



Hello! SUGINAMI

Suginami City Population (as of May 1, 2024)	
Total population	576,505
Foreign residents	20,543

Issued on the 1st of even-numbered months

Published by: Suginami City Office Editing: Public Relations Section Address: 1-15-1 Asagaya-Minami, Suginami-ku, Tokyo 166-8570
Tel: 03-3312-2111 (main switchboard) Fax: 03-3312-9911 (direct line for Public Relations Section) *Please make inquiries in Japanese. URL: <https://www.city.suginami.tokyo.jp/>

Announcement for Persons Who Anticipate Not Being Able to Receive the Full Fixed Amount Tax Reduction

The FY2024 tax reforms will introduce a fixed amount tax reduction of the estimated income tax for 2024 and individual inhabitant tax for 2024.

Persons for whom the deductible amount exceeds the amount of tax before the reduction and therefore cannot receive the full fixed amount tax reduction will be paid the difference. For more details, please see the Suginami City website (QR code to the right).

●Eligibility

Those who reside in Suginami City as of January 1, 2024, and for whom the deductible amount is expected to exceed the estimated income tax and individual inhabitant tax per income levy (*) (however, only those whose total income is 18.05 million yen or less are eligible).

*Those whose estimated income tax amount for 2024 and individual inhabitant tax per income levy for 2024 (both calculated based on income earned during 2023) are both 0 yen (tax-exempt) will not be eligible.

【Procedure】

We will send a notification to eligible persons around late July. Those who receive a notice of payment will not need to apply. Those who receive a notice of confirmation should apply by post or online via the special website by October 31.

【Contact】

Suginami City Support Benefit for Rising Prices of Goods Call Center Tel: 0120-378-233 (8:30 am - 5:15 pm [closed every Saturday and Sunday, and on national holidays])



Cut Down on Wastewater During Heavy Rainfall!

The upcoming season will see the occurrence of typhoons and seasonal rain fronts, which can lead to flood damage in no time at all following short bursts of intense rainfall.

Almost all areas in the city have a system for directing domestic wastewater from homes and rainwater into the sewers. When there is heavy rainfall, water levels rise in the sewers, potentially causing water to overflow and burst out from manholes and other openings. During heavy rainfall, please avoid activities that use a lot of water at one time, such as taking showers, washing dishes, and doing laundry.

In Case of Heavy Rainfall: Where to Find Information Related to Flooding

●Flood Hazard Map

The Flood Hazard Map shows places in the city where flooding has occurred in the past, and includes predicted flood areas and water levels.

【Where to find the Flood Hazard Map】

Maps are available at the Public Works Planning Section (West Wing, Suginami City Office 4F), Disaster Prevention Section (West Wing, Suginami City Office 6F), and Residents Offices in Suginami City. You can also access the map on the Suginami City website (QR code to the right).

【Contact】 Public Works Planning Section

●Official City Electronic Map Service “Sugi Navi”

You can view disaster prevention information, including a disaster prevention map and a flood hazard map for your home, as well as information on public facilities and roads.

【How to access】

Open the Suginami City website (QR code to the right) or search for “Sugi Navi” online.

●YouTube - “Suginami City Live Waterway Cameras” Channel

This service provides live footage of waterways, allowing you to check the current situation from a safe location and make an informed decision about when and where to evacuate.

【How to view】

Open the "Suginami City Live Waterway Cameras" channel on YouTube (QR code to the right).

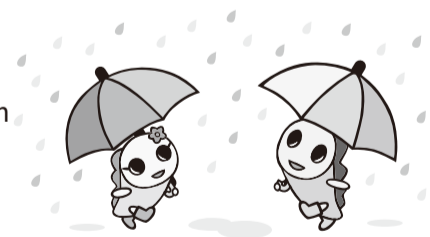
●Disaster / Disaster Prevention Information E-mail Service

In the event of a disaster, or if there is a risk that a disaster will occur, an emergency e-mail will be sent by the city. This e-mail includes information from official disaster prevention and administrative radio broadcasts.

【How to register】

Send a blank e-mail to t.sss@sgnm.lisaplusk.jp (scan the QR code to the right to open the screen for sending an e-mail).

【Contact】 Disaster Prevention Section



Sending out Notifications of the Amount of National Health Insurance Premiums

We will send out Notifications of the Amount of National Health Insurance Premiums for FY2024 to the heads of households on June 13 (Thursday). Insurance premiums for the period from April 2024 to March 2025 should be paid in 10 installments from June 2024 to March 2025.

Payment slips for a lump-sum payment for the entire year or for payments in periodic installments will be enclosed for residents who will pay the insurance premiums, in part or in full, using payment slips.

【Contact】 National Health Insurance Qualification Section, National Health Insurance and Pension Division

Foreign Residents Must Also Enroll in the National Pension System

All persons between the ages of 20 and 59 residing in Japan are legally obligated to enroll in the National Pension System and pay contributions regardless of their nationality (excluding those who are covered under the Employees' Pension, as well as their dependent spouses).

However, systems, such as a contribution waiver system, have been put in place to support those who would face hardships in paying the contributions due to low income or other reasons.

If a foreign resident has fulfilled certain criteria, such as paying National Pension System contributions for 10 years or more, in principle, he or she will be eligible to receive benefit payments through the Old-age Basic Pension from age 65. The Disability Basic Pension, which provides benefits to those who become seriously disabled due to an illness or injury, and the Survivors' Basic Pension, which is provided when the primary breadwinner of a household passes away, are also available.

Certain countries have also concluded social security agreements with Japan and have established frameworks that prevent dual enrollment in their respective pension systems or allow citizens to receive the total sum of each pension based on their pension enrollment period in both countries. Foreign residents who have paid contributions for six months or more but are not eligible to receive benefit payments through the Old-age Basic Pension may request a lump-sum withdrawal payment upon leaving Japan. The request must be made within two years after the day he or she no longer has an address in Japan.

For more details, please see the Japan Pension Service's website for foreign residents (QR code to the right).

[Contact] Inquiries on enrollment procedures: National Pension Subsection / **Inquiries on social security agreements and lump-sum withdrawal payment:** Suginami Branch Office of the Japan Pension Service **Tel: 03-3312-1511**



Announcement from Suginami Association for Cultural Exchange

Suginami Association for Cultural Exchange (SACE) organizes events where foreign residents can join freely and enjoy socializing with foreign residents as well as Japanese residents. Please join us.

●SACE Website, Facebook, and LINE

These sites/accounts offer information on events hosted by SACE, Japanese language classes held in Suginami City, and friendship cities of Suginami City.

●Support Desk for Foreign Residents

Volunteer interpreters help you with the procedures at the Suginami City Office. Interpretation services are available in English, Chinese, Korean, and Nepali. Please feel free to contact the Support Desk for assistance.

[Date and time / Languages]

- English: 1:00 pm - 4:00 pm every Monday; 9:00 am - 12:00 pm every Friday
- Chinese: 9:00 am - 12:00 pm every Monday; 1:00 pm - 4:00 pm on the 1st, 3rd, and 5th Friday of every month
- Korean: 1:00 pm - 4:00 pm on the 2nd and 4th Friday of every month
- Nepali: 9:00 am - 12:00 pm on the 1st and 3rd Wednesday of every month

*Not available on national holidays and year-end / New Year's holidays.

[Location] Public Hearing Section (East Wing, Suginami City Office 1F)

[Consultation methods]

Visit in person, call the Public Hearing Section, or write to them by post, fax, or e-mail

[Fee] Free of charge



For applications and inquiries, please contact Suginami Association for Cultural Exchange.

[Address] Minami-Asagaya Building 5F, 1-14-2 Asagaya-Minami 166-0004

[Tel] 03-5378-8833

[Fax] 03-5378-8844

[E-mail] info@suginami-kouryu.org

[SACE Website]



[Facebook]



[LINE]



Medical Consultation Service Counters

Tokyo Metropolitan Health and Medical Information Center

Inquiries regarding medical institutions that provide foreign language consultations and the Japanese medical system are handled in English, Chinese, Korean, Thai, and Spanish.

[Consultation hours] 9:00 am - 8:00 pm every day **[Tel]** 03-5285-8181

Medical Information Net (NABII)

The website allows you to search for medical institutions close to an address or station.



Suginami City Emergency Consultation Service Counters (in Japanese only)

Call first for a consultation. If you are asked to come in for an examination as a result of the consultation, be sure to bring your health insurance card or medical certificate.

■ Suginami City Holiday and Nighttime Emergency Treatment Center

[Tel] 03-3391-1599 **[Address]** Suginami Public Health Center 2F, 5-20-1 Ogikubo

[Consultation hours and departments] (reception closes 30 minutes before examinations end)

7:30 pm - 10:30 pm from Monday to Friday

5:00 pm - 10:00 pm every Saturday: internal medicine, pediatrics, and ENT

9:00 am - 10:00 pm every Sunday, and on national holidays and year-end / New Year's holidays:

internal medicine, pediatrics, surgery until 5:00 pm, and ENT

■ Suginami City Dental Health and Medical Center

(Dental Holiday Emergency Clinic)

[Tel] 03-3398-5666 **[Address]** Suginami Public Health Center 5F, 5-20-1 Ogikubo

[Consultation hours] 9:00 am - 5:00 pm every Sunday, and on national holidays and year-end /

New Year's holidays (reception until 4:00 pm)

■ Suginami City Emergency Medical Information Center

Information on medical institutions and medical consultations available.

[Tel] #7399 or 03-5347-2252

[Consultation hours] 8:00 pm - 9:00 am the following day from Monday to Friday

9:00 am - 9:00 am the following day every Saturday and Sunday, and on national holidays and

year-end / New Year's holidays

■ Tokyo Adventist Hospital (pediatrics)

[Tel] 03-3392-6151 **[Address]** 3-17-3 Amanuma

[Consultation hours] (reception closes 30 minutes before examinations end)

1:00 pm - 11:00 pm from Monday to Friday; 9:00 am - 5:00 pm every Saturday and Sunday

■ Kawakita General Hospital

[Tel] 03-3339-2121 **[Address]** 1-7-3 Asagaya-Kita

[Consultation hours] 9:00 am - 11:30 am from Monday to Friday

■ Kyorin University Suginami Hospital

[Tel] 03-3383-1281 **[Address]** 2-25-1 Wada

[Consultation hours] Available 24 hours

■ Children's Health Consultation Office (for emergency pediatric consultations)

A nurse, public health nurse, or physician will advise you over the phone.

[Tel] #8000 or 03-5285-8898

[Consultation hours]

6:00 pm - 8:00 am the following day from

Monday to Friday

Available 24 hours every Saturday and Sunday,

and on national holidays

■ Tokyo Fire Department (TFD) Emergency Telephone Consultation Center

[Tel] #7119 or 03-3212-2323

[Consultation hours]

Available 24 hours



▲Children's Health Consultation Office



▲TFD Emergency Telephone Consultation Center



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定額減税しきれないと見込まれる方へのお知らせ

2024年度税制改正により、2024年分推計所得税と2024年度分個人住民税から定額減税を実施します。その結果、定額減税可能額が減税前税額を上回り、定額減税しきれない方に対し差額を給付します。詳細は、区ホームページ(●2次元コード)をご確認ください。

●対象者

2024年1月1日現在杉並区に居住し、定額減税可能額が推計所得税・個人住民税所得割(※)を上回ると見込まれる方(ただし、合計所得金額が1805万円以下の方のみ)

※2024年分推計所得税額、2024年度個人住民税所得割額(いずれも2023年中所得金額から算出)がどちらも0円(非課税)の場合は対象外。

【手続き】

対象者の方には7月下旬頃に通知を送ります。支給のお知らせが届いた方は、手続きは不要です。

確認書が届いた方は10月31日までに郵送申請か、特設サイトで電子申請してください。

【問い合わせ】

杉並区物価高騰対策支援給付金コールセンター 電話0120-378-233(午前8時30分～午後5時15分<土・日曜日、祝日を除く>)



大雨の時は排水を抑える行動を!

これからの時期は、台風の発生や梅雨前線などの影響で、短時間に非常に強い雨が降るなど、わずかな時間で水害をもたらす可能性があります。区内のほぼすべての地域は、家庭から出る生活排水と雨水が下水道に流れ込む仕組みになっており、大雨が降ると、下水道内の水位が上昇し、マンホールなどから水があふれる恐れがあります。大雨時には、シャワー・皿洗い・洗濯を控えるなど、一度に多くの水を流さないようにご協力をお願いいたします。

もし大雨が降ったら? 水害に関する情報の入手方法

●水害ハザードマップ

区内で過去に浸水被害のあった場所や予想される浸水地域と深さなどを示したものです。

〈入手方法〉土木計画課(区役所西棟4階)・防災課(西棟6階)・区民事務所で配布。

または、区ホームページ(右2次元コード)からも取り出せます。

【問い合わせ】土木計画課



●区公式電子地図サービス「すぎナビ」

防災マップ・わが家の水害ハザードマップなどの防災情報のほか、公共施設・道路情報などもご覧になれます。

〈アクセス方法〉区ホームページ(右2次元コード)から。

または「すぎナビ」で検索

●YouTube杉並区 河川ライブカメラ

河川の今の状況を見られるライブ映像を安全な場所で確認し、避難行動を起こすときの判断にお役立てください。

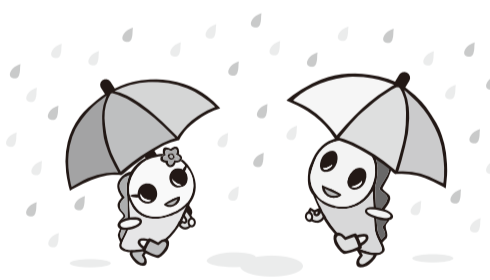
〈視聴方法〉YouTube杉並区河川ライブカメラチャンネル(右2次元コード)から

●災害・防災情報メール配信サービス

災害時または災害発生の恐れがある場合に、区から緊急のお知らせを配信します。また、防災行政無線の放送内容の確認もできます。

〈登録方法〉Eメールでt.sss@sgnm.lisaplusk.jpへ空メールを送信(右2次元コードを読み込むと送信画面が開きます)

【問い合わせ】防災課



国民健康保険料額通知書を発送します

2024年度保険料額通知書を6月13日(木)に世帯主宛てに発送します。4月～2025年3月の保険料を、6月期～2025年3月期の10回に分けてお支払いいただきます。

保険料の全部または一部納付書払いの方には、一括分と各期分の納付書を同封します。

【問い合わせ】国保年金課国保資格係

外国籍の方も国民年金に加入が必要です

日本に住む20～59歳の方は、国籍に関係なく国民年金に加入し保険料を納めることが法律で義務付けられています（厚生年金加入者、厚生年金加入者に扶養されている配偶者を除く）。

ただし、所得が少ないなどの理由で保険料を納めることが困難な場合には、保険料免除などの制度が設けられています。

国民年金保険料を10年以上納めたなどの条件を満たすと、原則65歳から老齢基礎年金が支給されます。また、病気やけがで重い障害が残ったときには障害基礎年金、働き手が亡くなったときには遺族基礎年金が支給されます。

なお、日本と社会保障協定を結び、年金制度の二重加入の防止や、両国の年金制度の加入期間を通算して年金が受けられるような仕組みを設けている国もあります。また、保険料納付済期間が6カ月以上あり、老齢基礎年金の受給資格を満たしていない外国籍の方は、日本に住所を有しなくなった日から2年以内に脱退一時金を請求することができます。

詳細は、日本年金機構「外国人向けサイト」(右2次元コード)をご確認ください。

【問い合わせ】 加入手続きなど＝国民年金係／社会保障協定・脱退一時金＝杉並年金事務所 電話03-3312-1511



杉並区交流協会のお知らせ

杉並区交流協会では、外国の方が気軽に参加でき、日本人をはじめ外国の方と楽しく交流できるイベントを企画しています。

●杉並区交流協会ホームページ・Facebook・LINE

杉並区交流協会主催のイベントや区内の日本語教室、杉並区の交流自治体の情報などを掲載しています。

●外国人サポートデスク

ボランティア通訳が区役所での手続きをサポートします。英語・中国語・韓国語・ネパール語で対応しています。お気軽にお越しください。

- 【日時・言語】
- 英語＝毎週月曜日午後1時～4時、金曜日午前9時～正午
 - 中国語＝毎週月曜日午前9時～正午、第1・3・5金曜日午後1時～4時
 - 韓国語＝第2・4金曜日午後1時～4時
 - ネパール語＝第1・3水曜日午前9時～正午
- ※いずれも祝日、年末年始を除く。

【場所】 区政相談課(区役所東棟1階)

【相談方法】 来所・電話(区政相談課)・文書(郵送・ファクス・Eメール)

【費用】 無料



申し込み・問い合わせは、杉並区交流協会へ

【住所】 〒166-0004 阿佐谷南1-14-2 みなみ阿佐ヶ谷ビル5階

【電話】 03-5378-8833

【ファクス】 03-5378-8844

【Eメール】 info@suginami-kouryu.org

【杉並区交流協会ホームページ】



【杉並区交流協会Facebook】



【杉並区交流協会LINE】



医療相談の窓口

東京都保健医療情報センター

外国語で診療を受けることができる医療機関や、日本の医療制度についての問い合わせに、英語・中国語・韓国語・タイ語・スペイン語で応じます。

【相談日時】 毎日午前9時～午後8時 【電話】 03-5285-8181

医療情報ネット(ナビイ)

ホームページで、住所や最寄りの駅から医療機関を探ることができます。



杉並区の急病診療窓口(日本語対応のみ) まずは、電話でご相談ください。相談の結果、受診する場合は、健康保険証・医療証を必ず持参してください。

■ 杉並区休日等夜間急病診療所

【電話】03-3391-1599 【場所】荻窪5-20-1 杉並保健所2階

【診療時間・科目】(いずれも受け付けは診療終了時間の30分前まで)

月～金曜日…午後7時30分～10時30分＝小児科

土曜日…午後5時～10時＝内科・小児科・耳鼻咽喉科

日曜日、祝日、年末年始…午前9時～午後10時＝内科・小児科・外科・耳鼻咽喉科

(外科は午後5時まで)

■ 杉並区歯科保健医療センター(歯科休日急病診療)

【電話】03-3398-5666 【場所】荻窪5-20-1 杉並保健所5階

【診療時間】日曜日、祝日、年末年始…午前9時～午後5時(受け付けは午後4時まで)

■ 杉並区急病医療情報センター

医療機関案内・医療相談を受け付けています。

【電話】#7399または03-5347-2252

【案内・相談時間】月～金曜日…午後8時～翌午前9時

土・日曜日、祝日、年末年始…午前9時～翌午前9時

■ 東京衛生アドベンチスト病院(小児科)

【電話】03-3392-6151 【場所】天沼3-17-3

【診療時間】(いずれも受け付けは診療終了時間の30分前まで)

月～金曜日…午後1時～11時 土・日曜日…午前9時～午後5時

■ 河北総合病院

【電話】03-3339-2121 【場所】阿佐谷北1-7-3

【診療時間】月～金曜日…午前9時～11時30分

■ 杏林大学医学部付属杉並病院

【電話】03-3383-1281 【場所】和田2-25-1

【診療時間】24時間受け付け

■ 子供の健康相談室(小児救急相談)

看護師・保健師・医師が電話でアドバイスします。

【電話】#8000または03-5285-8898

【相談時間】

月～金曜日…午後6時～翌午前8時

土・日曜日、祝日…24時間受け付け

■ 東京消防庁 救急相談センター

【電話】#7119または03-3212-2323

【相談時間】24時間受け付け



▲子供の健康相談室



▲東京消防庁 救急相談センター