

# 4th Term Totsuka Heart Plan

(Totsuka Ward Community Welfare and Health Plan)



Planning period: Fiscal year 2021 - 2025 — **Overview version** —

Aim to realize a local community where everyone can live with peace of mind with a rich spirit



Issued in September 2021

Totsuka Heart Plan Formulation / Promotion Committee  
Yokohama City Totsuka Ward Administration Office  
Totsuka Ward Council of Social Welfare

The 4th term Totsuka Heart Plan has been created!

**COCORON**  
will explain!

Main vision  
Aim to realize a local community  
where everyone can live with  
peace of mind with a rich spirit

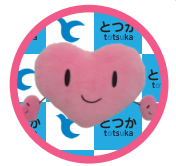
Totsuka Heart Plan mascot "COCORON"

Totsuka Ward's mascot "Unacy"

**Q1.** What is a Heart Plan in the first place?



**A1.** It's a plan created that explains how the people who live, study, and work in Totsuka Ward work together to **"create a town that is even better than now."**

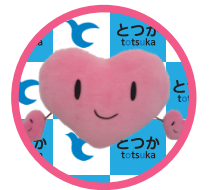


**Q2.** What kind of town are you aiming for?



**A2.** We aim to realize a **"town where everyone can live with peace of mind with a rich spirit."**

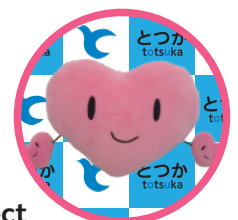
The word "everyone" reflects our heart. We want "everyone involved in Totsuka Ward," from children to the elderly, regardless of age, disability, gender, nationality.

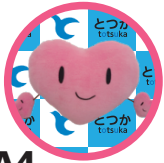


**Q3.** Why was the Heart Plan created?



**A3.** In our daily lives, everyone has anxiety and troubles. We also have a desire for a solution. Meanwhile, many people also want to **"help someone."** (based on the ward resident opinion recruitment). A Heart Plan was created to connect such desires and feelings into something visible.





Q4. Who will work on it?



A4.

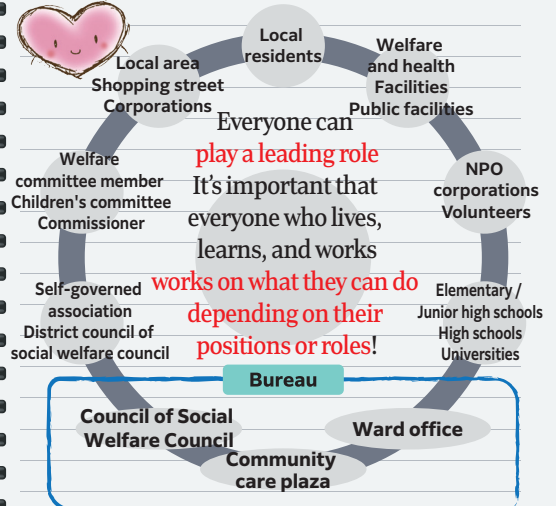
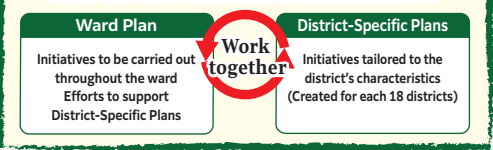
Everyone who lives, learns, and works in Totsuka Ward. Everyone can play a leading role!

Things that cannot be solved by the local community alone, things that cannot be solved by the local government, related organizations, and businesses alone. There can be both cases, so it's important to work together. We also need everyone to do what they can do depending on their position or roles.

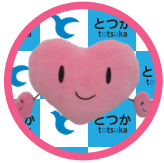
- Totsuka Heart Plan summarizes the initiatives to resolve the district's issues.
- Since some issues can be solved by local efforts and those that need to be addressed by the entire ward, there are two different plans: "Ward Plan" and "District-Specific Plans."

⇒P5-6 for details on "District-Specific Plans"

## Totsuka Heart Plan



System to advance the Heart Plan



Q5. What will you be working on?



A5.

### 4 Basic goals

1. A town with support and help
2. A town where everyone can interact with each other
3. A town that is safe, secure, and friendly to people
4. A town where you can live in good health forever

We will work on crime prevention and disaster prevention for the realization of local welfare and health.

e.g. "Double care problem": Having long-term care and childcare at the same time.

The "8050 problem," representing the withdrawal of older parents and middle-aged people, is also a problem.

Under these circumstances, public support that has been provided for each field, such as "elderly people," "disabled people," and "children." Comprehensive support to a variety of issues and the government and related organizations strengthening cooperation in cross-disciplinary fields is required.

- Based on the "connection," "watching," and "supporting" of the local community -

Meanwhile, community-based support, filling in the gaps that cannot be filled by public support alone is receiving attention.

The local community's daily activities such as "connection" or "gentle watching" and the initiatives of local government and related organizations will be two key factors to face the challenges that accompany changes in society.

• The 4th Term Plan is upholds specific "Initiative goals" based on the "4 Basic goals" that show the "community we aim for." ⇒For details, see P3-4

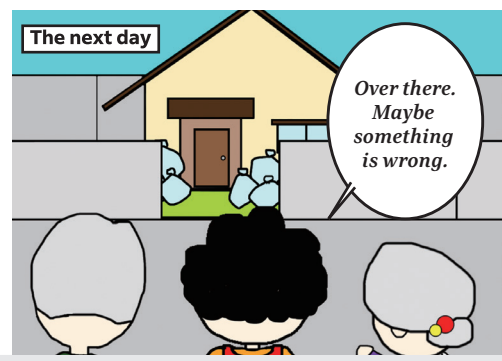
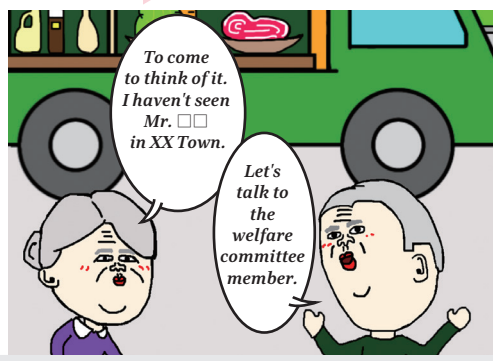
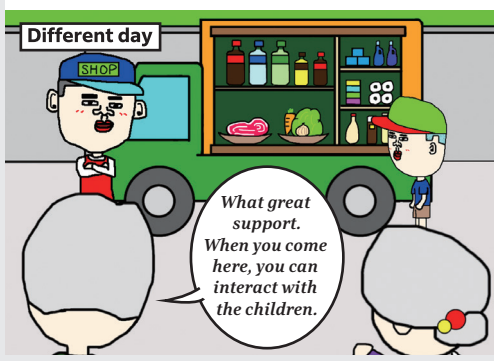
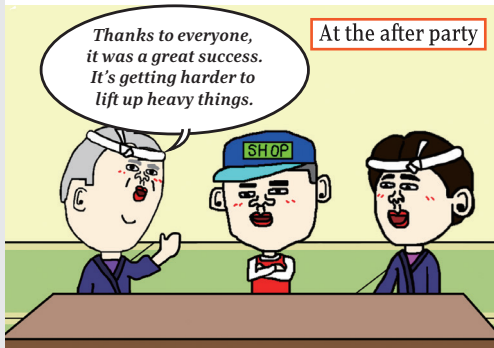
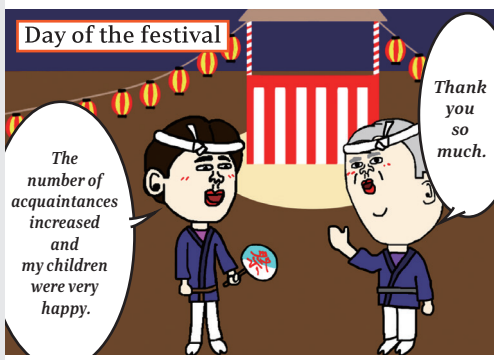
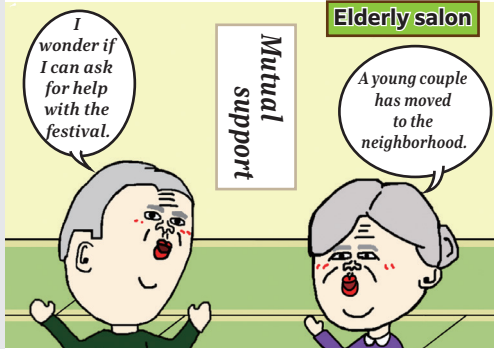
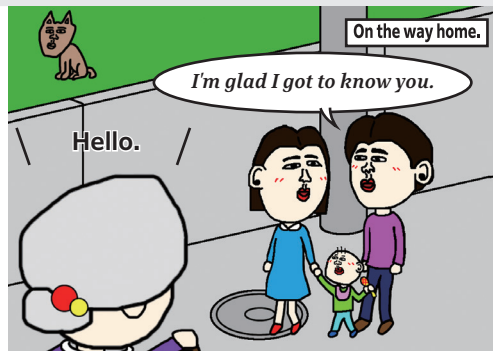
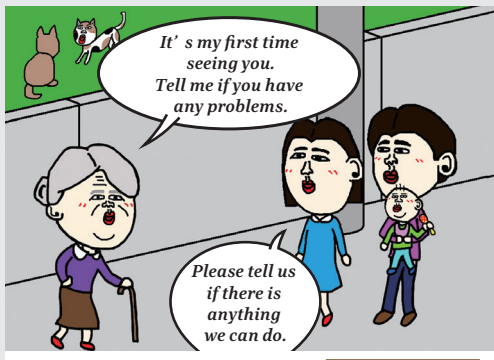
◎Crucial points of the 4th Term Plan

- Responding to cross-sectoral issues and strengthening cooperation with related organizations-

• Life issues are also diversified and becoming complicated amid the changes in social conditions, such as "declining birthrate and aging population," "smaller households," "increasing number of people requiring long-term care," and "expansion of non-regular employment."

How about the main vision?

Aim to realize a local community where everyone can live with peace of mind with a rich spirit



## ●Basic goal 1 A town with support and help

### Goal

- Everyone, as a member of the community, with daily greetings and check-ins can build a face-to-face relationship, support, and help each other in their immediate surroundings. We are building mutually dependent relationships.
- We have a system in place to support raising children without starting from the pregnancy period and to give caregivers peace of mind.

### Initiative goals

- 1-1 Create a face-to-face relationship on a daily basis
- 1-2 Create relationships that support and receive support
- 1-3 Promote understanding of diversity
- 1-4 Enhance family support (support for caregivers, parents, and rearers)



## (Main vision) Aim to realize a local community where everyone

## ●Basic goal 3 A town that is safe, secure, and friendly to people

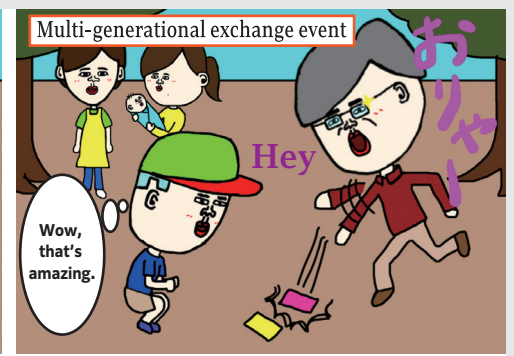
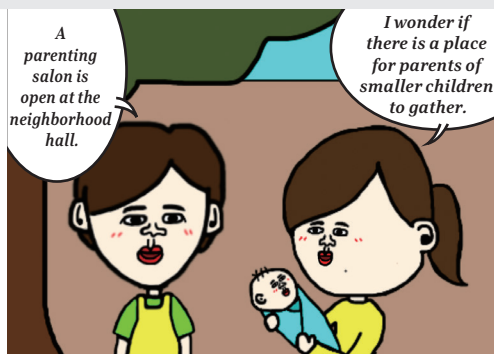
### Goal

- Prepare for disasters and crime prevention, awareness of self-help and mutual help in the community is increasing.
- Community development is progressing in which the rights of children, the elderly, people with disabilities are protected, and people in need of social support can live with peace of mind.

### Initiative goals

- 3-1 Create a mechanism for helping each other in the event of a disaster, create a town that suppresses the occurrence of crimes.
- 3-2 Promote advocacy in the community
- 3-3 Create a system to support people in need of social support





●Basic goal 2

**A town where everyone can interact with each other**

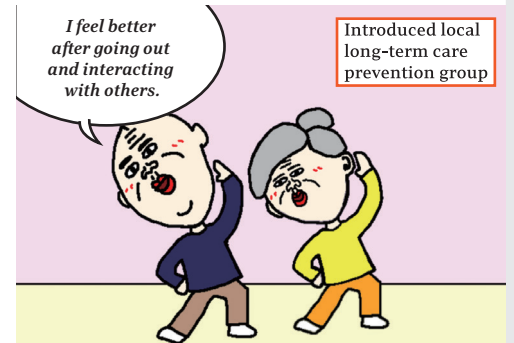
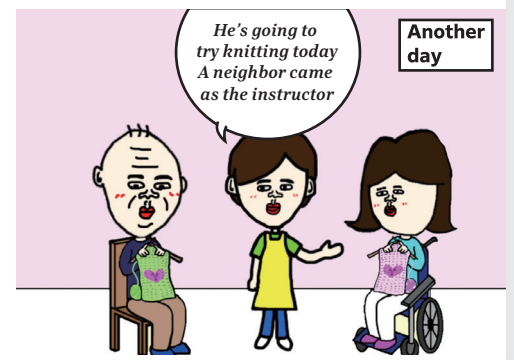
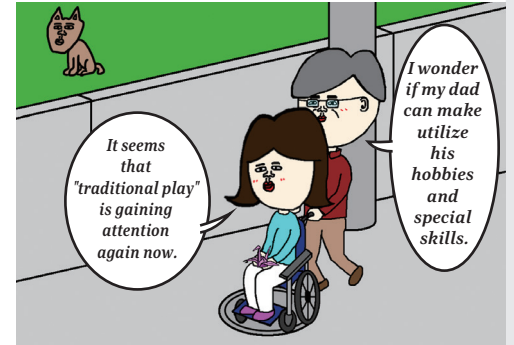
**Goal**

■ Creating a place where children and the elderly can easily gather, offer opportunities for various interactions, and promote making friends for activities that utilize their hobbies and special skills are spreading in various places.



**Initiative goals**

- 2-1 Expand places and opportunities for multi-generational interaction and contact
- 2-2 Provide opportunities to make friends and activities that utilize hobbies and special skills
- 2-3 Create a place where various facilities cooperate



**Everyone can live with peace of mind with a rich spirit**

●Basic goal 4

**A town where you can live in good health forever**

**Goal**

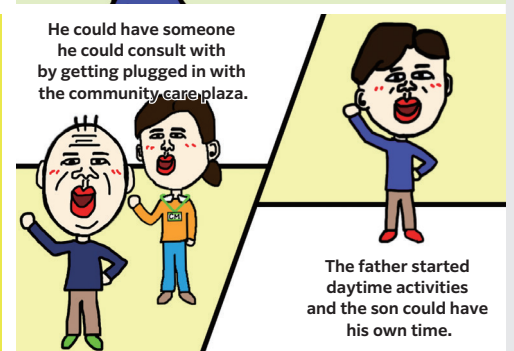
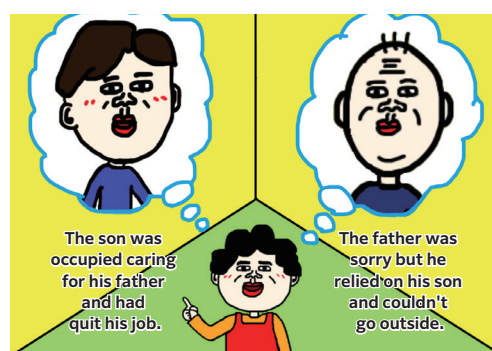
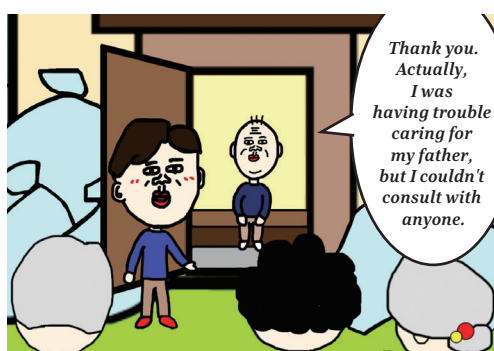
- The number of people who can continue their activities in the community is increasing by casually participating in health promotion and long-term care prevention.
- Support and information have been delivered to people in need of medical care and long-term care, and cooperation between medical care, health care, and welfare is advancing.



**Initiative goals**

- 4-1 Expand familiar health promotion places and opportunities
- 4-2 Support people engaged in health promotion activities in the community
- 4-3 Promote cooperation between medical care, health and welfare

Manga "Encounter Interact Mutual Support" Start reading from wherever you like. Please read counterclockwise.



# District-Specific Heart Plan

## All 18 District slogans

**Exclusive acquisition!**



■ District-Specific Heart Plan is a plan to realize the desires of the district residents, "I want the town to be like this."

■ Created at each of the 18 districts in the ward, divided by the area the union neighborhood associations, self-governed associations, district welfare councils.



★ There is also a Heart Plan in your town!

### Nase District

A town of safety, security, and welfare ♥ Nase

■ Nase Community Care Plaza

### Kamiyabe District

A town kind to all, where everyone can see each other's faces

### Totsuka Daisan District

A town filled with interactions that connects hearts

■ Kamiyabe Community Care Plaza

### Kitagumisawa District

A town in Kitagumisawa that offers a helping hand to all and is kind to people

### Odoriba District

Odoriba - A town where you can live with peace of mind

### Gumisawa District

"Gumisawa" rich in nature where everyone connects with a smile

■ Gumisawa Community Care Plaza

### [Community care plaza]

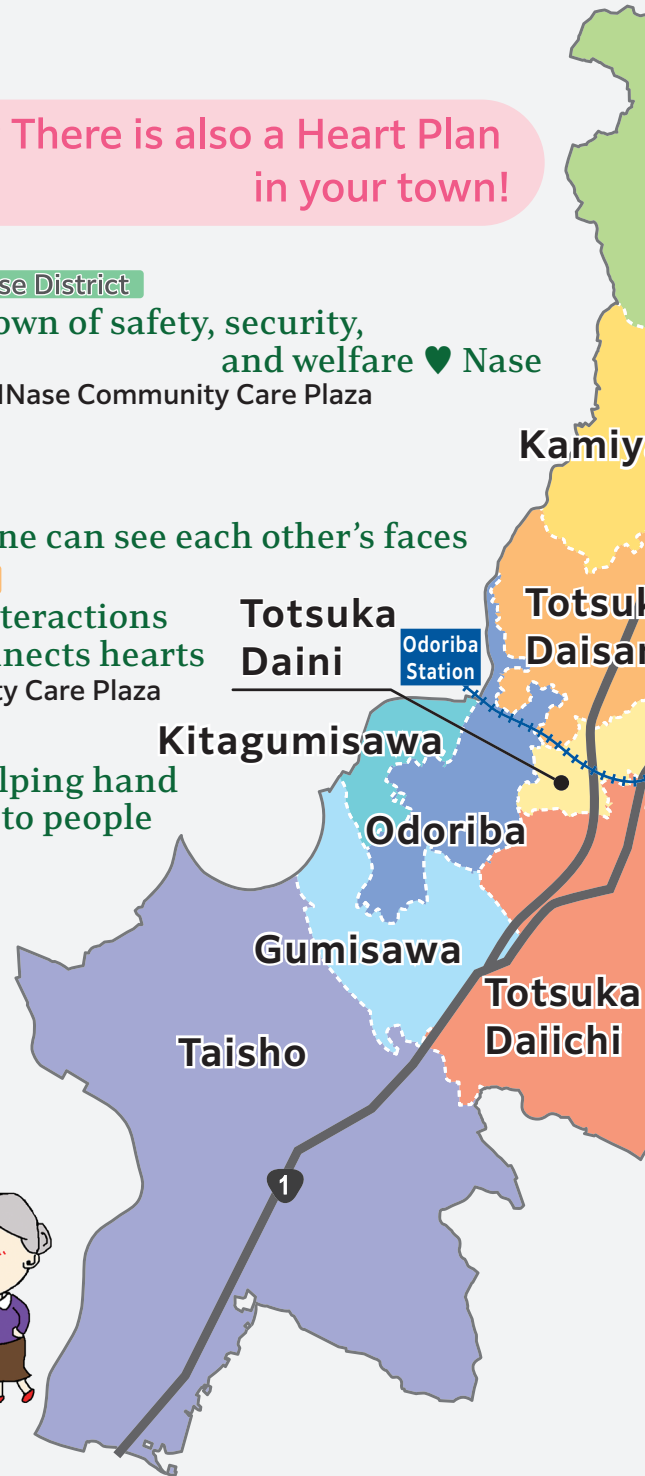
- A facility for local residents that is available to everyone, from children to the elderly.
- It provide services related to welfare and health, such as holding lectures, training, gatherings, and a place for people to belong.
- It accepts a wide range of consultations on welfare and health regardless of generation or field as a friendly "consultation counter!"



### Taisho District

Taisho, a friendly town where you can watch over, help and support each other, and say "thank you" and "we're in this together" with a smile

■ Harajuku Community Care Plaza / Fukaya Matano Community Care Plaza



**Higashi-Totsuka**

A town where everyone can live comfortably and with peace of mind with everyone's help

**Kawakami District**

A town where everyone can prepare, nurture, and support each other

■ Higashi-Totsuka Community Care Plaza

■ It was created through repeated discussions with the Ward Office, Ward Council of Social Welfare Council, and the community care plaza's with the representatives of local activity groups playing a central role.

■ A plan for "better town development" is tailored to the **respective characteristics** the 18 districts.

**Hirado Heiwadai District**

Ensuring the "bond of near-help" in people near you offer mutual help

**Hirado District**

Hirado, a town with mutual heart connections

■ Hirado Community Care Plaza

**Kashio District**

Mutually friendly community "relationships" with a firm bond and trust

**Maioka District**

Peace of mind in the community with daily greetings and interactions

■ Maioka Kashio Community Care Plaza

**Yoshida Yabe District**

Yoshida Yabe, a town offering peace of mind spun with smiles and greetings

**Kamikurata District**

Kamikurata, where greetings and smiles are connected

■ Kamikurata Community Care Plaza

**Shimokurata District**

Shimokurata, a town that helps each other with care

■ Shimokurata Community Care Plaza

**Totsuka Daini District**

A town development with strong bonds

**Totsuka Dadiichi District**

A town with interactions and greetings with a smile

■ Minami-Totsuka Community Care Plaza

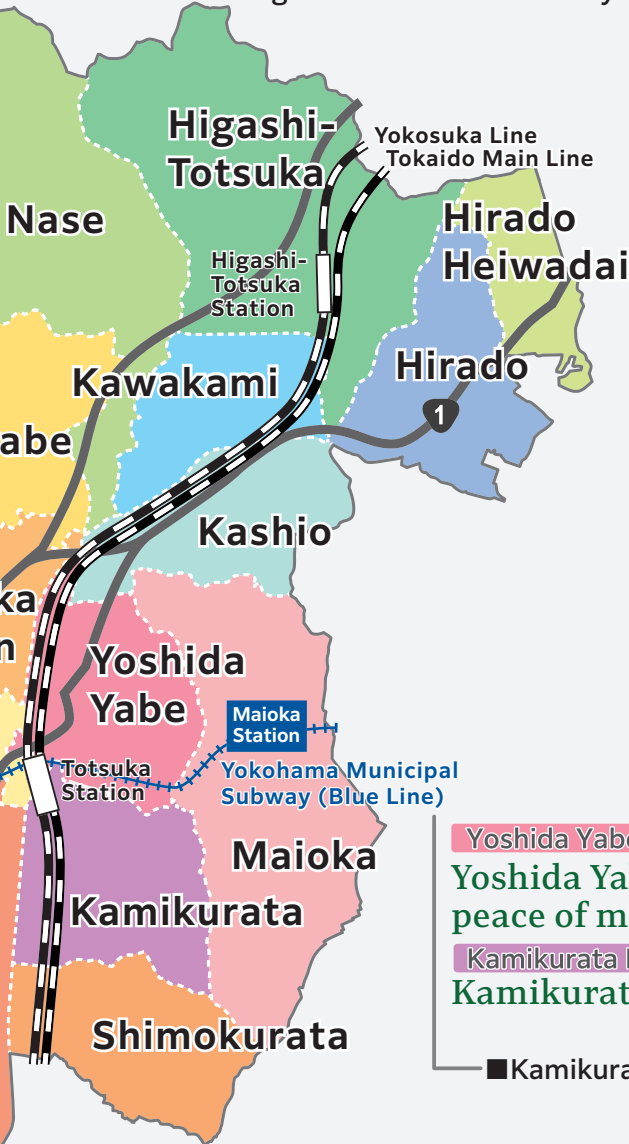


■ The contents of the detailed plan are listed on

- ▼ Totsuka Heart Plan Booklet
- ▼ District-Specific Brochure

■ Contact the places below if you want to check your town's plan in detail

- Ward office
- Council of Social Welfare Council
- Community care plaza





Reporter's summary

Everyone...

You can play a leading role!!

From what each can do

From the greeting of "Hello"

Let's participate in local festivals and events♪



With peace of mind...

Let's understand everyone's differences

"Watching" and "awareness" from daily lives

Let's create a mechanism to help each other in the event of a disaster

If you're not sure or if you have a problem, talk to someone!



Can live with a rich spirit...

Parenting in the area ♪

Lots of friends in your area

Utilize your hobbies and special skills



Local community...

Expand your salon and location

Become a volunteer Take the first step



Fill Totsuka with "COCORON"♪



You can find "COCORON's Room" at the website of "Totsuka Heart Plan." Please take a look if you want to know more about the plan and specific activities.

You can find videos where COCORON is active and videos where local people are active



4th Term Totsuka Heart Plan (Totsuka Ward Community Welfare and Health Plan) Overview version

Bureau / contact information



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