

Public Relations Kyotango – September 2024



September 10th ~ 16th is Suicide Prevention Week

For A Kyotango Where No One Gets Left Behind

**Let's Aim to Build a Supportive Community that Protects Everyone's
Will to Live**

Know More about the Matters of the Mind

Everyone and anyone experiences stress.

Because no one can live without stress, it is important to know how to live along with it. Know what the signs are when you are accumulating stress and it will help you maintain good mental health.

Moreover, it is important to how to regulate your stress levels. When your mind is tired, burdened, or troubled, you can save yourself some relief if you learn self-care practices ahead of time.

Lecture on How to Maintain Better Mental Health (Japanese)
Tips and Pitfalls on Managing Your Mental Health
in a Stress-based Society

~With Special Focus on Understanding and Addressing Depression~

Lecturer: Dr. Kiyoyuki NAGAUCHI, Director of Nagauchi Kokoro no Clinic

Register Here ↓



Date: September 28th (Sat.), 2:00~3:30PM (Reception from 1:15PM)

Place: Mineyama General Welfare Center's Community Hall (2F)

Every One of Us Can Be a Gatekeeper that Connects Others

Giving them a place to connect is a way to save their life.

In order to maintain good mental health, it is not only important for one to understand mental illness, but also to have everyone around them partake in that understanding and provide support. Gatekeepers are those who take notice when others are feeling troubled, reach out to them, listen to their story, and connect them to the support they need. The first step that you can take as a Gatekeeper is to let them know that you care for them without having to do anything extra. Please consider becoming one today.

Please attend our Gatekeeper Training Course in October.

**Details will be announced at a later date.*



Where to Call

If you are feeling troubled, please don't keep your worries to yourself and reach out to someone. There are many services in our City where you can come in to talk about your worries.

First, you can reach out to the **Kyotango City International Association (KIA)**:

TEL 0772-69-0120

Email: kokusai_koryu@kyotango.net

Or message us through LINE →





It's Okay to Hide Away (Kakurete shimaeba ii no desu).

An Online Space for when the Living Gets Tough

This is an online hideout space that is free-to-use, anonymous, and available 24 hours a day for children and young people in Japan. Please note that the website's operation is in Japanese.

By the **Health Promotion Section** TEL 0772-69-0350

The Developmental Support Room

Please talk about your worries concerning your child's growth and development with us.

The City has established the Developmental Support Room as a consultation site for parents who are concerned about their child's growth or development, or for people who have their own concerns about developmental disabilities.

If you are feeling difficulties with everyday tasks or lifestyle, don't worry by yourself and talk to a counselor today. We will think about solutions together with you so we can connect you to the help you need.



Developmental Support Room

Who is it for?

For children ages 0 to around 18 years old and their guardians

Support Methods

- Together with a development counselor and a physical therapist, we will think of an appropriate support plan with you.
- After your consultation, we will provide you with advice on how to care for your child as a family, and, whenever necessary, collaborate with relevant institutions to address your needs.

Location (Commissioned Office)

Satsuki-en (12-1 Goka, Mineyama-cho)

TEL 090-7536-5920

If you feel like this, don't keep your worries to yourself and come talk with us!

[For Guardians]

- If you have concerns about your child's development
- If you would like to know more about how to care for your child
- If you are worried about your child advancing to the next grade in school
- If you are troubled by daily life in the house or other cohabitating space
- If you would like to know more about lifetime support maps

[For Children]

- If you are troubled by your friendships or studies
- If you don't know where to go to talk with someone

More details here:



Information Regarding Preventative Vaccines for Seniors

About the Novel Coronavirus Vaccine and the Influenza Vaccine

Who Can Get the Vaccine?	Anyone who is a resident in Kyotango City and falls under conditions 1 or 2 below: 1) 65 years or older at the time of their vaccination appointment 2) Between the ages of 60 and 65 years old and possess a Level 1 Physical Disability Certificate for immunity compromised by heart, kidney, or respiratory function, or by HIV (those who fall under this condition will receive a medical pre-examination form in the mail).
Vaccination Period	Novel Coronavirus Vaccine for Seniors ● October 1 st (Tues.) ~ January 31 st , 2025 (Fri.) Influenza Vaccine for Seniors ● October 22 nd (Tues.) ~ December 28 th (Sat.)
Co-Pay Amount ※Please refer to 1 & 2 below (only once per person)	● Novel Coronavirus Vaccine – 3000 yen ● Influenza Vaccine – 1500 yen
Where to Get the Vaccine	● Participating Medical Institutions within Kyotango City ● Prefectural Wide-Area Preventative Vaccination Collaborating Medical Institutions

※1 Livelihood Protected Households are exempt from co-pays.

※2 Households who are required to pay residence tax may apply for copay exemption before their vaccination appointment.

Vaccination Flowchart

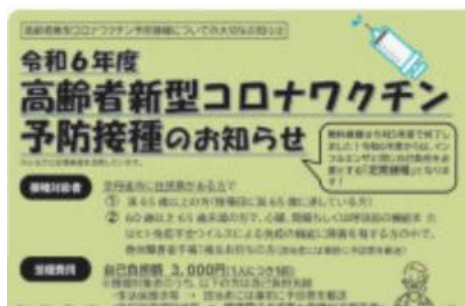
- Book an appointment at the participating medical institution of your choice
- On the day of your appointment, bring your medical pre-examination form (May

be picked up from medical institutions within Kyotango City, the Health Promotion Section, and each Citizens' Bureau in Town Hall starting at the end of September) and your health insurance card. Pay the fee when getting your vaccine (vaccine is free for those exempted from copay).

- After the vaccination, keep the receipt and the Proof of Completed Vaccination for your records.

All households will receive the information flyer with their city bulletin issued on September 10th. There is an application form on the backside of the flyer, so please bring an official form of identification when you submit the application (Please check for more details on the information flyer).

Flyers inserted into the bulletin



Novel Coronavirus Vaccination for Seniors



Influenza Vaccination for Seniors

By the Health Promotion Section TEL 0772-69-0350

Amino District Childcare Support Center

Open on Saturdays starting September 7th!

Place: 14 Asamogawa, Amino-cho

Open Hours: 9AM to 2PM

Phone: 0772-72-0710



Details here (Japanese):

If you are registered as a user, you can use other childcare support centers on their open days!

Check the schedule here (Japanese):



By the **Childcare Support Section** TEL 0772-69-0370

Let's Review Our Etiquette as Pet Owners!

We have received many complaints about cat and dog owners!

We have received many complaints about cat and dog owners' irresponsible actions. Please remember pet owner etiquette and make our community a better place to live.

Please follow the rules!



➤ **Please pick up your dog's droppings when going on a walk!**

Make a habit of letting your pet go to the bathroom before going on walks. Remember to take doggie bags, pooper scoopers, or other tools with you in case your pet goes to the bathroom while on the walk. As your responsibility as its owner, please take your pet's droppings back home with you. 4

➤ **Please do not feed stray cats irresponsibly!**

If you freely feed stray cats, they will reproduce and multiply in number and eventually negatively affect the surrounding environment with their cries and droppings. The more the cats reproduce, the more likely they will suffer from harassment or abuse which in turn results in great misfortune for the cats. As long as cats have a designated territory, then they will not feel stress. Please keep your cats indoors.

By the **Life Environment Section** TEL 0772-69-0240

Demographic Changes in Kyotango City

Timestamp	End of Jun. 2024	End of Jul. 2024	Change
Total Population	50,423	50,385	-38
Male	24,269	24,248	-21
Female	26,154	26,137	-17
Households	22,983	22,978	-5
Changes by Main Criteria	Move-ins		79
	Move-outs		69
	Births		26
	Deaths		77
Other reasons			3

Help Those with Dementia and Utilize the Mimamori QR Code Stickers!

We are distributing QR Code stickers that people can scan when they spot someone with dementia who has wandered off. If you have a loved one who has dementia, you can register your contact information on the QR Code sticker so that people can let you know where they are.



By the **Longevity Welfare Section** TEL 0772-69-0330

International Exchange News

International Exchange Through Cooking!

On July 6th, the Association held an International Cooking Class at Agri Center Omiya. With the aim of deepening the participants' understanding about other countries through world cuisine, the Association invited Mr. Asilbek, the Uzbekistani CIR at Maizuru City, and the participants made three traditional Uzbekistani dishes: plov, achik-chichuk, and samsa. A special characteristic of Uzbekistani cuisine is that it while not using very many spices or sauces, the dishes accentuated the natural flavors of the ingredients and were very popular with the participants. Gathered around the food the participants all made together while learning about the lifestyle and culture of Uzbekistan, everyone was able to satisfy their hunger for food and curiosity.

Around 25 people attended the class and made Uzbekistani food for the first time.

(Right) Samsa, a baked pastry filled with meat and spices.



By the **Kyotango City International Association** (within the Policy and Planning Section)

TEL 0772-69-0120

When a Heat Warning Alert or Heat Special Warning Alert is issued, please avoid going outdoors as much as possible.

When an alert is in place, please refrain from exercising outdoors, and act with more caution to prevent heatstroke. To escape the heat, please use the designated cooling shelters inside the community center or town hall closest to you.

Useful Information for Parents

One Day Kid's Plaza – Let's Play!

Free // Requires prior registration

Play with your kids to their heart's delight in an indoor space with various toys and equipment at this one-day event!

For Who?: Infants to 3rd Year Elementary School Students

Sign-Ups: Please register prior to the event (more details to be published in a following flyer)

Contact: Parenting and Child Support Section TEL 0772-69-0340



- 1) **Date:** October 20th (Sunday)
Place: Mineyama General Welfare Center
(691 Sugitani, Mineyama-cho)
- 2) **Date:** October 27th (Sunday)
Place: Amino Gymnastics Center
(418 Amino, Amino-cho)

3) **Date:** November 10th (Sunday)

Place: Kumihama Public Hall

(3131-2 Kumihama-cho)

By the **Parenting and Child Support Section** TEL 0772-69-0340

Blood Donation Calendar

Date	Reception Hours	Location
9/3 (Tues.)	9:30AM~11:30AM 12:45PM~3:30PM	Omiya Town Hall
9/18 (Wed.)	9:45AM~11:30AM 12:45PM~3:30PM	Mineyama General Welfare Center
9/26 (Thurs.)	10:00AM ~ 11:30AM 12:45PM~3:00PM	Amino Health & Welfare Center Ra-Port
9/29 (Sun.)	9:30AM~11:30AM 12:45PM~3:30PM	Shopping Center Mine



Get Medical Attention on the Weekends

Doctors Available for an Emergency Diagnosis

Hours: 9AM – 12PM / 2PM – 5PM

Specialty: Internal Medicine

9/1 (Sun)	Yasaka Hospital	TEL 0772-65-2003
9/8 (Sun)	Tango Furusato Hospital	TEL 0772-72-5055
9/15 (Sun)	Kumihama Hospital	TEL 0772-82-1500
9/16 (Mon, Holiday)	Tango Furusato Hospital	TEL 0772-72-5055
9/22 (Sun, Holiday)	Kumihama Hospital	TEL 0772-82-1500
9/23 (Sun)	Yasaka Hospital	TEL 0772-65-2003
9/29 (Sun)	Tango Furusato Hospital	TEL 0772-72-5055

**Please visit the doctor if you have symptoms of heatstroke or if your child needs a diagnosis.*

**City hospitals with emergency services are Tango Central Hospital, Yasaka Hospital, and Kumihama Hospital.*

By the **Medical Affairs Section** TEL 0772-69-0360

Events Calendar

9/8 (Sun).

Barefoot Concert 2024

With the garbage you pick up as your ticket in, come join us for a concert featuring junior high school performers and ukulele!

Time: From 11AM (Reception begins 10AM)

Place: Kotohikihama Singing Sands Museum

Other: If you do not have an entry ticket from the beach cleanup in August, please collect garbage and litter at a beach or other public space on the day of the event and take a picture. You can show the picture at the reception desk for entry.

Contact: Kotohikihama Singing Sands Museum TEL 0772-72-5511



9/15 (Sun.)

Mineyama Library – Family Arts & Crafts

Have Fun with the Mysteries of Light

Experiment with the mystery of light as a family! For the arts & crafts activity, we will make a lantern!

Time: 10:30AM ~ 11:30AM

Place: Mineyama Community Center

For Who?: Elementary School Kids and their guardians

Capacity: First 10 families (up to 30 people)

Sign-Ups: Prior registration required.

Contact: Mineyama Library TEL 0772-62-5101



9/16 (Mon.)

Yasaka Library Room – Waku-Waku Class

Let's Play with Sound!

How do we hear sound? Let's experiment with all sorts of materials! We'll also make crafts that make interesting noises!

Time: 10:30AM ~ 11:30AM

Place: Yasaka Community Center

For Who?: Ages 5 to Elementary

Capacity: First 15 people



Things to Bring: Rice (Around 30g or two tablespoons)

Sign-Ups: Sign-ups begin August 31st

Contact: Yasaka Library Room TEL 0772-65-2101

9/21 (Sat.) onwards

Kyotango Art Festival 2024

Enjoy art in Kyotango with installations using the townscape as a backdrop and through artist workshops!

Duration: September 21st (Sat.) ~ December 22nd (Sun.)

Place: All throughout Kyotango City

Other: Updated information will be posted on the City's website and the Art Festival's official Instagram



Contact: Lifelong Learning Section TEL 0772-69-0630

9/21(Sat.) & 9/22 (Sun.)

Michi-1 Grand Prix 2024

The best-voted gourmet menus from roadside stations all over Japan will gather at Tango Kingdom in this special event! Come and eat at your favorite booth and see who'll come out as number one!

Time: 9:30AM ~ 5:00PM (Until 4:00PM on the 22nd)

Place: Roadside Station Tango Kingdom "Syoku no Miyako"

Contact: Tango Kingdom "Syoku no Miyako"

TEL 0772-66-3081



9/22 (Sun.)

Tango Library Room – Crafting Class

Let's Make a Surprise Ghost House!

Let's make a ghost house. When you blow air into it, something will float out! Wonder what it could be!

Time: 10:30AM ~ 11:30AM

Place: Tango Town Hall

For Who?: Kids ages 5 to elementary school age

Capacity: First 20 people

Sign Ups: Sign ups begin September 7th (Sat.)



Contact: Tango Library Room TEL 0772-69-0141

9/22 (Sun.) and more

Guardian Cat Festival 2024

Walk through the town of Mineyama with the guardian cat (*komaneko*) and Tango chirimen silk as the main themes! There are a ton of events for all ages, such as a flea market selling cat-themed goods, food trucks, *o-mamori* charms from the local shrine, workshops, art exhibits (on display from the 21st to 23rd), a kyogen performance (9/21) and a Guardian Cat Town Walk in October! For more event information, please check the website!

Time: 10:00AM ~ 4:00PM

Place: Kotohira Shrine and throughout central Mineyama

Contact: Kotohira Shrine TEL 0772-62-0225



10/5 (Sat.)

Takarakuji Lottery Cultural Performance Mood-Boosting Concert by the Yoshida Tadashi Kinen Orchestra

Japan's sole mood-boosting orchestra, the Yoshida Tadashi Kinen Orchestra, will deliver a spectacular musical program of famous classics in Kyotango! Relax your shoulders and enjoy an afternoon of great music and fun banter from the conductor.

Time: From 2:00PM (Doors open at 1:30PM)

Place: Tango Performing Arts Hall

Admission: General – 1500 yen (2000 yen at the door)

High School Students & Below – 1000 yen (1500 yen at the door)

**Special pricing due to grants received from the Takarakuji Lottery*

Registration: Tickets can be purchased from Tango Performing Arts Hall or through participating retailers as listed on the play guide.

Other: All seats are designated. Please refrain from attending with young children below the age of five years old. If all tickets are sold out before the concert, no ticket sales will take place on the day of the concert.

Contact: Tango Performing Arts Hall TEL 0772-62-5200



Consultation Services

※The following services are, in principle, free. All matters will be kept confidential.

Consultation Service	Dates	Place	Matters Addressed	Reservations	To Sign Up or Contact
Healing Café Tsusentei	9/4 (Wed.) 10AM~2PM	Machi Machi Information Center	Talk about what has been troubling you in a relaxed space.	Not required	Health Promotion Section TEL 0772-69-0350
	9/12 (Thurs.) 10AM~4PM	Kissako Tsusentei Café			Tsusentei Management Committee TEL 0772-83-0139
Women's Consultation Service Window	9/18 (Wed.) 1:15PM ~ 4:05PM	Announced when you reserve an appointment	Find solutions to problems you face as a woman with a supportive counselor	Prior reservation required	Citizen's Affairs Section TEL 0772-69-0210
Hikikomori Consultation Service	Weekdays 9AM~6PM (excluding Wednesday afternoons)	Hitotowa	For people in reclusion, their families, and related persons (50 min slot per person) Prior reservation required	Enterprise Union Labor Cooperative Center Project "Hitotowa"	TEL 080-2507-9010
Yoriso Shien Comprehensive Support Center	Mon-Fri 9AM~5PM *Closed on public holidays	Mineyama General Welfare Center, West Annex	A one-stop place to discuss and get support for worries about everyday issues and employment.	Not required	Consultations: 0120-125-294 Yoriso Shien Comprehensive Support Center TEL 0772-62-0032
Nurse Employment Consultation	9/5 (Thurs.) 1:30~3PM	Hello Work Mineyama	Consult about restarting your career or changing	Not required	Northern Kyoto Prefecture Nurse Support Center

Group			jobs. Gather useful information and information on trainings for re-employment		TEL 0772-46-9002
Employment Consultation Service for Young People	Mon, Tues, Thurs. 11AM~4PM *Closed on public holidays	Yoriso Shien Comprehensive Support Center	Employment support for job hunting 15- to 49-year olds and family members	Prior reservation required	Northern Kyoto Young Person Support Station, Kyotango Satellite Office TEL 050-3559-2804
Government Administration Consultation Service	9/11 (Wed.) 9:30~11:30AM	Yasaka Community Center	Grievances, opinions, and hopes about national policies	Not required	Kyoto Administrative Monitoring and Administration Consultation Center 075-802-1100
Legal Consultation Service	9/5 (Thurs.) 1:30~4:30PM 9/12 (Thurs.) 3:00 ~ 5:00PM 9/26 (Thurs.) 3:00 ~ 5:00PM	Mineyama Community Center	Issues regarding household registry, debts, and laws and regulations (30 minutes per person)	Prior reservations required	Kyoto Judicial Scrivener's Association Comprehensive Consultation Center TEL 075-255-2566
Administrative Legal Consultation	9/4 (Wed.) 10:00AM~12:00PM	Mineyama Community Center	Construction permits, matters concerning the Agricultural Land Act, inheritances/wills, contract writing, etc.	Not required	Prefectural Administrative Lawyer's Association First Chapter Bureau TEL 0772-68-0237
Tax Consultation	9/11 (Wed.)	Mineyama	Consult about	Prior	Mineyama Tax

Service	1:00~4:00PM	Community Center	income taxes, etc. with a tax accountant (30 minutes per person)	reservations required	Association TEL 0772-62-5458
Consumer Affairs Consultation Service	Weekdays 9:00AM ~5:00PM *Closed on public holidays	Consumer Living Center	How to go about contracts, cooling off periods, and other consumer affairs	Not required	Kyotango City Consumer Living Center TEL 0772-62-6768 Consumer Support Hotline (TEL 188)
Human Rights Consultation Service	Every Thursday 9:00AM~4:00PM	Kyoto Local Legal Bureau, Kyotango Branch	Discrimination, harassment, and other infringements on human rights	Not required	Kyoto Regional Legal Bureau Kyotango Branch Office TEL 0772-62-0365
Consultation Service for Young Carers	Weekdays 8:30AM ~ 5:15PM *Closed on public holidays	Mineyama General Welfare Center	Accepts requests from both children who take on responsibilities caring for relatives or doing chores at home and their guardians	Not required	Child & Family Center (within the Childcare Support Section) TEL 0772-69-0370
Child & Family Center			Pregnancy, birth, childcare, home matters. Accepts consultations by phone or in-person visits to the center or home.		

Hearing Ability Consultation	9/5 (Thurs.) 1:30~4:30PM	Tango Community Center	A speech therapist will be present to conduct a hearing test and talk about your hearing problems	Prior registration needed	Kyotango City Hearing and Language Disability Center TEL 0772-62- 5529
Bullying Consultation Hotline	24/7, 365 days a year	N/A	An overseeing staff member and a clinical psychologist will lend an open ear.	Not required	City Bullying Hotline TEL 0120-889- 061 Schools & Education Section TEL 0772-69- 0620

Tango Good Goods Display Market

See and try out the good stuff that Tango produces!

Dates: October 12th (Sat.) & 13th (Sun.)

Time: 10:00AM – 4:00PM

Place: Nodagawa WorkPal (161 Yotsutsuji, Yosano-cho, Yoza-gun, Kyoto-fu 629-2312)

There will be tons of Tango’s specialty products on display! Please come and see it for yourself! The market will feature all Tango Good Goods-certified brand items.

We are also looking for food truck providers and booth vendors! For more information, scan the QR code or call the number below.

By the **Tango Regional & Local Industry Promotion Center**

TEL 0772-72-5261

