

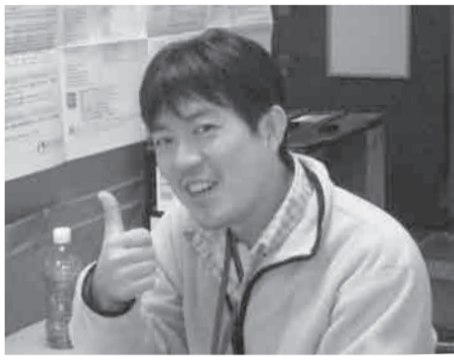
Support coming from all over the country!

All kinds of people from all over the country come to support various locations in Fukushima. Here are messages from two such people.



Kyushu Block
Fukuoka Prefecture Council of Social Welfare
Welfare Institution Department
Institution Section:
Kazuhiko Matono

I came all the way from Fukuoka, Kyushu. At first, I did work in the disaster area, in Shinchi-machi. Now the second time, I work with the Fukushima Disaster Volunteer Center Headquarters. I do the little that I can to cheer up people in Fukushima. I will help volunteers from all over Japan who join in the activity.



Kanto Block
Tokyo Metropolitan Council of Social Welfare
Welfare Fund Department:
Shinya Sato

Several Social Welfare councils in the Kanto area have shifted their operations to help the Disaster Volunteer Center. Councils in Tokyo, Saitama, Chiba, Tochigi and Gunma are all participating.

Through interaction with the people of Fukushima, we send our good will and heartfelt support to them.

Information about a grant to support NPOs and other groups for disaster volunteer activities

A grant for your activities

Red Feather Central Community Chest Association started the "Disaster Relief Volunteer Fund" to support those helping the survivors. This campaign aims to assist volunteers who help victims of the Great East Japan Earthquake. The valued donations from many people will be allocated fairly.



Guidelines on 'Grants from the "Disaster Relief Volunteer Fund" run by the Red Feather Community Chest'

- Volunteer groups, NPOs, social welfare corporations and school corporations can get grants. Recipients must be groups with five or more members.
- Activities in various fields are targeted:
(1) emergency relief (2) life support for survivors
(3) reconstruction assistance, efforts to organize local communities, etc.
Retroactive applications are still being accepted.
- The maximum amount of each grant depends on the time spent for the activities. Activities lasting a week or less could receive at most 100,000 yen. Those lasting under a month can receive a maximum of 500,000 yen. For those longer than a month, the maximum would be 3,000,000 yen.
- This service also covers expenses for personnel with special skills.
- Approximately once every two months, you can apply for a grant or receive an allocation

See the homepage of Red Feather Central Community Chest Association for detailed guidelines and the application form at:

<http://www.akaihane.or.jp/er/p6.html>. Or call to 03 (3581) 3846.

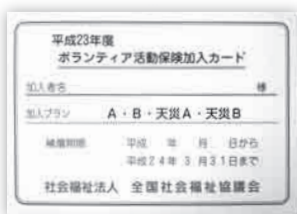
Your support would be appreciated.

Volunteer insurance (Natural disaster plan)

Have you joined any volunteer insurance scheme?

The natural disaster plan covers injuries due to accidents caused by earthquakes and aftershocks.

- Since the plan covers accidents occurring during travel to the disaster areas, we ask that all volunteers join the insurance scheme (natural disaster plan) at your local Council of Social Welfare. Doing so would lighten the burden on people on-site.
- When you sign the contract, a member's card (pictured at right) will be given. When you are in the affected areas, please be sure to carry this card to show that you are the policy holder.
(Only for disaster relief volunteers and the policy goes into effect as soon as you've signed.)



▲ Volunteer insurance member's card

* Application forms may differ depending on the insurance company.

For people taking shelter

Fatigue relief

Fukushima Prefectural Mental Health and Welfare Center
Director: **Akinobu Hata**

It is almost two months since the earthquake, and perhaps you are becoming increasingly exhausted as you continue to lead an inconvenient, uncomfortable life. Here are some tips for fatigue relief.

1. Establish a rhythm for everyday life

Our bodies cannot be kept healthy without a balance of 'activity' and 'rest.' This is true of our minds, too. Sticking to a daily schedule makes health maintenance easier. It is good to make a rough schedule to structure your daily activities. Determine when to eat and to go to bed, and then what to do during the daytime; for example, clean up your living space, take a walk or explore in your neighborhood, play some role in the shelter, and so on, and you will find it easier to stay active. Don't exhaust yourself. At the end of the day, even though you may feel you haven't done enough, cut your work short and consider that you've done enough for one day.



2. Praise yourself

Without some prospects for the future, we are apt to become depressed; however, take a look at yourself. In such a difficult situation, don't you feel you are doing well? Tell yourself: "You're doing well in these difficult circumstances." You might feel what you are doing is nothing special, for you are doing just what others are doing. When you feel like that, praise them, too. It is good to commend them in your mind, but it would be even better to speak it out. By praising others you can encourage yourself as well.

3. Watch your drinking

Many of you might fancy alcohol; however, watch your drinking. Although alcohol is often regarded as a way to reduce stress and induce sleep, it may actually cause you to be even more easily fatigued and depressed. Alcohol intake of 360 ml or more a day for three days straight is a warning sign. You may feel, "I can't help drinking." However, switch your mode by pursuing daytime activities like those mentioned above. Those who can control their own alcohol intake, please do your utmost not to bring alcohol or its smell (!) into the shelter. Doing so might tempt someone who constitutionally can't control their alcohol intake.

4. About "Mental Care Team"

The Mental Care Team makes rounds at each of the shelters. If you have trouble with your physical condition, such as reduced appetite, or have difficulty in recovering your usual physical or mental condition, feel free to consult with them. A temporary treatment at an early stage could result in faster recovery.



Editorial postscript

We distribute this magazine all over Japan from Hokkaido to Okinawa, hoping to get help for Fukushima. At present supporters from all over the country are staffing the Disaster Volunteer Center in Fukushima. I'm so grateful, I feel tears welling up in my eyes. I'd like to express my sincere appreciation to all those who have helped and are helping. (Seki)

赤い羽根共同募金

**Let's persevere,
Japan
Let's persevere,
Tohoku**

**Let's persevere,
Fukushima**

Please see the latest information on our homepage
<http://www.pref-f-svc.org>

