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Promote health and develop careers through the economic crisis of Pathumma
Community, Tha Sala Subdistrict, Tha Sala District
Nakhon Si Thammarat Province.

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Pathumma Community is located in Moo 1, Tha Sala Subdistrict, Tha Sala District, Nakhon Si Thammarat Province. It is an urban community with an area of approximately 160 rai, consisting of 183 households and 395 residents. The majority of the population engages in trade (109 people, 27.59%), followed by general labor (75 people, 18.98%), government service (47 people, 11.89%), and agriculture (11 people, 2.78%). The social structure is mostly single-family households, with many living in two-story commercial buildings or rental houses with limited space.

Community Potential: The community benefits from local wisdom in integrated agriculture and various occupational groups, such as composting, vegetable growing, curry paste production, and chili paste production. The community is supported by networks such as the Tha Sala Subdistrict Municipality, Walailak University, health volunteers (Aor Sor Mor), and Tha Sala Hospital.

Community Issues:

1. **Economic:** Inadequate income to cover expenses, with 60 households in debt and 90 unemployed individuals. Many work as day laborers with uncertain incomes.
2. **Social:** Drug addiction, theft, family breakdown, and a lack of community activities.
3. **Health:** Stress from financial debt, with 44 cases of high blood pressure, 35 cases of diabetes, and 3 bedridden patients.
4. **Environmental:** Limited agricultural space and no formal areas for community-based supplemental occupations.

Problem Analysis identified several key issues:

1. **Consumer Behavior:** The community has a consumerist mindset, with limited financial planning and a lack of knowledge in household accounting and supplemental income generation.
2. **Group Collaboration:** It is difficult to form strong community groups due to the single-family household structure and a lack of government support and clear mechanisms to drive initiatives.
3. **Environment:** The high cost of living and limited agricultural space mean that most residents do not grow their own vegetables.

The community thus developed a project with the following objectives:

1. Establish a strong working group to lead the project.
2. Promote supplemental occupations to increase income and reduce expenses.
3. Create mechanisms for monitoring and developing marketing channels.
4. Reduce household expenses and increase income.

Project Implementation involves several activities, starting with:

1. **Developing Community Leaders:** Leaders proposed forming three supplemental occupational groups: vegetable growing and bio-fertilizer production, curry paste production, and crispy noodle production to alleviate economic challenges. Training and support were provided to encourage community collaboration.
 - **Vegetable Growing and Bio-Fertilizer Group:** This group of 40 members learned to grow organic vegetables, reducing household expenses by approximately 1,500 baht per month and generating an additional 2,000 baht in income per month by selling produce at local markets.
 - **Curry Paste Group:** With 15 members, this group uses ingredients from the vegetable-growing group to produce curry paste. The group developed new recipes and sells the paste in local markets, earning about 1,500 baht per session.
 - **Crispy Noodle Group:** This group of 15 members revived their crispy noodle production, which had ceased due to a lack of workers. They improved the recipe to appeal to a wider audience, enhanced packaging, and explored new distribution channels with support from Walailak University.
2. **Environmental Management:** Community members were encouraged to convert space around their homes to grow kitchen garden vegetables such as chili, turmeric, and lemongrass, which could be used in the production of curry paste.

3. **Learning Process Creation:** Training sessions were conducted for community leaders and group members on product production, marketing, and sales. A community center for selling products was also established.
4. **Monitoring and Evaluation:** Monthly evaluations of the occupational groups were carried out, with results shared during community meetings to ensure continuous progress.

Outcomes:

1. A working group of 15 members was formed, including community leaders, women's groups, and local experts.
2. Monthly reviews and follow-ups on the progress of the occupational groups were conducted, with a total of 10 sessions.
3. Three occupational groups were established: a vegetable-growing group with 40 members, a curry paste group with 15 members, and a crispy noodle group with 15 members.
4. A total of 70 individuals were involved in promoting and supporting these occupations, helping to drive the development of supplemental occupations and increase income in the community.
5. The target group consists of migrant workers residing in the community who have joined activities aimed at developing occupations to increase their income, enabling them to live sustainably in Thailand. Collaboration with various networks has facilitated continuous learning and the expansion of knowledge, helping to further develop products in a sustainable manner.

Impact: The project successfully increased income and reduced expenses for community members. Products from the occupational groups were sold at local events and markets, contributing to the community's economic resilience. The project also fostered a culture of learning and strengthened the supplemental occupation groups, ensuring sustainable development in the long term.