



FundWell: A Swift Summary of Wellbeing Stuff for Funders

Welcome to the conversation! And to our first edition of FundWell: A Swift Summary of Wellbeing Stuff for Funders. The movement towards changemaker WB is [underway](#). We're here to encourage and support funders to increase their:

- Regard of wellbeing as absolutely essential to sustained, effective social change;
- Comfort and confidence addressing intersecting topics like power, equity, justice, trauma, healing;
- Demonstration of practices that purposefully increase wellbeing for stakeholders.

We're doing this with a [group of funders](#) who meet regularly to push each others' thinking and actions and accelerate the above. We know there are many more funder professionals out there who are thinking about the intersection of philanthropy and wellbeing. This newsletter is for you!

Join us once a month as we curate resources for building the case for wellbeing, give you questions you can discuss with your colleagues to start the conversation, and share examples of others articulating the worth of wellbeing to the philanthropic sector. Please do pass this newsletter on to anyone else you think who might want to [subscribe](#).

We'll also include resources from the group whenever appropriate. Starting now, with the [Funders + Wellbeing survey](#): This is a series of questions to help you think through how you define different 'layers' of wellbeing and reflect on where your organisation currently sits in terms of supporting wellbeing for all stakeholders. You'll receive a copy of your answers immediately after completing the survey and, in

2023, we'll share aggregate data from the survey so we have a sense of where we are and how we can move forward together, as a community.

Let's get started!

Well wishes,

Jessamyn and The Funders & Wellbeing Team



Fundwell Essentials

- Chicago Beyond's **Whole Philanthropy** approach embodies consciousness, connectedness, and the wellbeing of people, communities, and systems. They

describe it as ‘recentering humanness’. In [this primer](#) they detail two examples of what Whole Philanthropy looks like.

- Threshold Philanthropy is ‘rooted in holistic community care... hopeful that **philanthropy can be actualized as love of humankind.**’ They believe community care can heal, repair past harm and prevent it happening again. You can read about what that means for all their stakeholders, [here](#).
- Nonprofits are increasingly **organising to urgently call for change in philanthropy**. Here’s a [global](#) example from Catalyst 2030 and a [local](#) example from a courageous group of L.A. based organisations.

Talking Points: pick one and start a conversation!

- What parts of your funding work centre humans? What parts centre something else? Is there room for more humanness in your work?
- Does your organisation have a strong understanding of its history—particularly its wealth source? How might a foundation’s history cause harm or wellbeing for communities it interacts with?
- Have the organisations you fund ever written an open letter to philanthropy? If they did, what do you think they would ask you to do?

Words on Wellbeing

[A vow not to burn out](#), from Mushim Patricia Ikeda, social activist and teacher at East Bay Meditation Center in Oakland, California.

How does your funding organisation define wellbeing? Does it support wellbeing for its stakeholders? [Reflect and share here, in the Funders + Wellbeing Survey.](#)

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