



We are recruiting new staff members!

We, at Nagomi, are currently recruiting new staff members to support disaster victims, residents suffering from mental disorders, and those with tendency of social withdrawal, so that the residents of the disaster-struck area are able to lead their lives happily. If you think that you want “stand close to disaster victims and help improve their mental health” or want to “be involved in a rewarding challenging job”, please check the classified ad section of our website. We look forward to hearing from you.

announcement



Please welcome Nagomi's new member!



Takuya Ichinose

It is a pleasure to meet you!

I am Takuya Ichinose. I moved here from Saga Prefecture in Kyushu, but was born in Koriyama City, Fukushima Prefecture. I just joined Visiting Nurse Station Nagomi in February and I am currently deepening my knowledge in various areas every day. As I am unfamiliar with this area, the first thing that I am working on is to learn my way around and get to know the roads in this area.

I had an interest in restoration support and found out about the NPO Association for Establishing a New Psychiatric Care, Health and Welfare System in Soso when I was thinking about my career change and decided to apply for this job. Having lived away from Fukushima for almost 30 years, I knew very little about the current condition of Soso District until I started to work here. Through my daily activities, I learned the history and the state of the district before and after the earthquake, and also about the issues that were brought to light by the earthquake. I am currently learning about the initiatives to address these issues. With “enjoy even the hardships” as my motto, I shall continue to drive myself forward with sincerity and seriousness and at the same time behave cheerfully and try my best to spread smiles around with my full energy and also enjoy myself.

Thank you for your continued support!



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

Soso COCORO News Nagomi

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URL: <http://soso-cocoro.jp/>

Facebook: <https://www.facebook.com/cocoro.nagomi/>

Instagram: https://www.instagram.com/nagomi_soso/

Twitter: https://twitter.com/nagomi_soso

QR Code for
our website



FY2023 General Assembly & Online Event

Date/Time: June 25, 2023 (Sunday)

Hybrid meetings

◎General Assembly 11:00 ~ 12:00 limited to regular members of NPO

◎Online Event open for anyone to attend

“Nagomi Radio Station” 13:00 ~ 14:30

“Networking Event” 14:30 ~ 15:00



*Please refer to separate leaflet for details.

Spring in Tsushima

On March 31, 2023, the evacuation order, which was issued following the Fukushima No.1 Nuclear Power Plant accident and had been in place for over 12 years, was lifted in some areas of the designated difficult-to-return zones of Namie-machi, Fukushima Prefecture.

When we visited Tsushima District, one of the areas where the order was lifted, new residential houses were being developed right next to the town office branch. Tsushima District, well known from the TV show “Dash-mura”, is an area rich in nature. Decontamination work is being conducted in here and there within the area and no one can be seen walking in the neighborhood except for the operators involved in the decontamination work. The quiet streets and the scenery full of spring flowers in bloom brought us both a slight feeling of loneliness and the brisk freshness of nature.

(Adachi, Care Center)





Staff Introduction
Looking forward to
working with you
again this fiscal
year.



Outreach

Kikawada

Tadano

M. Abe

Nishiuchi

Orikasa

T. Suzuki



Care Center

Kudo

Adachi

K. Suzuki

Otani

Tachiya

Yonekura



Nagomi CLUB

H. Abe

Kanazawa

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

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

We regularly send newsletters
and local information about Soso area
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. By Fax or postal mail: Please send your application with the following information to the fax number/address listed below; type of member (regular member or supporting member), name, address, company or organization name (occupation), phone number, e-mail address.
* application form is available for download from our website.
2. Via our website: <http://soso-cocoro.jp/>

Click  button on our website and fill out the application form.

【Account Details】

To pay your membership fee/to donate: Postal Transfer
Account number: 02260-0-126825
Account name: The Association for Establishing a
New Psychiatric Care, Health, and Welfare System in Soso

【Contact】 Nagomi Soma Office
1-2-8 Okinouchi, Soma City, Fukushima
Prefecture 976-0016
Tel: 0244-26-9753
Fax: 0244-26-9739
E-mail address: nagomi@soso-cocoro.jp

We are an authorized Certified NPO Organization.
Membership fees and donations made to our NPO are
eligible for income tax exemption applied to donations.
Please refer to our website for details.



New Section!

Recommending
Nagomi style of ...

Section introducing
Nagomi staff's
recommendation!

Nagomi

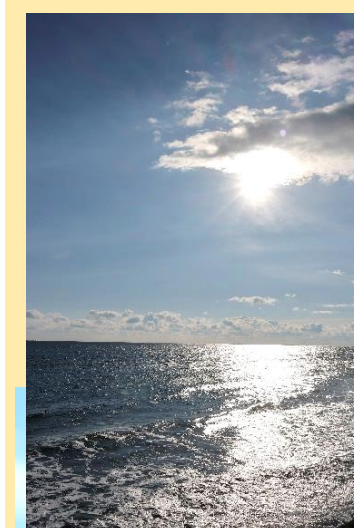
Recommendation of "photo walk" Kosahara style

There are many people who go for a walk for their health.
There also are some people who cannot bring themselves to
actually go for a walk even though they understand that it is
good for their health. If you are one of these people, what
about changing the purpose of your walk?

I myself was one of these people and was not able to bring myself to actually go for a walk. I gave it a try and changed the purpose of going out from taking a walk to taking photographs. Most people now have smartphones or mobile phones equipped with cameras, and anyone can easily take beautiful photographs.

By watching out for beautiful or cute items while taking my walk, I realized that there are many things that I did not notice previously and that there are many plants and trees, birds and insects that I do not even know the names of. I also became able to feel the changes in the season more frequently. While taking photographs freely, I started to think about ways to take photographs more beautifully. When I was able to take pictures that I liked, it was fun.

By talking a walk, you can not only improve your health but also enjoy the beautiful scenery and beautiful things surrounding you. Joy of taking pictures helps to improve your mental health. If you go out together with someone, you can double the fun by showing the pictures that you took to each other. Why not try going for a "photo walk".
(Kosahara, Visiting Nurse)



Next issue will be on recommendation of ○○Kudo style!

※Kosahara resigned as of end of March, but introduced this recommendation before leaving us.