

Your idea could change the way we approach mental health

Information Pack Expression of Interest Information Pack

Discovery Grants 2026



**Fay Fuller
Foundation**

Guide to this information pack

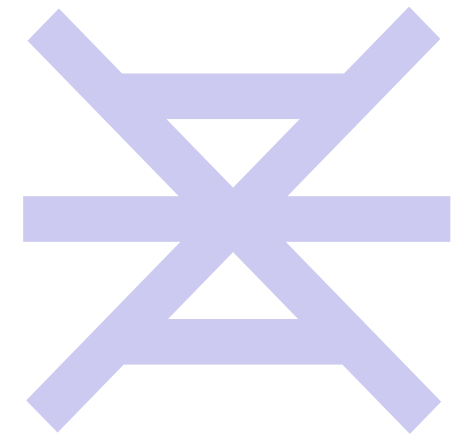
This Expression of Interest (EOI) Information Pack has been put together to support you to prepare an EOI for a Discovery Grant. It details eligibility requirements, what to include, how applications will be assessed and helpful tips. By 22 May, six EOI applicants will be invited to the second stage to prepare a full application, due 13 July. The Full Application Information Pack can be previewed on the Discovery webpage.

Accessing support & resources

We highly encourage you to reach out to Kate for a chat about your idea and support with the application process. To further support you in understanding the intentions of Discovery Grants, please review the support resources on the webpage, including videos, FAQs, and the 'Our Approach to Mental Health and Wellbeing' document. We are holding an online information session 11 March 12-1pm and the recording will be available on the webpage as a resource within the week.

Contact Information

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The details

Discovery Grants are a two-year grant to the total value of \$245,000. Expressions of interest are open for anyone to apply and six proposals will be invited to progress to submitting a full application, alongside any interested existing Spark Grant Partners. Based on the full application stage, a total of three grants will be awarded.

The opportunity

Discovery Grants are an opportunity to develop preventative approaches that support mental health and the conditions for wellbeing, led by community. They create the space to learn what works, what doesn't and how it could be scalable, self-making, or sustainable. We hope Discovery Grants will contribute towards:

- Discovering and developing different ways for community to be connected and supported that are relational, holistic, person-centred, and compassionate.
- A shift in the narrative and discourse around mental health to one that is strengths-based, led by community voice, and values living and lived experience.
- Envisioning, testing, and implementing new approaches that shift us from response to prevention by addressing the root causes and determinants that contribute to mental ill health and poor wellbeing in communities.

Discovery Grants support learning and developing with community

Applications 2026

OPEN: 02 March

CLOSE: 5pm 13 April

How to apply

During the application period, register or log into our [Grant Toolbox platform](#) via our website to submit your EOI. Please register under the primary organisation or individual applying —there is an opportunity to add collaborating organisations later in the process.

Your EOI can be uploaded as an attachment, written in an open text box and/or you can provide a link to an online platform to view or download videos.

We recommend registering a week before the due date if you haven't used this platform before. There is a video available on our website that walks through the whole process, but if you have any problems at all, reach out for a chat.

Eligibility

To be considered for a Discovery Grant your proposal needs to meet the following criteria:

For charitable purposes

We invite any type of organisation to apply where their work is for charitable purposes and for the benefit of community.

South Australian Community Based

As a South Australian based Foundation we support community-based programs of work within South Australia. This criterion is assessed on the location of the work and if it is to the benefit of a South Australian community.

Discovering new understandings of what will build or sustain community mental health and wellbeing

Discovery Grants are not intended to provide ongoing funding, or funding for the running of community groups or implementation of programs. The intention of the grant is to provide opportunities for community to be the ones to develop and build new insights and understandings of what supports their experience of positive mental health and wellbeing. Discovery Grants intend to support communities to explore what is not otherwise known, or understood, with a primary focus on prevention and promotion of strengths-based, holistic and contextual approaches.

Preparing your EOI

Through your EOI we are hoping to understand what you would like to explore through a Discovery Grant; the reason behind it, the opportunity, and your ways of working with community to create change. It is also important for us to consider whether the proposal is well suited to the opportunity and resources provided by a Discovery Grant.

Format – tell us in your own way

We want to hear from you in whatever way is easiest and preferred for you, this includes how you communicate as well as the format you choose to present your proposal in. Your proposal could be a narrative, short answer responses, a video, or an audio recording and it might be conversational, academic, or a more formal proposal. We will not be taking into account presentation, grammar, or length when reviewing your proposal, only how what you have shared with us aligns with the guiding statements and assessment criteria. If you're uncertain about any of this, please reach out for a chat to discuss options and ways we can support.

Length and detail

We don't want you investing too much of your time or resources in us and encourage you to be brief and speak to the heart of the matter. As a guide, this might look like 1-2 pages of information. However, we understand that you might want to share more, or find it hard to cut down, so longer is okay too! We don't require letters of support, or background information but if there is anything important or relevant to support your application, you are welcome to reference or attach. If your EOI progresses to full application, you will have the opportunity to provide more detail.

Direct Questions

When you upload your EOI in Grant Toolbox we will also ask you to name:

- Your community group
- Location of the work
- What you want to develop

What to include in your EOI

The five guiding prompts below invite the type of information that is important for us to understand. You are welcome to include anything additional that you think is relevant. You can answer each question directly or use this as a guide on what to include in your recording or written submission.

Who | Introduce us to yourself and the community who will work on this project.

This might include: a short description of you or your organisation, any partner organisations, and a description of your community group.

What | Describe what you want to develop during Discovery.

This might include: information about the current situation, what you want to work towards, and the key stages needed to develop this idea.

Why | Share with us the inspiration and support for this idea

This might include: information about what and who has informed this idea, community's support or interest in being involved, and why this might create change.

How | Explain what is important in how this will be developed with community

This might include: what will be important about how you work with community, how you might approach developing and testing your idea, how you have done this previously. This doesn't need to be a project plan, just a description of key methods or approaches.

Hope | Talk to us about the difference this might make to mental health and wellbeing

This might include: information about what preventative approaches for mental health and wellbeing mean for your community, how this compares to what is currently available or known, or what you might hope to see at the end of the Discovery period, and into the future.

EOI Assessment

Process

Each EOI submission will be reviewed by at least two people from Fay Fuller Foundation using the eligibility and assessment criteria. We take a strengths-based approach to assessment and will be looking for examples of how what you have shared matches the criteria. All the criteria are equally important and will be used to assess all information shared with us.

A shortlist of EOIs will be shared with sector representatives from our partners and networks to provide context and expertise into the selection process. Our best efforts will be made to de-identify applicants and it will remain a confidential process. We will then come together as a team to discuss the outcomes of the individual assessments to share and compare our thoughts and to ensure a consistency of approach, and a critical lens against any bias. From this EOI assessment process, six applicants that are most aligned to the intentions of this opportunity will be invited to share a full application. In addition to this shortlist, 2025 Spark Partners have the opportunity to submit a full application.

Assessment Criteria

We will use the below criteria to review your proposal. Each criteria is equally as important as the next and will be applied to all of the information provided in your proposal.

Community leading what wellbeing means to them

Proposal seeks to increase understandings of what mental health and wellbeing means for community in their context and experience, what they would like to see be different, and leadership and agency in taking it forward.

Valuing the process over the outcome

Proposal demonstrates that the approach or methodology is process driven rather than outcome focussed, e.g. having an explorative learning approach and an open way of working that supports building and developing throughout the process and period.

Preventative & strengths-based

Proposal shares an idea that is strengths-based and will develop a new preventative approach or shift the way wellbeing is currently understood and experienced.

Aligned to Discovery Grants

Proposal aligns with the intention, opportunity, and parameters of Discovery with specific consideration of the amount of funding and time available.

Helpful hints for your Fay Fuller Foundation grant application

Not sure about how to approach your grant application or feeling like this is different to grant processes you have experienced before? We hope the following can provide a little guidance and inspiration of what you might include or share about in your application.

Live in possibility, not solutions.

Don't feel that the end point needs to be fixed and decided on from the start. Instead, speak to your idea, how you might approach testing or building it, and what you want that process to look or feel like.

Demonstrate openness to adapt, iterate, and learn.

We are looking for pieces of work that are shaped through deep engagement with community and demonstrate a learning approach with a willingness to adapt based on community input. Share with us what this might look like for you; how you might iterate throughout the project lifecycle and be informed by what you are seeing, hearing, and learning along the way.

Come from a strengths-based position.

Instead of focussing on deficits, challenges or what is wrong, think about: What are the strengths of this community? What are their assets? What is the gap you want to fill by strengthening these or applying them to a new challenge? How might you leverage existing assets and build on strengths?

Consider, what is the story of this work?

Provide us with a sense of the lay of the land or the current state, the challenge or opportunity, the good stuff you want to build on or leverage, and what you want to explore.

Tell us who the characters are.

Share with us about who is involved, their characteristics and strengths and what is important to them. Explain who else needs to be involved and how you will look to involve them with consideration for what they can bring to this work through their individual roles and how you might learn together and from each other.

Answer – why you?

Explain the relationships, knowledge, understanding, or expertise that you or your organisation hold that put you in prime position to do this work. Do you belong to the community or hold strong community relationships? Do you have a deep understanding of the system within which an opportunity has arisen? Do you come from a different technical background but can see how that could be applied to a new challenge? Share about how your way of working aligns with the processes of iterating, adapting, and deeply engaging with community.

Apply in a way that helps you shine.

We happily encourage and accept grant applications in multiple formats so that you can apply in the way that best helps you to share your idea. Consider what this means for you with the knowledge that the format of your application will in no way influence how it is assessed. Are you more confident preparing a written application or sharing more of a mind map? Would you prefer to talk through your ideas and have this recorded? Mostly know that this is not about giving us a good show but about you having the best opportunity to put your idea forward.

Next Steps

Communication and Feedback

What communication will I receive about my application?

When you upload your proposal through our Grant Toolbox online platform, you will receive an automatic confirmation email —we recommend checking your junk mail for this. If you have any concerns, please don’t hesitate to reach out to us. We will notify all applicants of the outcome of their proposal via email between 18-22 May. For all communications, the information for the key contact provided in Grant Toolbox will be used unless otherwise indicated within the application.

What feedback will we receive?

We will provide written feedback to all applicants as to the outcome of their proposal, strengths that stood out to us, and any specific feedback as it relates to an eligibility or assessment criteria. We understand more detailed feedback can be valued, but feel it is contextual to the process so offer to provide this on a one-to-one basis if requested. Only the final selection of three grant partners will be shared publicly by September.

For more information about what to expect during a Discovery Grant or partnering with the Foundation, see the Full Application Information Pack.

Have a question?
We welcome you to get in touch and clarify any questions you might have about submitting an application.

Grant Information

Resources

What can the funding be used for?

The funding is to enable you to develop your idea with community in alignment with your application. The only specific restrictions on how the funding is used is that it is for charitable purposes and supports your ability to undertake your proposal with your community.

What funding will be provided?

The funding will be provided as donations to support your work. Donations will be made in four six-monthly instalments of \$60,000 beginning in September 2026 and then after each milestone meeting to a total of \$240,000 (GST free). The Foundation will provide an additional \$5,000 to support the development of tools or evaluation frameworks to inform ongoing learning for the purpose of reflection and adaptation.

Is there any flexibility in timing?

We understand circumstances change and people work at different paces, so we will adapt to your needs and are happy to work flexibly.

