

Food Justice Programme

May - July 2018



What is advocacy?

Advocacy means "to give a voice to people".

In practice this means making sure that people, particularly those who are most affected by injustices, are able to:

- *Have their voice heard on issues that are important to them*
- *Defend and promote their rights*
- *Have their concerns, views and wishes genuinely considered when decisions are being made about their lives.*

Advocacy can be a **range of activities** that aim to change attitudes, policies and practices, such as awareness-raising, lobbying, community organising and networking. It can be aimed at **different audiences**, including your own organisation or community, the 'general public', civil society, politicians and other decision-makers.

There are different levels of advocacy:

- **Self-advocacy** - When you speak up for yourself.
- **Peer Advocacy** - When you speak up for others or support someone who needs help.
- **Community Advocacy** - When you work together with a group of people to make change happen.
- **Political advocacy** - When you publicly support and speak out for a certain cause to influence legislation and policies.

This programme aims to support you **to advocate on the food justice issues you care about**, and for you to support people in your groups and communities to do the same.

