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Safe Community Network News

By Japanese Society of Safety Promotion

TOPICS Vol.024 1st Feb 2010	
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1. Effect of physical exercise for fall prevention was measured; Kameoka

Network of Elderly Watching in Shino-Cho, Kameoka has been carrying out some group activities, such as physical exercise for the elderly fall prevention since establishing the network.

About thirty elderly have been participating in the group activities every time. By enjoying the exercise and various games with a little exercise, participants are eager to make health themselves.

To evaluate an effect of the activity and improve the program for fall prevention, their physical ability was measured by Associate Professor Narihiro Shiozawa in Ritsumeikan University.

Prof. Shiozawa explained about this surveillance before measuring. And then Prof. Shiozawa distributed instruments to participants, their physical ability has been measured on 3rd Dec. 2009. By measuring, he got data of the number of repeat times of sitting and standing, the speed of walking, and the ability of housework.

After keeping the activities for a several month, these physical ability will be surveyed again, and the effective program for fall prevention will be developed by analyzing muscle and physical balance using the data. We are looking forward to hearing the result of the surveillance.



Measuring physical ability



Physical Exercise

2. Domestic Violence Seminar

On 13th Dec 2009, Domestic violence seminar was held at Okayama General Welfare and Volunteer Hall. Ms Megumi Inasaka, who is a board member of Japanese Society of Safety Promotion, participated in the meeting. As she contributed the report of the meeting to this news, I would like to show the report here.

NPO Japan DV victim Shelter Network, who is an organizer, published the report about the result of an investigation into the fact of sex abuse on families of DV victim. According the report, there was sex abuse in 6% family of DV victims, and 97% of its assailant was victim's real father. This seminar was held in order to publish the hate fact, and have our society start a movement for finding domestic sex abuse early and preventing it.

First, Ms Keiko KONDO (President of NPO Japan DV Victim Shelter Network) reported about the mechanism of sex violence and the fact of victim on-site NPO support.

As the fact of sex violence,

1. One of three persons have been harmed DV, one of twenty-two persons have experienced the danger of their life. A wife three days is killed by her husband on simple calculation.
2. Sex violence occurs in most family DV occurred, 72% of the victim is a child under 14 years

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old and almost assailant are their real father. These children can not get away themselves and ask someone for help. As the result of that, children continue to be suffered extreme misery by their father.

On back ground of that, there is a big problem that all sort of domestic violence is hard to become clear without victim's accusation. So she argued it is indispensable to build a social awareness that all sort of domestic violence is a vicious crime, and to punish the assailant severely by law. Beside she said victims need an official support for recovering from their mental damage, and assailants need a rehabilitation facility.

Next, Ms Chiyoko Yokota (Director of a protecting facility "Izumi") showed some cases of people protected in the facility "Izumi". She said eighteen of twenty nine persons have been gotten violence. She analyzed the cases of the nine persons, as a result of that, she found four common things among them.

1. They lack social experience and have a distrust of meeting people.
2. They tend to have lost their personal and be all at someone's beck and call
3. They can't have confidence themselves and tend to escape from reality; beside they tend to get into an action of self-torture such as doing drug, becoming prostitution, a runaway.
4. They have a side of being victimized an abuse or violence.

And then she referenced about the cause and a task from these common things. Beside she urged necessary of building an environment on preventing all sort of domestic violence.

1. They had not been brought up to treat themselves kindly. Therefore it is necessary to give them an environment to bring up themselves, not to educate.
2. It is important that everyone understand that sex violence is an obvious crime, including incest.

Next report, which was titled the fact and problem on children gotten sex abuse, was from Mr Makoto Yakusiji who is working at Okayama child-welfare consultation center. He referenced that important things are to make punishment for sex abuse and protection of children into law obviously, and to cooperate with support groups and the related organizations, and to make children raise the awareness of their rights. And he said it is very important to respect what they talk, and lead them to notice their rights on counseling to children,

In the afternoon, the symposium about the support and problem for sex violence prevention was held. After eager discussion, Dr. Tatsuo Tsuji (President of Ymaguchi Women Support Network, Dentist) referenced the importance of DV prevention. Beside he said, to prevent DV, the way of Safety Promotion is very helpful. And the support groups and the related organization should build an active network and have to work for DV prevention. (Ms Megumi Inasaka)

3. Introduction of Towada Community Safety Program -5-

This time is the introduction of suicide prevention. Towada city has been conducting programs which consist of many different fields. To put it concretely, Suicide prevention forum, Suicide prevention education by district nurse, Suicide prevention stories using picture cards by volunteers, Community network for comprehensive Suicide prevention, Fostering mental health volunteers for listening to elderly, Salons for peoples with mental problems so on

Community Safety Program, in itself, is greatly effective movement for suicide prevention, because it makes an awareness of safety raise on community level. Towada put emphasis especially on suicide prevention and is working for it, amid safe community movement is expanding into all over city.

I would like to show two programs.

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First, Salons for peoples with mental problem is. This is a volunteer activity called”Heart salon Lupinas”, everyone can be counseled free by volunteer counselor. It is held twice a month at public hall in Towada, in order to prevent depression from occurring.

Salon for peoples with mental problem is run by Towada Safe Community Promoting Association, about thirty former nurses are working at there as counselor.

They listen to the trouble of life or anything from people who come here and give advice, not only the problem that be concerned suicide. Beside it is prepared to connect with special counselor when serous problem. In almost case, everyone can change their mood, just talking with counselor anything. They make efforts to create a relaxed atmosphere and everyone can always call at the salon whenever they need.

Next is suicide prevention stories using picture cards by volunteers, this is the education for suicide prevention which is carried out by volunteer group “Towada KOKORO group”. KOKORO means heart or mind. They present suicide prevention stories with picture card all over Twada city, and contribute to mental health.

Suicide prevention is very serial material for citizens, but it became easier to understand that when it is presented as picture card.



Suicide prevention stories using picture cards by volunteers

Introduction: Japanese Program for Safety Promotion

Mountain Rescue Team at Kyoto Central Area Fire prevention Union (Kameoka)

As soon as Kameoka has stared Safety community program, a team of Mountain rescue was formed in Kyoto Central Area Fire Prevention Union. This was a first trial in Kyoto prefecture.

Behind of starting this rescue service, there is a trend that mountain climbing and walking in forests have become popular among middle age and senior people. And more, there is a fact to be considered that population of workers in forest industry is aging.

Therefore, establishment of mountain rescue service was an urgent issue in this area. After a series of special training, ten members are now appointed to work for accident and injury prevention in mountain and improve awareness of knowledge about mountain climbing among residents.



Training of Mountain Rescue Team