

GROWING ORGANIC VEGETABLES TO INCREASE INCOME AND PROMOTE MENTAL HEALTH “BAN PHU KHOA LAK” THUNG SANG SUBDISTRICT, THUNG YAI DISTRICT NAKHON SI THAMMARAT PROVINCE

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SITUATION

- The spread of the Coronavirus Disease (COVID-19) that causes problems and impacts. Anxiety, paranoia, and stressful conditions,
- Unemployed, No income

THE TARGET POPULATION

- People who participated in activities with the project, 85 people, a total of 100 people.
- Population who receive benefits from the project operations, a total of 20 people



PROCEDURE

- Developing existing occupation groups To have more members by allowing those affected by the COVID-19 outbreak to join as new members
- Organize a learning exchange forum for new members to join the professional group by using the previous knowledge of the existing.
- Organizing mental health promotion activities.
- Growing vegetables.
- There are network partners supporting.



OUTCOMES

1. There are 15 strong project leaders, creating 3 professional groups: growing vegetables
2. New members have skills and knowledge in growing vegetable gardens that are edible and non-toxic.
3. The affected group has knowledge of household accounting, 80 percent.
4. Groups affected by COVID-19 Have increased income and have better mental quality improved by 80 percent.
5. Unemployed people have income from growing vegetables in gardens that are edible and non-toxic.
4. The affected group had 80 percent less stress.

MORE INFORMATION

<https://hospital.wu.ac.th/>
<https://www.facebook.com/Taibon40/>
<https://path2health.or.th/>
<https://cas.wu.ac.th/>

