



Fifth Seya Ward Community Welfare and Health Plan

A Plan for Creating a Livable Community

Plan Period: FY2026 - FY2030

About the Community Welfare and Health Plan

The Community Welfare and Health Plan is formulated and promoted with the goal of “creating a system where residents, related organizations, and the administration collaborate, cooperate, and support each other so that everyone in the community can live with peace of mind, in their own way, and in good health.”

Structure of the Fifth Seya Ward Community Welfare and Health Plan

This structure illustrates how, guided by the Basic Philosophy, we will work together to promote six initiatives to **build communities that embody the three Basic Goals**.

Basic Philosophy

Happiness for all, created by all

Basic Goal I

A community where everyone supports each other

Basic Goal II

A community where everyone can lead healthy*, vibrant lives

Basic Goal III

A community where anyone can play an active role

*Health refers not only to physical well-being regardless of age, illness, or disability, but also to a sense of happiness and fulfillment encompassing spiritual contentment and social connections.

Six Initiatives (to Achieve the Basic Goals)

1

Building Connections for Mutual Support and Assistance in our Everyday Lives

2

Health Promotion Tailored to Each Individual

3

Creating an Environment Where Children Can Grow Up in Good Health

4

Expanding Opportunities for Interactions with Diverse People

5

Building a Network that makes the most of each Person's Strengths

6

Establishing a System to ensure that necessary Information and Support reach those who need it

Six Initiatives to achieve the Basic Goals

Initiative 1 Building Connections for Mutual Support and Assistance in our Everyday Lives



By greeting and talking to each other daily, we foster relationships of mutual support and assistance when needed, creating a community that is safe, secure, and easy to live in. Even loose, casual connections and initiatives create a sense of everyday security within the community and contribute to peace of mind in times of disasters.

What every resident in the ward should keep in mind

Let's build "face-to-face relationships" in the town where we live.

What relevant organizations, activity groups, and facilities should keep in mind

Let's promote "building face-to-face relationships" to foster the spread of loose connections.



Initiative 2 Health Promotion Tailored to Each Individual



It is important for each person to take an interest in their own physical and mental health, undergo health checkups, and pursue health promotion suited to their own condition. Raising health awareness leads to initiatives for mental and physical health promotion and prevention of the need for long-term care that can be undertaken in everyday settings.

What every resident in the ward should keep in mind

Let's be aware of our own physical and mental condition and also be mindful of those who may have difficulty understanding their own condition.

What relevant organizations, activity groups, and facilities should keep in mind

Let's promote activities that foster an interest in health and also ramp up our efforts to promote health and prevent illness.



Initiative 3 Creating an Environment Where Children Can Grow Up in Good Health



It is important to foster a community where children can play, learn, and grow in a naturally childlike manner under the watchful eyes of parents and the local community, while at the same time understanding changes in childcare environments and the perspectives of the parenting generation. Children can enhance their sense of accomplishment and self-esteem themselves by not simply participating in local events, but actively engaging with the community. Adults, too, can foster a community culture where children thrive by engaging with them with respect for their feelings, cultivating a mindset and awareness rooted in the community. Furthermore, it is essential for all of Seya Ward to unite in considering the future and safety of our children.

What every resident in the ward should keep in mind

- Let's provide children with opportunities to engage in diverse experiences.
- Let's think about what children themselves can do within their community.

What relevant organizations, activity groups, and facilities should keep in mind

Let's make a conscious effort to create enjoyable opportunities for children in which they can actively participate.



Initiative 4 Expanding Opportunities for Interactions with Diverse People



For everyone to live true to themselves, it is important to broaden our connections while getting to know and accept one another. Let's create broader opportunities for interactions that transcend generations and cultures, including exchanges with children, people with disabilities, senior citizens, and those with foreign roots. We also aim to build a community where everyone can thrive by making the most of what they love and what they're good at.

What every resident in the ward should keep in mind

Let's participate in events in our community.

What relevant organizations, activity groups, and facilities should keep in mind

Let's provide places where people can casually gather.



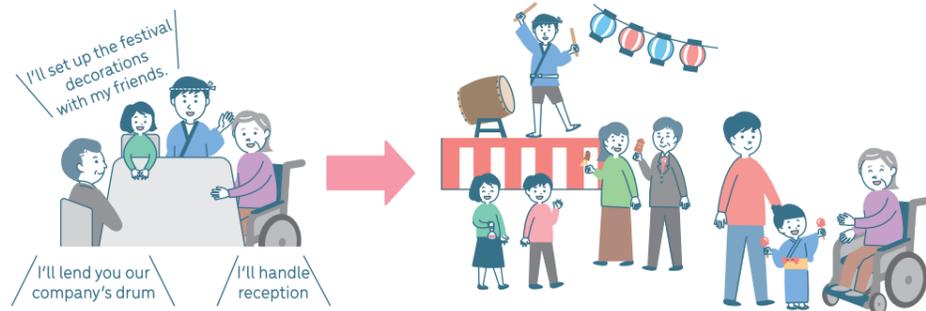
Initiative 5 Building a Network that makes the most of each Person's Strengths



Collaboration and cooperation are essential among residents, businesses, and related organizations (groups), not just government. Through our past plans, these connections have grown. As local needs and challenges become more complex, strengthening our networks by understanding each other and making the most of our strengths will lead to a community where people can live with peace of mind.

What every resident in the ward should keep in mind **Let's continuously participate in events in our community to make more connections.**

What relevant organizations, activity groups, and facilities should keep in mind **Let's share the needs of local residents and connect them to networks and initiatives. Let's also strengthen the connections between relevant organizations, groups, and facilities, as well as with the local community.**



Initiative 6 Establishing a System to ensure that necessary Information and Support reach those who need it



It is important that necessary information reaches those who need it, leading to consultations, and that people facing difficulties can speak up to ensure that they receive the support they require.

While the dissemination of information has diversified through the use of ICT* and other means, allowing more information to reach people, those disseminating information must provide accurate information, and those receiving it must select the correct information.

Sharing and exchanging information within familiar gatherings, such as clubs and hobby groups, is also an important mechanism.

*ICT refers to technologies that use computers, the internet, smartphones, and other devices to exchange information and make work and daily life more convenient.

What every resident in the ward should keep in mind **Let's make sure the community where we live has people and places we can turn to for help when we need it.**

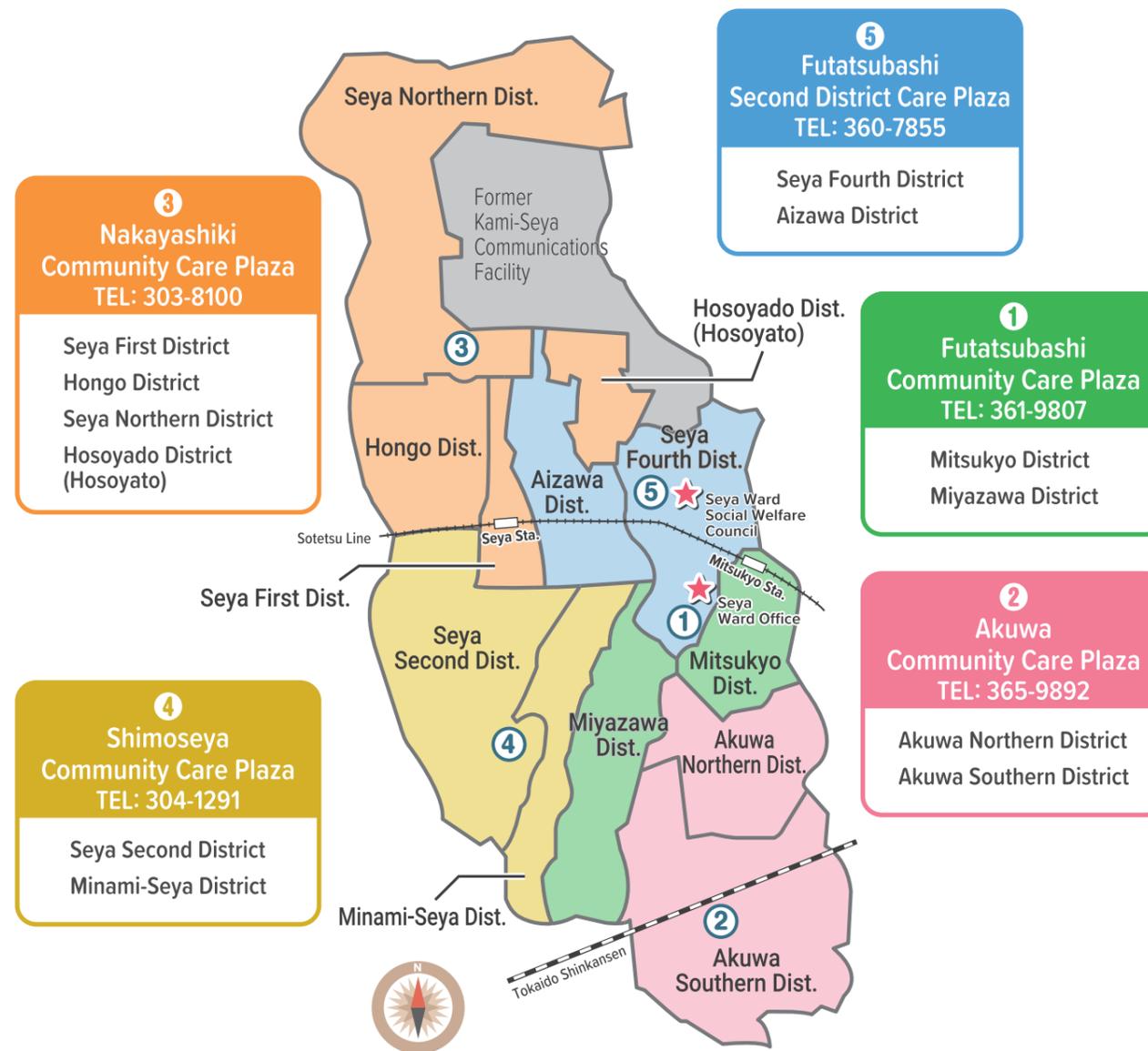
What relevant organizations, activity groups, and facilities should keep in mind **Let's work on devising communication and support methods matched to the situation of those we want to reach.**



District-specific Plans

District-specific plans are action plans formulated and promoted by district residents to address local challenges. These plans make the most of each district's unique characteristics and resources to solve issues discussed by the district. Plans are developed and implemented for each of the 12 district areas.

For inquiries regarding district initiatives, please contact your designated area's Community Care Plaza or the Seya Ward Social Welfare Council.



For inquiries regarding community activities and volunteer work, please feel free to contact us at the following numbers. Whether you're thinking, "I'd like to try some kind of activity," or "I want to find volunteer work I can do," we're here to help.

Seya Ward Social Welfare Council / Seya Ward Volunteer Center TEL: 045-361-2117
Seya Ward Community Activity Support Center TEL: 045-369-7081

Akuwa Northern District

Together!! Building a community brimming with smiles

— Stay healthy, watch over each other, and support one another

A safe and secure Akuwa Northern District —

- ◆ Building a community where we support each other
- ◆ Aiming for a healthy life for everyone
- ◆ Connecting community leaders with smiles

Akuwa Southern District

Building a hometown we want to live in forever

— Let's build connections together

Akuwa Southern District: Harmony! Unity! Laughter! —

- ◆ Harmony in building our hometown through community exchanges!
- ◆ A warm sense of unity from community support for seniors, children and adults with disabilities!
- ◆ Laughter with the children growing up and the families raising them in the community!

Seya Second District

A town where everyone can live enjoying good health, safety, peace of mind, and a rich and fulfilling life

- ◆ Health promotion
- ◆ Improving disaster preparedness
- ◆ Activities to safeguard the community
- ◆ Expanding participation in community activities
- ◆ Safeguarding and supporting children and young people
- ◆ Safeguarding and supporting senior citizens and people with disabilities
- ◆ Expanding volunteer activities
- ◆ Improving living environments in a welfare context

Hosoyado District (Hosoyato)

Building a community where hearts connect: Our community is a family

— An oasis community in an aging society —

- ◆ Strengthening community watch systems
- ◆ Child development initiatives and intergenerational exchange within communities
- ◆ Disaster response and action in times of disasters
- ◆ Understanding and supporting individuals with disabilities, promoting public relations activities

Mitsukyo District

Let's further strengthen our neighborhood ties A network of neighbors who stand together and help each other in times of need

- ◆ A town where everyone can live with peace of mind
- ◆ A town where young people can connect
- ◆ A town where neighborhood associations and community activities are enjoyable
- ◆ A town where you can build your health at your own pace
- ◆ A town where essential information reaches you and connects people

Seya First District

Let's become a district where countless four-leaf clovers of happiness grow

- ◆ Let's build a community where everyone can live healthy lives.
- ◆ Let's build a community where people support each other through mutual care.
- ◆ Let's build a community where the leaders of tomorrow grow.
- ◆ Let's make this a community where residents' wishes are fulfilled.

Plus 1

Seya Fourth District

Creating a community where everyone can live with peace of mind Yonta-kun's three pillars

- ◆ Everyone in the community works together to watch over the healthy growth of children.
- ◆ A system is in place to safeguard and support senior citizens, those with disabilities, and individuals with dementia.
- ◆ New community activities have been developed in which anyone can freely participate.

Minami-Seya District

Let's work together to make Minami-Seya an easy-to-live in town

— A safe and secure town —

- ◆ A disaster-resilient town where we all safeguard each other
- ◆ Innovative information sharing everyone can access
- ◆ A town where everyone connects and gathers with joy

♥ Greetings galore in Minami-Seya ♥

Hongo District

Let's build a community where everyone, from children to senior citizens, is respected and can live comfortably!

- ◆ Building a community where everyone comes together and enjoys each other's company
- ◆ Building a community of hope that nurtures the ability to grow healthily
- ◆ Building a safe and healthy community where people connect and support one another

Seya Northern District

Building a community filled with smiling faces where everyone supports each other

- ◆ Revitalizing community activities and fostering new leaders
- ◆ Creating a town that is easy to live in
- ◆ Adapting to an aging society and promoting health

Miyazawa District

Creating a Miyazawa full of water and greenery, a town where people thrive

- ◆ Building a disaster-resilient community with disaster mitigation measures in place
- ◆ Building a community promoting health and longevity
- ◆ Building a community where we watch over and help each other through local activities and mutual support
- ◆ Building a community where everyone is welcome
- ◆ Building a town with hubs of activity

Aizawa District

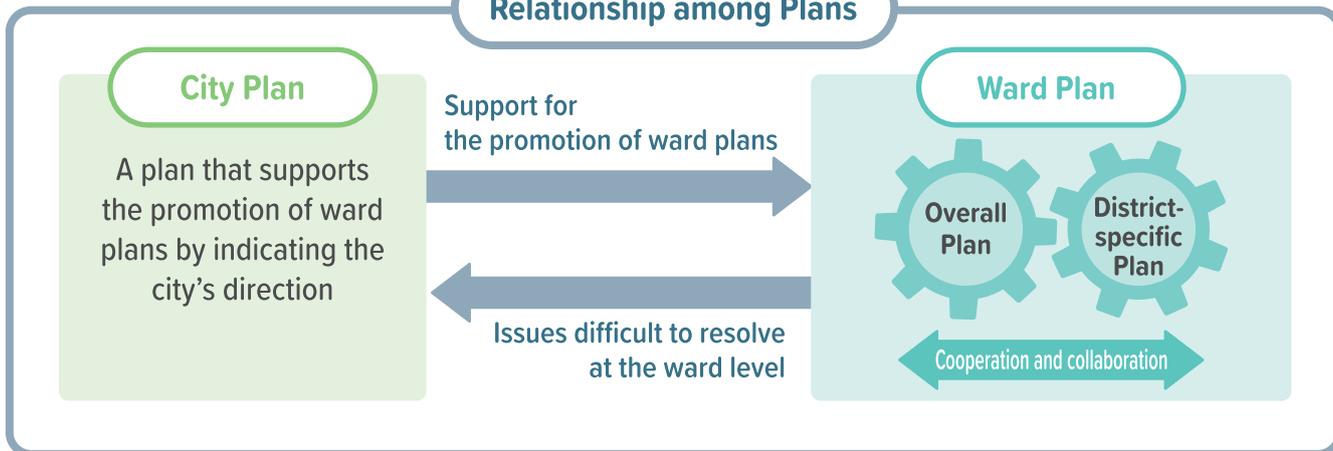
Building a community where everyone can live with peace of mind

— A town filled with care and warmth —

- ◆ A town where children grow up in good health
- ◆ A town that values its senior citizens
- ◆ A safe and secure town
- ◆ A town where we live together with people with disabilities
- ◆ A town where people can live healthy and cheerful lives

Positioning of Plans

Relationship among Plans



The city plan supports ward plans by covering the entire city area.

To improve all of Seya Ward, we need to promote both the overall plan and district-specific plans.



Issued by

Health and Welfare Division, Seya Ward Office, Yokohama City
190 Futatsubashi-cho, Seya Ward, Yokohama City TEL: 045-367-5743 FAX: 045-365-5718
E-mail: se-fukuho@city.yokohama.lg.jp

Seya Ward Social Welfare Council, Yokohama City
2F Seyamaru Fureaikan, 469 Futatsubashi-cho, Seya Ward, Yokohama City TEL: 045-361-2117 FAX: 045-361-2328
E-mail: info@seyaku-shakyo.jp

Futatsubashi Community Care Plaza	83-4 Futatsubashi-cho, Seya Ward TEL: 045-361-9807 FAX: 045-361-9868
Akuwa Community Care Plaza	2-9-2 Akuwa-Minami, Seya Ward TEL: 045-365-9892 FAX: 045-365-9894
Nakayashiki Community Care Plaza	2-18-6 Nakayashiki, Seya Ward TEL: 045-303-8100 FAX: 045-303-8111
Shimoseya Community Care Plaza	2-44-6 Shimoseya, Seya Ward TEL: 045-304-1291 FAX: 045-304-1259
Futatsubashi Second District Care Plaza	1F Seyamaru Fureaikan, 469 Futatsubashi-cho, Seya Ward, Yokohama City TEL: 045-360-7855 FAX: 045-360-6800

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