



## After Finishing the two-months Practical Training

Pleasure to meet you all. My name is Yurina Matsuoka, 4<sup>th</sup> year student majoring in Program of Medicine at Hiroshima University, School of Medicine. I spent April and May with Nagomi as part of my clinical practical training.

Two months felt to be a long period at first, but once the period is over, it feels that it went by so quickly. I experienced numerous “first times” during the 2-month-period. First time in Soso Region, first mental healthcare practical training, first patient visit and group activity, first commute using the Joban Line train which runs only once every hour. These are just some of the new experiences that I was able to discover. There were occasions that I was at a loss, but members of Nagomi always treated me warmly just as if I were a staff member and extended their support not only during training, but also, in my everyday life. Thank you so much for your support. Participating in the powerful and considerate support that you extend to the users and actually seeing the realities of the area with my own eyes was a really meaningful time.



Now back in Hiroshima after the training period, I will continue with my efforts and do my best to so that I can become a better medical professional utilizing what I experienced at Nagomi. Thank you again for all your support during the 2 months.

Lastly, please let me extend my sincere gratitude to the many encounters during my time with Nagomi, and also to all the users that I had a chance to spend time with, and to all the staff members and everyone involved who extended their support during my training period.  
(Matsuoka, Nagomi Trainee)



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

### 【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.
2. Via our website: <http://soso-cocoro.jp/>

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

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

To pay your membership fee/to donate: Postal Transfer

### 【Account Details】

Account number: 02260-0-126825

Account name: The Association for Establishing a

New Psychiatric Care, Health, and Welfare System in Soso

We regularly send newsletters and local information about Soso area to our members.

We look forward to your participation!

We are now authorized as a 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.



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

# Soso COCORO News Nagomi

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## Nagomi's General Assembly has been held Successfully

Nagomi's General Assembly, held on June 23, marked its 13<sup>th</sup> since the first being held in 2012.

All topics for discussion listed on the agenda were approved, and the proceedings were carried out smoothly without delay. We will be starting the second year under the current administration structure, and we are pleased that we were able to hold the general assembly in a homely atmosphere welcoming the members of the organization.

We will take the opinions we received from the members into consideration and shall continue to further develop the activities of our NPO. We ask for your continuing support. (Tadano, Administration)



## Nagomi Style Recommendation of Mental Healthcare ~ Exhibiting All Together & Networking Event~ was held!

On June 23 (Sunday), we held an event following the general assembly, titled “Nagomi Style Recommendation of Mental Healthcare ~Exhibiting All Together & Networking Event~” using the facility of Kashima Koryu Center. Band performance, broadcast of DVD introducing Nagomi's activities, and museum-like exhibition corner were organized. Tournament of Japanese Karuta card game, with disaster area support as theme, was also held. Bagels and coffee were served with cooperation from “Mura Cafe 753 (Nagomi)” of litate and “Hotto Yu” of Minami-Soma. We were able to look back on the history of Nagomi through the exhibition and card game, and also had the opportunity to interact with the participants. We realized again that we should continue with our efforts so that Nagomi can continue to be of a presence firmly rooted in the community. (Ichinose, Networking Event Committee Member)



## Please welcome Nagomi's new member!

### ◆Maki Ogasawara◆

I started to work with the Outreach Team of Nagomi from January 2014. My career as Occupational Therapist is 11 years, but I am still learning. I am originally from Towada City, Aomori Prefecture, and my hobbies are Yoga, reading books, visiting hot springs, and walking with my dear dog.

What triggered me to join Nagomi was that I was very much moved by Nagomi's activities in the region which goes beyond the boundaries of medicine and welfare, and wanted to learn how it is actually put into practice. As my activities here in Nagomi is only once a week, being a part-time member, I might not be able to meet with you often, but please feel free to talk to me if you bump into me.



### Where are they now!? Visiting former Nagomi Staff Members

In this section, we will report "the present" of former Nagomi staff members.



#### Members of ONE & ONE Kokorono (Heartful) Visiting Nurse Station



In this issue, let us introduce Ms. Terumi Sato, Representative of Hiiragi LLC, ONE & ONE Kokorono (Heartful) Visiting Nurse Station.

**Q1** Could you give us a brief introduction of the visiting nurse station that you established?

**A** Our station was established in October 2023. We are a new visiting nurse station established by a group of members who were connected with Nagomi in various ways. We are struggling day after day for the development of psychiatric care.

**Q2** What do you bear in mind as most important when you carry out your activities?

**A** We try to engage with each and every one sincerely and carefully, and keep in mind to value each person's Only One during our communication with the users and extend our support so that they are able to spend their daily lives happily.

**Q3** What is the appealing point of ONE & ONE? What is your selling point and special feature?

**A** We aim to be an approachable station which soothes the mind and heals the body. Our dogs, Pechka and Kotaro, and our cat, Sue, play their part as animal therapists. We are a very homely station, so please feel free to stop by.



Website: <https://oneandone.studio.site/>



## Notes of Talk Show on the Movie "Live, Live, Live"

Have you seen the movie "Live, live, live (Ikite, ikite, ikiro)"? Shooting period of this movie was extended for a certain period of time due to COVID-19 pandemic soon after the shooting started. Despite of such situation, the film recorded the whole period of process till recovery of the disaster victims.

Since its opening, Nagomi have been extending support focusing on recovery which is closely related to the victims' daily lives regardless of whether it is verbal or non-verbal. Eating yakiniku (Korean BBQ) with those who tend to isolate themselves and taking a bath together with them are some of our actual activities. We hope that by making the basis and techniques that we use widely known, they can be of useful reference in extending effective support for early recovery from catastrophe and recovery from isolation. Showing period at movie theaters nationwide is coming close to the end, but independent showing is possible. Please contact below for details.

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## Participated in the National Gathering of Mental Health Welfare Volunteers!

National Gathering in Fukushima of Mental Health Welfare Volunteers was held for two days from June 7<sup>th</sup> to 8<sup>th</sup>.

Volunteers who are engaged in mental health welfare gathers together from all over the country once a year with the purpose to strengthen mutual exchange. This year the gathering was held in Fukushima for the first time. We supported the management of the gathering which was handled by NPO Coffee Time.

During the opening ceremony, members of Coffee Time performed dances. Keynote speech delivered by Dr. Arizuka, Director of Mental Clinic Nagomi, mini-concert during the social gathering, visit to the coastal area of Namie-machi as part of the disaster area inspection tour, were some of the activities, and we were able to spend extremely meaningful time.

What surprised me personally was that the volunteers were full of energy and that they were all taking so much pride in their activities. I had a chance to chat with an 89-year-old volunteer who has been engaged in the activity for nearly 40 years, and listened to the strong feelings towards the activity and the future prospects of mental health welfare.

I strongly hope felt that the volunteers would continue with their activities in each region through a wide range of activities.

(Kudo, Care Center)

