



Take a seat and enjoy a break at the shops.

Look out for the Age Friendly sign in shop windows.

The sign shows that you will be given a warm welcome and offered a chair to have a sit and rest.



Find out more about the Take a Seat scheme at

www.nottinghamshire.gov.uk/takeaseat

Tel: 0115 9772041 Email: agefriendly@nottscc.gov.uk

supported by

