

Ichinoseki Multilingual Information

Ichinoseki International Association/
Ichinoseki ILC Promotion Division

Translated excerpts from the public Ichinoseki newsletter, 'I-style'.



June Notification Adult Medical Examination Schedule

◇ **Simultaneous consultation** (reception hours: 6:45 am to 9:00 am)

Cardiovascular examination (basic medical examination, specific examination, examination of latter stage elderly)

Gastric cancer screening, colorectal cancer screening, lung cancer screening, tuberculosis screening, hepatitis virus screening

Date	Area	Venue	Date	Area	Venue
1 st (Sat)	Higashiyama	Higashiyama Regional Exchange Center 東山地域交流センター	17 th (Mon)	Hanaizumi	Hanaizumi General Welfare Center 花泉総合福祉センター
3 rd (Mon)	Fujisawa	Local Culture Preservation Center 郷土文化保存伝習館	18 th (Tue)		
4 th (Tue)		Fujisawa Civic Center Kinomi Bunkan 藤沢市民センター黄海分館	19 th (Wed)		
5 th (Wed)			20 th (Thurs)		
6 th (Thurs)	Kawasaki	Kawasaki Gymnasium 川崎体育センター	21 st (Fri)	Daito	Daito Worker's Sports Center 大東勤労者体育センター
7 th (Fri)			22 nd (Sat)		
8 th (Sat)			23 rd (Sun)	Senmaya	Senmaya Ishinkan 千厩維新館
11 th (Tue)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター	24 th (Mon)	Daito	Daito Volleyball Memorial Hall 大東バレーボール記念館
12 th (Wed)			25 th (Tue)		
13 th (Thurs)			26 th (Wed)		Sarusawa Tradition Community Hall 猿沢伝承交流館
14 th (Fri)			27 th (Thurs)		
15 th (Sat)			28 th (Fri)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター
			29 th (Sat)		
			30 th (Sun)		

◇Cervical cancer screening

(reception hours: 9:45am~10:30am/1:15pm~2:00pm)

Date	Area	Venue	Date	Area	Venue
19 th (Wed)	Senmaya	Okutama Civic Center 奥玉市民センター	27 th (Thurs)	Murone	Kyoku Roku Fureai Center 曲ろくふれあいセンター
20 th (Thurs)		Senmaya Rural Environment Improvement Center 千厩農村環境改善センター	28 th (Fri)		AM: Kyoku Roku Fureai Center 曲ろくふれあいセンター
21 st (Fri)			28 th (Fri)	Kawasaki	PM: Kawasaki Civic Center 川崎市民センター
			29 th (Sat)		Kawasaki Civic Center 川崎市民センター

Please cooperate with prevention methods of infectious diseases

- ① Postpone consultation if you or a member of your family is in poor physical condition.
- ② Wait outside the venue when examination admissions are limited
- ③ Wear a mask



【Inquiries】

Health Promotion Division 0191-21-2160

or the Northern/Eastern Health Promotion Offices

My Number Card Application and Issuing Window Opens

● Reception Dates: June 23rd, July 28th, August 25th, September 29th (All Sundays)

*These dates may change.
Please check when making a reservation.

RSVP Only

● Time: 9:00am to 11:30am

● Locations: Ichinoseki City Hall Civic Division and each branch office's Civic and Welfare Division

* Cards can only be received at the head office or branch office of your residential area.

* Applications can be done at any office.

● Appointments/Inquiries: To make an appointment, call Ichinoseki City Hall Civic Division or any branch office's Civic and Welfare Division directly by the Wed. prior to your preferred date (by the preceding Tues. if Wed. is a holiday).

Reservation time: Weekdays 8:30am to 5:15pm

● Other: ID photos will be taken at the weekend application window, so there is no need to prepare a photograph.

【Inquiries】

Ichinoseki City Hall Civic Division 0191-21-8310

Ichinoseki Shake-out Drill

Drills will be conducted simultaneously in Ichinoseki at the time* that the Iwate-Miyagi Nairiku Earthquake occurred. This is a drill in which all participants take immediate action to ensure their own safety, such as using nearby objects to shield their heads, presuming that the city is experiencing an earthquake with a seismic intensity of lower 6.

●Date: Wednesday, June 14, 2024, at 8:43 a.m.

●Location: Each person's current location in the city at the time of training

●Other: FM ASMO, the outdoor public speaker MAST and Fujisawa Announcement Broadcast will broadcast the start of the drill



DROP! Take COVER! HOLD ON!

提供：効果的な防災訓練
と防災啓発提唱会議

*On June 14 2008, 8 : 43am the Iwate-Miyagi Nairiku Earthquake occurred

【Inquiries】 Fire Department HQ Disaster Prevention Division 0191-25-5913

Notice of payment

There are repeated incidents of tax refund scammers posing as city employees.

The city will never ask you to visit an ATM or ask for your PIN number.

Beware of Scams!



① City prefectural tax (general collection) 1st term

Payment deadline: Monday, July 1st

We recommend bank transfer for payment of city taxes.

* Application forms for bank transfer are available at financial institutions.

【Inquiry】

Ichinoseki City Hall Tax Payment Division
0191-21-8261
Or Ichinoseki City Tax Savings Association

Disaster prevention administrative information on Ichinoseki Mail

Distributes disaster information and broadcast contents of the outdoor public relations MAST, etc. The information can be accessed by using the following methods.

●To receive information through the app, please download from the QR code below



Android

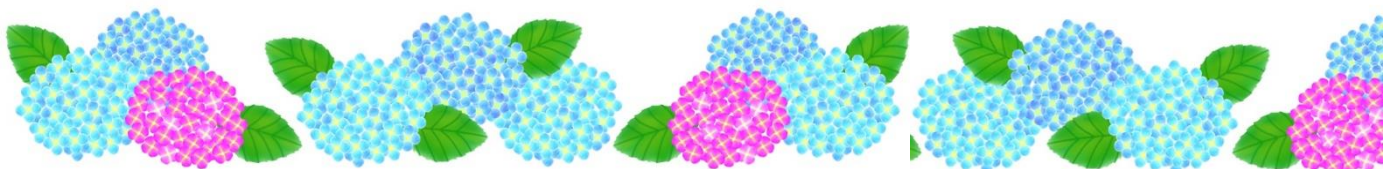


iOS

●To receive information via email, please send an empty message to the following address

Email : ichinoseki_shobo@x.bmd.jp

【Inquiries】 Fire Department Fire Department
0191-25-5912



Livelihood support consultations

Those worried about their livelihoods/financial situation please consult with us.

- Date: June 6th, 13th, 20th, 27th (every Thursday)
- Time: 10:00am- 3:00 pm
- Location: Ichinoseki City General Welfare Center

《 Mobile consultation (Reservation required) 》

- Date/Time: June 14th (Friday) 10:00am~3:00pm
- Location: Hanaizumi General Welfare Center/Daito Health Center/Senmaya Rural Labor Welfare Center/Social Welfare Council Fujisawa Branch

【Inquiries】

Ichinoseki City Council of Social Welfare
0191-23-6020 Hanaizumi Branch 0191-82-4002 Daito Branch 0191-71-1177 Senmaya Branch 0191-53-2885 Fujisawa Branch 0191-63-5122

Ichinoseki Children's Center established

We work with related organizations to provide detailed counseling and support for expectant mothers and families with children.

Examples of consultations:

- Consultation on anxiety and worries from pregnancy to child rearing
- Counseling on domestic issues (abuse, domestic violence, etc.)
- Counseling for young caregivers
- Visits to households that are burdened or anxious about housework and child rearing
- Providing information on pregnancy and child rearing, etc.

【Contact】 Ichinoseki Children's Center (within the Children and Domestic Affairs Division) 0191-21-2165

Pools are opening

① Ichinoseki Swimming Pool

Date: June 29 (Sat) to Sept 8 (Sun)

Time: 10:00am to 12:00pm/1:00pm to 7:00pm or until sundown

② Hanaizumi Swimming Pool

Date: June 29 (Sat) to Sept 8 (Sun)

Time: 10:00am to 12:00pm/1:00pm to 7:00pm or until sundown

*Toddler pool only

③ Higashiyama B&G Kaiyo Center

Date: June 29 (Sat) to Sept 8 (Sun)

Time: 9:00am to 12:00pm/1:00pm to 9:00pm

《Further details》

■ Regular holidays: ①② None ③ Every Monday

■ Admission:

Child below elementary school age: free

High school students and younger: 100yen

General: 200yen

*Swimming caps are a must

* Last admission is 1 hour before closing



【Inquiry】

① Ichinoseki Swimming Pool 0191-23-8020 or (off season) Ichinoseki General Gymnasium 0191-31-3111

② Kamu Pal 0191-82-1086

③ Higashiyama Gymnasium 0191-35-1141







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|-------------------------------------|-----------------------------------|------------------------------|
| ● Ichinoseki City Hall 0191-21-2111 | ● Hanaizumi Branch 0191-82-2211 | ● Daito Branch 0191-72-2111 |
| ● Senmaya Branch 0191-53-2111 | ● Higashiyama branch 0191-47-2111 | ● Murone branch 0191-64-2111 |
| ● Kawasaki Branch 0191-43-2111 | ● Fujisawa Branch 0191-63-2111 | |

Multilingual Information Newsletters are available at the Ichinoseki International Association's office and the Ichinoseki City Library.

Or visit the Ichinoseki International Association [homepage/Instagram/Facebook/](#)
Ichinoseki City Hall [English Guide](#).

Further resources

Iwate Prefecture 	Find link to comprehensive English Guide that includes important information	
Iwate International Association 	Consultation for foreign residents about various issues such as foreign residency qualifications (visa) and troubles in everyday life. Japanese family and friends of foreigners are also welcome.	TEL: 019-654-8900 Hours: 9:00am~8:00pm
Ichinoseki City English Guide 	Find link to comprehensive English Guide that includes important information such as what to do in an emergency, where evacuation centers are, welfare incentives, how to dispose of garbage, and how to go about notification procedures at city hall.	
Ichinoseki International Association 	Consultation services for foreign residents available. Staff can speak English and have tools to assist in other languages.	TEL: 0191-34-4711 Hours: 9:00am~6:00pm (Closed Thurs/holidays/ Dec.29~Jan.3)
Yorisoi Hotline 	Are you having a problem with your visa, nationality, family, work, everyday living, discrimination, domestic violence, confinement, or human trafficking? Consultation can be made by toll-free number, Facebook messenger, or through an online chat system	Specialized line for foreigners in Iwate, Miyagi, Fukushima: 0120-279-226
AMDA Medical Information Center [特定非営利活動法人 AMDA 国際医療情報センター] 	Telephone Consultation for medical matters Free consultation & interpreting service Connection fees will apply	TEL: 03-6233-9266 Hours: 10:00am~4:00pm (Monday~Friday)

Doctors on Duty (Nights/Holidays)

Scan the QR code below for doctors that are on duty at night (18:00-20:00) and on duty on Sundays/holidays.

To double check the available facilities, call the Ichinoseki City Hall on 0191-21-2111.

If it's a medical emergency, be sure to call 119.

Please bring your health insurance card and your medication record handbook (*okusuri techou*) when seeing a doctor.



Ichinoseki City

After-Hours Children's Emergency Hotline

A telephone helpline to consult with a nurse about responses and emergency measures for children's illnesses.

- Hours: 7:00pm - 8:00am
- Open year-round
- Phone number: 019-605-9000
Or dial #8000

