

PROJECT TO RESTORE TRADITIONAL OCCUPATIONS, INCREASE INCOME AND ENHANCE MENTAL HEALTH IN THE BAN POKOP COMMUNITY

Tha Yang Sub-district, Thung Yai District,
Nakhon Si Thammarat

Problem situation: Due to COVID-19 infection



- A widespread outbreak of the coronavirus (COVID-19)
- Infection rate of up to **7.45% (60 cases)**
- A percentage of **25% (15 cases)** experiencing symptoms of long COVID.
- A fatality rate of **1.67% (1 case)**.



Impacts



- Disrupted normal life
- Reduced income
- Led to debt burdens
- Stress, anxiety, sleep disturbances and physical health deterioration
- Family stress and conflicts
- Increase in infectious waste



Target groups

The workgroup consists of 15 people and 45 community members who have been affected by the situation



Producer



- Forming the workgroup and supplementary occupation group.
- Committee meeting to gain insights and enhance skills.
- Kitchen gardening, fish farming, banana product
- Basic household accounting. Ensure a safe environment
- To evaluate the outcomes
- To exchange knowledge on online marketing collaboration with the management unit
- To assess and promote mental health
- To learn packaging design techniques



Outcomes



- **80% of the participants** reduced stress levels
- **At least 80% of the participants** actively engage in supplementary occupation activities.
- **70% of the participants** increase in income.
- **70% of the participants** reduce their expenses.
- **80% of the unemployed participants** can find a job



Project operators

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