

04. August 2022

Social

## **"Health guides" for Bocholt**

### **New health promotion project starts on 1 September with kick-off event at "Gut Heidefeld" - register now, participation free of charge**

In order to specifically promote and strengthen people's health, Bocholt will soon have so-called "communal health guides". Under this title and the slogan "Together Healthy", the city administration and partners are launching a project that will be presented on 1 September from 6 p.m. on the threshing floor at Gut Heidefeld, Spork district.

Interested citizens are cordially invited to the kick-off event. Participation is free of charge. To register, please contact the association "Leben im Alter" (L-i-A) on 01523 2176549 or e-mail [kontakt\(at\)gz-ludgerushof\(dot\)de](mailto:kontakt(at)gz-ludgerushof(dot)de).

## Background

In May 2022, the city of Bocholt received funding approval from the health insurance company IKK classic for the project "Communal Health Guide" in cooperation with the DSPN (Dein starker Partner für Netzwerke). The project paves the way for networking the municipal health structure and strengthens it for a healthy and "active" city of Bocholt.

Sophie Engels, project manager of the DSPN, explains: "We want to reach people in their living environment. Where they live, learn, work, study, receive medical and nursing care, organise their leisure time and play sport. They should be empowered and activated to ensure healthy and self-determined behaviour in the long term."

## Health as a task for society as a whole

At the information event at the start of the project, the course of the project and the project partners will be presented. In future, health is to become even more of a task for society as a whole, which is to be promoted in a targeted manner. The foundations for healthy growing up, living and working are laid in the community, as companies and facilities such as daycare centres, schools, leisure and meeting places, care facilities and neighbourhoods have a strong influence on the quality of life of citizens.

In Bocholt, it is important to record existing measures and offers as well as to systematically link these with other network partners from the community and to strengthen them sustainably. Key components of the project will be an internal administrative management structure in the form of a steering committee and "health pilots".

"IKK classic is committed to promoting health in living environments on a broad scale. With this project, together with DSPN, we are bringing our knowledge and experience to the individual living environments of Bocholt's citizens. The municipality is the place where everyone can participate equally in health and help shape it themselves. Together with the local network partners, we can provide people with the best possible support on the important topics of health and prevention", says Friederike Schwersmann, project supervisor and health manager at IKK classic in NRW.

## Overview

### Information event on the start of the project "Health Guide Bocholt"

- Date: Thursday, 1 September 2022, time: 6:00 p.m. - 8:00 p.m.
  - Location: Tenne im Gut Heidefeld, Am Wielbach 7c, 46399 Bocholt
- Participants. a.: Mayor Thomas Kerkhoff, Waltraud Willing (Leben im Alter e.V.), Sophie Engels (DSPN), Friederike Schwersmann (IKK classic), Lukas Kwiatkowski (City of Bocholt) and representatives of various municipal lifeworlds

- Registrations by 26.08.22 to Waltraud Willing at kontakt(at)gz-ludgerushof(dot)de or phone 01523 2176549



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*Healthy and active living - this is what the Bocholt project "Health Guides - healthy together" aims to promote.*