

# 5th Totsuka Heart Plan



(Totsuka Ward Community Welfare  
and Health Plan)

<Easy-to-Read Version>



April, 2026

Totsuka Heart Plan Planning and Promotion Committee

Totsuka Ward Office and Totsuka Ward Council of Social Welfare

# The Totsuka Heart Plan aims to create a safe and supportive Totsuka, where everyone can live peacefully.

## ♥ What We Care About

People connected to Totsuka get along with one another, care for each other, and work together.



Totsuka Heart Plan mascot: "COCORON"

Everyone matters.  
Everyone takes part.



## "The Totsuka Style"

## ♥ What We Want to Share

- Get to know our community.
- Connect with people in the community and take part.
- Try doing what you can, and work together.



# Six Community Visions for the Next Five Years -

## A community where it's OK to be different

- \* Where people of different languages and cultures can live peacefully
- \* Where we understand disabilities and daily life better
- \* Where we respect differences and care for one another

### For example... Inclusive Sports

Examples include sports such as boccia and Molkky. Anyone can enjoy these sports, regardless of disability or age. Open spaces for participation help people respect differences and care for one another.



## A community where people can live connected, just as they are

- \* Where we listen more to children's voices
- \* Where we help one another
- \* Where we can live in our community as ourselves

### For example... Totsuka Park Activity Group

Led by the community child-rearing support center, "Tottono Me," the Totsuka Park Activity Group works with local residents to create park spaces where children enjoy hands-on activities using all five senses. The community watches over children as they grow up healthy through play.



## A community that notices when someone needs help and connects them to support

- \* Where we reach out when someone is in need
- \* Where we think together when someone is in trouble

### For example... Mimamori Net

There is a system to report to the community care plaza or the ward office if someone notices a concern, such as packages have been left in a mailbox for a while or a person who seems unwell. Local residents and businesses share concerns so everyone can live peacefully.



# Six Community Visions for the Next Five Years -

## A community with systems for safe living

- \* Where local groups and people work on to support the community
- \* Where we share the wish to make the community better

### For example... Community Dining

This is a place where neighbors can eat together outside their homes or shops. By getting to know each other, people can talk when they need help and support one another in emergencies.



## A community where we work together

- \* Where activities grow from the ideas of residents and groups
- \* Where people who live, work, and learn in Totsuka work together
- \* Where we support physical and mental health together

### For example... Totsuka Omusubi Project

There is an exhibition titled "Connecting You with Local Community Activities in Totsuka," where local activities and individual efforts are introduced through panels. Other events include a mini-festival, where people can listen and join activities, as well as report meetings where people can share ideas. These events encourage more people to get involved in the community.



## A community that protects ourselves and one another

- \* Where we help each other in daily life and in disasters
- \* Where we learn about heatstroke and infections and prevent them
- \* Where we join disaster drills and prepare for emergencies

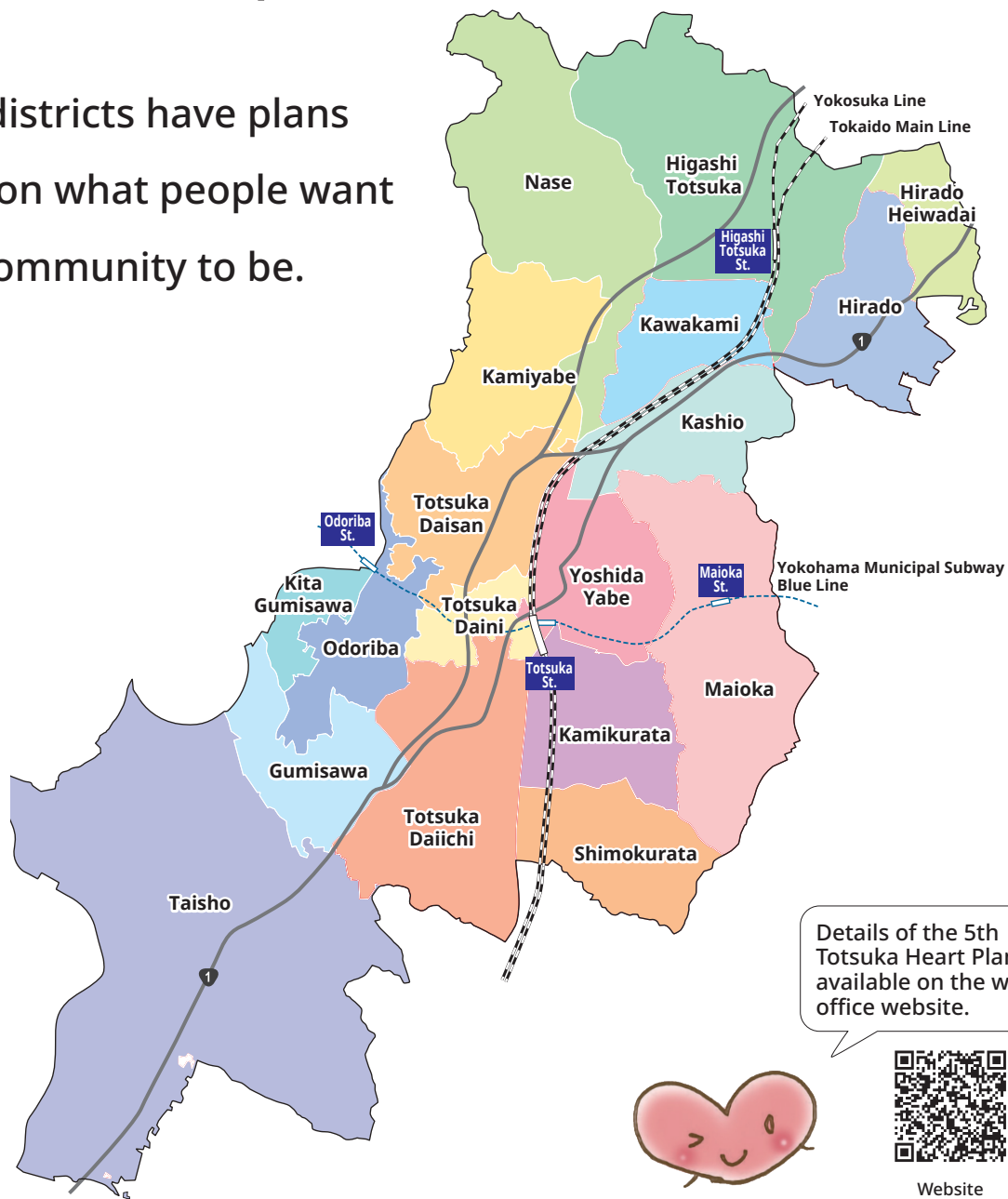
### For example... Disaster Preparedness Drills

Local groups lead drills in neighborhoods and apartment buildings. Welfare facilities and companies also take part. People prepare for emergencies by working together in everyday activities.



# The Heart Plan also includes plans for each district.

All 18 districts have plans based on what people want their community to be.



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