



Excerpts from the Newsletter issued by Abiko City [Tel: 04-7185-1111](tel:04-7185-1111)

Prepare for floods and landslides

The Abiko Hazard Map is available at City Hall, administrative service centers, and online. It shows areas at risk of flooding and landslides, as well as designated evacuation sites.

If a disaster occurs while you are out

- Stay in a safe location and avoid unnecessary travel.
- Use disaster message services to check on your family's safety.
- Keep updated on traffic and damage reports.

Daily Preparedness

- Keep water, food, maps, sturdy shoes, and a mobile battery at your workplace.
- Know nearby convenience stores and gas stations along your route home.

World Alzheimer's Day – September 21

In Japan, September is Dementia Awareness Month. Dementia can affect anyone, and communities work to help people live with dignity.

Local Support

Each district in Abiko has a Senior Consultation Office, where specialists such as Dementia Support Coordinators are available for advice and assistance.

[Abiko-Kita / Abiko-Minami / Tennodai / Kohoku & Kohokudai / and Fusa & Araki districts]

Contact: Elderly Support Section (Ext. 397)

September Health Classes

- Mental Health Workshop (no registration required)
- Exercise with Play Equipment (no registration required, canceled in case of rain)

For more information, please contact Disability Support Section (Ext. 475) / Elderly Support Section (Ext.382).

Help Out at the Abiko Children's Festival!

Dates & Times / Activities

1. October 5 (Sun) & October 12 (Sun), 13:00 - 15:00 and October 18 (Sat), 10:00 - 12:00 Festival planning
2. October 19 (Sun), 9:00 - 16:00 event-day preparation and management

Location: Abista (Abiko Culture & Learning Center)

Eligibility: Elementary and junior high school students (high school students and above may participate as support staff)

Application and Contact: Apply or call Fukatsu-san by October 18 (Sat) at 090-5315-6580

Children's Agricultural Experience Photo Contest – Call for Entries

● The theme is “Big Surprises in the Fields and Rice Paddies!”

Eligibility: Photos of participants under 18 (as of April 1, 2025) working on a farm. Each participant may submit up to 3 photos.

Applicants: Residents of Abiko City

Awards: Winners announced in early November; selected photos displayed at the Agricultural Festival on November 15 (Sat).

Deadline: October 15 (Wed) (Entries must arrive by this date.)

Contact: Agricultural Policy Section, at 04-7185-1481

Tennōdai Citizens' Festival & Takeuchi Shrine Annual Festival

● Tennodai Festival: September 14 (Sun), 11:30 - 20:00 at Tennodai Nishi Park.

Stage events, children's dances, food trucks, and a flea market. (Canceled in case of rain)

Contact: 04-7157-0898

● Takeuchi Shrine Festival: September 13 (Sat) – 15 (Holiday).

Traditional mikoshi and town floats parade with music and performances, including joint parades and float competitions. Some roads will be closed during events.

Contact: 04-7189-2806

Individual Number Card Services on Weekends (Issuance by reservation only)

Call the Civic Section at 04-7185-4326 (9:00 ~ 17:00 on weekdays except national holidays) for a reservation one day or more in advance.

Dates and Hours		Reservation will be accepted
September 7 (Sun)	9:00 ~ 12:00	Accepting reservations
October 18 (Sat)	9:00 ~ 12:00	From 9:00 on Oct. 1 (Wed)

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, etc.

Requirements: notification card, 2 kinds of ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Advisory Services for September, 2025 * Reservation required

Item	Date/Time	Location	Contact
Legal Advice	Sep. 4, 11, 16, 18 and 25 10:30 ~ 15:00	Civic Consulting Room, 2F, Abiko City Hall Or by telephone	Secretarial Section * Tel: 04-7185-1714 Call for an appointment
Daily Life Advice	Weekdays (except national holidays) 8:30 ~ 17:00	Social Welfare Section West Annex 2F	Social Welfare Section Ext. 394
Child Matters in General	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 1F	Child Consulting Section Tel: 04-7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 2F	Support Office for DV Social Welfare Section Tel: 04-7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 ~ 16:30	AIRA Office Abiko Civic Plaza	E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later.

Public Health Care Center Programs – September 2025

Tel: 04-7185-1126*

Item	Date	Eligibility
Maternity Class (Welcome Baby Gakkyu)	Sep. 6, 13 and 20 (Sat) Reservation required*	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	Sep. 2 (Tues) and 9 (Tues)	Children born in April 2025
Health Checkup for 18-month-old children	Sep. 4 and 11 (Thu)	Children born between Jan. 9 and Feb. 20, 2024
Dental Checkup for 2-year and 8-month-old children	Sep. 18 (Thu)	Children born in Jan. 2023

Health Checkup for 3-year-old children	Sep. 4 and 11(Thu)	Children born between Jan. 17 and Feb. 22, 2022
Dental Checkup for 5-year-old children	Sep. 18 (Thu)	Children born between Aug.8 and Sep. 8, 2020
Baby Food Class for 4 to 6-month-old babies	Sep. 26 (Fri) Reservation required*	First 30 applicants (parents)
Baby Food Class	Sep. 17 (Wed) Reservation required*	First 20 applicants. Children born in Dec., 2024
Childcare Consultations	Sep. 10 (Wed)	Public health care center
	Sep. 29 (Mon)	Niko Niko Hiroba

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions
Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday / night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.
2. Child's Sudden Illness at Night: telephone consultation with a nurse
Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 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 with a nurse
Call #7119 or 03-6810-1636. Hours: weekdays and Saturdays 18:00 ~ 8:00 next day
Sundays, Holidays, and year-end / New Year holidays: 9:00 ~ 8:00 next day
4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020
(1) Dentist: 9:00 -11:30 (2) Internal Medicine & Pediatrician: 9:00 - 11:30,13:00 - 16:30
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.

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