

# Eastern Daily Press

SERVING THE COMMUNITY  
SINCE 1870

## Mental health care must stay as a real priority for 2016

It was a few months ago this newspaper decided to launch its Mental Health Watch campaign.

That was brought about largely because of the sheer number of people who were contacting us with heart-breaking stories. Some were simply struggling to cope with their respective conditions and wanted to share their experience. Others had been let down by the very organisations set up to help them in their hour of need.

One of the most regular complaints surrounded what is known as out-of-area care, when people are sent outside the region for a bed or specialist treatment because the service they need either isn't offered near their homes or is over capacity. All of them talked of feeling similar emotions. Lost, scared, unimportant, uncared for and alone were just some of the words which cropped up.

And no matter what the background to the problems facing mental health services in this region, such a scenario is simply unacceptable.

To their credit, the powers that be have recognised this and always been honest enough to admit it is something they want and need to eradicate.

And in the weeks after our campaign was launched, with an end to out-of-area care one of its aims, there were big improvements, which of course must be welcomed.

Our latest inquiries reveal 11 people from Norfolk and Waveney are going through the ordeal. That's 11 too many and it's vital our health chiefs continue to make this a priority in 2016. Old habits must not return.

## New college will help boost seaside prospects

The challenge of securing the best education for those growing up in seaside towns has been one that has preoccupied leading educationalists, as many resorts start to fall behind in the league tables. It has been a focus in our region too, where some significant successes have been secured.

The latest initiative is the proposed merger of Great Yarmouth College, Lowestoft College and Lowestoft Sixth Form College to create a vast single institution.

While seaside towns are sometimes characterised as down at heel, this is far from the case in Yarmouth and Lowestoft. Many of the industries that once sustained these towns have shrunk, but these are not deserts of ambition or opportunity - Yarmouth and Lowestoft are home to some of Britain's most specialised and best-remunerated industries, in the field of offshore development and energy. The idea is to further capitalise on this to continue the area's revival. It is an exciting prospect and we look forward to hearing the responses to the proposal.

## Hopes of mutual benefit

Though out of sight, the bountiful seabeds that lie off our coast are not out of mind.

The Cromer shoal chalk beds are thought to constitute Europe's largest chalk reef and are home to a dazzling array of species. And the area has now been designated a Marine Conservation Zone. What this means for fishing in the area, remains unclear. Our region needs its marine wildlife. It also needs its fishing. Let us hope this new status will help, rather than hinder, their co-existence.

Since you are precious and honoured in my sight, and because I love you, I will give people in exchange for you, nations in exchange for your life. **Isaiah 43:4**  
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## READER'S PICTURE OF THE DAY

# iwitness24



■ Although the lakes were flooding at Pensthorpe, these pretty flamingos have no trouble keeping their heads above the water with those long legs in this photo by Richard Brunton. If you would like to submit a picture for possible publication in the EDP, visit [www.iwitness24.co.uk](http://www.iwitness24.co.uk)

## A name that defies all attempts to find common ground

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The two oldest bridges in Norwich are Whitefriars Bridge, which goes from Palace Plain across the river towards Barrack Street, and Fye Bridge, which leads from Tombland to Magdalen Street.

It's obvious that Whitefriars Bridge got its name from being situated by the friary of the Carmelites, who were also known as the White Friars, which was on the site where the Jarrold St James Mill building now stands. (The bridge which takes St George's Street over the Wensum is similarly called Blackfriars Bridge because of the nearby Dominican friary.)

But what about Fye Bridge? Why is it called that?

One theory is that this name derives from the Norfolk dialect verb to fye, "to clean up" or "clear out". My grandmother often had a good old fye out when she wanted to tidy up her cottage.

One specific suggestion along these lines is that at the point where Fye Bridge is located, the river was narrower than elsewhere, and so the water flowed more rapidly between the banks there and fyed out the bottom.

Another explanation is put forward by Fiona Williamson in her fascinating book *Social relations and Urban Space*:



■ Fye Bridge over the river Wensum in Norwich.

Picture: DENISE BRADLEY

Norwich 1600-1700. Along this part of the river, there were large numbers of privies which drained into the Wensum.

Bedding Lane (originally Baddings Lane), which runs from Palace Plain down to Quayside, was also known as Three Privy Lane.

This, and industrial pollution from tanning and dyeing works, led to frequent efforts by the authorities to dredge and fye out the river.

However, none of these accounts actually seems to be correct, because the earliest known form of the name of the bridge is Fyfrig, "Five Bridge", recorded in 1130. But where did that name come from?

It couldn't have been because it was the

fifth bridge in Norwich: chronologically it was the first or second. And it wasn't the fifth one geographically either, whichever direction you travelled in along the river.

The most likely explanation was put forward by place-name expert Dr O K Schram in 1961, and endorsed by Prof K I Sandred in 1989.

This is that the name, which was perhaps somewhat jocular in origin, meant "the bridge that is five times the width of an ordinary footbridge".

It was the most important river crossing in the city, situated on the main north-south road, and so it would not be at all surprising if it was the largest of our bridges.