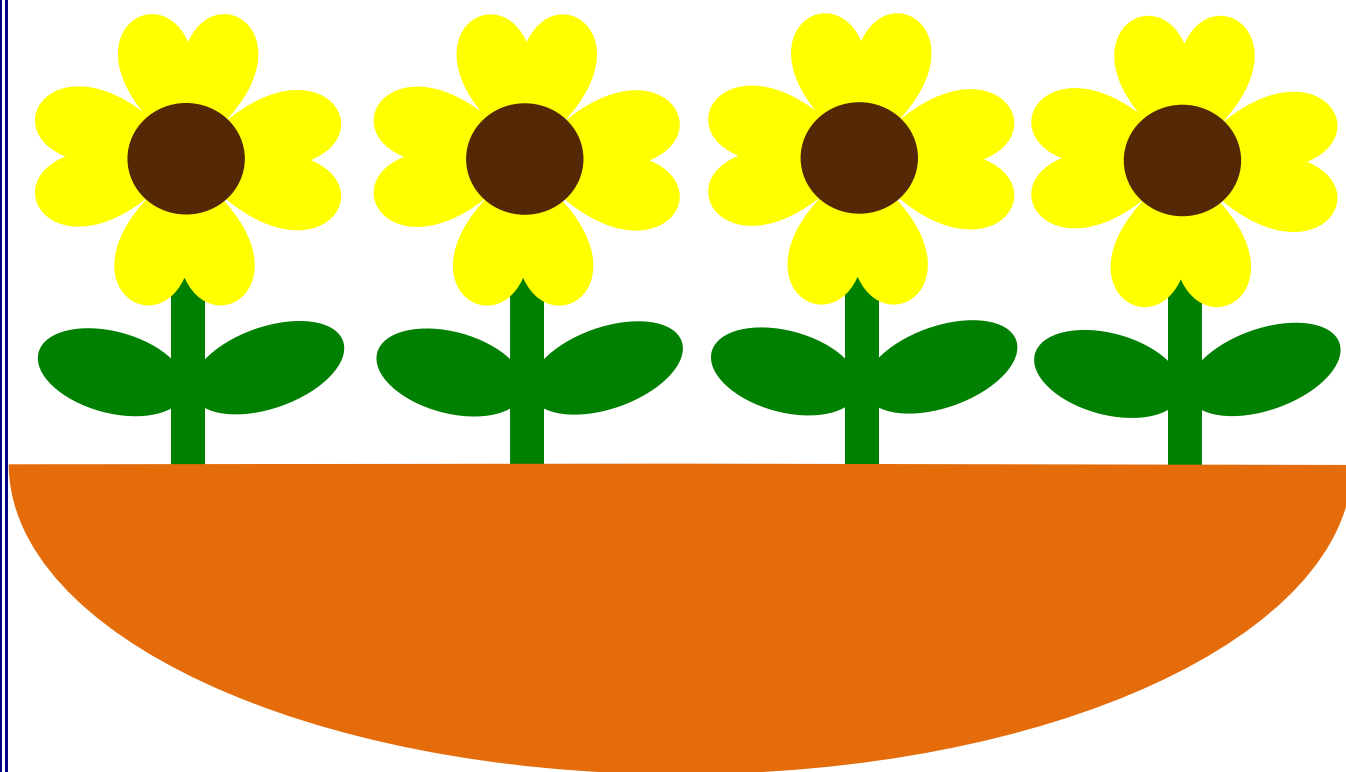


New Year's Postcard Donations Aid Program (2016)

Examples of Activities



Japan Post Co., Ltd.



1. General program of activities

Example 1-1	Florence, a specified non-profit organization (Chiyoda Ward, Tokyo)
Name of project	Home-visit nursing care project to support the development of handicapped children who need medical care and assist the job security of their parent(s)
Project type	Project that aims to improve social welfare
Amount of distribution	5 million yen

Description of project

The project aims to provide an environment for children’s development and parents’ job security by providing home-visit nursing care under the community childcare facility benefits based on the “child and childcare support system” to children with severe motor and mental disabilities who cannot enter a nursery and handicapped preschool children who need medical care.

Achievements of the project


- (1) Expansion of service area
 - Five new wards (Minato, Nerima, Shinagawa, Shibuya and Kita) were added to the previous service area that covered two wards in Tokyo (Shinjuku and Toshima).
The organization obtained the approval of the local government in seven additional wards.
- (2) Expansion of the number of users
 - The number of serviced families increased to 17 from three.
- (3) Training of childcare staff
 - Twenty new staff members were hired and trained, which is a large increase from three in the past.
- (4) Return of guardians to their jobs
 - Three of the guardians returned to their jobs.

Feedback from users based on a questionnaire


- I can see that the staff members are really committed to working with children, so I have trust in them.
- I can feel that staff members at Florence have a sincere desire to change the environment of families with handicapped children.
- My child’s mental development has taken a leap forward. She now responds in different ways because they talk to her a lot and play all sorts of games with her.
- I believe their gentle and customized care has made it possible for my child to do many things. It’s my feeling that he’s achieved growth that wouldn’t have been possible if he were cared for at home by his parents in an isolated setting.



Reference photos




Example 1-2	Mount Fuji Research Station, a specified non-profit organization (Chiyoda Ward, Tokyo)
Name of project	Volunteer labor project for Mt. Fuji Weather Station as an observation point for the global environment
Project type	Project for preservation of the global environment
Amount of distribution	3.92 million yen
<p>Description of project</p> <p>The project aims to maintain the Mt. Fuji Weather Station, a facility that assumes an important role in the observation of CO₂ and other substances associated with the global environment. The work includes the painting and repair of the exterior wall of the Station structure, which has sustained damage from degradation over time, waterproofing work on the joints of the exterior wall steel plates and improvement work inside the Station.</p> <p>Description of executed programs</p> <ul style="list-style-type: none"> • Measures to prevent facility deterioration → Parts of the station exterior side wall were painted. • Measures against temperature rise inside the facility → The entire ventilation duct was repaired. • Measures to repair the facility against the leaking of rain → Deteriorated parts of caulking material were repaired. • Installation of indoor photovoltaic panels for a yearlong operation test → Two 50W panels were installed. • Implementation of environmental observation → Measurement using mercury sensors began. <p>Facility renovation and maintenance executed under this project significantly augmented its role as an observation facility. Consequently, its activities were featured in various media channels, which helped to widely publicize the importance of this facility.</p> <p>Comments from experts</p> <ul style="list-style-type: none"> • Rising temperatures inside the Station used to cause fluctuations in the measuring instrument background signals, giving rise to concern about the impact on measurement accuracy. The installation of a ventilation duct helped control the temperature increase and significantly improved the accuracy of the measured data. • In the observation of transboundary air pollution, the most significant data are obtained from winter through spring. At the Mt. Fuji Weather Station, however, the absence of a commercial power source meant that observation could be done only during the summer. The attempt to conduct unmanned observation during the winter with an instrument powered by photovoltaic panels is a major step forward. This method is applicable not only to the monitoring of mercury, which is an element of concern in the atmospheric environment, but also to other small-power measuring instruments. Accordingly, the project will greatly help to promote research. We hope to continue to expand its utilization. 	
<p>Reference photos</p> 	

2. Activity and challenge program


Example 2-1	Suita Hands-on Activity Club, a specified non-profit organization (Suita City, Osaka)
Name of project	Learning support project in which pupils gain hands-on experience in growing two crops a year on the schoolground and engage in local production for local consumption
Project type	Project to conduct social education for the sound development of young people
Amount of distribution	500,000 yen
<p>Description of project</p> <p>In this project, 11 elementary schools in Suita, a city that is undergoing rapid urbanization, created mini rice paddies on the school grounds. Fifth-grade pupils in 28 classes grew rice and onions throughout the year to experience growing two crops a year and engage in local production for local consumption. The project supported hands-on learning that extends into various fields of study as children observed and surveyed insects and birds that were attracted to the rice paddies.</p> <p>Details of project implementation</p> <ul style="list-style-type: none"> • Number of participating elementary schools: 11 Number of participating pupils: 7,261 in total Number of participating guardians: 79 • Harvest <ul style="list-style-type: none"> → The 11 schools harvested a total of 4,259 onions and 80.2 kg of unpolished rice. Some of the harvested onions, rice and other crops were used as ingredients for cooking school lunches, which enabled all pupils of the participating elementary schools to experience local production for local consumption. • Pupils found 28 species of birds and insects in and around the rice paddies, providing them with an opportunity to actually touch and observe creatures in nature. <p>Feedback from teachers and participating pupils</p> <ul style="list-style-type: none"> • Cultivating the rice paddy was really tough, hard work. But it was fun, and I was so happy that we could produce so much rice. • I was surprised that we could grow such good-tasting rice and onions in our schoolyard. • Rice cultivation was hard work, and I can only imagine what farmers must be going through. • The <i>onigiri</i> (rice balls) made from rice we grew ourselves tasted so good. They were truly the best-tasting <i>onigiri</i> in Japan. I've never eaten an <i>onigiri</i> that tasted so good. • Through this project, I recognized that the essence of environmental education lies in letting children experience things together from the time they're small to promote their understanding of the environment. The hands-on learning proved to be truly worthwhile. <p>Reference photos</p>	
	

Example 2-2	Merry-go-round, a specified non-profit organization (Noshiro City, Akita)
Name of project	Project to create a space for adventure and play to nurture children's vitality
Project type	Project to conduct social education for the sound development of young people
Amount of distribution	500,000 yen
<p>Description of project</p> <p>The project provides a space where children can gather and play together in this age of declining juvenile population when more children play on their own with computer games. At the same time, the project aims to encourage children to acquire different kinds of knowledge and skills through playing with ropes and playing with a saw or hammer.</p> <p>The project also seeks to train play leaders who support children on the playground.</p> <p>Description of executed programs</p> <ul style="list-style-type: none"> • Establishment of an adventure playground at a children's park and other places <ul style="list-style-type: none"> → Several participating guardians, local residents and people who watched children play without participating commented, "We need to have a playground like this." The program is held seven times a year with the participation of around 70 people in total. • Establishment of an adventure playground at an event booth <ul style="list-style-type: none"> → An adventure playground was set up at an event booth organized by a citizens' activity support center and other organizations. The program is held nine times a year with the participation of 100-150 people per program. The active participation at event booths has resulted in achievements beyond simply increasing the number of participants. Some people who took an interest in and supported the activities of this organization volunteered to engage in its activities at a later date. <p>Comments by participants</p> <ul style="list-style-type: none"> • It was great fun because I could play in a way that's just not possible at home. I'd be really happy if this kind of place was there all the time. • We participated in this event for the first time. I thought it was good because the children looked like they were really enjoying themselves. We sure would like to take part in the next program when it's going to be held. • I saw this kind of playground for the first time. It would be even better if children could come on their own, and not accompanied by a guardian. • I'd be happy to help, although it's not possible for me to participate in every program. • I'm happy to have found a playground even in Noshiro. <p>Reference photos</p> <div style="display: flex; justify-content: space-around;">   </div>	



3. Refurbishment of facilities



Example 3	Shirakami Nature School at Hitotsumori, a specified non-profit organization (Nishitsugaru District, Aomori)
Name of project	Project to renovate the roof of the Shirakami Nature School building as a measure to prevent corrosion and leaking and to secure safety
Project type	Project to conduct social education for the sound development of young people
Amount of distribution	5 million yen
<p>Description of project</p> <p>In this project, roof repairs were made to the facility that provides simple lodging at a closed elementary school building in Shirakami Sanchi, a World Heritage site. The facility offers a place for participants to experience nature in the mountains, river and the sea based on a creative application of nature's essence.</p> <p>The repair work served to ensure safety by eliminating the previous risk of the corrugated roof being blown away by a strong wind. In addition, the facility's annual revenue increased from 11 to 17 million yen as a result of growth in the number of lodging visitors.</p>	
Reference photos	
	

4. Purchase of equipment

Example 4	Asago Council of Social Welfare, a social welfare corporation (Asago City, Hyogo)
Name of project	Project to install a state-of-the-art bathtub to provide peace of mind and safety to users of Kashinoki-en Day Service Center
Project type	Project that aims to improve social welfare
Amount of distribution	3 million yen
<p>Description of project</p> <p>In this project, a state-of-the-art bathtub was purchased so that users in advanced levels of long-term care can take a bath with peace of mind.</p> <p>The bath that had been used in the past was a stretcher-type one that required the bather to lie down. For this reason, some refused to bathe because they felt too embarrassed to expose their body that way. The introduction of a reclining-type bathtub supports bathers in a position that reduces any sense of embarrassment. The new bathtub will be used to bathe an average of two persons a day comfortably and with peace of mind.</p>	
Reference photos	
	

5. Purchase of vehicle

Example 5-1	Akita Fukushi Heart Net, a social welfare corporation (Senboku City, Akita)
Name of project	Project to purchase a new snowplow (compact wheel loader) for a day service facility for handicapped persons located in a specially designated area with heavy snow
Project type	Project that aims to improve social welfare
Amount of distribution	2 million yen
<p>Description of project</p> <p>A compact wheel loader with high maneuverability was purchased in this project for safe and swift snow removal, an operation that had been done manually, to ensure the safety of facility users.</p> <p>The facility used to outsource snow removal operations prior to the purchase of the new wheel loader. The purchase contributed to a cost reduction, cutting the annual outsourcing expenses from 630 thousand yen to 67 thousand yen, as the wheel loader is now operated by the facility staff.</p>	
<p>Reference photos</p> <div style="display: flex; justify-content: space-around;">   </div>	

Example 5-2	Ashinokai, a specified non-profit organization (Sapporo City, Hokkaido)
Name of project	Project for renewing a wheelchair-accessible vehicle for transporting facility users to a local activity support center
Project type	Project that aims to improve social welfare
Amount of distribution	2 million yen
<p>Description of project</p> <p>A wheelchair-accessible vehicle was deployed to promote the active movement of people with disabilities.</p> <p>The installation of handrails and anchoring belts (for wheelchairs) in the vehicle enhanced the safety and comfort of users, while reducing the burden of staff members. Higher user satisfaction resulted in the addition of two new users.</p>	
<p>Reference photos</p> <div style="display: flex; justify-content: space-around;">   </div>	

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

Example 6	Miyagi Kodomo Youiku Shien no Kai, a specified non-profit organization (Ishinomaki City, Miyagi)
Name of project	Project to support childcare in disaster-stricken areas (Ishinomaki City and surrounding areas)
Project type	Assisting people affected by the Great East Japan Earthquake and Tsunami and providing preventive (reconstruction) measures
Amount of distribution	3.5 million yen

Description of project

- (1) Project to support Kodomo no Ie Kimura, a family home facility that admits and cares for children from families that had to give up raising their own children due to poverty, divorce, disease or other reasons in the disaster-stricken areas.
- (2) Project to provide an opportunity for exchanges among children, among children and adults/elderly and among mothers raising their children and to consult with each other as they step out into the community.

Project to support a family home

- (1) Recruitment of new staff members
 - As of today, the facility has admitted six children consisting of three third-year high school students (one from a school for students with special needs), one first-year high school student, one third-year junior high student and one third-grade elementary school pupil, filling it to its capacity of six.
 - As part of its achievements, a high school student who refused to go to school when she was admitted to the facility managed to graduate and went on to a junior college to become a nursery teacher. In addition, a junior high school student with low academic ability began to study hard and successfully entered high school. A girl who refused to attend school started going to school in the new school term.
- (2) Extension of facility kitchen (used as dining hall and living room)
 - The kitchen space was expanded by about 50% after the renovation, enabling the facility to use the room to hold house parties to celebrate children's birthdays or Christmas.

Local support for childcare

- (1) A gathering for mothers called "Niko Niko Mama Salon" is held once a year while the Community Salon is held seven times a year to encourage mothers to exchange information and to offer them a diversion from childcare.
- (2) The facility holds the "Niko Niko Club," in which children get together and engage in traditional events of the season or other activities, six times a year. The gathering, which was attended not only by parents and children but also by senior citizens residing in the local area, helped to promote exchanges in the community.

Reference photos

