

MONTHLY BULLETIN

Issued by: Community Development Division, Citizen Exchange Section

TEL: 027-382-1111 (Ext. 1138)



Useful information for Foreigners living in Gunma.

Sign up
now!

"SOS in ANNAKA"

Legal consultation for foreigners
on October 18, 2026

Free of charge

Confidential

行政書士 :

A Certified
Administrative
Procedures
Specialist

弁護士 : Lawyer



The Japan government has set up various consultation desks and Hotlines such as "One-Stop Consultation Center for Foreign Residents of Gunma", "Foreign Residents Support Center (FRESC)" and "YORISOI hotline" to make it easier for foreigners to live in Gunma/Japan. As well as **Annaka City will hold a special legal consultation for foreigners etc. on Sunday, October 18, 2026.**

If you would like to consult with an expert about your worries or concerns, such as residence status, labor issues, medical care, welfare, childbirth, child rearing and child education. The interpreters are available in eight foreign languages. You are welcome to contact the "Information desk for foreigners" (Annaka City Hall, No.21 counter) to make an advance reservation now. For more details, please check the website below. <https://www.city.annaka.lg.jp/page/29157.html>

Interpreting
Service

社会保険労務士 :
"Sharoushi" Labor and
Social Security Attorney



HEALTH CHECK-UP FOR CHILDREN in October 2026

(Place: Annaka Health Center Time: 13:00-14:00)



Category	Birthday (Month/Year)	Date & Time (Month/Day)	Things to Bring
4 Months Old Health Checkup	Jun. 2026	10/30 (Fri.)	☐ Maternal and Child Health Handbook ☐ Bath Towel ☐ Medical questionnaires ☐ Child Rearing Support Sheet ☐ Health Check Sheet ☐ Healthy Parents and Children 21 (for 4 months, 18 months, 3 years old children) ☐ Toothbrush (for 1 year, 18 months, 2 years, 3 years old children) ☐ Urine sample (for 3 years old children) ♡♡♡For inquiries: ♡♡♡ Annaka City Health Center Tel: 027 382 1111 (Ext. 1174) Matsuida Health Center Tel: 027 382 1111 (Ext. 2151)
8 Months Old Health Checkup	Jan. 2026	10/23 (Fri.)	
1 Year Old Child-rearing Consultation	Sep. 2025	10/26 (Mon.)	
18 Months Old Health Checkup	-	-	
2 Years Old Dental Checkup	Aug. 2024	10/21 (Wed.)	
30 Months Old Dental Checkup	Feb. 2024	10/15 (Thu.)	
3 Years Old Health Checkup	Aug. 2023	10/1 (Thu.)	



Holiday duty doctor (October 10 to November 15, 2026)

Date	Internal medicine		General surgery	
10/11 (Sun)	▼9:00 am-6:00 pm Ayakomagokoro Clinic, Tel: 027-388-1180	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123	Shoda Hospital, Tel: 027-382-1123	
10/12 (Mon) *holiday	▼9:00 am-6:00 pm Honda Hospital, Tel: 027-382-1255	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	▼9:00 am-6:00 pm Honda Hospital, Tel: 027-382-1255	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131
10/18 (Sun)	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	
10/25 (Sun)	▼9:00 am-6:00 pm Miyaguchi Clinic, Tel: 027-384-1126	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	Suto Hospital, Tel: 027-382-3131	
11/1 (Sun)	▼9:00 am-6:00 pm Isobe Clinic, Tel: 027-385-0303	▼From 6:00 pm Matsuida Hospital, Tel: 027-393-1301	Matsuida Hospital, Tel: 027-393-1301	
11/3 (Tue) *holiday	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	
11/8 (Sun)	▼9:00 am-6:00 pm Moteiki Clinic, Tel: 027-382-2510	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123	Shoda Hospital, Tel: 027-382-1123	
11/15 (Sun)	Suto Hospital, Tel: 027-382-3131		Suto Hospital, Tel: 027-382-3131	