



Excerpts of the Newsletter issued by the Abiko City Phone: 04-7185-1111

New Future City Image we are aiming for in 12 years:

Peaceful Lakeside Town A-Bi-Ko to be passed on to the future

We formulated the basic concept in the fourth comprehensive plan for 12 years beginning in 2022. The comprehensive plan consists of “basic concept” (basic goal), “basic plan” to realize the basic concept, and “action plan” which is the concrete projects.
Contact: Planning Section at Ext.270

Eight goals to realize the future city image

1. Disaster prevention – everybody can live safely
2. Promoting health and welfare of elderly and disabled people -- everybody can live healthy and lively.
3. Support for child growth and raising children.
4. Promoting establishment of new business, commerce, industry, and agriculture
5. Improving public transportation – safe and comfortable road construction
6. Protecting nature and the environment in which we live -- eco-friendly town
7. Promoting lifelong learning and preserving historical and cultural properties.
8. Promoting gender equality and protecting human rights – symbiotic society

Abiko city will work on town planning with our residents and strategic city promotion with efficient administrative and financial management to promote all the plans.

Bicycle rental around Teganuma lake – New bikes!

Days: 9:00 am to 4:00 pm on Saturdays, Sundays, and Holidays (canceled in the rain)

Rental and Return Place: Teganuma Park, Bird Museum, etc.

Fee: 500 yen (300 yen under 12 years old)

Please bring your ID and a helmet (for children) (you can borrow one)

Please contact the following for details: 7188-2204 (weekdays)

090-4520-3603 (Saturdays, Sundays, Holidays), or
 Commerce and Tourism Section at 7185-1111 (ext. 610)

Dog Training Class

◇ Basic Class

Dates: 13:30 to 15:30 on October 13th, November 10th, December 8th (Dog owners only).

Up to five groups

Fee: Free

◇ Practical Skill Class

Dates: 9:30 to 11:30 on October 28th, November 25th, December 23rd (With your dog)

You must have completed the basic class. Up to 10 groups

Fee: 3300 yen

Please contact Higashi-Katsushika Branch of the Chiba Animal Welfare Center at 7191-0050 for details.

Clean Center Information

A new clean center building is now under construction, scheduled for completion on March 31st, 2023, and currently parking is not available. Please make a reservation in advance to bring your garbage by contacting the Clean Center at 7187-0015.

Resident Advisory Services - October 2020 (* reservation required)

Item	Date / Time	Place	Contact
Legal Advice	Oct. 6th, 8th, 15th, 20th, 22nd From 9:30 to 15:30		Secretarial Sec. * 7185-1714 (Reservations after 8:30 on Oct. 1st)
Human rights	Week days From 8:30 to 17:15		Human rights for everyone 0570-003-110
Daily Life Advice	Weekdays 8:30 to 17:00	Social Welfare Sec. (West Annex, 2F)	Social Welfare Sec. 7185-1111, ext.394
Health Care	Weekdays 8:30 to 17:00	Abiko Public Health Care Center	Health Promotion Sec. 7185-1126
Domestic Violence	Weekdays 8:30 to 17:00	Social Welfare Sec. (West Annex, 2F)	Social Welfare Sec. 7185-1113
Mental Care	Oct. 26 th , from 13:30	Consulting Room	Welfare Support for

	Make reservation by Oct. 23rd	(West Annex 2F)	the Disability Sec. *7185-1111, ext. 421
Consultation for Children	Weekdays 8:30 to 17:00	Child Consultation Sec. (West Annex, 1F)	Child consultation Section, 7185-1821

Public Health Care Center Programs - October, 2020

Kohokudai 1-12-16

Tel: 7185-1126

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	Oct. 3rd, 10th, 17th Please call for an appointment	Women pregnant for 20 weeks and over, and their families
Consultation for Babies	Oct. 28th	
Health Check-up for 18- month-old infants	Oct. 8th	Those born between Dec. 17, 2018 and Jan. 19, 2019
Dental check-up for kids 2- year and 8-month-old kids	Oct. 29th	Children born between Nov. 26, 2017 and Jan. 10, 2018
Health check-up for 3-year- old children	Oct. 1 st , 22 nd	Children born between March 2 and April 16, 2017
Health check-up for 5-year- old kids	Oct. 29th	Children born between Aug. 8 and Sep. 18, 2015
Baby Food Class for 4 to 6- month-old babies Baby Food Class for 8 to 9- month-old babies	Oct. 30th, Oct. 14th	First 30, Please call for reservation ★First 20, those born in January 2020
Health Exercise Class (Cancelled in case of rain Call 7185-1112 to confirm)	Oct. 14th, Fusa Minami Park 16th Tennoudai Nishi Park 20th Kohokudai chou Park All 10am to 11am	Elderly Support Sec.
Alcohol Problem class	Oct. 2nd 14:30 to 16:00	Welfare Support for Disabilities
Mental Care Club	Oct. 19th 14:00 to 16:00 Health Care Center	Please call 7185-1111, ext. 421

Day care club	Oct. 16th Welfare Support for Disabilities Center 1:00 pm to 2:30 pm	For details: 7185- 1111, ext. 381 Welfare Support for Disabilities Sec.
---------------	---	--

—Health Care—

1. Sudden illness at night or on Holidays- Introduction of Hospital

Call Fire Station at 7184-0119. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case, Call 119 for an ambulance.

2. Child's Sudden Illness at Night- Telephone consultation by Nurses

Call #8000 or 043-242-9939 Hours: 19:00-6:00/next day, A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays-Telephone consultation by Nurses

Call #7009 or 03-6735-8305 Hours: week days and Saturdays 18:00-23:00

Sundays, Holidays and Year- end/New Year holidays: 9:00-23:00

4. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00-11:30,13:00-16:30

Note: Holidays: Sundays, National holidays, Year- end/New year holidays

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

Newsletter Abiko

No. 312, Oct. 1, 2020

Published by: Abiko City Office <http://www.city.abiko.chiba.jp>

Edited and translated by Abiko International Relations Association (AIRA)

Phone: 04-7183-1231 Fax: 04-7183-2005

E-mail: info@e-aira.jp <http://www.e-aira.jp>

