

# Cornwall Music Service<sup>120</sup> Trust

A quality music education for  
Cornwall



Healthy  
Workplace

## What we do:

Cornwall Music Service Trust (CMST) provides curriculum support, vocal and instrumental tuition to primary, secondary schools and colleges across Cornwall. We are proud to now include 12 music therapy teachers. This life changing service has proven to have a profound and lasting impact on the lives of adults and children.

## Why we became a healthy workplace:

CMST signed up to the 'Be Healthy at Work' programme in 2015 because we recognise the importance of a valued and appreciated workforce, where teamwork, physical and emotional wellbeing is our top priority. We value the loyalty shown by our staff and are committed to providing a caring and supportive service.

## Recent health and well being activities:

This year we have:

Registered as a Disability Confident Employer

Held a safer driving seminar for all staff run by Rospra

Held a Christmas dinner & party night at the

Atlantic Hotel, Newquay.

Had mental health awareness training for team managers

Offered an NHS over 40's health check

Put on a summer BBQ

Entered a ladies & girls team in the Falmouth 'Race for Life'

Held a charity Barn Dance for staff, pupils, families & friends of CMST

## Plans aims for the next year:

This year we plan to:

Follow up on the base line hearing tests

Provide mental health & well being training for all

Continue to encourage staff to join in the healthy workplace activities

Arrange 'Resilience & Sleep' workshop for all

## Quote feedback from Director:

*"We have a wonderful team spirit at CMST. The Health & Well Being of our staff is very important to us. Achieving the GOLD Healthy Workplace Award is a great acknowledgment of everything we're doing, and gives us a fantastic platform to build on in the future"*  
Karen Frost. Health & Well Being Coordinator

## Quote feedback from Staff:

*"As a new member of CMST, I have been made to feel welcomed from the start. Thank you for all the activities you organise on our behalf and for making me feel an important member of the team"* Maggie.