: ひきこもり 地域支援センター

Hikikomori Regional Support Center ☎204-1606

児童虐待を防ごう! 守るのは気づいたあなた
たの その勇気

Stop Child Abuse! Your Bravery Can Protect a Child

There are times when raising a child can lead to abuse. There are many people who cannot reach out for support about their worries by themselves. In order to protect children from child support, our awareness as community members is important.

What we can do individually:

If you see somebody who seems to be having worries or concerns about child-raising, reach out and kindly ask if what is wrong or if they are okay. If you think it might be a case of abuse, go for a consultation or contact an authority. *The privacy of those who consult or contact authorities will be protected

Consult/Contact:

児童相談所(美浜区高浜3) Child Guidance Center (3 Takahama, Mihama-ku) ☎277-8880

保健福祉センターこども家庭課 Health and Welfare Center, Child and Domestic Affairs Division

Chuo ☎221-2151 Wakaba ☎233-8152

Hanamigawa ☎275-6445 Midori ☎292-8139

Inage ☎284-6139 Mihama ☎270-3153

危険ドラッグは「持たない! 買わない! 使わない!」

Don't Possess, Buy, or Use Dangerous Drugs!

There are cases of serious health problems resulting from drug use. Dangerous drugs are sold in stores or on the internet under the name of legal herbs or aromas, etc., which seem like legitimate products. These can have drugs in them and may cause impaired consciousness, vomiting, shaking, or difficulty breathing. They are extremely dangerous. Never buy or use these drugs. If you have concerns or have noticed changes in people around you, please consult with the authorities.



Consultations: こころの健康センター Mental and Emotional Health Center ☎204-1582

県警少年センター(ヤング・テレホン)「未成年の人の相談」 Chiba Prefectural Police Juvenile Center Youth Telephone Hotline ☎0120-783-497

県警相談サポートコーナー Chiba Prefectural Police Consultation Support Corner ☎227-9110

Questions: 健康企画課 Health Planning Division ☎245-5210

税の申告は正しくお早めに

File Tax Returns Early and Correctly

Tax returns for municipal/prefectural inhabitant tax and income tax will be accepted from Tuesday, Feb. 16 to Tuesday, Mar. 15. They will not be accepted on Saturdays and Sundays.

Questions: Regarding municipal/prefectural inhabitant tax:

東部市税事務所市民税課 East District Municipal Tax Office Inhabitant Tax Division ☎233-8140

西部市税事務所市民税課 West District Municipal Tax Office Inhabitant Tax Division ☎270-3140

Regarding income tax, etc.:

千葉東税務署 Chiba Higashi Tax Office ☎225-6811

千葉南税務署 Chiba Minami Tax Office ☎261-5571

千葉西税務署 Chiba Nishi Tax Office ☎274-2111

ご利用ください 民間賃貸住宅入居支援

制度・補助制度

Make Use of the Private Rental Housing Support/Subsidy Systems

The city provides support and subsidies for those who may be refused rental housing for various reasons. This is intended for those in the list below who can pay the rent without difficulty and lead self-supported lives in the community.

- ① Households of foreign residents
- ② Single-parent households with children who have not completed compulsory education
- ③ Households receiving public assistance, etc.

Support details:

- ★ Provision of information about residents or the systems run by the city, based on the requests of those consulting
- ★ Assistance for those having difficulty finding a guarantor for a residence

*Assistance does not apply to rent

Consult/Ask: すまいアップコーナー Sumai Up (Residential) Corner ☎245-5690 (Chuo Community Center 1F)

特定健康診査・健康診査

Health Exams and Designated Health Exams

The deadline is Monday, Feb. 29. Those who have not undergone their examinations should do so soon. The city provides health examinations and specified health examinations to prevent adult-onset/lifestyle diseases. Examination

vouchers were sent to eligible people in May of last year. Vouchers may also be sent to those who did not receive or lost them, as well as those who enrolled in National Health Insurance or the medical care system for those aged 65 and older after April 1, 2015 and wish to receive one.

Questions: ^{けんこうほけんか}健康保険課 Health Insurance Division
☎245-5146

行って みましよう

Events

^{いなげきねんかん}稲毛記念館の ^{さどうきょうしつ}茶道教室
Tea Ceremony Lessons at the Inage Memorial Center

When: Wed., Feb. 17, Fri., Feb. 19, Wed., Feb. 24, Fri., Feb. 26 from 10:00-12:00 (4 times total)

Capacity: 20 people

Cost: 2,000 yen (to cover tea snacks)

Apply/Ask: ^{いなげきねんかん}稲毛記念館(稲毛海浜公園内) ^{いなげかいひんこうえんない}Inage Memorial Center (inside Inage Seaside Park)
☎277-4534



^{しこくさい}ちば市国際ふれあいフェスティバル 2016

～^{へいわ}平和の輪Chiba から^{せかい}世界へ^{ひろ}広げよう～

Chiba City International Fureai Festival 2016 -Spread the Message of Peace from Chiba to the World-

Knowing other's culture and working hand-in-hand in harmony is very important. This is the aim of this event. There are many activities for you to enjoy. Free of charge.

When: Sun., Feb. 14 from 10:00-15:00



Where: ^{ひろば}きぼーる広場 (中央区中央4) ^{ちゅうおうくちゅうおう}Qiball ground (4 Chuo, Chuo-ku)

Main events:

- ★ Indonesia, Central and South America's musical instrument performances
- ★ Thailand's ethnic dance, belly dance
- ★ Stamp rally with giveaways
* some giveaways are limited in number
- ★ Cheap and rare items to purchase
- ★ Introduction of volunteer groups

Questions: ^{こくさいこうりゅうきょうかい}国際交流協会 Chiba City International Association ☎202-3000

^{こそだ}子育てママのおしゃべりタイム

Chitchat Time for Mothers

Child-raising mothers may come and use the facility with their children. Expecting mothers may also join. To support parenting, participants may also consult problems and concerns related to parenthood. Enjoy your free time with other mothers or play with your kids. Venue opens from 10:00-12:00. Please come directly to the venue. You may come or leave at your convenience.

- ★ Chuo-ku:
Shinjuku Public Center Mon., Feb. 15
Miyazaki Public Center Mon., Feb. 22
Questions: Matsugaoka Public Center
☎261-5990
- ★ Hanamigawa-ku:
Makuhari Public Center
Thu., Feb. 18 and Thu., Feb. 25
Questions: Makuhari Public Center
☎273-7522
- ★ Inage-ku:
Midorigaoka Public Center Fri., Feb.12
Konakadai Public Center Mon., Feb. 15
Questions: Konakadai Public Center
☎251-6616
- ★ Wakaba-ku:
Mitsuwadai Public Center Thu., Feb. 25
Questions: Chishirodai Public Center
☎237-1400

おいしい おやつ づくり

Delicious Sweets-making Class

When: Sat., Mar. 5 from 13:30-16:30

Eligibility: elementary school 3rd grade to junior high school students

Capacity: first 20 applications

Cost: 500 yen

Where/Apply/Ask: ^{なんぶせいしやうねん}南部青少年センター(中央区

^{しらはた}白旗1) Nanbu Youth Center (1 Shirahata, Chuo-ku) ☎264-8995

Closed Mondays and holidays.

まいつき だい どようび ちほうおろしうりしじょう
毎月 第2・4土曜日は地方卸売市場・

しみんかんしゃ
市民感謝デー

Local Wholesale Market and Citizens
Appreciation Day held every 2nd and 4th
Saturday of the Month

Fresh seafood and other items are available to
purchase. Don't miss it!

When: Sat., Feb. 13 and Sat., Feb. 27
from 8:00-12:00

(Fish, shells, etc. are available until 10:30.)

Where/Ask: ちほうおろしうりしじょう、みはまくだかはま
地方卸売市場(美浜区高浜2) Local
Wholesale Market (2 Takahama, Mihama-ku)
☎248-3200

ちゅうおうとしょかん がいこくご はな かい
中央図書館 外国語お話し会

えいごでたの えほん せかい
英語で楽しもう/絵本の世界

Foreign Language Class at Chuo Library
Let's have fun with English, the World of
Picture Books

When: Sun., Feb. 21 from 15:00-15:30

Eligibility: 5 years old up to elementary school
students (Guardians may
come.)

Capacity: first 30 people

Where/Ask: ちゅうおうとしょかん
中央図書館

(ちゅうおうくべんてん)
Chiba City
Central Library (3 Benten,
Chuo-ku) ☎287-3980



にんぎょうげき あか
人形劇「赤ずきんちゃん」

Puppet Show 'Little Red Riding Hood'

When: Sat., Mar. 5 from 10:30-12:00

Capacity: first 140 applications

Cost: 500 yen (children under 3 years old who'll
seat on guardian's lap are free of charge)

Where/Apply: しだんじょきょうどうせんかく ちゅうおうく
市男女共同参画センター(中央区

ちばでらちょう
千葉寺町ハーモニープラザ内) City's Gender
Equality Center (inside Harmony Plaza,
Chibaderacho Chuo-ku)

Come to the venue with the fee to apply.

Questions: しだんじょきょうどうせんかく
市男女共同参画センター City's
Gender Equality Center ☎209-8771
Closed Mondays and holidays.

けんこう そうだん
健康・相談

Health & Consultations

じょせい けんこうそうだん
女性のための 健康相談

Health Consultations for Women

① Wed., Feb. 24 from 13:15-15:20

Consultations are available for mental and
physical problems or concerns related to
female hormones. Consult with female
physician or gynecologist. Reservations
required (Call to reserve.)

② Telephone consultation with a public health
nurse

Monday-Friday from 9:00-12:00; 13:00-16:00

Closed holidays.

Where: しほけんじょ みはまくだかはま 幸町1) City's Health
Center (1 Saiwaicho, Mihama-ku)

Reserve/Ask: けんこうしえんかく
健康支援課 Health Support Division
☎238-1220

がいこくじん かりようほうりつそうだん
外国人のための 無料法律相談

Free Legal Consultation for Foreigners

When: Mon., Feb. 15 from 13:00-16:00

Where: ちばしこくさいこうりゅう かいぎしつ ちゅうおうく
千葉市国際交流プラザ 会議室(中央区

ちゅうおう
中央2) Chiba City International Communications
Plaza, Meeting Room (2 Chuo, Chuo-ku)

Capacity: first 4 people

Reservations are required. Please consult when
applying if you need an interpreter.

Reserve/Ask: ちばしこくさいこうりゅうきょうかい
千葉市国際交流協会 Chiba City
International Association ☎202-3000



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