



## FundWell

### *A Swift Summary of Wellbeing Stuff for Funders*

#### **The 'Care Paradox' – Who Will Take Care of the Carers?**

Why carers can't keep pouring from an empty cup

*April's edition of FundWell is curated by The Ember Team*

*(Ember is a collaboration between the SHM Foundation and the Mental Health Innovation Network.)*

When Athenian Philosopher Plato set out to imagine what an ideal community would look like, he ran into the following conundrum: 'if we appoint a part of the community to be the guards and custodians of the rest of the community, who will be left to guard the custodians themselves?'

The same logic can be applied to the wellbeing of carers- be it practitioners delivering community services for social impact, professionals working in the health sector, or founders of organisations. Carers' play a vital role in our societies, but what is often forgotten is that carers too are real people with their own emotional and life challenges and who, as such, also need to be supported in their wellbeing. As we are always told on airplanes, it is only after you put your own oxygen mask on that you can turn to help others. But if carers aren't able to support their own wellbeing in the first place, how can they possibly deliver effective and sustainable care to others?

Solving this paradox might seem like a complex task, but in reality it can be done quite easily, and even a small investment can make a huge difference for teams and organisations.

If this resonates with you and you want to know more about initiatives that support workers' wellbeing and how this can be done, read on!

Be Well,  
The Ember Team



Illustration by Mexico-based artist Erendira Derbez [Image description: Colourful illustration of three people wearing face masks and various types of clothing that denote caregiving roles, with their arms around each other.]

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## FundWell Essentials

- Ember, a mental health programme funding and mentoring grassroots organisations, [illustrates how funders can impact the wellbeing of organisations](#), using Ember's recently launched 'Wellbeing Fund' as a case-study.
- [A practical toolkit](#) for funders to actively support the wellbeing of their organisations.
- Spain becomes the first European country to introduce [paid menstrual leaves](#). Could this be a game changer for organisational wellbeing?
- Masawa works with founders to increase access to care and support for their organisational wellbeing. [Here's how](#).

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## Talking Points: pick one and start a conversation!

- What are the greatest challenges to creating a wellbeing culture with grantee partners?

- What are the challenges of ensuring team wellness in hybrid modes of working?

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## Words on Wellbeing

“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.”

Greg Anderson

“When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied.”

Herophilos

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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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