293rd Edition

福島県 新潟県 昏野県 栃木県 **TAKASAKI CITY** íty 高崎市 埼玉県





Population: 373,674 Area: 459.16 km² Takasaki City: **Registered Foreign Residents:**

There are 5,098 foreign residents from around 60 different countries residing in Takasaki City from China, Philippines, Vietnam, etc... (as at 31st March, 2018)

=Information from TIRS= **Interpreting Service for Everyday Life**

The Takasaki International Relations Society offers free language assistance in English and other languages for foreign residents who don't speak Japanese. The volunteers can help out with administrative procedures at city offices, school meetings, general health checkups at public health centers,



and in other situations that are not for profit and do not require specialist knowledge. To use the service, contact the TIRS office (details below) at least 1 week in advance.

Tabunka Salon (Philippines)

Date & Time: Sunday 1st July 2018, 10am-11:30am Place: Chuo Kominkan (Suehiro-cho) **Cost**: ¥500 (bring your own cup) Come and enjoy learning about the Philippines with our guest and enjoy a snack and a drink.

Free Telephone Legal Consultations

Organized by the Kanto Federation of Bar Associations, you can access legal information relating to immigration, family matters, labor issues and other general legal problems. An interpretation service is available in English, Tagalog, Vietnamese, Thai, Chinese, Spanish and Portuguese. *Approximate time for each consultation is 30 minutes. Please call back if the line is busy. Normal phone charges apply.

Date: Saturday 26th May 2018 Reception Hours: 1:30pm-4:30pm

TEL: 03-3501-2166

Receive this Newsletter by Email

Send an email to: office@takasaki-irs.org Subject="Request for Newsletter Notification"

Global Café

Mav 2018

Spring Period: 10th May to 26th July (every Thursday for a total of 9 sessions) Time: 6:30pm-8pm

Place: Takasaki Sogo Fukushi Center (Suehiro-cho) Participation Fee: ¥100

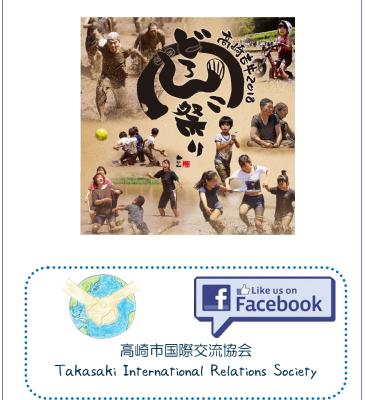
Aim: Get together and speak English, exchange ideas and enjoy group discussions.

Registration: Not needed. Just turn up on the day. More Information: Gunma Prefectural Women's University (TEL: 0270-65-8511).

Yoshii Doronko Matsuri (Mud Festival)

Date & Time: Sunday 3rd June 2018, from 10am Place: Yoshii-machi, Taira

The Yoshii Doronko Matsuri features eel catching, obstacle races, soccer in the mud, children's festival attractions, performances, and local food stalls.



TIRS Takasaki International Relations Society (International Relations Corner, 2nd Floor Takasaki City Hall) TEL: 027-321-1201 (in English OK), FAX: 027-330-1819, Email: office@takasaki-irs.org Website: www.glocalfive.net/tirs/ (Japanese, English, Chinese & Portuguese versions) Facebook: takasaki.international



May 2018

Health Check Coupons

Takasaki sends out coupons for reduced price health checks to households every year. The coupons can be used at certain hospitals and clinics to undergo different health checks according to age group and gender (see right). Details about dates, cost, and content of each checkup can be found in the Kenko-no-Shiori public health guidebook that was distributed to all households at the beginning of April.



Become a Member of TIRS

Membership Dues: ¥2000/year Period: April 2018-March 2019 Benefits: Priority sign up and discount for some events, bi-monthly newsletter delivered to your door, join 300 likeminded members to support Japanese classes, volunteer interpreters, international activities and exchange in Takasaki! Contact the TIRS office for more information on how to join.

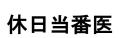


Type of examination	Applicable age		
Lung cancer/tuberculosis *	People aged 40 and over		
Stomach cancer (barium contrast x-ray) *	People aged 40 and over		
Stomach cancer (endoscopy)	40, 45, 50		
Stomach cancer (ABC)*	40, 45, 50		
Pylori bacteria test	People aged 20 to 39 who have not had the test before		
Colon cancer *	People aged 40 and over		
Breast cancer *	Women 40 and over who did not take this exam last year		
Cervical cancer *	Women aged 20 and over		
Bone density	Women aged 40, 45, 50, 55, 60, 65, 70		
Prostate cancer *	Men aged 50 and over		
General check up for lifestyle- related disease (hatsuratsu)	19-39 year olds		
Hepatitus virus	People aged 40-75 who have never been tested		
Dental health check up	30, 40, 50, 60, 70		
Influenza	People aged 65 and over		

*Able to be taken as part of a set of check ups offered at the General Health Center.

Inquiries in Japanese: Takasaki General Health Center (Tel: 027-381-6113)

Inquiries in English: International Relations Corner, Takasaki City Hall (Tel: 027-321-1201)



ゅうじつとうばんい

'Kyujitsu toban i' are the medical clinics on duty on weekends and national holidays. Surgery hours are 9am to 6pm. Be sure to take along your health insurance card. %Schedule changes monthly, see 15th-of-the-month Takasaki Koho for full list. For other cities, see your local city magazine.



Night Clinic: (1F Public Heath Center Takamatsu-cho) Mon-Fri=7:30pm-10pm; Sat, Sun, pub. hol=7pm-10pm **Children's Emergency Health Consultations**: Dial #8000 to speak with a health professional for advice on whether to go to the hospital (Mon-Fri=6pm-8am next day; Sat, Sun, pub. hol=9am-8am next day).

Date	13th May (Sun)	20th May (Sun)	27th May (Sun)	3rd June (Sun)	10th June (Sun)	17th June (Sun)
Internal Medicine (Naika)	Takagi lin (Egi-machi) ☎027-322-1540	Fujie Naika lin (Kami-Taki-machi) 2027-352-7800	Monden Naika Clinic (Tenjin-cho) 2027-384-3701	Matsuzaki lin (Shimano-machi) 2027-352-1278	Iwata Badizu Clinic (Yanaka-machi) ☎027-347-4560	Iwata Naika Clinic (Ishihara-machi) ☎027-327-1241
	Toori-machi Shinryo- sho (Toori-machi) 2027-322-6534	Numano Clinic (Yanagawa-cho) 2027-322-2926	Matsumoto lin (Aioi-cho) 2027-322-5913	Uehara Naika lin (Naka-Toyooka- machi) 2027-327-6955	Nishimura lin (Showa-machi) 2027-388-1811	Mori Naika Clinic (Rakuma-machi) 2027-343-7568
Pediatrics (Shonika)	Shonika Asahi Clinic (Yanaka-machi) ☎027-345-2323	Kodomo no Mori Shinryosho (lizuka- machi) 2027-388-8863	Shonika Meimei Clinic (Shimonojo-machi 2027-387-0733	Terao Kodomo Clinic (Terao-machi) 2027-324-7788	Kaminakai Family Clinic (Kami-Nakai- machi) ☎027-326-4155	Shigeta Kodomo Allergy Clinic (Shimano-machi) ☎027-350-1700