

## 広報とうかい 1/25 号

1. 2月の休日診療
2. 2月の健康相談
3. 県民交通災害共済
4. 「物価高対応子育て応援手当」を支給します
5. 第三者行為によるけがの治療について
6. 妊婦のための「ハローベビースクール」
7. ベビーヨガ
8. 東海村アートロード展
9. みんなで異文化交流「苔玉をつくろう！」

## Tokai Newsletter 25 Jan. 2026

1. Weekend Medical Services in Feb.
2. Health Checks and Consultations in Feb.
3. Ibaraki Prefectural Mutual Aid Traffic Accident Insurance
4. Child-Rearing Support Allowance for High Living Costs
5. Treatment of Injuries Caused by Third Party's Acts
6. Hello Baby Classes for Pregnant Women
7. Baby Yoga Class
8. Tokai-mura Art Road Exhibition
9. "Kokedama Workshop" at Sister City Hall

### 1. Weekend Medical Services in Feb.

**Hours:** 9:00 a.m. - noon

Sun. 1: Higashihara Clinic, ph.029-283-2301

Sun. 8: Tokai Hospital, ph.029-282-2188

Wed. 11: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 15: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Sun. 22: Tokai Hospital, ph.029-282-2188

Mon. 23: Ogata Clinic, ph.029-282-4781

**Ibaraki Children Emergency Information Helpline**, ph. #8000 or 050-5445-2856

Hours: Open 24 hours, every day of the year (including emergency medical information)

**Ibaraki Adult Emergency Information Helpline**, ph. #7119 or 050-5445-2856

Hours: Open 24 hours, every day of the year (including emergency medical information)

## **2. Health Checks and Consultations in Feb.**

### **(1) Health Consultation for Mothers and Children**

**Date:** Fri. 27 Feb.

**Time:** 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

### **(2) "Genki-up" Health Consultation for Adults**

**Date:** Fri. 27 Feb.

**Time:** 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

### **(3) Health Check for Babies**

#### **1) Infants for babies born in Sep. 2025**

**Date:** Wed. 4 Feb.

**Time:** 12:50 p.m. - 1:50 p.m.

#### **2) Children - aged 1 year and 6 months old for babies born in Jul. 2024**

**Date:** Fri. 20 Feb.

**Time:** 12:50 p.m. - 1:50 p.m.

#### **3) Children - aged 3 years old for babies born in Aug. 2022**

**Date:** Wed. 18 Feb.

**Time:** 12:50 p.m. - 1:50 p.m.

#### **(4) Baby Class for babies born in Nov. 2025**

**Date:** Thu. 5 Feb.

**Time:** 1:30 p.m. - 1:50 p.m.

#### **(5) Dental Checkup Class for babies born in Jul. & Aug. 2025**

**Date:** Thu. 19 Feb.

**Time:** 1:15 p.m. - 1:30 p.m.

Please make an appointment.

**Place:** Tokai Health Center in Tokai Welfare Center "Kizuna"

**Inquiries:** Tokai Health Center, ph. 029-282-2797

## **3. Ibaraki Prefectural Mutual Aid Traffic Accident Insurance**

The insurance provides compensation in case of a traffic accident.

### **Annual mutual aid premiums:**

900 yen per person

500 yen per person for junior high school students and under

### **Eligible traffic accidents:**

-Accidents while driving/riding a car, a motorcycle or a bicycle

-A collision with a car, a motorcycle or a bicycle while walking

The plan covers accidents only in Japan.

**Mutual aid period:**

Coverage is from 1 Apr. to 31 Mar. 2027. Coverage begins the day after payment.

**How to claim:**

Bring the following documents to the Environmental Policy Section.

-Member's card, Driver's license, Traffic accident certificate, Medical certificate

**Compensation for traffic accidents:**

Class 1: Death---1,000,000 yen

Class 2: An injury that had more than 181 treatment days---300,000 yen

Class 3: An injury that had more than 151 treatment days---250,000 yen

Class 4: An injury that had more than 121 treatment days---200,000 yen

Class 5: An injury that had more than 91 treatment days---150,000 yen

Class 6: An injury that had more than 61 treatment days---100,000 yen

Class 7: An injury that had more than 41 treatment days---80,000 yen

Class 8: An injury that had more than 21 treatment days---60,000 yen

Class 9: An injury that had more than 8 treatment days---30,000 yen

Class 10: An injury that had more than 3 treatment days---20,000 yen

Physical Disability: Disability grade 1 or 2---500,000 yen

**Application and Inquiries:**

Apply with the fee and fill out the form at Environmental Policy Section, 4F in Tokai Village Office., ph. 029-282-1711 ext. 1452. Applications are accepted throughout the year.

<https://www.vill.tokai.ibaraki.jp/soshikikarasagasu/somminseikatsubu/kankyoseisakuka/1/3/4361.html>

#### **4. Child-Rearing Support Allowance for High Living Costs**

The government will provide a "Child-Rearing Support Allowance for High Living Costs" of 20,000 yen per child to households raising children from age 0 through the third year of high school. A notice will be sent to eligible recipients in Feb.

**Inquiries:** Childcare Support Section, ph. 029-282-1711 ext. 1183

<https://www.tokai-kosodate.jp/pagecat801/7y89a1uzet-1765184843>

## **5. Treatment of Injuries Caused by Third Party's Acts**

If you get injured by a third party's act, such as a traffic accident caused by another party, being bitten by someone's dog and food poisoning caused by food provided at a restaurant, the medical expenses for treatment shall be covered by the perpetrator as long as you are without fault.

In those cases, you need to contact Health Insurance Section before seeing a doctor. If you submit a registration form with the necessary documents to the village office, you may be able to use your insurance card or Marufuku/Marutoku certificate to pay for your medical expenses. Then later, the village applies for a refund from the perpetrator.

**Inquiries:** Health Insurance Section, ph. 029-282-1711 ext. 1171-1175

## **6. Hello Baby Classes for Pregnant Women**

Let's learn about pregnancy, childbirth, childcare, and share your concerns and experiences with us as an expecting mother. You can join either one or both classes.

### **Date and Content:**

(1) Fri. 6 Mar., 9:15 a.m. - noon (Registration starts at 9:00 a.m.)

Lecture by a midwife, a nutrition manager and a dental hygienist. Childcare service will be provided for free.

(2) Sat. 7 Mar., 9:15 a.m. - 11:50 a.m. (Registration starts at 9:00 a.m.)

Talk about babies' crying / how to bathe a newborn / pregnancy experience for fathers / useful tips for before and after childbirth. Bring an apron for each attendee. No childcare service will be provided.

**Place:** Tokai Health Center

**Capacity:** (1) 12 people, (2) 16 pairs

**Other:** Bring your Maternal and Child Health Handbook (Boshi Kenko Techo), the supplementary handbook, pen and notebook.

**Applications:** Apply from Thu. 12 to Mon. 23 Feb. at: <https://tokai-vill.city-ca.jp/>

**Inquiries:** Tokai Health Center, ph. 029-282-2797

## **7. Baby Yoga Class**

**Date:** Fri. 6 Mar.

**Time:** 10:30 a.m. – 11:30 a.m.

**Place:** Ozora Daycare Center

**Eligible people:** Children from 6 months to 1 and 6 months old and their parents

**Capacity:** 10 pairs

**Other:** Bring a baby blanket, a towel, and a drink.

**Applications and Inquiries:** Apply to Ozora Daycare Center by Thu. 5 Mar., Ph. 029-287-3535

## **8. Tokai-mura Art Road Exhibition**

Various kinds of artworks will be displayed at the supporting stores in the village.

**Date:** Sun. 1 Feb. – Thu. 30 Apr.

**Place:** Supporting shops and stores in the village

**Inquires:** Hanawa san, ph. 029-282-3540

## **9. "Kokedama Workshop" at Sister City Hall**

Kokedama, or "moss ball", is a Japanese art of growing plants in a ball of soil wrapped with moss. You will learn how to create your own Kokedama and care for it!

**Date:** Sat. 21 Feb.

**Time:** 2:00 p.m. - 4:00 p.m.

**Place:** Tokai-mura Sister City Hall

**Eligible people:** Anyone who lives or works in Tokai Village (Junior high school students and older)

**Capacity:** 10 foreigners and 10 Japanese

**Cost:** Free

**Other:** Some student members of Tokai-mura Sister City Association will also participate.

**Application:** Email your name, phone number and program name to Tokai-mura Sister City Hall (koryu@vill.tokai.ibaraki.jp) from Fri. 30 Jan. to Tue. 10 Feb.

**Inquiries:** Tokai-mura Sister City Hall, ph. 029-282-0535 (except Sun.)

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