

## Case Study: Coplestone Together

Coplestone Together is a members group for people with mental health concerns in Peckham, South London. The group meet weekly for a shared lunch and to work in a community allotment together.

The group is coordinated by Julia, who sends text messages to keep in touch with the 25 members and let them know about upcoming activities, for example:



Members of the group enjoy getting Julia's messages, and find them valuable:

*They make you feel as though somebody or something out there knows you are alive. They make you smile if you are a bit down. Says John*

Another member, Karen, says:

*The messages make the difference to whether I come or not.*

Coplestone Together use text messages as a simple, powerful tool help people get together and support each other.

By supporting each other, the members of Coplestone Together reduce the cost on hard pressed public services.