

Nagomi's Supporters (January to December 2024)

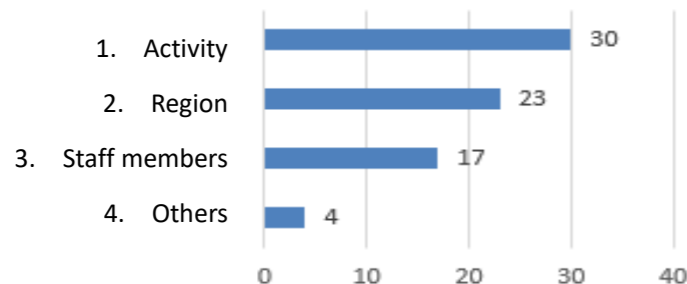
- 《Corporations/ Organizations》
 - Kinshicho Kubota Clinic
 - Soma Uguisu Alcoholics Anonymous
 - Film screening executive committee for the movie "Live, live, live (Ikite, ikite, ikiro)"
- 《Individuals》
 - From total number of 22 individuals
- 《Supports/Funds》
 - Social Welfare Corporation Community Chest Fukushima Prefecture

*Honorific titles omitted

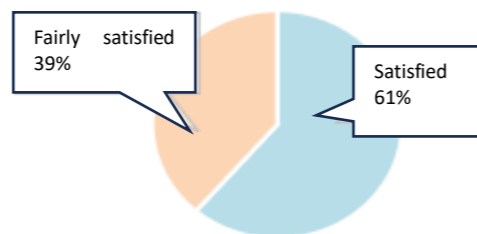


Thank you for your cooperation in the survey that we sent together with the previous newsletter. 31 responses were returned to us and the results are as shown below. We shall reflect the feedbacks that we received to make our reports more substantial.

【What do you want to know from our Newsletters?】



【Are you satisfied with our Newsletters?】



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.

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

Click [★会員になる](#) button on our website and fill out the application form.

We are 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.

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

To pay your membership fee/to donate: Postal Transfer

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

【Account Details】

Account number: 02260-0-126825
 Account name: The Association for Establishing a New Psychiatric Care, Health, and Welfare System in Soso



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

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QR Code for our Website

Lecture by Mr. Tatsuya Yamaguchi – a review

On October 3 last year, a public lecture for citizens titled "Message from a recovered patient - being supported by someone -", organized by Fukushima Mental Care Center was held in Minami Soma Citizen's Cultural Hall, Yume-hat. Mr. Tatsuya Yamaguchi of Yamaguchi Company Ltd. and Mr. Katsuyuki Shibusa of Soma Uguisu Alcoholics Anonymous were invited as guest speakers. 525 participants mainly from Soso District attended.

The lecture focused on past experiences during the alcohol-centered life and failure stories during the period. The lecture was valuable information which made us realize that alcohol related issues could happen to anyone of us. (Yonekura, Care Center)



Nagomi's activities to be broadcast nationwide!

From early autumn in 2024, NHK Sendai started to cover the support activities of Soma Wide Area Mental Care Center Nagomi, and on November 22 a program reporting our activities was broadcasted in the 6 prefectures of Tohoku area in the TV program "Tohoku Kokokara" on NHK General Channel. Their coverage is still continuing, and the report of our activities is scheduled to be broadcast nationwide in early April. We would appreciate it if our supporter members could understand part of Nagomi's activities which we had not been able to deliver in the newsletters through this program. At the same time, we hope that Nagomi could be made known to those who are still troubled and that the program could become a trigger to connect them to necessary support. We would appreciate it if you could watch the program. (Kurita, Care Center)



Care Center Team

This fiscal year was a year of great change for the Care Center. The financial resource of the Care Center is originally public funds, and it was important for us to report the details



of our activities and also to show what is necessary in order to continue our activities. We believe that showing of the movie "Live, live, live (Ikite, ikite, ikiro) and broadcast of "Tohoku Kokokara" on NHK General Channel both visualized the mental care of Nagomi and were opportunities to help the general public understand our activities in easily. However, we should not feel relieved by this. We shall continue with our effort to build an organization in which all staff members continue to give thought to how much the local residents will use our service and to what extent we are recognized as social resource for the local community. (Yonekura)



Nagomi CLUB Team

Consultation Support Office and Local Activities Support Center are operated by 2 staff members. Looking back on our consultation support activities during the past year, we would like to be able to provide support to solve the difficulties that our users face in their lives not only by clarifying the problems and issues that they face by focusing only on the problems and issues, but also by discovering their strong points. (Ichinose)



In the Local Activities Support Center, we review the details of our program together with our users every month. The past year was a year in which we were able to think about what kind of activities we should carry out together. We shall continue with our activities so that we can be recognized as a place where our users can belong to. (Abe)



Outreach Team

Approximately half of the people that Outreach Team support is those considered to be in social withdrawal state. Their living situation varies by each individual; someone who started to live alone and work in order to be independent, someone who have come to accept relationship with supporters and family, someone who told us that he/she wants to go to the library for the first time



in several years, someone whose family passed away and started his/her first step to be independent. Each of our staff have been involved with our users for a long period of time working to come close to the lives in the way that they wish to live. We shall continue with our efforts in our support so that the users are able to live their lives in the community safely and securely by connecting their network. (Nishiuchi)



Visiting Nurse Team

One year have quickly passed since I was assigned as the head of Visiting Nurse Station last year January. It has been a turbulent year not only for myself but also for the station. We were able to overcome many difficulties with each and every staff truly cooperating with each other and extending their support. It is said that "tough times is an opportunity to change things". Many suggestions such as "in order to extend better nursing care..." and "in order to create a better work environment..." were made from the staff members, and we worked



to take them to shape little by little. I believe that the strength of Nagomi's nursing lies in its environment which allows each staff to freely practice the nursing that he/she aims for. We shall always be conscious of the principle which Nagomi have cherished and have built up till now, "nursing care standing close to our users", and shall continue to support the wellness and lives of our users as healthcare professionals. (Arai)



Report on Domain Activities

※Each staff participates across different offices in the domain that they have interest in.



Mentally Disabled Domain

First half of this year was a period to explore our possibilities as there were no attendees coming to freeNa, the café that we offer as a place to stay.

We slowly started to have attendees from around November when we started to try various measures such as introducing embroidery and holding tea-times. We try to provide a place where people can loosely belong to with maximum 4 to 5 attendees including staff members. Although it was the first time for Attendee A and myself to experience cross-stitch embroidery, we were able to complete our first pieces with one-on-one instruction from Taka-chan (Ms. Okawa, President) and Nishiuchi-san. There were ups and downs while we were doing our embroidery, but it surely turned out to be an activity which we look forward to, thinking about who to invite next year. (Kawano, Care Center)



Elderlies Domain

This fiscal year, we participated in Welfare Festivals held in various municipalities. We set up awareness-raising booths to enlighten understanding of dementia, and corners to have a simulated experience of being aged using a special trial kit. At the Health and Welfare Festival in Shinchi-machi, there were many participants of the young generation, mainly elementary and junior high school students. Children who were interested participated in having simulated experience. In November, we invited Ms. Yasuko Oishi from Home Care Support Office IROHA as a lecturer and held a



mental health care training session for our staff titled "Let's give it a try! Massage method to connect our hearts." We were able to learn about the necessity and effectiveness through learning the skills and actual practice of massage. (Ichinose, Nagomi CLUB)



Suicide Prevention/PTSD Domain

In this domain, we organize lectures, participate in relevant events, and hold voluntary study sessions. As part of our activities, we participated in "Let me talk about it too" (organized by Earthquake Disaster Stress Study Group), an event held in Minami Soma, following our participation last year. We assisted in the operation of the event such as taking part in venue preparation and event progress, facilitation of participants. We had an opportunity to look back at the earthquake disaster with people from different regions from those who we usually come into contact with



through our daily activities. It was an opportunity to think about the future of the Soso District and became a valuable experience for those who participated in this field (Suzuki, Outreach)

