

Nagomi's activities were introduced in NHK Fukushima's TV program

Nagomi's activities were introduced in NHK Fukushima's program "Hamanaka Aizu Today" broadcast on March 8. The program reported on present issues Fukushima faces including continued disaster-related deaths and preventive efforts being taken.
(Adachi)



Nagomi's Supporters (February 2017 ~ February 2018)

Individual donations

- from 19 individuals totaling 215,000 yen

Corporate Supporters (donations, support funds)

- Red Feather Campaign
 - Info Incorporated
 - Médecins du Monde
 - Mental Reconstruction Project of Reconstruction Agency
 - Ohana Corporation Ltd. Co.
 - Ashita no Chikara Project
 - Koriyama Nishiguchi Rotary Club
 - Japan Philanthropic Association(JCB)
 - Morioka Heartnet Office
- (listed in random order, honorifics omitted)


We are inviting you to become a new Nagomi Supporter Member! (member of the NPO Corporation)

1. Regular Member Annual Membership Fee: 10,000 yen
2. Supporting Member Annual Membership Fee: 3,000 yen
3. Donations

We regularly send newsletters and local information to our members. We look forward to your participation!

【How to become a new member】

Please send your application as follows and make payment of your membership fee by postal transfer.

1. Send us the following information by fax or postal mail to the address/fax number below; regular member or supporting member, name, address, company or organization (occupation), phone number, e-mail address.
2. Application can also be made via Nagomi's website: <http://soso-cocoro.jp/>
Click  button and fill out the application form.
(apply for membership)

【Donations】

Donations can be made via our website. Please click

 button.
(donate)

To pay your membership fee / to donate: Postal Transfer
Account No. : 02260-0-126825

Account Name : The Association for Establishing a New Psychiatric Care, Health and Welfare System in Soso

Notice

General Assembly will be held on June 10 (Sunday), 2018!!

Tea party is scheduled after the General Assembly!
Details will be announced in the next Newsletter (scheduled to be mailed out beginning of May).
We look forward to your attendance.

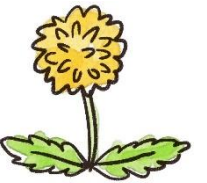
Your membership fees and donations are being utilized as operational costs of the NPO. We truly appreciate your contribution and support.



The Association for Establishing a New Psychiatric Care,
Health and Welfare System in Soso

Soso C O C O R O News

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Visits by Nagomi Members

We make regular visits to the residents in the area. In many cases, people are in environments which are not easy for them to mention that they are in need or not in physical conditions to mention it. Medical or welfare visits are made based on home-nursing or long-term care insurance contracts, but members of Nagomi also make visits to people who do not have such contracts. The necessity for such visits is attracting attention nationwide. As it is difficult to visually identify mental illness and mental disorders, it is often not easy for the people surrounding them to understand the illness or disorder. In the past, residents used to extend small acts of kindness to each other and looked after people who were isolated in the local community. In the recent years, with decreasing birthrate and aging population, watching over each other in the community is not sufficient. Especially in the areas which experienced evacuation caused by the nuclear power plant accident, families have been separated and the occasion for people to watch out for each other in the area have decreased. We at Nagomi are making efforts to support the region's local watch system by discussing with the residents and related parties. We repeatedly confirm with each individual and their family on the support they need, discuss among Nagomi members, and try to put value on supporting the entire life of the residents and the whole family. (Yonekura)

"Natsu-shoku" Good Old Dishes / Spiritual Home Restoration

The residents of Soso Area taught us how to cook the good old dishes (Natsu-shoku) that used to be served in the homes of the residents. They tell us that even the dishes that they cooked together with the clinic staff when they were living in temporary recovery housings are good old memories. In this project, we are gathering memories of food and delicacies of the residents and putting them together as a recipe book. As this project expands, there are now more and more people who bring us their special delicacies. We will continue to work steadily on our effort to create a community where people are firmly connected with each other through these good old dishes. We will introduce recipes and memories which we were not able to include in the recipe book starting next year. (Fushimi)

*This project is funded by Reconstruction of Heart Project under the Japanese Reconstruction Agency



Making Pumpkin Manju

February 18 attended award ceremony



Mr.Tadano, Office Manager

Received the 2017 "New Tohoku" Reconstruction and Creation Award!

This award is for the Reconstruction Agency to honor individuals and organizations who are making advanced efforts to revitalize and develop a "New Tohoku" by solving the regional issues that the disaster-affected area is facing (population decline, aging society, hollowing-out of industry, etc.) We received the award from Minister Yoshino of the Reconstruction Agency at the ceremony. We were able to receive this award with the support of the residents of the area and our supporters from all over the country. We will continue with our efforts hand-in-hand with the residents of the disaster-struck area. (Tadano)

Nagomi's Group Activities

Men's Gathering

We enjoyed many activities this year! Let us introduce some of them (Kudo)

September

Participated in Salon "Ojicoro" held at Karakoro Station (Ishinomaki City). We made 8.75m long thick-roll maki-sushi!



October

We climbed Mt. Toratori (Iitate-mura). View from the mountain top was magnificent!



January

We had a rice cake pounding event (mochi-tsuki) at the beginning of the year. Our thanks to Fukuju-en for letting us use the equipment for the event.



Challenge Club



Everyone was taking notes seriously

Members of the Challenge Club took the train to attend a lecture by the Sendai Speakers Bureau (at Tohoku Fukushi University). Speakers Bureau is an activity aiming to correct prejudice and misunderstandings towards mental disorders, create interaction amongst individuals concerned, promote correct knowledge of mental health welfare, and provide opportunities for people with mental disorders to communicate about their experiences. It was explained that although there were things that they lost and people who left them because of their disorders, there were things that they were able to newly obtain and personal relationships that they were able to deepen. It is not an easy task to reflect on personal experiences and to communicate such experience to others. However, we realized that it is an important activity which encourages others who share similar problems. (Nishiuchi)

*This activity is supported by JCB through the support funds of Japan Philanthropic Association

Community Update

6 years 4 months

The Salon "Itsudemo kokode hitoyasumi no kai (Feel free to take a break here anytime)" in Ohnodai No. 6 Emergency Temporary Housing (Soma City) occupied by the residents of Iitate-mura was initially established by the mental care team of Fukushima Medical University and the operation was later transferred to Nagomi. The Salon was open from June 2011 to October 2017. As time passed, the number of families living in temporary housing decreased and the new home of the last resident is now found. On the last day of the Salon, the last resident gave us the words of gratitude "Even when the residents moved away and there was no one gathering here, the Nagomi members were always here. Thank you!" At one time there were No.1 to No.9 housings in Ohnodai Temporary Housing, but the residents gradually moved away and the housings were taken down. Now there are only 3 housings including No.6 left. When we remember the time when the area was lively with many people, we feel somewhat lonely, but we sincerely hope that the residents who have left to move to their new homes have bright future ahead filled with hope and happiness. (Nishiuchi)



We once enjoyed cooked mochi (rice cakes) together



Last day.
Let's meet again sometime somewhere!

Odaka Update

Before the Earthquake 12,842 residents lived in Odaka Area of Minami Soma City, but the residents were all evacuated after the Earthquake. After the evacuation order was lifted in July 2016, number of residents slowly increased with currently 2,512 people (as of February 28, 2018) living in the area. Our hearts are filled with emotion when we see people and vehicles on the streets of Odaka. There are many residents who have passion and positive attitude to "Enjoy the Future of Odaka!" One of them was the chief priest of Dokeiji Temple, who himself planned and organized a rice cake pounding (mochi-tsuki) event where many people of all ages gathered. There are so many things that we can learn from Odaka. We ask everyone to come visit Odaka and become one of those who are involved with Odaka. (Fushimi)



Nagomi Educational and Enlightenment Activities



Mental Care Volunteer Training Course Graduates Gathering

Gathering of graduates of the Volunteer Training Course was held again this year. Not only this year's graduates, but graduates from the first to third courses participated and enjoyed the gathering, sometimes listening to serious discussions. Two hours passed so quickly. Some participants met each other for the first time in some time, and were able to spend some happy time together. We received many opinions regarding Nagomi and we will make good use of them for the future. Look forward to seeing you all again. (Kijima)



Presentation with Mr. A

On October 14, we had the opportunity to present the activities of Nagomi to the staff and affiliate members of "Yoriso Hotline (Stand-by Hotline)" from around the country. We presented on the case of Mr. A, who used to have many alcohol related issues but was able to completely give up drinking with support from many people. Mr. A himself shared with us his evacuation experience, how he quit drinking alcohol and explained to us in detail the comparison between himself in the past and the present. All participants were listening very seriously to the stories told by the person who actually went through the experience. We were able to witness a very powerful and passionate Nagomi supporter, Mr. A. Our relationship is not someone being supported and the party supporting someone but much more. (Yonekura)



Study Session at After-school Children's Club

On January 16, I was invited to participate in the study session held by staff members of Shinchi-machi After-school Children's Club. We discussed about ways to be involved with children on daily bases, and received many opinions and questions. I was participating as a lecturer, but there were so many things that I learned from the participants' enthusiasm and creativity. I would be very grateful if I could participate again. Thank you very much for inviting me. (Adachi)



Lecture on "Understanding the difficulties in the lives of individuals who grew up with traumatic brain injuries and support towards them"



On November 22, Dr. Choi Hyungin of Kyoto Iwakura Hospital was invited to give a lecture on understanding of individuals who grew up with childhood trauma and on ways to be involved with them. First half was a lecture hosted by Nagomi and the second half was discussions based on actual cases hosted by Children's Mental Health Support Promotion Office of Fukushima University. Guidance was given on how we can extend assistance for recovery by further understanding the individual's mind and heart. (Kikawada)



Mochi-tsuki at Dokeiji