

FundWell

A Swift Summary of Wellbeing Stuff for Funders

November edition of FundWell is curated by Dana Preston, Development & Partnerships Lead at The Wellbeing Project.

Hello Fundwell Community,

I hope this message finds you well, nestled in a moment of peace with your preferred beverage by your side. I'm Dana, the Development + Partnerships Lead of the Wellbeing Project, and I'm so honored to be writing this FundWell edition. This month, we're delving into the meaningful world of collective care - an age-old concept with roots in diverse cultures, because, frankly, who doesn't need a supportive crew?

Collective care isn't a new idea; it's woven into the fabric of societies worldwide. From African Ubuntu philosophy to the Pacific Islands' Talanoa to feminist movements in Mesoamerica, many cultures and groups emphasize the importance of interconnectedness and communal support. Today, however, it seems many of us have forgotten this.

I recently became a mom and I couldn't have imagined how essential other people, particularly other moms, were going to be in my journey. In the midst of my struggles with peri-natal depression, I found solace in [online maternity support groups](#) - a modern-day expression of ancient communal support. It reminded me of the universal truth: it takes a village, and sometimes that village is on a screen.

Sharing vulnerability and acknowledging the need for help became more accessible within a community of moms facing similar challenges. Strength surged as I realized I wasn't alone in my struggles. Inspiration blossomed from the resilience of my peers, fostering a sense of connection and belonging—essential elements on my path to healing.

In navigating the challenges, I reflected on the parallels between changemakers and moms/caregivers. Both bear unjust expectations, receive scant recognition, and carry an intrinsic sense of duty and self-sacrifice that often leads to burnout and isolation. This month, let's delve into the ancient practices of collective care, exploring how they can illuminate our journey toward individual and shared wellbeing. For caregivers, for changemakers, for all.

My very best,
Dana and the Funders + Wellbeing Group team



Credit: Danica Ricciardi
Image description: Purple hand gently holding three green clovers with the message "Take Care of Each Other" draping over the hand.

FundWell Essentials

- [Urgent Action Fund Africa](#) program officers share why collective care is essential to their grantmaking.
- Even [USAID recognizes the importance of embedding collective care](#) in social change work.
- What is collective healing in a systems change context? Learn more from these [upcoming webinars](#) with Collective Change Lab and The Wellbeing Project.

Talking Points: pick one and start a conversation!

- Discuss the importance of **embracing vulnerability** and seeking support from peers in breaking down the hero/heroine complex as integral components of effective changemaking efforts.
- In a world increasingly connected through technology, **how can philanthropy leverage digital platforms to enhance collective care?**
- How can your funding strategies **empower communities to take the lead** in designing and implementing collective care solutions?

Words on Wellbeing

"Without community, there is no liberation"

~ bell hooks

Check out some tangibles examples of collective care you can practice at work with colleagues, from the [Frida Young Feminist Fund](#)

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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