

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

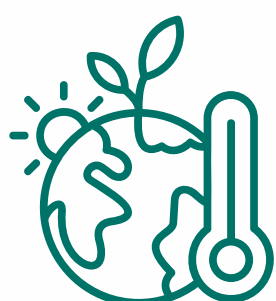
FUEL is committed to finding new ways to support young changemakers, **starting with your wellbeing.**

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



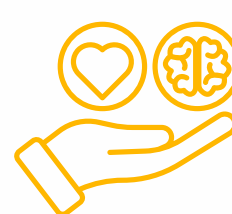
Climate Action



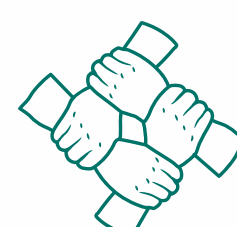
Housing & Settlement



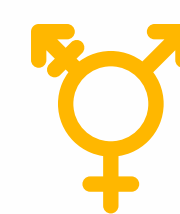
Cultural Pride



Wellness



Racial Support



LGBTQIA+ Advocacy



The Arts

120+

Over 120 changemakers from across the GTA applied for the Re-FUEL Fund, with most applicants from **Scarborough, Mississauga, and North York.**



Changemakers dreams for their own wellbeing included...



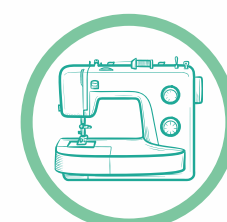
Healing Travel



Movement Practices



Therapeutic Art



Exploring Hobbies



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.

SPOTLIGHTING OUR FINALISTS



SHIANN CROFT

Storyteller, AD of The Coven, Founder of The Co-Oven



JASMINE VANSTONE

Jamaican-Canadian Multi-Disciplinary Artist, Arts Facilitator, and Arts Administrator



X ALI KHAN

Arts Facilitator, Disability & Poverty Informed Practices Educator



TOOBA DAWOOD

Youth Mentor, Poet, Creator of Love & Help Heal



ALIF ASHRAF

Mental Health Advocate, Founder of Mental Health



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. ”

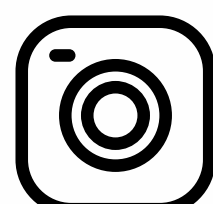
“I appreciate the stipulation that the money cannot be used for anything productive, as it really prompts me to spend it on activities that center joy, relaxation, and healing. Especially given that so many funding opportunities are geared towards fueling productivity, I appreciate how this one was so 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 our first Re-FUEL initiative. We look forward to creating additional opportunities for individual young changemakers this fall! If you are interested in supporting our upcoming Re-FUEL funds, [learn more here:](#)



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**

The logo for FUEL, featuring the word "FUEL" in a bold, italicized, yellow sans-serif font. The letter "F" is significantly larger and more stylized than the other letters, which are in a smaller, more standard font weight.