FUNDWELL

Swift Summary of Wellbeing Stuff for Funders

October's edition of FundWell is curated by The Wellbeing Project

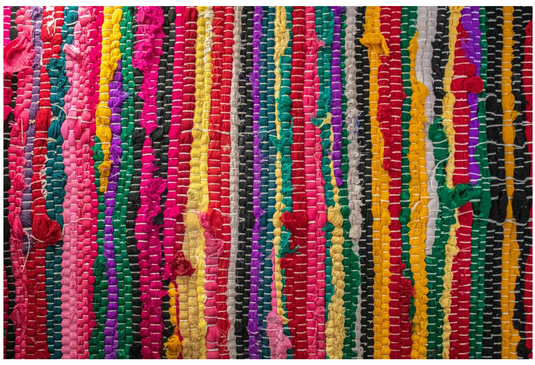


Photo Description: A vibrant woven textile featuring colorful, interconnected threads and textures, reflecting the beauty of diversity and the strength of collective care.
Photo Credits: Brian Wangenheim on Unsplash

Something is shifting in how philanthropy talks about wellbeing.

At our first Wellbeing Showcase in 2025, we explored how funders were bringing wellbeing into their organizations and grantmaking. This October, at our second, the conversation had changed — more nuanced, more probing, more willing to question the structures that shape wellbeing in the first place.

One question from our closing discussion stayed with us: *Who actually has the power to rest, set boundaries, and ask for support?* Wellbeing is often framed as a universal need, but the ability to prioritize it is shaped by power, privilege, and position.

In this edition of FundWell, we share a few of the resources and insights from the latest Showcase, along with questions to spark reflection in your own organization.
If you'd like to be part of these kinds of conversations among peers, the Funders + Wellbeing Learning Group — which runs the Showcase — is open to funders ready to go deeper. Learn more by clicking the button or reply to this email

Learn more

☑️ FundWell Essentials



This month, we're featuring tools and resources generously shared by participants and speakers during our recent Wellbeing Showcase. A big thank you to everyone who kept the conversation going in the chat and contributed to our collective learning!

1. A Living Resource for Philanthropy | Humanity United's Wellbeing & Care Practice Bank
What does putting wellbeing into practice actually look like? Explore this collaborative collection of practices from across philanthropy, designed to inspire funders to experiment, learn from one another, and adapt approaches to their own contexts.

2. Reimagining Rest and Restoration | New Seneca Village
What does it look like to make rest more accessible? New Seneca Village offers restorative residencies with expenses covered, providing an example of how intentional spaces for rest and renewal can support those working toward social change.

3. Expanding Our Understanding of Care | Conservation, Capacity and Wellbeing Report
How can funders better recognise and support community-defined approaches to wellbeing? This report explores collaborative care among communities of colour, offering perspectives on wellbeing that extend beyond conventional organisational approaches.



💬 Talking Points

Three questions to bring into conversations at your organization.

🗣️ Who gets to prioritize wellbeing?
Who in our organizations and among our partners has the freedom to rest, set boundaries, and ask for support? How might power and privilege shape those opportunities?

🗣️ Are our funding practices supporting or undermining wellbeing?
How might our reporting requirements, funding structures, and expectations unintentionally contribute to stress or burnout? What could we do differently?

🗣️ Whose understanding of care are we supporting?
How can we better recognize and resource culturally rooted, community-led approaches to wellbeing, even when they don't fit conventional funding or evaluation frameworks?

Words on Wellbeing



> **"Our future is not a personal pursuit, but a collective dream."**
> **— Abdul Ajak, visual storyteller and documentary filmmaker**

A beautiful reminder that wellbeing is not something we cultivate alone. It grows through the relationships we nurture, the communities we build, and the ways we care for one another.
Quote shared during UMI Fund's presentation at the second Wellbeing Showcase.



Notes & What's Ahead

Stay tuned! Before the year ends, we'll be launching our State of Changemaker Wellbeing Report, drawing on more than 11,000 responses from changemakers across 147 countries. 🌍 This global research will offer new insights into the wellbeing of those driving social change and help spark conversations about how philanthropy can better support them.
We can't wait to share the findings with you!

Looking to go deeper? Explore our Philanthropy x Wellbeing Hub.

Subscribe

About The Wellbeing Project

The Wellbeing Project, 8 rue de la Pierre-Levée, Paris 75011, France
Unsubscribe Manage preferences