



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

# Soso COCORO News Nagomi

37<sup>th</sup> Issue May 2024

Published by: Public Relations and Membership Management  
Committee

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

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

Instagram: [https://www.instagram.com/nagomi\\_soso/](https://www.instagram.com/nagomi_soso/)

Twitter: [https://twitter.com/nagomi\\_soso](https://twitter.com/nagomi_soso)



QR Code for  
our website



## FY2024 General Assembly & Networking Event

【Date/Time】 June 23, 2024 (Sunday)

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

◎Networking Event 13:00~15:00...Open for anyone

【Venue】 Kashima Community Center

\*Please refer to separate leaflet for details.

Please join us!



## Workshop “Creating together a comfortable city to live in”

On February 3, the executive committee launched by Nagomi teamed up with Asahi Shimbun Social Welfare Organization and held a workshop on “Creating an Ideal City” at Yume-hat Citizens’ Cultural Center in Minami Soma.

Many people from various backgrounds sharing the same goal to “think about how to create the community of Soso area”, in addition to those with mental disorders and their family, social welfare workers and medical practitioners gathered together. We learned how to put city planning into actual practice from the lecturers, and through group work discussions, we were able to discuss about our ideals and also share our thoughts on the richness of the Soso area. There were approximately 60 participants, and the workshop ended on a high note with everyone feeling that we needed more time.



Let us extend our thanks to all the participants!

We hope that the encounter today leads to action that “makes our ideal into reality”!! (Kanazawa, Outreach)

## District Office name has changed



notice

Due to the merge of Iwaki District Office of Fukushima Care Center and Futaba Branch Office, the name of the district office of “mental health care operation” that Soma Wide Area Care Center is entrusted with has changed as follows:

【before】 Soma District Center

【after】 Hama-dori Kita District Center



Thank  
you!

We are recruiting new  
staff members!

Please refer to  
“career opportunities”  
on our website  
for details.

## Please welcome Nagomi's new member!

### ◆Shiho Kurita◆

I am Shiho Kurita and joined Care Center Nagomi in April. Previously, I worked as a Mental Health Social Worker in a Psychiatric Hospital in Sano City, Tochigi Prefecture. I was fascinated by Nagomi's activities which extends thorough and extensive support to the local residents who are facing hardness of life, and felt that I want to be involved in this activity. It is the first time for me to work in this area, but I promise to devote myself so that I can be of some assistance to all of you.

Thank you for your continuing support in advance!



## Woodwork Workshop "Let's enjoy handcraft – woodwork relaxation IN Nagomi"

In February this year, there was a new attempt at our Minami Soma Office. This was the woodwork workshop "Let's enjoy handcraft – woodwork relaxation IN Nagomi" which was held aiming for relaxation and change of mood. We used palm-sized pieces of wood provided by litate-mura Forest Owners' Cooperative, chopped, carved, and polished them and made them into leaves or cat shapes that each of us designed ourselves.



Participants used electric scroll saws, knives, carving knives, and files with assistance of Nagomi staff members, and concentrated in making the woodworks. Conversations such as "It's the first time since elementary school class that I used a scroll saw" and "I wanted to continue filing till I was completely satisfied" were heard.



The questionnaires that the participants filled out showed that most of them were satisfied with the workshop commenting that "I am satisfied with what we did in the workshop", "It helped to my mood". We believe that the woodwork workshop turned out to be a success for now!

This workshop was held also with the aim to "create a place to prevent isolation" and "provide an opportunity to make Nagomi known". There were points that need to be reviewed and areas which need improvement, but we will aim at making this a regular event of Nagomi. (Orikasa, Visiting Nurse)



## 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 3,000 yen (per unit):
3. Donations

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

### 【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.

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.



【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