

Cornwall Music Service Trust

120 employees
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 also have 12 music therapy teachers, who have had a profound and lasting impact on the lives of many 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:

In addition to offering all colleagues a FREE flu jab, we have focused our attention this year on Mental Health & Wellbeing. Teaching can be a stressful occupation and working in isolation as we do in the music service increases that risk. We have already held two full day courses on 'Understanding Stress & Building Resilience' with another planned for 2020. All colleagues received the 'Know Your Risk' online diabetes

assessment and the 'ONE YOU' Mental Health & Wellbeing leaflets.



Plans aims for the next year:

We have plans in place to run the 'Sleep Hygiene' seminars and all 6 area managers will attend the one day Mental Health First Aid Training in April.

Research is ongoing to offer staff a benefit package which will include health insurance, critical illness & sick pay as well as employee discounts across a range of leisure activities and high street retailers.

Quote feedback from Director:

"As the Staff Welfare & Professional Development manager, I have been delighted to see so many staff embrace the Healthy Workplace ethos, joining in with the Sugar Free September & Dry January challenges as well as taking part in the Race for Life event in Falmouth.

It brings us all together for social events and everyone is aware that they need to drink more water and eat more healthily, which is great. I am thrilled that we have again achieved the GOLD award, but its all about making everyone's lives for the better that is important to us"

Karen Frost

Quote feedback from Staff:

"I am a happy member of CMST staff. The door is always open to talk to someone if I have any concerns or worries and I genuinely feel that my line manager cares about my wellbeing."
Jane - staff member