

# Your idea could change the way we approach mental health

## Information Pack Full Application Information Pack

Discovery Grants 2026



**Fay Fuller**  
Foundation

### Guide to this information pack

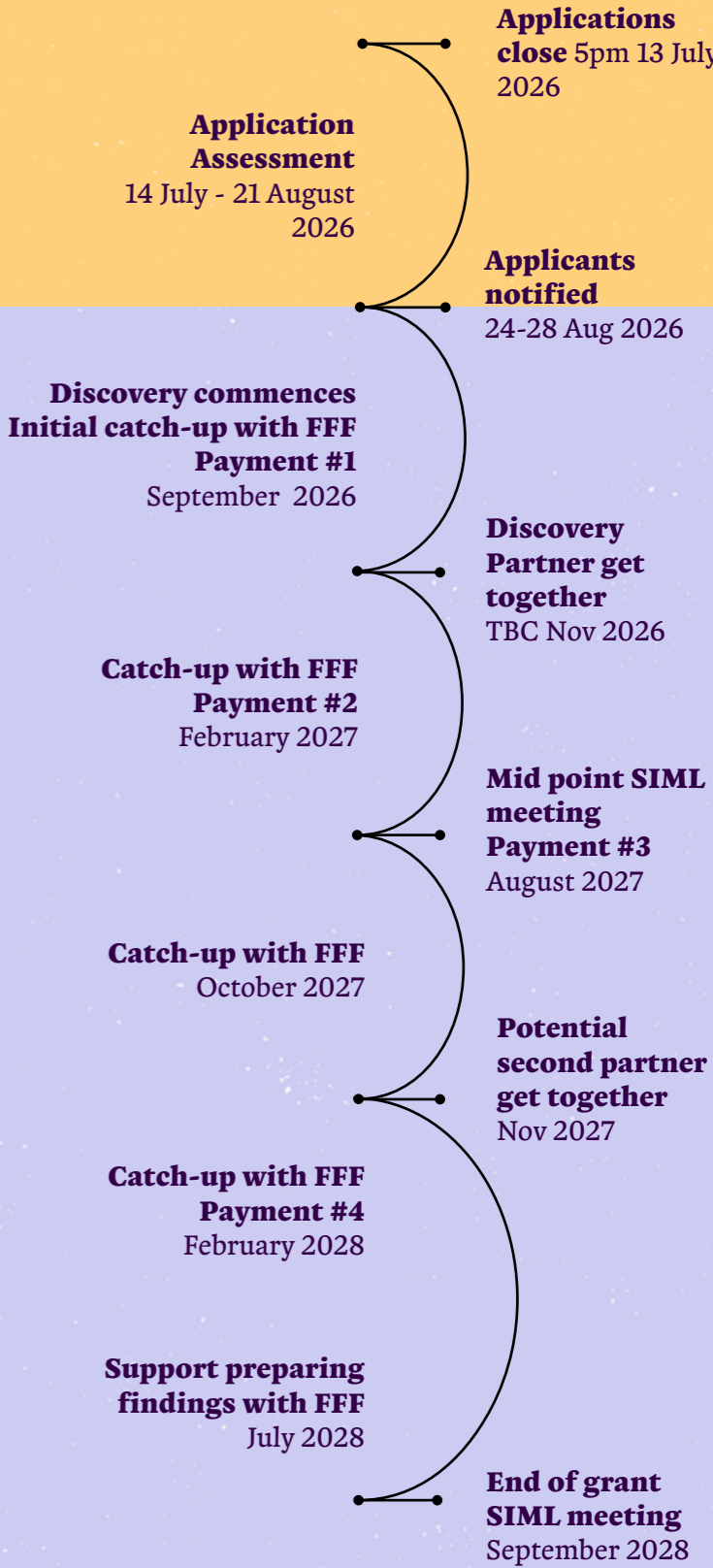
This information pack is to support the invited six applicants shortlisted from the Expression of Interest (EOI) stage as well as interested 2025 Spark Partners to prepare a full application for Discovery Grants. It has been made publicly available so that you have access to all the information when considering whether Discovery Grants are a good fit for you, and what information might be needed along the way.

We understand that grant applications take time, resources, passion and energy, and will be providing a small donation to express our gratitude for those who share their hopes, ideas, and expertise through a full application.

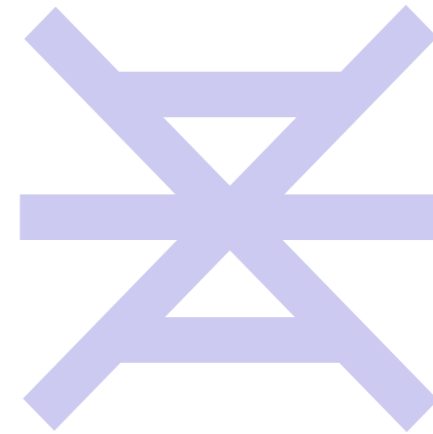
### Have a question?

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

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# Discovery Grants support learning and developing with community



## Applications 2026

OPEN: **18 May**  
CLOSE: **5pm 13 July**

### How to apply

Shortlisted EOI applicants, along with 2025 Spark Partners, will be invited by 22 May to prepare a full application. There will be an opportunity to discuss feedback on your EOI and the full application process with Kate, Community Partnerships and Practice Manager, before submitting using Grant Toolbox by 5pm 13 July.

### Additional resources

- [Discovery Webpage](#)
- [Mental Health & Wellbeing Narrative](#)
- [EOI Information Pack](#)

### 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 application

In the full application we will be looking for you to expand on what your approach to exploring your idea during the grant period might be, and what you are hoping to achieve. This is intended to support an understanding of what your ways of working might look like in practice and to think through the scope and feasibility over the two years. It doesn't need to include the finer details of an implementation or project plan, rather a broad overview of the key intentions, practices, and phases.

### Methodology

How you choose to test and develop your idea with community is up to you and should be the right fit for the context of your idea and your ways of working with community. We will look to understand how your approach and method will enable you to learn, reflect, and adapt throughout the grant period as well as the ways community are included and contributing across different stages of the project. Some example methods include: participatory research, prototyping, service-design research and co-development.

Please note, Discovery Grants aren't intended for implementing pilots as traditionally this methodology only supports community feedback after trialling an already developed idea. Instead, they are intended to support developing all components of the idea in small stages with community, and adapting it as you go based on what you are hearing and learning.

### Format & length

The two months to develop your application is to enable flexibility and the opportunity to engage with your community, it shouldn't be considered indicative of expected effort or time required. Similar to the EOI process, we have provided a guide of key information to include. The format of your application is your choice but guidance is 4-6 pages of information, to be presented in your preferred ways —this can include multiple formats such as written and video. Your responses to the EOI will automatically appear when you go to submit your application in Grant Toolbox, so there is no need to repeat information already shared.

# What to include

## Guiding questions

The guiding questions in the lavender panel below invite you to build on the information already provided at the EOI stage and start to paint a picture of what this might look like in practice. We encourage you to consider the roles of yourself and community throughout all questions. You are welcome to reference your EOI and include anything additional that you think is relevant.

### How might you bring your proposal to life?

We are looking to understand what you think the key phases, activities and approaches might be to bring your proposal to life during the period.

### What will you be building on and what might you need to do to prepare?

We are looking to understand what is already existing and ready for you to implement your plan, and what you might need to learn, develop or establish before starting—for instance, relationships with community, understanding of your methodology, hiring staff, etc.

### How might you work with the diversity of voices within your community group?

Building on your ways of working with community, we would like to understand how you might provide space and safety for a diversity of voices to be included. This might, for example, include diversity such as accessibility, culture, gender, sexuality, identity and age.

### How might you learn, reflect, and adapt throughout the grant period?

What might your practices look like, or what will be important to support you to reflect on what you are learning throughout the grant period and implement these learnings to adapt as you go?

## Direct Question

When you submit your application in Grant Toolbox you will be asked to provide a short answer to the below question.

*Why do you think you or your organisation and staff are best placed to support community with this idea?*

### How might the funding support your work?

We are looking to understand how your approach will be resourced at a high level to ensure the work is within scope. A detailed budget isn't required, and you are welcome to reference any other existing or in kind resources in your description.

### What might you hope to see at the end of the grant period?

Building on your hope for this work, by the end of the two year period, what do you hope you might understand, have developed, or see?

### How do you see this piece of work interacting with other parts of the sector/ system you work in?

This might be things such as bringing stakeholders on the journey, sharing learnings from your work, contributing to sector discourse or offering a new approach/ framework/ tool for others to adapt and adopt.

# Assessment process

## Assessment Criteria

### *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 and 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*

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

### *Ways of engaging and working with diversity of community*

Proposal reflects an understanding of the diversity present within the community group and suggests appropriate engagement methodologies and practices that support inclusion and accessibility.

### *Strengths demonstrated by proposed methodology and plan*

Proposal presents a methodology and approach that aligns with the intention, context and conditions, readiness, and the resources available.

### *Grounded in conditions for change*

We will consider how the broader context supports your proposal and potential for this to create meaningful change for community.

Four Fay Fuller Foundation staff will individually review each full application, documenting examples of how the proposal meets the seven assessment criteria. We will bring together our reviews to compare and discuss as a team, inviting in critical questions and reflection to ensure there is a consistency in approach across our assessments. A shortlist recommendation of the proposals that are most aligned to the criteria and intention of Discovery will be presented to the Fay Fuller Board for approval.

During this process the Foundation may contact the key contact shared to clarify information provided.

## Feedback

We will phone applicants using the key contact number provided in the first instance to share the outcome of your application and provide initial feedback between 24-28 August, with an open invitation for further discussion. If contact can't be made via phone within a working day, applicants will be notified via email.

# Grant information

## What to expect during Discovery

The Foundation team will work alongside as a partner throughout the period to build a relationship of mutual learning and support.

We will arrange an introductory meeting in September to get to know each other, discuss your proposal and walk through the Memorandum of Understanding ([an example from 2024 can be viewed here](#)). This provides the opportunity to discuss and develop preferred ways of working together and pencil in dates for milestone discussions (see timeline on page one).

When we come together during the grant period our conversations and support might include:

- What you are discovering and learning, how this might be built on, what learnings you might like to share (with us or others), and any instances where there's been a need (or opportunity) to adapt or change.
- Problem solving, or explorative conversations that might identify opportunities to connect to information, networks, or support from our team internally.
- Understanding how your ways of working are impacting the development of your work, and any other associated ripples of change or impact.
- The involvement of community and how they are seeing the potential to support preventative mental health and wellbeing.
- Feedback on how we are showing up as a partner and any shifts we might make or different supports we could offer.

We will also create opportunities for our Discovery partners to connect, share, and learn together throughout the partnership.

## 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.

## Acquittal & reporting requirements

We work alongside our partners throughout the period instead of requesting written progress reports. We also don't request a funding acquittal with individual receipts, but we will work with you to understand how the funding enabled you to do the work undertaken.

At the end of the grant period, we ask all Discovery partners to share what they have captured about their work and journey to the Fay Fuller Foundation board and invite a discussion around what might be made publicly available to support others.

# 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.