

# Dementia skills weeks

What does it feel like to live with dementia? What new findings does research provide? And how can those affected, relatives and professionals be better supported? Answers to these questions are provided by the "Kompetenzwochen Demenz" event series, which takes place in Bocholt from 25 September to 7 November 2025.

The Bocholt Dementia Network, the BOHRIS doctors' network and the city of Bocholt are jointly inviting people to get to grips with the topic of dementia as part of a wide range of programmes. The competence weeks are aimed at those affected, family carers, professionals and interested citizens - with the aim of imparting knowledge, breaking down inhibitions and promoting social dialogue.

The event kicks off with the play "You are my mother" on 25 September at 8 pm in the Alte Molkerei. The play by Theater Köln impressively illuminates the emotional closeness between a son and his mother suffering from dementia. Tickets can be purchased for 16 euros in advance at the local advance booking offices Touristinfo, theatre office, BBV Bocholt and online via the [Alte Molkerei homepage](#) or for 20 euros at the box office.

### Further programme items

1 October | 9 a.m.: Breakfast & talk "Dementia - the great unknown" with Lisa Hövel (St. Georg parish hall)

10 October | 2 p.m.: Compact course "Demenz Partner:in" with Irma Sondermann & Sandra Wölker (L-i-A-Quartierstreff Wesemannstraße)

17 October | 2:30 pm: Lecture "Challenging behaviour in dementia" (Café Querbeet in the Caritas Centrum)

29 October | 5:30 pm: Lecture "Stay mentally fit - 10 tips for dementia prevention" with Dr Elisabeth Philipp-Metzen (RSD Bokeltsen Tagestreff)

3 November | 7 p.m.: Lecture "Latest findings from dementia research" with Prof. Dr Judith Alferink (St. Josef parish hall)

7 November | 1:30 pm: Half-day workshop "Memory training & stress prevention" with Petra Jahr (Stadtsparkasse Bocholt)

With the exception of the theatre evening, participation in all events is free of charge. Registration is required.

For further information and to register, please call 02871 953-2234 or 953-2342 or send an e-mail to [seniorenbuero\(at\)bocholt\(dot\)de](mailto:seniorenbuero(at)bocholt(dot)de).

25. September bis 7. November 2025

# KOMPETENZWOCHEN DEMENZ

für Betroffene,  
pflegende Angehörige,  
Fachkräfte & Interessierte



## Programm

- 25. September 2025 // 20 Uhr  
**Theaterstück „Du bist meine Mutter“**
- 1. Oktober 2025 // 9 Uhr **Frühstück & Vortrag**  
**„Demenz – die große Unbekannte“**
- 10. Oktober 2025 // 14 Uhr  
**Kompaktkurs „Demenz Partner:in“**
- 17. Oktober 2025 // 14:30 Uhr **Vortrag**  
**„Herausforderndes Verhalten bei Demenz“**
- 29. Oktober 2025 // 17:30 Uhr **Vortrag**  
**„Geistig fit bleiben – 10 Tipps zur Demenzprävention“**
- 3. November 2025 // 19 Uhr **Vortrag**  
**„Neueste Erkenntnisse aus der Demenzforschung“**
- 7. November 2025 // 13:30 Uhr **Halbtagesworkshop**  
**„Gedächtnistraining & Stressprävention“**

**Anmeldung und Informationen**  
Seniorenbüro der Stadt Bocholt  
Tel 02871 953-2234 & 953-2342  
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Alle Infos unter  
[bocholt.de/senioren](http://bocholt.de/senioren)



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