

Teachers tackle an exercise challenge

A group of teachers wanted to show students how it's done by taking on an exercise challenge.

Ivybridge Community College's sixth form team of deputy principal Heather Lilley; personal development and welfare leader Kim Daniel and pastoral leader Sharon Terry decided to improve their overall fitness and wellbeing by taking on multiple running challenges over the last couple of terms.

After Heather completed the October Great Run Challenge, she gathered the team again to complete the November challenge the 'Baker's Dozen', signing everyone up to complete at least 13 runs in one month.

Sharon Terry put the others to shame by managing to clock up 128 miles to their 44 miles.

Next came the December challenge, which required them to complete 12 runs before Friday, December 25, which the group just managed to achieve by fitting in the last run on Christmas Eve.

January's challenge proved the hardest to complete.

Sharon aimed to run every day during the month, while Heather, due to work commitments, only managed to get out at the weekends.

The third member, Kim Daniel, said: "Even though I average three miles every other day, at a relatively slow pace, I can recommend the experience.

"Even on a dark, cold, windy and rainy evening a run always improves the mood, gets you out in the fresh air, and most importantly means that you feel less guilty about any chocolate you have consumed that day."



Wellbeing Challenge team Heather, Kim and Sharon

Contributed

Council reshuffle sees the deputy step aside

by Ginny Ware

A reshuffle among the newly appointed top bods at Totnes Town Council has put the recent outgoing mayor Jacqi Hodgson in the deputy mayor's seat.

Cllr Ben Piper was voted the council's new interim mayor in December and nominated Cllr Emily Price to be his deputy.

But Cllr Price has now decided to step aside and allow Cllr Hodgson to take her place, in what has been described as a "strategic move" that will allow the former mayor and longstanding councillor Ms Hodgson to support Cllr Piper in his new role.

Cllr Price explained: "As mayor Jacqi sat on the operations group in the council, which consists of the mayor, deputy mayor, the chairs and deputy chairs of committees.

"This group meets once a month is there to provide support to the town clerk on various issues and to look at agendas and see if anything needs actioning.

"She stood for deputy on the



Left, new mayor Ben Piper, and right, deputy mayor Jacqi Hodgson

Contributed

council matters committee, but Cllr Claire Allford was elected which meant Jacqi had no place on the operations group, something Ben and I thought was remiss because she brings so much to the table.

"Also as new mayor, Ben could do with Jacqi's input as she can provide invaluable support; and the

deputy mayor needs to support the mayor if he gets hit by a bus, both of which Jacqi can do particularly well.

"It's just a strategic move that will be in place until the interim period is over and new votes are held in May."

Cllr Price has retained her seat

on the group as chairwoman of the council matters committee.

Cllr Piper said: "Emily Price stood aside to allow Jacqi Hodgson to continue to give input at the highest level of operational and strategic decision making.

"Jacqi has an extraordinary depth and breadth of knowledge and understanding of what needs doing and how to get it done.

"As mayor I am honoured to have such a skilled and experienced person backing me and am really glad that we have retained her wisdom for the benefit of the town council and the town that we serve.

"Also, as I have followed [former mayor] Judy Westacott's example and not appointed a fixed 'consort', I will be taking whoever is most appropriate to whatever event/meeting I may be invited to in my civic capacity (if we ever emerge from lockdown!).

"Obviously that includes Emily – so she'll still get to be part of the 'chain gang' with all the other local mayors and civic leaders in the district."

Lockdown thoughts

by Teague Harrison

Teague Harrison is a 19-year-old further education student with autism at Bidwell Brook School in Dartington



Contributed

Teague Harrison

Going out was scary

How has the pandemic been for you?

Things have been difficult for everyone in one way or another, not seeing your loved ones or dealing with the isolation.

I'd like to tell you how it has been for me as a young person with autism.

The pandemic for me was extremely difficult; I spent the entirety in my home, only leaving once and that was only for one hour. A very nervous hour.

The only norm was checking my college's website for work; my teacher and his videos kept me going, seeing a familiar face while in my own home was a nice change of pace.

Then September came and since I had been inside for roughly six months, the fact I was leaving my "bubble" for the first time was scary.

It has been alright so far, I've kept an open mind and am also taking every day as a step back to normal life, but a lot of people, and some who aren't even disabled have found, (and continue to find) it very difficult.

Some people with disabilities have found that wearing a mask makes them feel anxious. I've heard many different stories about people who struggle wearing a mask, and some will wear a mask whenever and wherever and that is ok.

As a young man with a disability it can be hard sometimes, especially during a time like this.

I am grateful that despite my disability I have a voice, and I can use it to tell others about how this pandemic has affected people like me.

Thank you for reading.

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