

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.



Chiba Prefecture Sammu City Council of Social Welfare

Saki Kochi

I came from Chiba to give my support. This is my second time in Fukushima. Since my family home is in this prefecture, coming back here felt important. I hope my background lets me help in a special way. I hope you'll let me work alongside you.



Wakayama NPO Center

Kazuaki Tsuchihashi

I'm from Wakayama, but I'm here in Fukushima to help. I'd been working at the Shinchi-cho Disaster Volunteer Center. Many people from all over the country are coming to Fukushima to protect and support you. We're here because we want to see you all smiling again. That's the road we want to follow.

We asked all the volunteers about the feelings behind their work.

Minamisoma Haramachi-ku



I lost my job this March, and registered as a volunteer because I wanted something to do. At one point I was cleaning out albums and awards, not even knowing who they belonged to, when I found an elementary school graduation certificate belonging to a friend who had lost their home in the tsunami. I was really surprised, but also glad that I had helped. My parents tend to stay cooped up at home, so I think the fact that I'm still volunteering is good for them. I tell them about what I do each day, and they listen along and say "yeah, yeah." I like to think they're showing gratitude for all the people who've helped them. (Y.H. is in her 30's, and is a resident of Haramachi-ku of Minamisoma.)

I registered as a volunteer in late March, when gasoline was in drastically short supply. We went to make sure elderly people living by themselves were safe, delivered daily goods, and also helped them shop in the evacuation zone. People waited anxiously for our arrival each time, and one even said we seemed like God. I'm a volunteer myself, but the strength of all the other volunteers working towards the goal of recovery has been a great support for me. (T.F. is in his 20's, and lives in the Haramachi-ku of Minamisoma.)

My family home is in Nihonmatsu-shi, and that's just one reason I felt like I had to do something. I asked my company for special leave and came out here. I'm a licensed pharmacist, so I helped out at the city hospital. When I was in Tokyo, I got worried sick wondering how people were doing up here. But it's different now. Working with everyone else that's trying to rebuild, I can't help but think that we can do this, that the people of Fukushima are amazing. I've made a lot of friends. People keep telling me they want me to see the "Nomaai" horse-riding festival someday, and I plan on being here to see it. (M.S. is in her 40's, and lives in Edogawa ward, Tokyo.)

May 4th Volunteer bus Koriyama⇄Iwaki



I'm a big fan of the Avispa Fukuoka soccer team, and just when I was looking forward to their game against Vegalta Sendai, the earthquake struck. I applied to be a volunteer because I wanted to do something to help. Today, I cleaned out the mud that had clogged up some drainage ditches. I think it'll take a lot of time for things to return to normal. I want to keep supporting people for a long time, and I hope other volunteers like us will pitch in and slowly restore the livelihood that once existed here. (K.N. is in his 40's, and lives in Fukuoka prefecture.)

I heard about how bad the damages were from a friend who was born in Tohoku, and had been thinking to myself for a long time about doing something. I told myself I wanted to come up on Golden Week and do something that wouldn't just be about pleasing myself. I started gathering information and found the Volunteer Bus. The goals and work were clearly laid out, I didn't have to provide much myself, and the planning was well-coordinated. I hope that my volunteer opportunities continue. I think there are many needs that haven't been discovered yet, so I hope to dig them up and bring in more volunteers. (Y.M. is in his 40's, and lives in Saitama prefecture.)



I joined because I have friends in Fukuoka and seeing things on the news made me want to help. It's hard cleaning out ditches by yourself, but when you have many people joining in, like today, it goes quickly. I was really impressed by the power of working together. I definitely want to keep going. (M.M. is in his 20's, and lives in Niigata prefecture.)

I'd been wanting to do something ever since the disaster. I jumped on Golden Week as my chance. I can't drive, so the Volunteer Bus was a big help. Today I helped clean mud out of a corner of the residential district. You can't learn anything about the people living out there from TV or the newspapers. Seeing them in person, I could tell that they were working their hardest every day to get back the lives they used to have, and that gave me the passion to work myself. I want to find the time to come here again. (N.U. is in her 20's, and lives in Tokyo.)

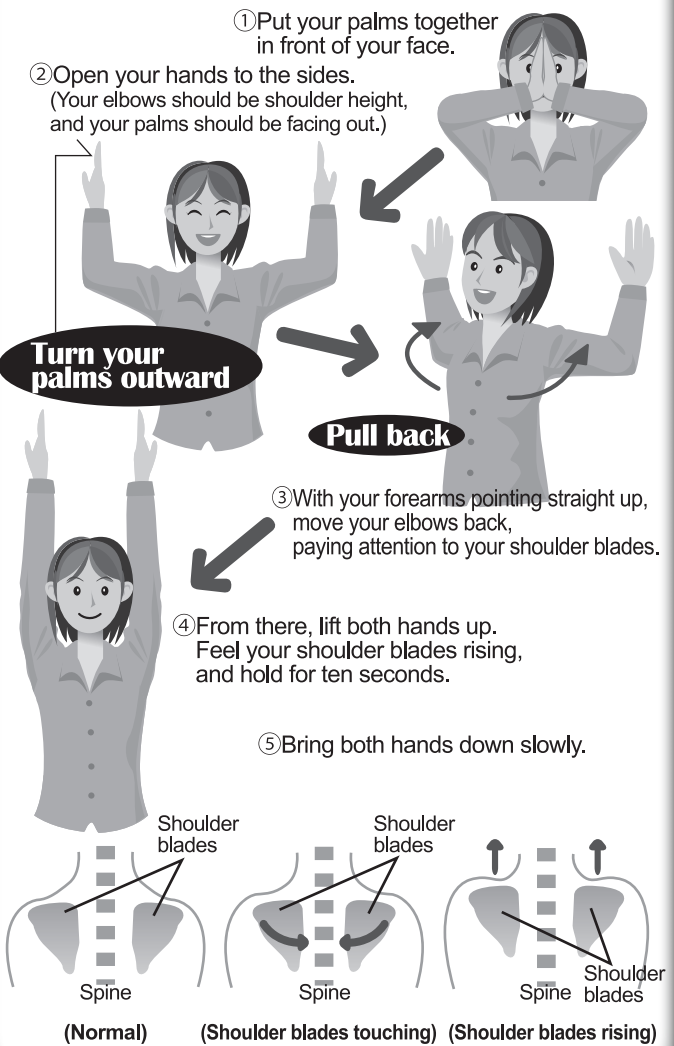


For people taking shelter

Stretching yourself out

You don't move around much in disaster shelters, which is why it's extra important to take care of your health. This issue we'll show you a set of exercises you can use to stretch out your back. We also recommend them for sore shoulders. If you can, do three sets of all three stretches.

Move those shoulder blades!



Sato Yoshinari, Fukushima Recreation Society (NPO)

Open house tour for temporary housing is available now!

Please support our volunteer activities

The Fukushima Disaster Volunteer Aid Fund asks for your help! The Fukushima Prefecture Council of Social Welfare is gathering donations to support the disaster volunteering effort. Our volunteers need your help to continue providing a wide range of aid activities.

- Donations will be accepted from March 25 (Friday), 2011 to March 22 (Friday), 2012.
- They can be sent by bank transfer to: FUKUSHIMAKEN SAIGAI BORANTIA SHIEN BOKIN (Fukushima Prefecture Disaster Volunteer Aid Fund) Toho Bank (0126) Watari Branch (124) Futsu 394361 *No service fees will be charged by the Watari Branch. If sending money via ATM, fees will be incurred according to your financial institution.
- Cash donations may be sent to: 〒960-8141 Fukushima-ken Fukushima-shi Watari Aza Nanashiamiya 111 Fukushima-ken Syakai Fukushi Kyogi-kai (Fukushima Prefecture Council of Social Welfare) *Please write "Disaster Volunteer Donation" on the envelope. *Postal fees will be charged normally.
- Regarding receipts: Please contact the Fukushima Prefecture Council of Social Welfare directly if you are in need of a receipt.

Contact us: Fukushima Prefecture Council of Social Welfare Phone:024-523-1251 Fax:024-523-4477

Editor's note:

I want to say good work and thank you to everyone working to help the people of Fukushima recover from the disaster. I myself lost my family home, but I will continue to support you as a member of the prefecture volunteer center. Let's work together, and give it our all! -Takaoka

赤い羽根共同募金



Let's persevere, Fukushima

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

