



**inclusion
north**



North-East and North Cumbria Citizenship Project End of Project Summary

Introduction



In September 2021 Inclusion North recruited a team of 5 people to deliver the Citizenship Project. The Team included a Project Worker and four people with lived experience.



The 7 Keys to Citizenship

Most of the work of The Citizenship Team was based around 'The Seven Keys to Citizenship' by Simon Duffy and Wendy Perez.



The project started on the 7th of September 2021 and ended on the 30th of June 2024



The goal of the Citizenship Project was to make sure that people who live in the North-East and North Cumbria can have their say and be involved.



We wanted to make sure that people can have their say, no matter where they live.

The '7 Keys to Citizenship'



The 7 Keys to Citizenship

The biggest part of the team's work has been collecting the views and experiences of autistic people, people with a learning disability, and family carers, and matching these against the 7 Keys for Citizenship.

The Seven Keys to Citizenship are:

-  **Purpose** **Purpose** – having goals and setting the direction of your own life.
-  **Freedom** **Freedom** – being in control of your own life.
-  **Money** **Money** – having enough to live on.
-  **Home** **Home** – having a place where you belong.
-  **Help** **Help** – getting good help from other people.
-  **Life** **Life** – getting stuck in and making a difference.
-  **Love** **Love** – finding friendship, love, and family.

Steering Group



In 2022, The Citizenship Team set up a steering group to help them to plan their work.



A steering group is a team of experts who give advice about a project.



A "Yearly Planner" grid with columns for months and rows for quarters. The first row (Q1) has checkmarks in January and August. The second row (Q2) has checkmarks in April and July. The third row (Q3) is empty. The fourth row (Q4) has checkmarks in October and November.

Yearly Planner					
January	February	March	April	May	June
	✓				✓
July			✓		
August					
September					
October				✓	
November					✓
December					

The steering group met 4 times a year and supported The Citizenship Team for the whole project.



Some of our steering group members were:

- People who work for the NHS
- People who work for voluntary sector organisations
- People with a learning disability, autistic people, and family carers



Help from the steering group has included:



- Support to connect with schools and further education colleges.



- Support with planning and running events.



- Looking at the feedback we had collected, asking questions and sharing their ideas for future plans.



- Sharing their ideas with the Citizenship Team when things did not go to plan.

Project feedback...



Through their work, the Citizenship Team has been able to collect lots of feedback from lots of different people.



The 7 Keys to Citizenship

They have been able to collect feedback for all of the 7 Keys to Citizenship.



X 400

The team set themselves the challenge to collect feedback from 400 different people throughout this project.



Over 470

The fantastic news is they beat this target and got feedback from 470 people.



Accessible Information



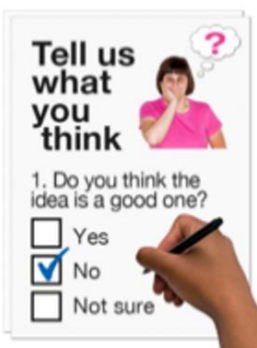
In 2022, they carried out a lot of research and created an easy-read document about the Integrated Care System.



They also created an easy-read presentation with lots of information about how the Integrated Care System works and what it does.



Also in 2022, the Citizenship Team were asked to find out what autistic people, people with a learning disability, and their families, think about their quality of life and support.



They created some information about the research and a survey. The questions in the survey were checked by some expert groups.



Citizenship Conference

In 2023 the team began planning a Citizenship Conference, which took place in February 2024 at the Stadium of Light.

At the conference presentations and workshops were delivered by:



- **Simon Duffy and Wendy Perez** – Talking about the 7 Keys for Citizenship and how they were developed.



- **Levi Buckley** (who works for the Integrated Care Board) – Talking about what the Integrated Care Board is and why it is important for the Integrated Care Board to listen to the voices of experts by experience.



- **Twisting Ducks** – A theatre company presenting songs about citizenship performed by people with a learning disability and autistic people.



- **The Inclusion North Citizenship Team** – Talking about the work they have done, what they have learned, and the Citizenship Challenge.

Conference Feedback



We asked guests to give us feedback about the conference.



Lots of people said they had learned more about citizenship from being at the conference. At the end of the conference, almost all of the guests said they had a good understanding of citizenship.



Guests were asked to describe the conference in three words. Some of the most used words were 'informative', 'fun', and 'interesting'.

Some of the things that guests said about the event were:

- “Fabulous atmosphere, friendly, open, reflective.”
- “I am so touched. I loved the workshops, all interesting people. I am incredibly grateful.”
- “Workshops well led, everything organised and scheduled very well, good time keeping, staff lovely.”





To read more of the feedback, you can see the separate feedback document....



Over 470



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The 7 Keys to Citizenship

Love
Life
Freedom
Purpose
Help
Home
Money

Feedback from lived-experience experts in the North East and North Cumbria

2021 - 2024

What the Citizenship Team felt went well...



- Meeting people from different backgrounds (e.g. ethnic minority groups) and including their voices in the work.



- Good team working, regular meetings, and good communication.

- Visiting lots of different groups and meeting lots of people.



- Having a diverse team, where the members have different lived-experiences, skills, and opinions.



- Listening to the voices and feedback of lots of experts by experience from across the region and sharing this with the Integrated Care Board.

As you can see there are many different combinations to make up the 7 keys but there must be one from each of the 7 Keys to Citizenship....

7 Keys of Citizenship	5 Priorities				
	1 Local area in life	2 Valuing well-being of people	3 Living well with others	4 Good health for everyone	5 Good opportunities for everyone
Purpose Set your own direction in life					
Freedom Take charge of your own life					
Money Have enough to live on					
Home Have a place where you belong					
Help Get good help from other people					
Life Get stuck in and make a difference					
Love Find friendship, love and family					

- Creating the keys to citizenship challenge, accessible resources, and delivering the conference.



- Visiting groups and talking to people face-to-face.

Final Thoughts from the Citizenship Team



This has been a fantastic project that we are proud to have been a part of.



We feel we have overcome challenges, worked creatively, and gathered a wide range of diverse voices from people with a learning disability, autistic people and family carers.



We hope that the feedback is used in a way to create positive change, and that the Integrated Care System continues to prioritise consultation and co-production with experts-by-experience in a meaningful way.

More information from...



A presentation called – ‘What is the Integrated Care System?’ can be viewed using this link...

https://inclusionnorth.org/wp-content/uploads/2021/09/Integrated-care-system_.pdf



The ‘Quality of Life and Support’ questionnaire can be viewed using this link...

<https://www.rixeasysurvey.org/kiosk/apM8>



For more information about the Seven Keys to Citizenship and how they were developed, you can visit the Citizen Network Website using this link...

<https://citizen-network.org/library/keys-to-citizenship2.html>

More information from...



You can watch a video about citizenship called 'We Are All Citizens' (2019) which was made in partnership with Sunderland People First, NHS England, and Inclusion North using this link...

<https://www.youtube.com/watch?v=ai5xcEMV2gg>



A copy of the 'We Are All Citizens Workbook', developed in partnership with Sunderland People First, NHS England, and Inclusion North in 2019 can be found here:

<https://inclusionnorth.org/wp-content/uploads/2019/03/Workbook-Proof-91.pdf>



The citizenship team created a video report about their conference, which can be watched here:

<https://youtu.be/i9DREMc68ZA>