

Public Information Ichihara

No.1524 November 15th 2018

Translated by

Ichihara International Association

Tel (23)9826

Do not hesitate to consult a specialist in DV matter

Domestic Violence (DV) is a violence by your spouse or partner. DV is not only physical one such as punching and kicking, but also psychological one such as shouting loudly and asking 'who is supporting you financially?' and other acts such as financial one that you don't receive living expenses and sexual one that you are forced to do sexual act.

These violence tends to escalate to large one, and it is very important to consult a specialist to prevent expanding and exacerbating the damage.

Escape from the situation controlled by violence and become independent

DV consultation is available over the phone or interview. It is free of charge. Details of consultation are treated as confidential. You never receive a phone call from a counsellor for security.

**For more information, call Human Rights & International Exchanges
Division (Tel: 23-9826)**

Anesaki Ice Skate Rink to be Open

Period: December 1st (Sat) – February 28th (Thu)

Time: 10:00 am – 6:40 pm (last admission is at 6:00 pm)

Fee: See below.

Holiday: December 30th (Sun) – January 1st (Hol), and a day of citizens' skating match (February 3rd (Sun) or February 10th (Sun))

Note: (1) Illumination period: December 8th (Sat) – January 31st (Thu) (2) Admission fee for people outside the city is one and a half times as much as the fee

below.

	Admission fee
General	850 yen
High school student	480 yen
Junior high school student and younger	Free
Inspection only (high school student and older)	50 yen
Skating shoes rental	400 yen
Rink reservation (one hour)	18,270 yen

★Ice Skating Class on Sundays★

Date: December 9th (Sun), 16th (Sun), 23rd (Sun), January 6th (Sun), 13th (Sun), 20th (Sun), and 27th (Sun)

Time: 8:45 am – 9:45 am

Eligibility: People who are five years old and older

Number of participants: First 30 arrivals for each day

Fee: 500 yen (Shoes rental fee is additional charged.)

How to apply: Come to the place directly on the day.

For more information, call Anesaki Ice Skate Rink (Tel: 61-1828), or Sports Promotion Division (Tel: 23-7015)

Notice of temporary closing

■ZA Budojo (martial arts hall) will be temporary closed on November 30th (Fri) for floor cleaning.

For more information, call ZA Budojo (martial arts hall) (Tel: 41-9825), or Sports Promotion Division (Tel: 23-7015)

■Ichihara Youth Hall (Ichihara Seishonen Kaikan) will be temporary closed on December 3rd (Mon) for cleaning.

For more information, call Ichihara Youth Hall (Tel: 43-3651), or Lifelong

Learning Division (Tel: 23-9850)

Disposition for Failure to Pay Vehicle /Light Vehicle Tax to be Strengthened

Disposition for failure to pay vehicle and light vehicle tax will be strengthened, which leads to strengthen seizing salary, deposit, vehicle, etc.. If you have unpaid tax, we recommend you to pay it immediately.

For more information, call Ichihara Prefectural Tax Office (Tel: 22-2171) (for Vehicle tax (prefectural tax)), or Credit Management Division (Tel: 23-9852) (for Light vehicle tax (municipal tax))

Health Consultation

Fee: Free

Number of participants: First five applicants for each day.

How to apply: Apply by phone by three days before the consultation date.

Date, time and place:

Place	Date	Time
Hoken Center	Dec 13 th (Thu), Jan 22 nd (Tue)	9:15 am – 11:15 am
Anessa (Anesaki Health and Welfare Center)	Dec 11 th (Tue), Jan 8 th (Tue)	1:30 pm – 3:30 pm
Nanohana kan (Nambu Health and Welfare Center)	Dec 14 th (Fri), Jan 18 th (Fri)	

Food consultation

Date: December 19th (Wed), December 25th (Tue), January 9th (Wed), or January 30th (Wed)

Place: Hoken Center

Number of participants: First eight applicants for each day.

How to apply: Apply by phone by seven days before consultation date.

Note: Those who are taking medicine or under treatment are not eligible.

For more information, call Hoken Center (Tel: 23-1187)

Prevent infection of flu and norovirus

It's easy to spread the virus infection, such as influenza, norovirus, in winter. To prevent infection, please be noted the followings.

Hand washing

Wash your whole hand including fingertip, between fingers, under nails, wrist, etc. using soap, and rinse it.

【Checkpoints】

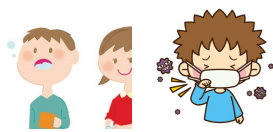
- Cut your nails.
- Get your watch and ring off, when you wash your hands.

Cough etiquettes

- (1) Wear a mask.
- (2) Cover your mouth and nose with a tissue.
- (3) Turn your face away from people.

Three ways to prevent infection

- (1) Wear a mask, wash your hands, gargle frequently, and wash your face.
- (2) Refrain from going to the crowd and downtown in epidemic period.
- (3) Ventilate a room every one hour.



For more information, call Hoken Center (Tel: 23-1187)

Class for Women Before/After Delivery

■ Pre-mother class

Date: December 16th (Sun) for women who expect delivery in March or April
January 20th (Sun) for women who expect delivery in April or May

Time: 9:00 am – noon

Place: Hoken Center

Eligibility: Women in her first pregnancy

Number of participants: First 30 applicants for each day

Fee: Free

How to apply: Apply by phone by ten days before the class.

Note: You can attend the class with your family member (one person only)

■ **Maternity cooking class**

Place: Hoken Center

Date and deadline of application:

December 11th (Tue) for women who expect delivery in March or April (Apply by December 4th (Tue))

January 18th (Fri) for women who expect delivery in April or May (Apply by January 8th (Tue))

Time: 10:00 am – 1:30 pm for both days

Eligibility: Pregnant women

Number of participants: First 10 applicants for each day

Fee: 400 yen

How to apply: By phone.

■ **Baby food class (Latter stage of baby food)**

Eligibility: 10 months old babies and their guardians

Date: Babies who were born in February 2018⇒ December 10th (Mon) (Apply by December 3rd (Mon))

Babies who were born in March 2018⇒ January 21st (Mon) (Apply by January 11th (Fri))

Time: 10:00 am – 11:30 am for both days

Number of participants: First 10 applicants for each day

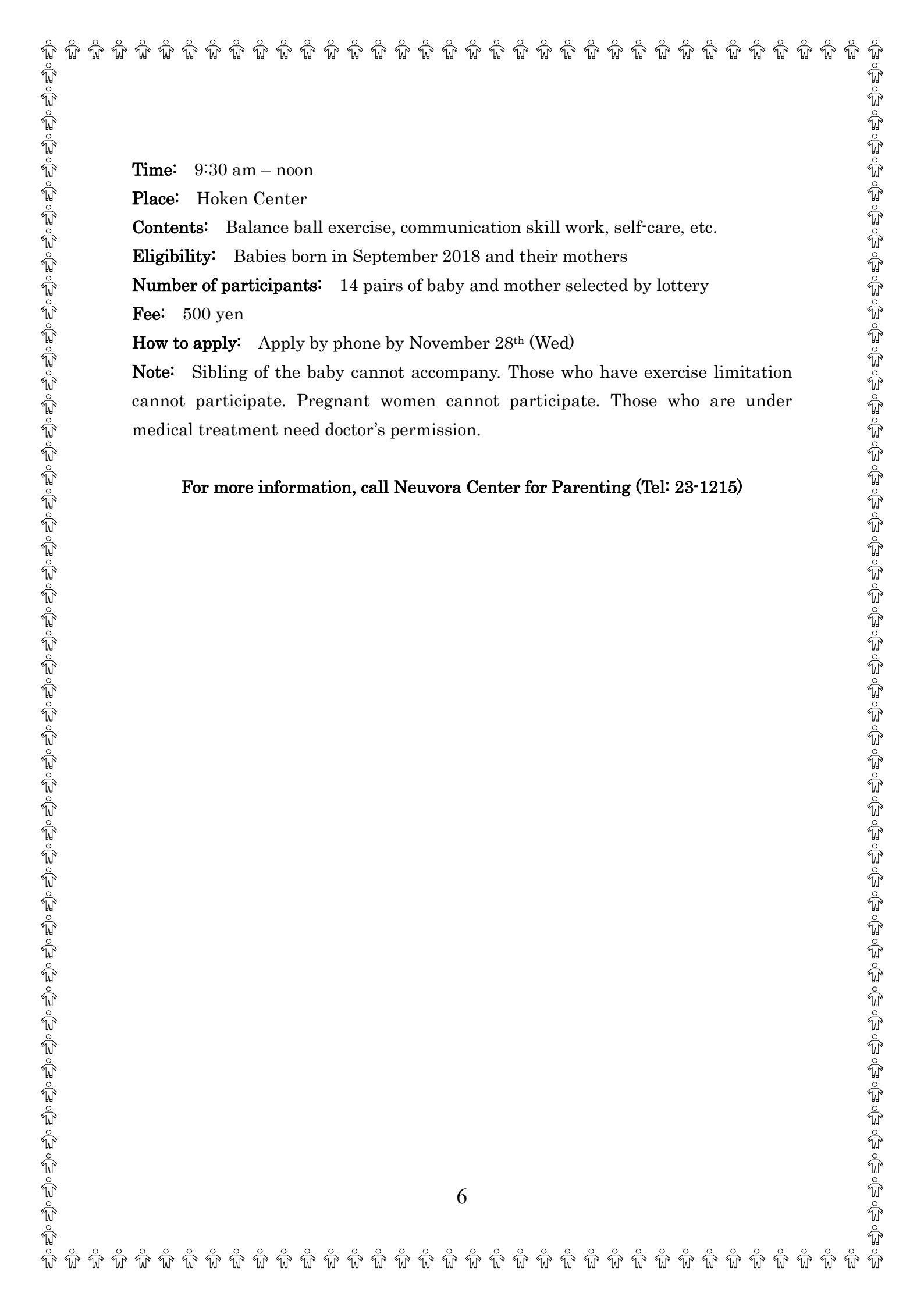
Fee: Free

How to apply: By phone

For more information, call Neuvora Center for Parenting (Tel: 23-1215)

■ **Body Care and Fitness Class after Delivery** (Two times in all)

Date: December 20th (Thu) and 26th (Wed)



Time: 9:30 am – noon

Place: Hoken Center

Contents: Balance ball exercise, communication skill work, self-care, etc.

Eligibility: Babies born in September 2018 and their mothers

Number of participants: 14 pairs of baby and mother selected by lottery

Fee: 500 yen

How to apply: Apply by phone by November 28th (Wed)

Note: Sibling of the baby cannot accompany. Those who have exercise limitation cannot participate. Pregnant women cannot participate. Those who are under medical treatment need doctor's permission.

For more information, call Neuvora Center for Parenting (Tel: 23-1215)