

26. September 2025

Seniors

## Solo theatre touches and opens up dialogue

### **Kick-off of the Bocholt Dementia Competence Weeks // Theatre play "You are my mother" inspires**

With an impressive performance of the solo play "You are my mother" by DAS THEATER KÖLN, the first Bocholt Dementia Competence Weeks kicked off on Thursday evening, 25 September 2025, in the Alte Molkerei.

Actor Achim Conrad slipped into the roles of a son and his mother suffering from dementia with great intensity and sensitivity - a performance that captivated and visibly touched the audience. Afterwards, many guests took the opportunity to talk to the actor and representatives of the Bocholt Dementia Network.

Mayor Thomas Kerkhoff officially opened the competence weeks and emphasised the importance of the topic for many families in Bocholt: "Dementia poses great challenges for those affected and their relatives. This makes it all the more important to provide low-threshold information, practical help and places to exchange ideas. This is exactly what the Competence Weeks stand for."

The Dementia Competence Weeks will be organised by the Bocholt Dementia Network together with the Bocholt Senior Citizens' Office and the Bohris network of doctors from 25 September to 7 November 2025. During this period, six further free information and training courses are on the programme. The topics covered include the basics of the disease ("Dementia - the great unknown"), a compact course "Dementia partners", dealing with challenging behaviour, tips on dementia prevention, current findings from research and a tried-and-tested half-day workshop with this year's focus on "Memory training and stress prevention".

All events are free of charge. The full programme is available at [www.bocholt.de/senioren](http://www.bocholt.de/senioren).

#### **Registration and information**

City of Bocholt - Seniors' Office

E-mail: [seniorenbuero\(at\)bocholt\(dot\)de](mailto:seniorenbuero(at)bocholt(dot)de)

Telephone: 02871 953-2342 or -2234



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