

24. October 2025

Seniors

Dementia skills day for family carers and professionals

Information event on 7 November organised by the Bocholt Dementia Network in cooperation with Bohris and the city of Bocholt // Hands-on lecture, discussion and practical exercises

Caring relatives, care professionals and interested parties are invited to a special skills day at Stadtparkasse Bocholt on Friday, 7 November 2025. In cooperation with the Bohris network of doctors and the city of Bocholt, the Bocholt Dementia Network is offering a varied programme on the topics of memory training and stress prevention from 13:30 to 17:30. Participation is free of charge, but registration at the City of Bocholt's senior citizens' office is required.

The centrepiece of the event is a hands-on presentation by experienced speaker Petra Jahr. The relaxation and memory trainer and health counsellor will provide practical tips on how to strengthen the memory and effectively reduce stress in everyday care work. The aim is to relieve carers, activate resources and show them ways to look after themselves.

In addition to the lecture, the afternoon offers the opportunity to exchange ideas with experts and other participants. Over coffee and cake, contacts can be made, experiences shared and new ideas for everyday caring gained.

Registration is required by 31 October 2025 - by telephone on 02871 953 2234 or by email to [seniorenbuero\(at\)bocholt\(dot\)de](mailto:seniorenbuero(at)bocholt(dot)de).

The Bocholt Dementia Network has been committed to improving the lives of people with dementia and their relatives since 2008. In close cooperation with local partners, it regularly organises information events, theme weeks and campaigns to promote education, reduce fear of contact and offer support.



25. September bis 7. November 2025

KOMPETENZWOCHEN DEMENZ

für Betroffene,
pflegende Angehörige,
Fachkräfte & Interessierte



© Stadt Bocholt

The "Kompetenzwochen Demenz" event series provides valuable information on dealing with dementia.