



Level 6: Advocacy

The Country Kitchens team are excited announce the launch of Level 6 of the QCWA Country Kitchens Training PATHway – Advocacy. Advocacy is all about raising awareness of issues of public importance to create positive change. It can bring about positive changes to community attitudes, laws, policies, and the allocation of resources that affect peoples' lives. It is often about promoting a cause on behalf of others.

The QCWA has a strong history of advocating for the public health interests of women, children and rural and remote communities. The Association has provided a voice to advocate for many important issues impacting Queensland communities.

Country Kitchens Advocacy Activities

Level 6 of the PATHway encourages you to identify and advocate for health-related issues that affect your community. To align with the QCWA Country Kitchens program goals, the issues must be associated with food and nutrition, or one of the 5 key messages.

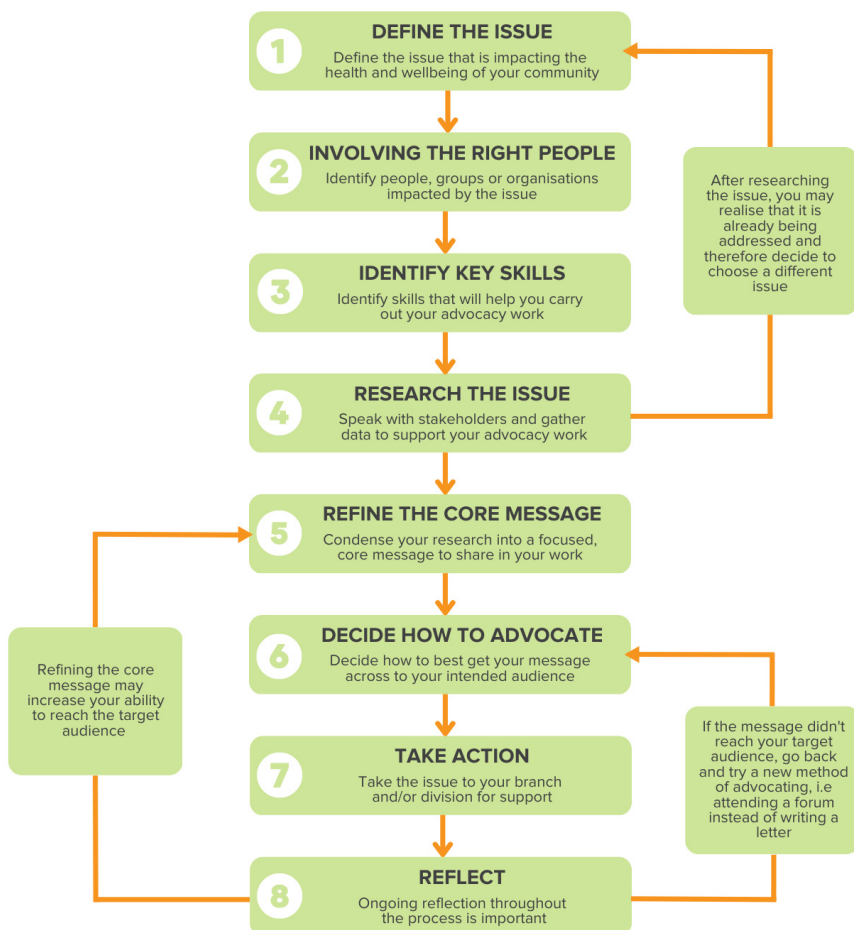
We hope that Level 6 training gives you the confidence to speak up on behalf of others and propose and fight for real solutions that make it easier for your community to be healthier.

Country Kitchens Eight Step Advocacy Process

The Eight Step Advocacy Process developed by Country Kitchens provides a step-by-step approach for you to build and deliver an effective community health advocacy campaign. It was developed in combination with peer-reviewed research, as well as focus groups with QCWA members and Country Kitchens facilitators.

Level 6 Facilitator Training will take you through each of the eight steps in depth, and present an example advocacy issue to demonstrate what each step might involve.

The diagram to the right is a visual overview of the Eight Step Advocacy Process. As can be seen from the flowchart, it's important to note that the process may not be a linear one.





Advocacy Campaign Issue

Before attending a Level 6 training, it might be a good idea to have a think about a potential advocacy issue that is important to you. You might remember completing the 'I wish' icebreaker at the beginning of each Country Kitchens training in the past, which could be a good place to start.

Remember to think big! It's important not to confuse an advocacy campaign with individualised activities targeted at personal skill development or behaviour change. You might find that like-minded organisations or community groups are advocating on similar issues so you may join them in their efforts.

The issue you choose should be food or nutrition related, or be associated with one of the 5 key messages. Some examples of potential advocacy issues include:

- Availability and affordability of fruit and vegetables in your community
- Safe spaces for walking and recreational activities
- Healthy menu options at local cafes, restaurants or sporting clubs
- Limiting/restricting the marketing or unhealthy food and drinks e.g. 2 for 1 deals on discretionary items, chocolates and lollies at the checkout, TV advertising discretionary foods aimed at children etc. There is currently a Bill that aims to protect children from junk food marketing by removing ads from TV and radio. [Learn more by clicking here.](#)

Level 6 Facilitator Training

Our first Level 6 Facilitator Training Session will be taking place via zoom on Wednesday 30th August at 9-11am!

To attend a Level 6 training, we only ask that you have previously completed at least Level 1-2 facilitator training. You do not need to have completed Levels 1-5 to complete Level 6.

To register for the upcoming session, please get in touch with your CK buddy or email us at countrykitchens@qcwa.org.au. Please note places are limited, so get in quick!

If you aren't able to make it to the scheduled session, keep an eye out as we release more options over the coming months.