

## What is the Take a Seat Campaign?

The 'Take A Seat' campaign aims to raise awareness about how older people may struggle to get out and about because there is not enough seating available for them, in shops, and other public organisations.

Older people know that if they see a 'We are Age Friendly' sticker displayed in a shop window they will be given a warm welcome and offered a chair if needed.

**Take A Seat—helping shops, businesses and community spaces become age friendly**



In conjunction with Southway Housing Trust

*"I am more likely to visit the local shops now. It is good to know there is **somewhere for me to rest and find staff that are willing to help.**"*



age friendly

*"I like having the chair here, so that older people can come in for a rest. I have two and they are used everyday. **It is great to have a chat and let older people know that we care and value them.**"*

## Age Friendly & Take a Seat Information Leaflet



age friendly



**Over 50? Need to rest when at the shops?**

Look for the Age Friendly Flower Logo and **Take A Seat**

## Why do we need Age Friendly Communities?

Older people may find it more difficult to move around their neighbourhood and access local amenities and services. This could be due to lack of transport, poor quality pavements, or problems with memory, or vision. Left unresolved these barriers could lead to older people feeling isolated and lonely.

An age friendly community should provide a good quality of life for all residents, regardless of age. This includes well lit streets, access to social activities and accessible retail areas, shops, businesses and community spaces. Supporting older people to stay independent is an important part of being an age friendly neighbourhood.

However, a lack of facilities at local shops may make it difficult for older people to shop locally.

## Take a Seat

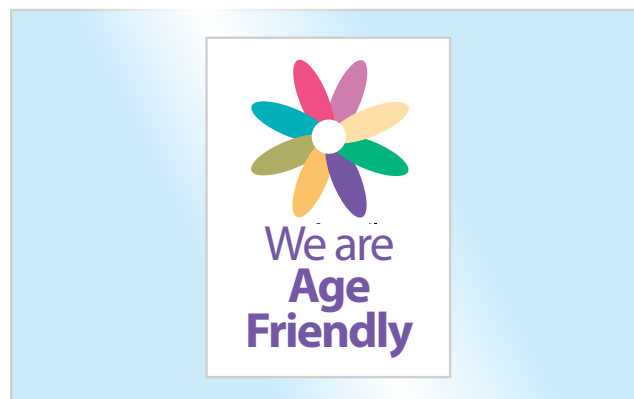
Take a Seat encourages shops and businesses to have a seat available in case an older person needs to catch their breath and rest.

## How it Works

Participating outlets are given a guide about how to make their premises more age friendly.

They are invited to display the Age Friendly 'flower' logo on their window.

If you see the logo you will know there is a chair available inside, so that you can sit and rest. You may be offered a glass of water and, if accessible, be allowed to use the toilet facilities.



## Participating Venues in your area

Shops displaying the Age Friendly flower' logo are part of the campaign.

**MAP HERE**