



Chiba City ・ ちば

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This newsletter is available at:

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

ちばし ちば 千葉市からのお知らせ CITY NEWS

たす 助かる いのち 命を 救おう!!
すく Help Save Lives!

The Chiba City Fire Bureau has 25 ambulances. The use of ambulances by people who are not in an emergency increases every year. Please use ambulances properly. The dispatches of municipal ambulances in 2013 are as follows:



- ★ Number of dispatches: 53,396 (an average of 150 times per day, approx.. once every 10 minutes)
- ★ Number of people transported: 47,283 (equivalent to roughly 1 in 20 citizens)
However, roughly 60% of the people transported by ambulance did not need emergency transportation. In order to keep the ambulances available for those who truly need them, please call a taxi or use your own car if your injuries are not serious.
- ★ Call 119 right away in any of the following situations:
Loss of consciousness, heavy bleeding, inability to breathe, large burns, intense chest pain or headaches, inability to move due to broken bones, etc. - any time when your condition is strange or different than normal

Questions: 消防高救急課 Fire Bureau Ambulance Services Division ☎202-1657

とくていけんこうしんさ けんこうしんさ
特定健康診査・健康診査

Specified Health Examinations and Health Examinations

The city offers specified health examinations and health examinations to prevent adult-onset/lifestyle diseases. Those who have not gotten an examination, please do so before the deadline of Sat., February 28. Examination vouchers were sent to eligible people in May of last year. Please have your examination done soon. Those who did not receive a voucher should contact the Health Insurance Division.

Eligibility: Those aged 40 – 74 who are covered by National Health Insurance (500 yen), those who are covered by the medical care system for senior citizens aged 75 and older (free)

Examination locations: Medical institutions in the city. Please see the information that was sent with your examination voucher for more details. Reservations are required for examinations.

Questions: 健康保険課
Health Insurance Division ☎245-5146

いりょうひ かいごりょう いったいがくいじょうしはら ひと
医療費・介護料を 一定額以上支払った人に
さがくを しきゅう
差額を 支給します

Refunds Available for Medical and Long-Term Care Fees Above a Certain Amount

This system is meant to lighten the burden on households who are enrolled in both medical and long-term care insurance. If you have paid more than the payment limit, please apply for a refund.

Eligible period: August 1, 2013 – July 31, 2014

Payment Limit: Varies depending on income, whether or not the household includes somebody age 70 or older, etc.

Application process: Varies depending on the time of enrollment in Chiba City National Health Insurance or Chiba Prefecture Elder Senior Citizen Medical Care System

Questions: ^{けんこうほけんか}健康保険課
Health Insurance Division ☎245-5145

^{かいごほけんか}介護保険課 Long-Term Care Insurance Division
☎245-5061

ちばしファミリー・サポート・センター Chiba City Family Support Center

Those who would like childcare for their children (aged 3 months to elementary school 6th-graders) can become (client) members and use the services.

Services: Send-off/pick-up from *kodomo* rooms or daycare, childcare in the evenings, etc.

Hours: 6:00 - 22:00

Cost (per hour): Monday - Friday
from 7:00 - 19:00: 700 yen

All other days/times: 900 yen

Eligibility: Those living, working, or attending school in Chiba City

Questions: ちばしファミリー・サポート・センター
Chiba City Family Support Center ☎201-6571
Closed Tuesdays

^{きげん}危険ドラッグは「^も持たない!^か買わない!
^{つか}使わない!」

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

There are many cases of serious health issues or traffic accidents caused by dangerous drugs. There may be products on the internet or in stores that claim to be safe even though they contain drugs. Using dangerous drugs can lead to impaired consciousness, vomiting, shaking, and loss of breath. They are very dangerous, so never buy or use them. If you are worrying alone or notice a change in somebody near you, please come in for a consultation.

Consultations:

- ^{けんこう}こころの健康センター Mental Health Center
☎204-1582
- ^{けんけいしょうねん}県警少年センター(ヤング・テレホン)「^{みせいねん}未成年の
^{ひと}人の相談」Chiba Prefectural Police Juvenile
Center (Young Telephone) 'Consultations for
Minors' ☎0120-783-497
- ^{けんけいそうだん}県警相談サポートコーナー Chiba Prefectural
Police Consultation Support Corner
☎227-9110

Questions: ^{けんこうまかくか}健康企画課 Health Planning Division
☎245-5210

^{していじてんしゃちゆうしゃじょう ていきりよう に しほしゅう}指定自転車駐車場の定期利用(二次募集)

Accepting Additional Applications for Designated Bicycle Parking Spots

Bicycle parking spots are accepting additional applications for regular use.

Eligibility: Bicycles, motorized bicycles (50cc and under), motorcycles (50 - 125cc)

Period of use: Wed., Apr 1 to Thu., Mar 31 of next year

Usage unit: One month and above

Cost: Varies depending on the number of bicycles and parking lot

How to apply: Apply directly at the parking lot management office of the lot you would like to use or at the ward office Community Promotion Division from Fri., Feb 13 - Fri., Feb 20 (applications will be decided by lottery if there are too many applicants)

Please note:

- ① Parking lots accepting additional applications will be announced at the relevant parking lot management offices, ward office Community Promotion Divisions, and the city website beginning on Fri., Feb 13.
- ② Application results will be announced on Wed., Mar 18 at the places listed above
- ③ If there are still spaces available after this, applications will be accepted from Wed., Mar 25 - Tue., Mar 31 directly at the parking lot management offices.
- ④ Please inquire for details about locations of parking lots and management offices, prices, etc.

Questions: ^{じてんしゃたいさくか}自転車対策課 Bicycle Policies Division
☎245-5149

^{せんもんか}専門家が ^{しどう}指導する ^{りハビリテーション}リハビリテーションが
^{むりよう}無料で ^う受けられます

Free Professional Rehabilitation Is Available

Eligibility: Those living or working in Chiba City who are 18 years old or above and correspond to one of the following:

- ① Those with physical disabilities
- ② Those who are at risk of residual disability after surgery, etc.

Please inquire for more details.

Questions: ^{りょういく}療育センターふれあいの家(美浜区高浜) ^{いえ}の家(美浜区高浜)
4) Rehabilitation Center Fureai-no-Ie

(4 Takahama, Mihama-ku) ☎ 279-1141 Closed Mondays and holidays

行って みましよう EVENTS

やさしい 英会話を 学ぼう

Let's Learn Simple English

Sat., Feb 14 and Sun., Feb 15, twice from 13:30-15:00

at Nanbu Youth Center (1 Shirahata, Chuo-ku)
Listen and enjoy stories in English by foreigners about their own country.

Eligibility: 16 years old and above

Capacity: first 20 people

Apply: 南部青少年センター Nanbu Youth Center ☎264-8995

外国語 おはなし会

～英語で 楽しもう! 絵本の世界～

Fun Story Hour in English

Have Fun with English through Picture Books

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

at Chuo Library (3 Benten, Chuo-ku)

Eligibility: children ages 5 to elementary school students (guardians may also join)

Capacity: first 30 people

Questions: 中央図書館 Chuo Library ☎287-3980

子育てママの おしゃべりタイム

Chit-chat Time for Mothers

From 10:00-12:00

Child-rearing individuals and expecting mothers gather to talk about parenthood. You may come with your children. May also come and leave at your convenience. Reservation not needed. Come directly to the center on the day.

★ Chuo-ku:

Shinjuku Public Center, Mon., Feb 16

Miyazaki Public Center, Mon., Feb 23

Questions: 松ヶ丘公民館 Matsugaoka Public Center ☎261-5990

★ Hanamigawa-ku:

Makuhari Public Center, Thu., Feb 12 and Feb 26

Questions: 幕張公民館 Makuhari Public Center ☎273-7522

★ Inage-ku:

Midorigaoka Public Center, Fri., Feb 13

Konakadai Public Center, Mon., Feb 16

Questions: 小中台公民館 Konakadai Public

Center ☎251-6616

★ Wakaba-ku:

Chishirodai Public Center, Thu., Feb 12

Mitsuwadai Public Center, Thu., Feb 26

Questions: 千城台公民館 Chishirodai Public Center ☎237-1400

★ Mihama-ku:

Takahama Public Center, Thu., Feb 19

Questions: 稲浜公民館 Inahama Public Center ☎247-8555

公民館の講座

Schedule of Classes at Public Centers

Many fun events are lined up!

★ Chuo-ku Shinjuku Public Center (2-16-14 Shinjuku)

Hina-dolls on patch work

Wed., Feb 18; Wed., Feb 25 from 10:00-12:00

Eligibility/Capacity: females, first 20 people

Cost: 1,500 yen (for marterials)

Ask/Apply: come directly or call ☎243-4343

★ Hanamigawa-ku Satsukigaoka Public Center (1-32-4 Satsukigaoka)

Disaster Prevention Class (Experience how strong the intensity occurred during the Great East Japan Earthquake through earthquake simulation truck)

Tue., Feb 24 from 10:00-11:30 event will be cancelled if rain

Eligibility/Capacity: 20 years and above, first 25 people

Apply/Ask: come directly or call ☎250-7967

★ Inage-ku Todoroki Public Center (1-12-3 Todoroki-cho)

Concert (Chiba University Mandolin Club)

Sat., Mar 7 from 13:30-14:30

Eligibility: elementary school students and above

Capacity: first 50 people

Apply/Ask: come directly or call ☎251-7998

★ Wakaba-ku Sakuragi Public Center (3-17-29 Sakuragi)

Winter Concert (Flute and Tsugaru-jamisen performances)

Sat., Feb 21 from 14:00-15:30 (hall opens at 13:30)

Eligibility/Capacity: elementary school students or above, first 50 people

Apply/Ask: come directly or call ☎234-1171

★ Midori-ku Toke Public Center (1631-7 Toke-cho)

Spring Concert (String Trio by female performers and male chorus performance)

Sat., Mar 7 from 14:00-15:30 (hall opens at 13:30)

Capacity: first 50 people

Apply/Ask: come directly or call ☎294-0049

★ **Mihama-ku Saiwai-cho Public Center (2-12-14 Saiwai-cho)**

Futomaki Sushi Making Class

Thu., Feb 26 from 10:00-13:00

Eligibility/Capacity: 20 years old and above, first 16 people

Cost: 1,200 yen (for material)

Apply: come directly with the fee

Questions: please call ☎247-0666

おやこで学ぶ 防災訓練

Parent-kids Prevention Drill

Sat., Mar 7, from 9:30-12:00

Emergency Rescue Center (4 Takasu, Mihama-ku)

Learn to extinguish fire using the fire extinguisher

Eligibility: city residents, elementary school student 3rd graders or younger and guardian

Capacity: first 20 pairs

Apply/Ask: 防災普及公社 Disaster Prevention Corporation ☎248-5378

Accepts application by phone

保健・相談

Health and Consultations

青少年の悩みごと相談

Youth Consultation Services

Monday to Friday (except holidays)

from 9:00-17:00

May consult regarding juvenile delinquency, dislike school or dislike going to school, bully, worry about what path to take/future, etc.

How to apply: Come directly in person or by phone

Consult/Ask:

★ Youth Support Center ☎227-7830

4 Chuo, Chuo-ku, Prefecture's 'Kyoiku Kaikan', 4F

★ Youth Support Center, North Annex ☎

259-1110

Hanamigawa Public Center Complex

★ Youth Support Center, East Annex ☎

237-5411

Chishirodai Public Center, 2F

★ Youth Support Center, South Annex ☎

293-5811

Kamatori Community Center Complex

★ Youth Support Center, West Annex ☎

277-0007

3 Takahama, Mihama-ku City's 'Kyoiku Kaikan', 2F

法律・福祉・生活 無料相談

Free Legal, Welfare and Daily Life Consultations

Sun., Mar 22 from 10:00-16:00 reception until 15:00

Consult with a lawyer, judicial scrivener or social worker about issues such as civil affairs, housekeeping, adult guardianship, welfare, etc.

Where: Mitsukoshi Department Store, 'Otokui-sama Salon', 7F

Capacity: first 30 people for each category

Questions: 高齢福祉課 Senior Citizen's Welfare Division ☎245-5166

外国人のための 無料法律相談

Free Legal Consultation for Foreigners

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

千葉市国際交流プラザ 会議室 (中央区 中央2)

Chiba City International Communication Plaza, Conference Room (2 Chuo, Chuo-ku)

Capacity: first 4 people. Reservation required.

Please consult in advance if you would like an interpreter.

Apply/Ask: 千葉市国

際交流協会 Chiba

City International

Association ☎

202-3000



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