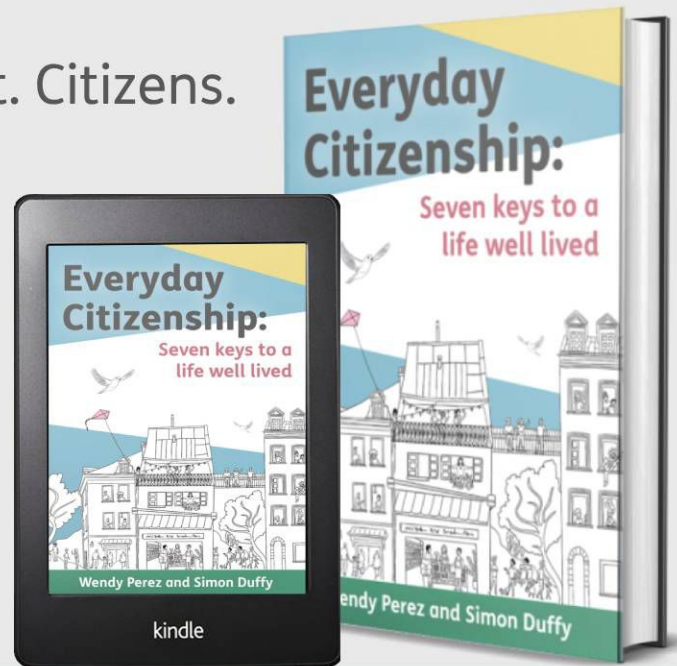


# Everyday Citizenship:

## Seven keys to a life well lived

We are all Equal. Different. Citizens.



## Press Sheet

*Everyday Citizenship* is part story, part guide: written by and for people with learning disabilities who want to be the authors of their own choices in a world that denies them their autonomy.

### about the book

The seven keys describe the building blocks of the life of a citizen, and each chapter offers up ideas to try, red flags and a story from Wendy's life—all beautifully illustrated by artist-activist Ester Ortega.

In the hands of a person with a learning disability, this book is a roadmap to becoming an effective self-advocate and claiming their rightful place in society. But more than that, *Everyday Citizenship* is a hopeful celebration of our capacity to create and exist in a community that needs all our gifts, no matter who we are.

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### about the authors

**Wendy Perez** is a leading self-advocate, disability activist and consultant, and she runs her own organisation: See Me As Me. Wendy championed and co-authored an accessible version of Keys to Citizenship with Simon Duffy to make the idea of citizenship relevant to everyone.



**Simon Duffy** is an activist working for a world where everyone matters. Over the past 30 years he has been involved in many practical projects to help people with intellectual disabilities take their place as full citizens. He began his working in London in 1990 to help people leave institutions and to obtain more control over the support they received.



Their book, *Everyday Citizenship: Seven keys to a life well lived*, is scheduled for release on **9 January 2024** by Red Press (worldwide).

### essential details

**Title:** Everyday Citizenship:  
Seven keys to a life well lived  
**Genre:** narrative non-fiction, self-help  
**Publisher:** Red Press

**Translations:** Spanish, French, Finnish  
and more to follow

**Keywords:** citizenship, democracy, learning disability, inclusion, participation, community development, wellbeing, family, agency, freedom

**Prices:** PBK £12.99 \$16.99 €14.99  
EBK £7.99 \$9.99 €8.99

**Length:** 112 pages, 246 x 174mm

### social media



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@citizen\_network  
#EverydayCitizenship



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### endorsements

**CAROL BLESSING: Senior Extension Associate, Cornell University**

“An anthem for people living with disabilities the world over”

**DAVID TOWELL: Director, Centre for Inclusive Futures**

“A must-read for everyone seeking, and helping others seek, a life well lived as valued members of our increasingly diverse societies”

**GARY BOURLET: Director, Learning Disability England**

“Wendy is a role model for the next generation who are becoming adults and citizens now”

**JOHN O'BRIEN MBE: Author & Founder of Anthropy**

“The resonance of Wendy’s voice and the depth of Simon’s study of philosophy combine to create a book of practical wisdom”

**JON ALEXANDER, Author of Citizens**

“An essential analysis of the ingredients for human thriving”

**KAREN PARRY: Chief Executive, Inclusion North**

“This book brings humanity back to models of support and inclusion”

**KARYN KIRKPATRICK: Chief Executive, Keyring**

“Wendy's real-life examples bring the keys to citizenship alive, a fantastic resource to help us all”

**KATE FULTON: CEO, Avivo**

“Profoundly important; beautifully simple; a book full of pragmatism and hope”

**LIZ LEACH MURPHY: Chair of Disability Rights UK**

“Wendy and Simon are a force for change, showing that what people aspire to is possible”

**SUE SWENSON: President, Inclusion International and mum to Charlie**

“A good life doesn’t start with experts. It starts with you. Here are the simple, powerful steps you can take”

**THERESA SHEARER, FRSE: CEO, Enable**

“An essential reminder for everyone working in social care provision, commissioning and policy-making that everything we do must be directed and led by the people we work for”

**VINESH KUMAR: CEO, iDirect**

“My organisation lives by the ethos of citizenship in this book”

**TIM KEILTY: Chief Executive, New Prospects Association**

“An important, beautiful and inspiring book”