

Eastern Daily Press

SERVING THE COMMUNITY
SINCE 1870

We can all play our part in improving dementia care

With more people getting dementia and no sign of a cure on the horizon, it would be easy to feel quite down about the subject.

The Big D has been described as a ticking timebomb with thousands more people across East Anglia set to get a diagnosis as the region's population gets older.

Medical advances and improved living conditions over the past half a century mean that we are all living longer, which is great news. However, an unfortunate reality of longer life is that the chances of getting diseases like Alzheimer's increase.

Society has come a long way in opening up more about dementia to help raise awareness and improve standards of care for patients and their families. However, more can be done to ensure people do not feel cut off and isolated after a diagnosis.

Pledges have been made by the government to increase funding for this devastating condition, but much more is needed before new treatments and potential cures can be found. We may feel powerless to stop an incurable disease. However, we can all play our part to help increase the public's understanding of dementia and support patients and carers to help them live well with the condition.

In Dementia Awareness Week, we can all do our bit by signing up to a Dementia Friends session. It only takes an hour, but the growing movement is causing a ripple effect across the country to make people more educated and informed. Organisations such as the Norfolk and Suffolk Dementia Alliance are also helping to make Norfolk a leader in dementia care.

Fair's fair for everyone

King's Lynn Mart will keep its Valentine's Day opening, after a period of uncertainty over its future.

Many have fond memories of this Norfolk event, which has an 800-year association with the Tuesday Market Place. But a review was launched two years ago, after the tragic death of a toddler knocked down near the site.

An inquest found the fair was not to blame. A crossing has since been built on King Street and marshalls patrol nearby.

Showmen and fair-goers hoped the review would not compromise the Mart's proud traditions, which date back to 1573, when Henry VIII granted it a Royal Charter.

While the fair may open for fewer days in total some years, depending how February 14 falls, afternoon opening during holiday time will now give more families the chance to enjoy it. Sounds like fair's fair for everyone.

Enjoying the weather

With temperatures around six degrees hotter than the average for this time of year, this weekend was a perfect chance to get out and enjoy all that our region has to offer.

On Saturday, the temperature at Santon Downham in Suffolk was recorded at 23.9C, making it the hottest part of the country.

And while the weather looks likely to become unsettled from Tuesday, the forecast is still good for today.

Let's make the most of it while it lasts.

READER'S PICTURE OF THE DAY

iwitness24



■ This picture of Happisburgh Lighthouse, a great landmark on the north Norfolk coast, was taken by Anne Marks, of Happisburgh. If you would like to submit a picture for possible publication in the EDP, visit www.iwitness24.co.uk

Pronunciation problems are now a part of Norfolk life

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When I was growing up in Norwich in the 1940s and '50s, Norfolk's population had remained fairly stable, at around 500,000, for over a century. Then, suddenly, in the 1960s, it started expanding, and by 1970 it had reached 620,000. In 1980 it was 700,000; by 2000 it was 800,000; and now it's climbing towards 900,000.

A large proportion of this increase is due to in-migration – English people moving into Norfolk from elsewhere. This has had one important consequence for Norfolk place-names and their pronunciations: disagreement.

David Clayton, the excellent head of our BBC Radio Norfolk, has been kind enough to discuss with me the "spirited debates" about pronunciations that have been aired on Radio Norfolk. These are all to the good. But they are a sign of the times.

In the 1950s, there were no such debates. There was nothing to debate. Everybody agreed about the pronunciation of place-names. The vast majority of families in Norfolk had lived here for generations, and been exposed to local traditions about names all their lives. There was absolutely nothing to discuss. If any outsider looking for Guist turned



■ Correct pronunciation of place-names has become a problem in Norfolk.

up and asked the way to Guist, we would just put them right, and that would be that. When I was at the CNS in the 1950s, of the 950 boys at the school, 949

pronounced Sprowston with the "low" vowel. The odd one out was a boy who'd arrived in Norfolk from Wembley at the age of 12 and delighted in saying it with the "now" vowel just to tease the rest of us.

Some places did have humorous nicknames – like "Hin-doll" for Hindolveston. And some place-names had a formal pronunciation for posh occasions, like "Shering'm", and informal ones for everyday use, like "Sher'n'm". But that was all.

And there were a few exceptions, like Hunstanton and Cley, where local pronunciation traditions had been under attack since the railways started bringing holiday-makers to the seaside and wild-fowlers to the marshes.

Nowadays, though, there are large numbers of people in Norfolk who were not born here, or were born here to originally non-local families, and who have not been fortunate enough to be exposed to local naming traditions.

So the debates that are now going on are about local,

traditional, correct pronunciations versus newer, mistaken, spelling-based versions. I've already explained why Cley is correctly pronounced Clay. Stand by now for spirited debates about Sprowston and Hunstanton.

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O Lord, my God, you have
accomplished many things... and
carried out your purposes for us.
Psalm 40:5

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