



## The Re-FUEL Fund 2024 Personal Wellness Grant for Young Changemakers

### GUIDELINES

#### **What is the Re-FUEL Fund?**

The Re-FUEL Fund is a wellness grant offered to individual young changemakers working in the social impact, community grassroots or non-profit sectors. Recipients of this grant must use the entirety of their fund to support their **personal wellness**, however that looks to you.

*\$1000.00 x 3 changemakers  
and 3 Annual FUEL Memberships for an additional 3 changemakers*

#### **Why the Re-FUEL Fund?**

Creating positive community change is more than a job. It is a lifelong vocation. It blurs the line between relentless dedication and the need to take care of yourself.

The toll of social impact work is high. The burnout, the mental health impacts, the financial hardship – they're all very real. They come from trying to solve overwhelming social challenges within a broken system.

Your wellbeing matters. It is the heart of a strong and hopeful community.

We at FUEL are committed to mitigating burnout and finding new ways to support young changemakers - starting with your wellbeing. Together, we can shift sectoral norms and pave the way for real change, through investment in self-care and fostering a culture of human connection and compassion.

#### **Who Are You?**

The Re-FUEL Fund will be offered to 3 individual young changemakers (aged 18-30) in the Greater Toronto Area (GTA), working in the social impact, community grassroots or non-profit sectors.

- **Your changemaking is often informed by your lived experiences and connections to the communities you serve.**
- You are working locally and/or internationally to address systemic inequalities.



- You are creating access to better mental health support for youth.
- You are combating climate change and other planetary crises.
- You are leading change towards gender equality, social justice and LGBTQ+ rights and providing anti-racism training and advocacy.
- You are working towards solutions to food insecurity and homelessness, and creating greater access to education.

FUEL's work aims to support members of **Equity-Deserving Communities**. Equity-deserving groups are communities that face systemic barriers to equal access, opportunities and resources due to disadvantage and discrimination on the basis of race, ethnicity, income, gender identity, sexual orientation, Indigeneity, age, ability, language, health, housing status, neighbourhood, and/or immigration status, among other identity markers.

### **How Do I Apply?**

**This granting program opens on October 30th, 2024  
and applications are due by November 22nd, 2024 at 11:59 pm**

**Application form can be found [HERE](#).**

**We will only accept one application per individual  
and do not accept late submissions.**

Young changemakers have shared their experiences of labour-intensive application processes, requiring the sharing of identity information and personal experiences (often of trauma and hardship) to demonstrate their deservedness for support, within structures that foster a culture of competition.

Our application process was carefully designed with these conversations in mind:

1. The application is very short with only 4 questions.
2. The only personal information required is your age and neighborhood/location.
3. We understand that not everyone will find our application form or process accessible. You are invited to submit in whatever format is most accessible and meaningful to you. This can look like a short video, written response, etc.



4. Though telling your story is encouraged, we at FUEL believe that applicants should not feel pressured to exploit personal trauma in the application process.
5. We understand that some may choose to share personal stories. To make this process as confidential as possible, a maximum of 3 individuals will have access to both names and the individual responses.
6. A jury of FUEL staff and young changemakers will narrow the applications, based on **eligibility, alignment with the FUEL community and the applicant's dedication to community development and social change**. One winning application will be chosen by this jury process, one winning application will specifically be a dedicated member of our community (attended past FUEL programs and events) and one winner will be an applicant who attends our "Breaking Bread" dinner in January (selected randomly).

If you require any support in completing your application package, or would like to submit in an alternative format, please contact [patrick@fuelchange.org](mailto:patrick@fuelchange.org).

### **Timeline**

**October 30th, 2024** - Grant Opens

**November 22nd, 2024 at 11:59PM EST** - Grant Closes

**January 2025** - Grant winners announced and celebrated at Breaking Bread Community Dinner

**January 30th, 2025** - Due date for grantees to accept funds

**January 1, 2026** - Deadline for applicants to use entirety of fund

**February 1, 2026** - Deadline to provide feedback to the FUEL team (by survey or conversation)

### **What will I need to do if I get the grant?**

We will ask you to sign an **agreement**, along with payment details. Funds will only be sent once this information is received.

We will ask you to complete a **short survey or conversation** with a member of the FUEL team. We want to know about your experience and this will help us to improve the Fund over time.



Please **share your experience** with others - when you do so, please acknowledge FUEL and partners and donors.

We love to highlight FUEL community members - we will share information about you and your work on our platforms - and include information about what rest means to you (if you are comfortable with us sharing).

### **How can I spend the Funds?**

Any investment in personal wellness, rest and self-care, however that may look.

Examples can include, but are **definitely not** limited to: buying a new bike, going on a vacation to your motherland, having a stay-cation and spending more time with family and friends, taking a mindfulness course, updating your wardrobe, a spa day with your friend or by yourself, getting your hair and nails done, taking your grandmother to a concert, taking your kids to Canada's Wonderland, fixing your car, covering your grocery bill for a month,, etc.

You **cannot spend the funds on anything productivity-focused** and disconnected from your personal wellness, rest and self-care. Retroactive expenses will not be supported.