

The **Re-*f*UEL** Fund

\$1000 Wellness Grants
for Individual **Changemakers**



The Re-fUEL Fund



What is it?

The Re-FUEL Fund is a wellness grant offered to individual young changemakers working in the social impact, community grassroots, or non-profit sectors. The grant is provided to changemakers to make **ANY** investment in personal wellness, rest and self-care.

“When I set out to start FUEL, I was looking for a home for the love I have to give. The Re-FUEL Fund is the perfect expression of this love. It makes a clear and unapologetic statement that the wellbeing of changemakers is vital - worthy of our money, time and energy.”

— Erica Procter, Founder —

Why Re-FUEL?

Many young changemakers are either burned out or at risk of burnout. They are tackling overwhelming social issues, often rooted in their own personal experiences or witnessed injustice.

We sought to disrupt the traditional grant writing landscape, which is often characterized by intense competition and requires significant labor and sharing of personal information.



Our Commitment

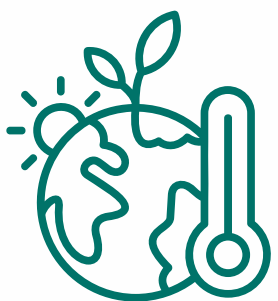
FUEL is committed to finding new ways to support young changemakers, **starting with your wellbeing.**

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.

- Our goal was to minimize the burden on applicants by creating an application process that was considerate and supportive.
- Applicants were asked to answer only **TWO** questions, allowing them to concentrate on their vision for personal wellness without unnecessary labour.
- Applicants were asked no identification information beyond their neighborhood and pronouns.

Who are the RE-FUEL Applicants?

Our 2024 Applicants' Social Justice Focus Areas



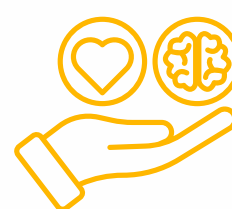
Climate Action



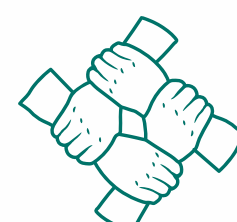
Housing & Settlement



Cultural Pride



Wellness



Racial Support



Violence Prevention



The Arts

170+

Over 170 changemakers across Ontario applied for the Re-FUEL Fund, with most applicants from **Scarborough, Downtown Toronto, and Mississauga.**



Changemakers dreams for their own wellbeing included...



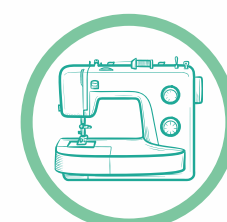
Healing Travel



Massage Therapy



Therapeutic Art



Exploring Hobbies



Talk Therapy

CELEBRATING OUR WINNERS

The Re-fuEL Fund



Laila Vahed
(she/her) Age: 21

Community-care worker, intersectionality and Resource Access Advocate, Co-Founder of "Queer Muslim Network"
Using the fund for pottery/sewing classes, learning mehndi, Urdu calligraphy and other artforms as self-care.



Siera Hancharyk
(she/they) Age: 27

Indigenous Entrepreneur, Facilitator, Activist and Community Worker. Owner of "Three Sisters Indigenous Crafts Market."
Using the fund for a spa day and self-care activities with their son.



Maysam Abu Khreibeh
(she/they) Age: 26

Multi-dimensional teacher, Social Justice Advocate, Community Organizer, Facilitator & Poet
Using the fund for an iPad to learn Pro-Creat and illustrate her dreams of a liberated future for all.



Priya Moraes
(she/her) Age: 26

Program Organizer and Southern ON Chapter Lead for "Colour the Trails"
Using the fund for a wellness trip to spend time with a friend in Halifax.



Rayanne Banaga
(she/her) Age: 30

Counsellor and BIPOC Mental Health Advocate. Founder of "Surviving Together"
Using the fund for financial support to take time off and recover from burnout.



Rae Jardine
(she/they) Age: 27

Sex Educator, Full Spectrum Doula & Mentor. Founder of "Sexual and Reproductive Health and Rights Hubs"
Using the fund for childcare support.



Alicia Richins
(she/they) Age: 30

Climate justice advocate, sustainable impact strategist, and the founder of The Climateverse.
Using the fund for a luxurious spa day and enrolling in a private insurance.



Taejah
(she/her) Age: 29

Educator, Community Builder and Founder of Pain to Power.
Using the fund for a staycation with mom and son.



X Ali Khan
(they/them) Age: 29

Writer, mixed media artist, educator and arts facilitator. Co-founder of Articulating Survival.
Using the fund for accupuncture sessions and a trip to vancouver.

COMMUNITY TESTIMONIALS

The **Re-fuEL** Fund

“I'm in awe of this grant and therefore all of you. Rest and ease is a murdered symphony that allows our hearts to beat and carry out meaningful work in the world, thank you for making time, space and money for it in this capitalist grind. ”

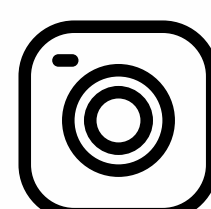
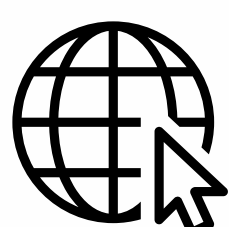
“I appreciate the stipulation that the money cannot be used for anything productive, as it really prompts me to spend it on activities that center joy, relaxation, and healing. Especially given that so many funding opportunities are geared towards fueling productivity, I appreciate how this one was so radically different.”

Community Members

“Youth are often so underrepresented in the wellness and self-care space, or the wellness and self care things we see now include spending money. But having the chance to receive after doing a lot of giving for usually a low wage and many long hours, is so refreshing.”

“Thank you for such an accessible and reflective application process. It made me realize I am so focused on social impact that I'm not taking care of myself enough. The application process left me quite emotional with this realization, and I deeply appreciate the opportunity to reflect and consider what I can do to fill my cup. Thank you, immensely.”

Our work at **FUEL** is centered in the voices of youth. We are thankful to everyone who has been a part of the Re-FUEL initiative, and we were proud to have ArtReach as a partner in this work.



Thank you to our partners and donors for your support

This granting program opens on **October 30th, 2024** and applications are **due by November 22nd, 2024 at 11:59 pm**. Winners will be announced in January 2025 at our **“Breaking Bread Community Dinner”**

Application form and guidelines can be found in the **link in our bio**, and on our website at **www.fuelchange.org/refuel**

**To our young changemakers doing the important work,
thank you**

