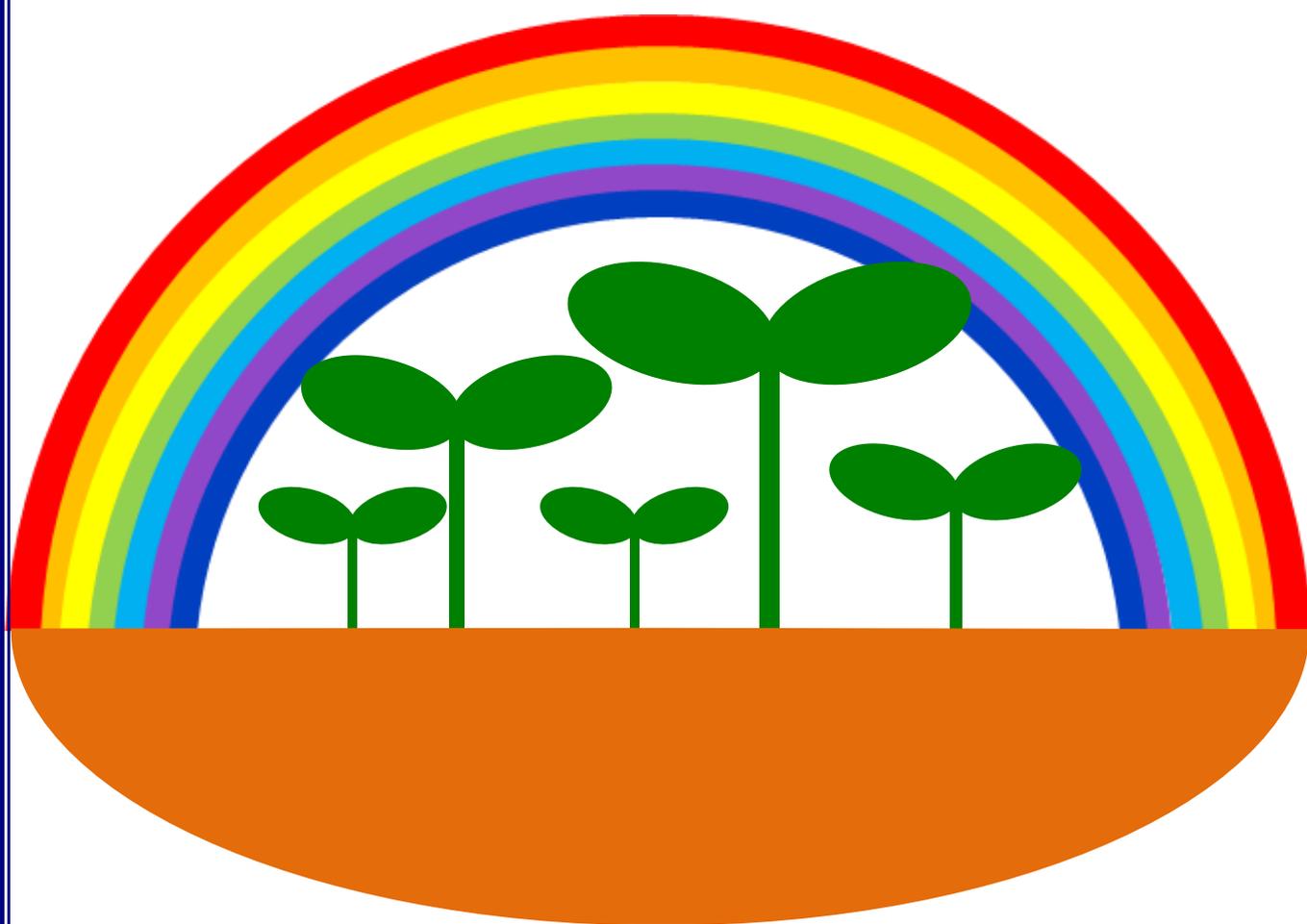


New Year's Postcard Donations Aid Program (2015)

Examples of Activities



Japan Post Co., Ltd.



1. General program of activities

Example 1-1	Women's Net Kobe, Center for Supporting Women and Children, a specified non-profit organization (Kobe, Hyogo)
Name of project	Project for managing a shelter that provides a place for women and children who have suffered domestic violence to live and rebuild their lives
Project type	Project that aims to improve social welfare
Amount of distribution	2.38 million yen
<p>Description of project</p> <p>The project aims to help women and children who have been victims of domestic violence by providing and operating a place for them to live, find work, watch over each other, make friends and take other steps to rebuild their lives.</p> <p>During weekday mornings, the shelter residents engage in light duties, including sorting and ironing clothes, that are designed to stimulate their motivation to work. Time for mini lectures and conversation is set aside in the afternoon to give participants an opportunity to learn, build awareness and make friends. Gatherings for single mothers, molding art classes that can be attended by parents and children, and other events are held on Saturdays and Sundays. Free learning support is provided to children in the evening twice a week.</p> <p>Categories of assistance and number of participants</p> <ul style="list-style-type: none"> • Operation of a shelter that seeks to support women and children who have been victims of domestic violence, enabling them to stop living in isolation and engage in work or social activities: 689 • Consultation projects for women in especially challenging situations: 44 • Participants in self-help groups: 56 • Lectures and study meetings aimed at improving their quality of life - Twice monthly: Cumulative total of 149 • Learning support for children of single mothers – Twice weekly: Cumulative total of 766 • Number of volunteers who took part in the program -- Student volunteers: 168, Adult volunteers: 398 <p>Feedback from single mothers and children</p> <ul style="list-style-type: none"> • I came from another place and moved into the shelter in Kobe after experiencing domestic violence. I was anxious at first because I was not familiar with this area and didn't know anyone around here, but this shelter made me feel I was not alone. I continue to attend the events to this day. (A single mother) • I couldn't get used to this place at first. I had a tough time because of my low academic skills, but I gradually began to understand the lessons and now I'm grateful to the teachers who taught me. (A junior high school student) 	
Reference photos	 

Example 1-2	Hokkaido Eco-Village Promotion Project, a specified non-profit organization (Sapporo, Hokkaido)
Name of project	Hands-on seminar project to encourage participants to learn about global environmental conservation and sustainable ways of life
Project type	Project that aims to conserve the global environment
Amount of distribution	3.94 million yen

Description of project

The seminars held in this project deal with a recycling-oriented lifestyle that encourages participants to learn about, develop and disseminate practical solutions to help conserve the global environment through ecological living skills, renewable energy, carbon offset programs and other activities. The establishment of a student division and a community division prompted students and local farmers to take the initiative in managing their own forested areas. The installation of a wood-fired boiler using biomass was also examined.

Description of seminars

- Number of sessions held: Five in total (cumulative number of participants: 84)
- Seminars ranging in length from one night and two days to four nights and five days were held each month from April to November. Through communal and farm-based stay, participants learned practical skills for various recycling technologies that can be applied in different aspects of living.
- Participants experienced actual farm work and attended courses on climate change and carbon offset. They had the opportunity to deepen their understanding of environmental conservation activities by taking part in discussions on how to calculate the amount of CO₂ generated in daily human activities and ways to reduce environmental impacts, and by studying composting toilets and off-grid-based lifestyles and methods of installing solar panels.

Feedback from participants

- After attending lectures and practical training, all participants shared ideas on the question, “What kind of forests do we want?” It became painfully aware to me that a forest design would not be viable without practical knowledge gained in the forest. It was also a refreshing surprise that plants that seem to have no value at first sight can be processed for useful applications if you know how to use them, and that they also provide an essential dwelling place for animals.

Reference photos



2. Program of challenging activities

Example 2-1	Ginreikai, a non-profit incorporated association (Minato Ward, Tokyo)
Name of project	Project to help laryngectomy patients restore their voice
Project type	Project that aims to improve social welfare
Amount of distribution	500,000 yen
<p>Description of project</p> <p>Ginreikai prepares pamphlets to inform laryngectomy patients about the possibilities of restoring speech, including the esophageal speech method, the electronic artificial larynx (EL) speech method and the shunt method, and to provide information on the content, venue and dates of the training sessions to be held.</p> <p>As part of its efforts to encourage laryngectomy patients, many of whom tend to isolate themselves, to play a more active role in society, Ginreikai has been holding speech training classes about three times a week to provide an opportunity for patients to train together with many others who have gone through similar experiences and to share their thoughts on post-surgery care.</p> <p>Number of pamphlets prepared and other data</p> <ul style="list-style-type: none"> • Ginreikai prepared 20,000 copies of a three-panel A4-size color pamphlet and distributed them to 53 hospitals, nursing schools and other institutions, members, related parties and various organizations engaged in similar activities. • Ginreikai has been requested by a number of hospitals to hold regular explanatory sessions for hospitalized patients. Other hospitals have committed to referring laryngectomy patients to Ginreikai. As a result, the number of new members increased from 93 (FY 2014) to 102 (FY 2015). <p>Feedback from participants</p> <ul style="list-style-type: none"> • I'd been thinking that I would never be able to speak again after I lost my voice box, so it was truly encouraging to see more than 100 people laughing and practicing in class at Ginreikai, which I visited right after I left the hospital. I hope to be able to regain my ability to speak soon like other people. <p>Reference photos</p> 	

Example 2-2	Ichikawa Citizens' Cultural Network, a specified non-profit organization (Ichikawa, Chiba)
Name of project	Project for holding challenging performing arts classes to support the self-realization and social participation of handicapped people
Project type	Project that aims to improve social welfare
Amount of distribution	500,000 yen

Description of project

The Ichikawa Citizens' Cultural Network creates forums of exchange for handicapped people, many of whom have little opportunity to engage in various activities. The Network combines exchange programs with challenging performing arts classes that are held for the continuous pursuit of the arts and cultural activities, with a focus on performing arts conducted by the handicapped. In this final fiscal year, the Network organized a "Performance Team," which toured various events and facilities as part of its social participation and contribution activities, to communicate to handicapped people the joy of supporting someone, in a break from always being on the side of receiving support.

Holding of challenging performing arts classes

- Classes involving practical lessons were held with the attendance of newcomers in a joyful atmosphere, which led to the performance of a "Challenging Musical."
- Seven new and 22 continuing participants attended a total of 15 classes between May and August 2015. The cumulative number of participants totaled 435.

Activities of the Performance Team

- The Performance Team consisting of a cumulative total of 200 performers conducted performances at five events including citizens' festivals. Revenue from the performance was generated at two of the events (total: 330,000 yen), enhancing the possibility of continuing activities and moving the team closer to performance on a commercial basis, which is a target for the future.

Feedback from the audience and guardians

- I watched their visiting lectures. I think their stage performance and their willingness to go out and visit places is wonderful. I will continue to support them. (A member of the audience)
- It's been four years since my autistic child joined the team. He seems to be out of place all the time, but he's always eager to go to the lessons. I think being applauded on stage makes him so happy.

Reference photos



3. Refurbishment of facilities

Example 3	Japan Hearing Dogs for Deaf People, a non-profit incorporated association (Miyada Village, Kamiina District, Nagano)
Name of project	Project to renovate the outdoor gait training facility (training road) for hearing and assistance dogs by installing wheelchair-friendly pavement
Project type	Project that aims to improve social welfare
Amount of distribution	4.5 million yen

Description of project

The outdoor gait training facility designed for people who wish to have hearing and assistance dogs on loan was refurbished in this project. The use of weather-proof and permeable urethane pavement with cushioning properties ensures safety, reduces the workload and enables training in all weather conditions. The new pavement also facilitates wheelchair movement, making it easier to conduct call-back training based on the assumption of the owner dropping the leash.

In FY 2015, two candidates passed the hearing dog loan and certification test while one candidate passed the assistance dog loan and certification test. Six people are also in training to acquire certification for hearing and assistance dogs.

Reference photos



4. Purchase of equipment

Example 4	iCare Hokkaido, a specified non-profit organization (Sapporo, Hokkaido)
Name of project	Project aimed at developing communication-assistance equipment and peripheral devices to facilitate communication by ALS patients and others
Project type	Project that aims to improve social welfare
Amount of distribution	1.83 million yen

Description of project

iCare Hokkaido has provided information on, rented out and assisted the operation of communication-assistance equipment to those who are experiencing difficulty communicating by speech due to amyotrophic lateral sclerosis (ALS) or other diseases. The organization also took part in seminars for medical professionals organized by other associations where they rented out equipment and performed other services. During its two-day “Equipment Exhibition and Consultation Meeting,” held on an underground walkway in Sapporo, a total of 77 people stopped by and ten consultations were accepted.

- Number of assisted patients: 118. Equipment demonstrations: Held about 60 times. Equipment rented out: About 60 occasions
- Equipment exhibited at seminars, etc.: 17 times

Reference photos



5. Purchase of vehicle

Example 5	Yabu Municipal Social Welfare Council, a social welfare corporation (Yabu, Hyogo)
Name of project	Project aimed at renewal of vehicle bathing service owned by a bathing service office
Project type	Project that aims to improve social welfare
Amount of distribution	2.2 million yen

Description of project

The project is designed to provide better bathing services to senior citizens and others who are unable to bathe themselves in their bathroom at home due to being bedridden or other reasons. The renewal improved safety and convenience, and alleviated the workload of users and staff members. Boiler malfunctions and water leakage due to aging were frequent issues prior to renewal.

- Working time per bathing was reduced to about 1 hour from 1 hour and 15 minutes. Number of users per week: 2-3. Cumulative number of users: 45 (April - September 2016)

Reference photos



6. Assisting people affected by the Great East Japan Earthquake and Tsunami and providing preventive (reconstruction) measures

Example 6	i-color Fukushima, a specified non-profit organization (Koriyama, Fukushima)
Name of project	Project for disaster prevention and mitigation aimed at educating children ranging from infants to lower grade elementary school pupils in ways to protect themselves from natural disasters
Project type	Assisting people affected by the Great East Japan Earthquake and Tsunami and providing preventive (reconstruction) measures
Amount of distribution	2.3 million yen
<p>Description of project</p> <p>i-color Fukushima has issued and distributed a disaster prevention handbook, “Green Notebook,” designed for children from infants to lower grade elementary school pupils. This handbook presents ways to protect oneself and escape in the event of an earthquake, tsunami, torrential rain or other natural disaster as well as actions and knowledge that can help minimize injury. The organization has also conducted disaster prevention and mitigation events to enhance children’s disaster preparedness and awareness.</p> <p>(1) Publication of “Green Notebook” (disaster prevention notebook), a new disaster prevention handbook for children</p> <ul style="list-style-type: none"> • The A6-size booklet has 36 pages with explanations and illustrations showing how to evacuate in the event of an earthquake (12 pages), measures against tsunami (six pages), and preparedness against wind and flood damage (four pages) and other situations. • 17,000 copies were printed of which about 16,000 were distributed to new elementary schoolers in Fukushima prefecture. <p>(2) Holding of disaster prevention and mitigation events</p> <ul style="list-style-type: none"> • The organization installed booths during disaster drills held by municipalities (Koriyama/Koori), handed out the disaster prevention notebook (600 copies at two locations) and demonstrated the actions for self-protection based on the content of the notebook. • Some 600 people visited the booths at the two locations. Children and senior citizens had a favorable response to the booths, saying they provided easy-to-follow instructions on evacuation. <p>Feedback from those who received the disaster prevention notebook</p> <ul style="list-style-type: none"> • We would like to hand them out at the children’s council of our neighborhood association (person in charge of disaster prevention of children’s council in Koriyama) • I was surprised to find that the booklet contained items on snow and freezing (a primary school teacher in Aizu Wakamatsu City) • I would like to have the booklet distributed to pupils in other grades as well (a primary school teacher in Koriyama City) • I found the big letters easy to read (a senior citizen who attended a disaster drill in Koriyama) 	
Reference photos	 