

Covid-19 Response Grants 2021/22

Tamfourhill Tenants and Residents Organisation



Who are Tamfourhill Tenants and Residents Organisation?

Tamfourhill Tenants and Residents Organisation are a group of local people who work to represent the views of tenants and homeowners within the area and help make it a better place to live. They work in partnership with community and statutory organisations to help create positive local change.



How was the grant used?

- The grant enabled the organisation to purchase individual stationery packs for participants attending a pilot running with the THRIVE Keep Well programme in Camelon and Tamfourhill. This 16 week programme supports adults who are experiencing mild to moderate mental health and wellbeing difficulties. It assists individuals to rebuild their lives by increasing their skills, knowledge and awareness of their own personal health and wellbeing. The course also aims to support participants to feel more integrated into their community by helping build positive social networks, improve personal development, and support participants to develop their own social and economic lives.

What had to change due to Covid-19?

- Much of the group work had to be adapted due to social distancing and to accommodate this, a larger venue was needed. Additional stationery materials were purchased so that each participant had a personal folder to collect and store materials of value to them during the programme. This enabled the group to reflect on the learning after the programme had finished. They also provided additional utensils for cooking activities and ingredients.

Thrive participants
engaging in crafts





What difference has the grant made?

- Participant's physical and mental wellbeing benefitted from attending the Thrive course. Benefits included; learning adaptive coping strategies to manage stress, increased confidence and self esteem, learning new skills such as cooking, gaining social support from other members, working towards life goals such as employment and uptake of physical activity and healthy lifestyles amongst others. These benefits are captured in participant's quotes below.

"I have learned not to bottle everything up and talk about things that are worrying me, and to take a step back when things get too much. I am in a much happier place since coming to THRIVE. I feel more confident and my goal is to work as a dinner lady."

(Thrive participant)

"I learned to cook better and how to deal with stress by learning breathing techniques, about physical and mental health, and meeting new people. I have lost a stone and hope to lose more weight, stay healthy and get a job."

(Thrive participant)

"THRIVE has really helped my mental health. I have learned to listen more intently and have enjoyed the group company."

(Thrive participant)

