



Issue 51

November 2025

Your monthly update on WMS News and Events

Chairman's Foreword:



"I would like to congratulate Steve Worth, one of our members who managed to complete a challenging one mile walk for every day of October. This was no mean feat for Steve as he suffers from Chronic Obstructive Pulmonary Disease (COPD) the name for a group of lung conditions that cause breathing difficulties.

I know what a tremendous achievement this was for him as I joined him for one of his walks and saw how he struggled with his breathing. He was raising awareness and funds for Pancreatic Cancer UK. He raised £651 in sponsorship, £175 of that sum came from the raffling of a hamper generously donated by Tesco's. My Sister-in-Law, Sally, won the hamper but felt so guilty she gave back the biscuits, tea and coffee for our supplies. The rest she is putting in the Christmas raffle."

Malcolm Trayhorn – Chairman - email: malcolm.trayhorn@gmail.com

	Christmas 2025 opening times	
22 nd December	Social Room & Workshops OPEN 9-12	
24 th December	Social Room OPEN 9-12	
25 th / 26 th December	SHED CLOSED	
29 th December	Social Room & Workshops OPEN 9-12	
31 st December	Social Room OPEN 9-12	
1 st January 2026	SHED CLOSED	

NOTE:

The committee intend having a practice **FIRE ALARM on Monday 24th November**. This will be a trial to see if we can clear the bowls room and workshops safely in case of fire. Members in the Bowls Room should exit the double doors out to the bowls green, workshop members are to leave by the safest door and assemble on the football pitch. Please assist members with wheelchairs, walkers and walking sticks.

Editorial:

Welcome to issue 51 of 'THE SHED JOURNAL'

"Members are welcome to contribute articles about themselves (with or without pictures) of days out, holidays, life/work experience, hobbies etc. I'm sure we all have a story to tell, once you start writing it will flow.

Also, if you come across an interesting article, please send it to me or point me to it. If you hear of anything interesting or informative to include i.e., Scams, DIY/Gardening tips, a film, book, magazine or music review, a good TV or radio station then please feel free to send me details and I will consider them all. The more of you who contribute the more interesting and diverse we can make it."

Note: *"Political, Financial and Religious articles will be closely scrutinised before publication. However, defamatory articles will not be published."*

"Please advise of any errors/typos and feel free to send me your comments, good or bad. I strive to please."

John Chamberlin - Editor - email: bjcoi8@gmail.com





The Shed Journal



Latest News on Shed Facilities and Amenities:

Main Social Room:

"The Main Social Room is where the larger part of our membership congregates to catch up with fellow shedders over a cup of tea/coffee. Groups develop for a game of cards, dominoes, or such like although this is not all that goes on. Other groups may sit chatting about whatever comes up or perhaps read a magazine. All are a friendly bunch and welcome other members to join in the games, conversation and banter.

After signing in, the Computer and Workshop shedders will drift off to the outbuilding to take up their interests."

Members are reminded that it is important to come to the social room to sign in and pay subs."

John Chamberlin – Editor

Carpentry Workshop:

"Rob Fielding and his team of regulars are doing a wonderful job and enjoying themselves in the process. So, for a change of scenery and company why not take yourself out there to see what's on offer, you might be pleasantly surprised. Who knows, you may well come away with new skills or pass your own skills or ideas on to others."

John Chamberlin – Editor

The Computer Room:

"Hi everyone,

The computer team has had an enjoyable and interesting time with exchanging knowledge and ideas on how to make refurbished machines run in new ways with updated software.

The team has worked hard on various avenues of funding and has achieved just over £1700 in 6 months with the help of the carpentry team (big thank you to them).

With all the activities happening in the team this has enticed others to join, we have had two new members joining us. Welcome Gary and Dom to the team, this brings the team up to twelve.

With computers and electronics being donated to WMS we run a triage to look at the viability of machines and products.

They are categorised in the following areas:

- Scrap
- Strip for parts
- Refurbish

With refurbished machines the team now has achieved the ability to take an older Apple computers and change the operating system; this has also been achieved with machines running windows.

Often, we find printers are a bit more complicated in the fact that they are not worth bothering with due to them being double head printers and these printers should be avoided if you are looking to purchase a printer for home use. A multi head or tank filled printer should be purchased.

If you are interested in having your machine refurbished or would like to purchase one, please see a member of the team.

As always, if you like the idea of working with computers and learning about them you do not need any experience just come along and put your name down to join the team as we now have a waiting list to join the team due to the capacity of the workshop."

Mike Briggs - Computer Group Supervisor - email: michaelbriggs01@btinternet.com





Shed Journal Quiz: **(Note - There is now a link to the answers page)**

I compile every quiz from scratch. (I do not download them). Please send any typos or errors to me please.

ANACRONYMS QUESTIONS		Answers
Each answer is a common ACRONYM. There may of course be more than one answer but I'm aiming for the better-known ones.		
1	GDP	
2	NATO	
3	ACAS	
4	WHO	
5	CBI	
6	CRB	
7	DEFRA	
8	LASER	
9	MCC	
10	UNESCO	
11	GCSE	
12	COBRA	
13	MORI	
14	WWF	
15	EFTA	
16	GIF	
17	LIBOR	
18	NASA	
19	OBR	
20	PTSD	
21	BAFTA	
22	FCA	
23	CD-ROM	
24	TCCB	
25	GCHQ	
26	RNLI	
27	RADA	
28	AIDS	
29	FTSE	
30	SWAT	

Quiz answers are on the last page.





The Shed Journal



Social programme:

The social calendar is now winding down for the year and will start again in earnest in the new year. Our Social Secretary is open to suggestions and ideas for outings in 2026. Suggestions to Malcolm please.

Recent events:

"The social calendar for 2025 is now coming to a close, if you have any ideas for 2026 the please let me know"

Upcoming events:

Cromer Pier Christmas Show - Wednesday 3rd December

"A coach will be taking 40 members of the shed to Cromer to enjoy a day there with a visit to the Cromer Pier show. A coach will leave the Queen's Hall car park at 10 a.m. We will be making a stop at Shipdham to pick up a member so if anyone else would find that more convenient you must let me know beforehand. There will be free time until 2.30 p.m. when the show will start in the pier theatre. After the show we will make our way to the coach pick-up point for the journey home."

Christmas meal - Thursday 11th December – Broom Hall

"The annual Christmas meal at Broom Hall is on Thursday 11th December. Arrivals from 6.30 p.m. for a 7p.m.sit down. I have now got most of the money from those attending and menu choices. Please check the list on the notice board to ensure I have your choices recorded correctly. If you have a preference of who you wish to sit with then please let me know so that I can finalise the table plan. There will be a raffle as usual so any donations of prizes will be gratefully received."

Mulled Wine and mince pie morning - Monday 15th December 10am – 1pm

"We will have our Christmas gathering for this on Monday 15th December. This year it will take place in the back room of the bar area and the bar itself between 10 a.m. and 1 p.m. This is a drop in event and is free for members and their guests. To have an idea of numbers for catering please put your names on the noticeboard list plus any offers of mince pies etc."

Event	Date	Venue	Time	Estimated cost
Cromer Pier Christmas Show	Wednesday 3 rd December	Cromer	Coach from Queens Hall Time 10 a.m.	List is now closed
Christmas Meal	Thursday 11 th December	Broom Hall	Make your own way	TBC
Mulled Wine & Mince Pie event	Monday 15 th December	Sports Centre Bowls Room	10 a.m – 1 p.m.	FREE

Malcolm Trayhorn - 01953 529531 - email: malcolm.trayhorn@gmail.com

Treasurers note:

"May I once again respectfully request that when you pay by BACS/Faster payments that you use the correct reference, i.e. 'Cromer Christmas - 'Christmas Meal' etc.

Also, if you are paying for more than one event at the same time, could you please use a separate BACS transfer for each individual event. This would help me to clearly identify each transaction."

Lloyds Bank

Account name: **"Wayland Men's Shed"**

Sort code: **30-98-90**

Account No: **16989360**

reference: **"Christmas Meal"**





The Shed Journal



Member groups:

POSSIBLE NEW GROUP!!!

BASS – ‘Beer Appreciation Shed Society’

I would like to gauge interest from fellow 0members of the Men’s Shed who enjoy a BEER.

“My proposal is that we establish a group of like-minded individuals who enjoy both the taste of the odd Beer and the social event of drinking with friends. Please don’t get me wrong this is not about getting slaughtered on the demon drink but put simply it will be a genuine group of mates who enjoy a similar interest... in beer(s). Initially my plan would be to kick off the group at the Belgian Monk in Norwich.

<https://www.thebelgianmonk.com/drinks/beer-menu/>

They say... Belgium, a beer paradise, is home to over 1600 plus different beers from some 220 breweries. It’s known as the land of good living. Superb beer, sublime chocolate and oh, the Mannekin Pis. We strive to source beers that we feel our customers will both appreciate and enjoy. Remember, no beer is exceptional unless someone wants to drink it! We, however, have many exceptionals!

The Group will be open to Members, their Wives, their Partners, their Friends.

So, if you like the idea of a ‘BASS’ Group for Wayland Men’s Shed – please let me know and I will make plans to get the group up and running.”

Note:

*“If ‘BASS’ gets off the ground, my suggestion for the second event would be... **Beers of Europe**, near Kings Lynn <https://www.beersofeurope.co.uk/>*

Not just beer... not just Europe it’s where you will genuinely find more than 1,600 of the world’s most delicious beers. Their selection of beers is huge, including Stouts, Lagers, Fruit Beers and low/non-alcoholic varieties. Choose something new or buy one of your old favourites, be it English, German, Belgian, Rest of World... I bet they will have it, just make your purchase and take away. If you have been before I think you will agree it’s a place to behold. If you have never been then, and you enjoy a beer, then you really should make a visit and if so, come to the second BASS (Beer Appreciation Shed Society) outing.”

Interested? Contact [Stewart Haile](mailto:shaile33@aol.com) BASS lead shaile33@aol.com



I’m game if you are:

*“The games group is now held on the 2nd Monday of the month between the hours of 1pm and 5pm. The next meeting will be on **Monday 8th December**. Please feel free to bring along any family, friends or neighbours.*

*If you stay after the morning session then please be aware there is **NO** bar food available on Mondays, please bring a light lunch with you.*

Games available to play or learn include Mexican Train, Mahjong, Sequence, Rumikub, Bezique, 500 rummy, Contract, Nomination and Solo whist, Crib, Backgammon, Yahtzee, Halma, Othello, Chess, Draughts, Nine Mans Morris, Dominoes, 5’s & 3’s. Feel free to bring along a game of your own to tempt us. It would be good to see more you there, having a good afternoon of laughter and banter.”

Note: A £2 session fee will be charged with free tea, coffee, and biscuits available. **Members attending both the shed session and the games group will be required to pay for both sessions.**

Submitted by [Peter Bellingham](#) & [John Chamberlin](#)





The Shed Journal



The Music Group:

*"The group continues to be as popular as ever, with two new attendees in Peter and Jeff this month. The theme of **"Songs My Parents Listened To"** took us to a wide range of places, given that there is about 40 years between our youngest and oldest members. Mercifully, a lot of the songs were around the 2-minute mark, so we managed to squeeze a record 19 songs in and still finished just before midday.*

The top five tunes were

- 1st "In the Mood" by Glen Miller, picked by Neil, on 8.6*
- 2nd "What Do You Want to Make Those Eyes at Me For" by Emile Ford and The Checkmates, picked by Peter, on 8.2*
- 3rd "Georgia on My Mind" by Ray Charles, picked by Bill, on 7.85*
- 4th "I'll Never Find Another You" by The Seekers, picked by John Parling, on 7.55*
- 5th "Ain't Misbehavin'" by Fats Waller, picked Richard, on 7.35*

*Our next meeting will be on **Wednesday December 3rd**, when the theme will be **"Religion"**. As we are getting ever more popular you need be there by 9.30 if you want to ensure you get your song played.*

There will also be the final Music Quiz of 2025 from 12 – 2 after the session. The questions will be quite easy this time as I'm setting a quiz based around Xmas music. Feel free to come along even if you don't belong to Music Group! The usual range of food will be available from the bar, and I'll put a menu around before for those who want to eat.

We always have a good time and lots of good-natured chat, so if you enjoy music of any kind why not come along? You don't even have to bring along something to play if you don't want to, as you are more than welcome to just come and listen to our many and varied selections."

Interested? Contact [Dave Cooper](#) – Music club lead - email: dwanddrc@gmail.com

Note: Please ensure you have been signed in, and your subs are in the tub provided.

Editor's note on groups:

"Do you have an idea for a similar group? For example: A walking group, a book or cycling club, maybe a common hobby or interest then please let a committee member know. Such groups will be fully supported by the committee but arranged and run solely by the interested members."

Note: *"A group does not have to be several members; you may just find one other like-minded individual to start with, and others may well join you later."*

Submitted by [John Chamberlin](#)

Shanties at the Shed:

"The crew had one gig arranged last month at the Mid-Norfolk Stroke Group but unfortunately, we had to postpone it. This month we have a gig at Dorington House, a care home in Watton on Wednesday 19th November. This home deals primarily with dementia cases, and a former shed member is a patient there. It is hoped the songs will help.

The crew continue their twice monthly rehearsals and work around planned gigs, but it has been mooted that further scheduled rehearsals be introduced in the New Year. This is still open to further discussion.

*The next rehearsals are on **Monday 1st** and **Wednesday 17th** December starting at 10:00 a.m. in the room next to the pool table in the sports centre and usually last for two hours."*

Interested? Contact [Ray Cutbush](#) – email: raymond.cutbush51@btinternet.com

Note: Please ensure you have been signed in, and your subs are in the tub provided.



The Shutterists Plans For 2026:

"Now that 2026 is fast approaching the Shutterists are turning their thoughts to next year.

*With this in mind we will be holding a get together at the Sports Centre on the evening of **24th November 2025**.*

*Where **ALL Shed members** are warmly invited.*

The idea of the get together is to share thoughts and ideas for monthly outings, a new monthly competition and any photographic goals that we may have - such as camera use, techniques, getting off auto, using our phone etc...etc..."

Submitted by [Stewart Haile](#) - email: shaile33@aol.com



The Shutterists:



We are a friendly group of keen photographers with an un-written Modus Operandi of: **'For fun'**

The Shutterist Group allows all camera types, DSLR, Compacts, Mirrorless, Film, Phones, Pin Hole, Box Brownie, etc... However, even though we are predominantly the WMS Photographic Group, cameras are not a pre-requisite for trips out, the Shutterists welcome all fellow members of WMS who enjoy the many branches of Art as a hobby. Sketching, Painting, Pottery, etc... in fact all mediums will be embraced by the Group.

The Group focus is threefold;

- 1. Regular Group visits to photogenic places within East Anglia**
- 2. Learning and improving our own Camera Handling**
- 3. Taking part in a Monthly Photographic Challenge**

Of course, all the above are voluntary, pick and mix as you wish.

Our visits generally take in a coffee, food and even the odd beer – it's a social trip as much as a photographic one and all Shutterists share friendly banter.

Interested? Contact [Stewart Haile](#) – Music club lead - email: shaile33@aol.com

October 2025 trip to Santon Downham:

"Another great trip was had by all. 10 of us left Watton at approx. 09.00 and went direct to the Lynford Shepherds Hut for some very good Coffee, some partook of Bacon Rolls! We set out what our plan would be.

After arriving at Stanton Downham carpark, we wandered down to the river and along the footpath to the rickety bridge. We had good photo opportunities as the sun begin to force its way through, we then spent time with some fine highland cows, admiration I feel from both sides. We finished by walking back through the woods on the opposite bank to the car park, again taking some more great shots.

We travelled back to the Old Windmill at Great Gressingham for a spot of lunch. It was agreed by all that this was a great day and good company, most enjoyable by all.

Our judge this month was Vince Mayne {welcome back mate good to see you}

Reckons that all the pics deserved points as they were all high standard"

Submitted by [Grahame Andrews](#)



GOLD

***“Something in
my eye”***

***Shot by:
Mark Tindale***



SILVER

***“From decay
comes forth”***

***Shot by:
Grahame Andrews***



BRONZE

“Rickety bridge”

***Shot by:
Al Middleton***





Other News, Notices, Events & Articles:

Item of note:

*"As most of you are aware, the Shed is now a charitable incorporated organisation (CIO). We now must adhere to the Charity Commission's CIO constitution. What was our old 'Constitution' does, in effect still exist and has been edited and merged with the Members Handbook. This merged document has been named '**Members Handbook and Operating Principles**'. Members are still obliged to adhere to this new shed document. Therefore, should you require a hard copy just approach a committee member. Both aforementioned documents can be viewed or downloaded on our website for personal viewing and or printing.*

Men's Shed Committee

Gastro Jaunts around Norfolk Number 27:

"Back to Sheringham for my birthday week, we'd booked an old favourite and two new restaurants to try out. For Sunday lunch we booked The Ship Inn in Weybourne, this is a traditional pub/hotel with an area for dog owners and a separate area for those without dogs. The pub had a nice warm atmosphere and was full of hikers, (push)bikers, dog walkers and diners. The menu was quite extensive, and the food and service were very good, for mains I had the fish pie and Chas had the pork loin with crackling both excellent. We'd definitely go back there again.

For my birthday lunch we HAD to book our favourite restaurant Rocky Bottoms at West Runton. Thankfully it was up to its usual very high standard. We started with the local Brancaster oysters done two ways, natural with shallot vinegar and fried in tempura batter, both very good. For mains Chas had the lobster thermidor, and I had the fish of the day haddock pan fried. Both perfectly cooked. I really like the service here, friendly, intelligent and the staff really know their menu.

Lastly, we tried a newish restaurant called Fino in Cromer. This has been going for just over a year and won the Suffolk and Norfolk magazine Restaurant of the Year award this year, so it can't be bad! It is a smallish restaurant, so no dogs or pushchairs permitted. It's run by a husband-and-wife team serving French and Spanish influenced food. A very good menu, for main I had a large piece of line caught wild seabass, so much tastier than the little farmed fillets you often get served. Chas had very fresh succulent sardines followed by a nice piece of duck breast. We will certainly be back.

A nice birthday week by the seaside."

Websites:

[The Ship Inn | Weybourne | Pub | Hotel | North Norfolk](#)

[Rocky Bottoms](#)

[F I N O](#)

Submitted by [Les Waller](#)

Protect your land and property:

"I recently saw a piece on TV regarding a man who, unexpectedly received a letter stating that a loan had been raised in his name using his property as collateral without his knowledge. The loan was for £495,000 and the repayments were to be £10,000 per calendar month starting immediately. Somehow someone had gotten his details enabling them to commit this fraud with no real recourse.

Thankfully, there is a way to help prevent this happening to you and it's a straightforward process.

*It's called the '**Property Alert Service**' and can be found on the government website.*

Follow this link: <https://www.gov.uk/guidance/property-alert>

You just create a simple account then add up to 10 properties (these can be your own or your relatives)

*The service will inform you if either a loan is taken out on any of the properties you have listed **OR** any of your listed properties has been put on the market.*

It's well worth doing, it took me less than 10 minutes, so do yourself a favour and sign up."

Submitted by [John Chamberlin](#)



The Shed Journal



Grumpy Old Man Says!

"Oh dear, is Gos feeling a fool....so much for seeing the world, all he's been doing for the last few weeks is hiding from Mrs Gos, who is to say the least not very impressed with what Gos did. Oh well, sorry and all that, he's a changed man now. Boy, was he a sucker. He's going to stick with newspapers and proper mail now, like he did before. No more internet and world news, all he wants to know about is good old Watton.

Gos is really happy he lives here, and that the town has such a good High Street. What Gos does wonder though is why there are so many barbers? Where did all the blokes go before they opened up, eh? Was there a secret backstreet barbers that only a few men knew about? There must be six in the town now, nearly as many as cafes and takeaways. Thank gawd for them and charity shops otherwise the shops would all be empty.

*Gos remembers grocers, butchers and other local shops. He can't remember horsedrawn carts though, he ain't that old! What must that have been like, with horse sh*t all over the road and being walked into all the shops. Ugh, makes him feel sick, much better to get a good lungful of diesel fumes any day. And what happened to all the banks then? Can't be ar*ed with little towns like Watton, can they? Instead, they stick in a fancy hub and don't even give you a cash machine. And there's even a vape shop! What's all that about, eh?*

*Gos grew up as a nipper smoking Capstan Full Strength behind the bike sheds, that's what a real man should do, not puff out lungful of stuff that smells like air freshener. Gos can't do fags any more though, seems they weren't as good for your health as they told us back in the day. Still, from what he hears they were probably healthier than this vape stuff, with all sorts of sh*t going in with every puff. Gos wishes he could get himself fit again and go out and tackle some young whippersnapper on the footie field, but that's in the past now. Gos thinks he'll probably just go and do some ranting at the ref from the touchline."*

GOS signing off till next month. **Editor's note:** GOS will remain incognito, suffice to say it's NOT me.

Remembrance Sunday:



Several members of the shed attended the ceremony at the War memorial on Sunday 9th November and a wreath was presented on behalf of all members of the Men's Shed by Al Middleton, one of our members who had served in the Royal Marines. Our thoughts go out to Alan Diver who was unable to represent us this year due to ill health.



UK Men's Shed Association (UKMSA):



To find out more about the UKMSA, type or, cut and paste this line into your address bar. This will take you to the latest issue of 'Shoulder to Shoulder'

<https://mailchi.mp/ukmsa.org.uk/shoulder-to-shoulder-october-17446014?e=a370dbe526>

Don't bank on it:



The Watton banking hub, 56 High Street - It Opening days - Monday – Friday 09:00 – 17:00

Mondays **Halifax** - Tuesdays **NatWest** - Wednesdays **HSBC** - Thursdays **Lloyds** - Fridays **Barclays**

Withdraw & Deposit cash – Deposit cheques – Pay utilities – Check balances – Banking advisors Tue - Fri

Submitted by [John Chamberlin](#)



The Shed Journal



Testimonials:

"You may recall from a message that I sent out recently, that I was asking for testimonials showing what the Men's Shed means to you. This just needs to be a paragraph or two which reflects the worth of being a member, especially in combatting loneliness and assisting with well-being. Thank you to those who have already responded and for the words of support. All this information helps, especially as evidence in justifying our existence and for securing funding. Please forward any more to me."

Submitted by [Malcolm Trayhorn](#)

Wanted, For Sale & Free Notices:



Do you have an item for sale, for free or are you looking for something in particular? Please feel free to email the editor - bjcoi8@gmail.com with a price, picture, and a brief description along with your contact details. I shall endeavour to list the item here.

Note: All transactions are **strictly** between two parties. WMS does **not** endorse nor guarantee any items sold.

Wanted:

"Has anyone got a few lengths (approx. 2 metres each) of pre-used pine decking they no longer want? I'm hoping to put them to good use in a carpentry project in the Shed's workshop --- Many thanks."

Contact:- [Bob Darts](#)

07825 756481

email:- robdarts@gmail.com

Wayland Men's Shed Screwfix account:



*"This account is now active, and its benefits are available to **ALL** members. If any special offers come in, I shall forward these to you all to consider."*

Each member of the committee has a membership card, so if you would like to make use of this account, please see one of them. They will pass you the card for you to use.

*There is no 'discount' as such, but the card can be used at the at the '**TRADE COUNTER**' thus paying trade prices. Please return the card to who gave it to you. We thank Dave for his efforts to bring this to fruition."*

Breckland Events 2025:

If any member becomes aware of any events in the Breckland area for 2025, please let me know.

Festive Market	Sunday 30 th November	Watton High Street
Polar Express	November & December	Mid Norfolk Railway, Dereham

[John Chamberlin](#) - email: bjcoi8@gmail.com

Shed opening days and times 2025

Social Room	Mondays and Wednesdays 09:00 till 12:00
Woodwork Shop	Mondays and Thursdays 09:00 till 12:00
Computer Room	Mondays and Thursdays 09:00 till 12:00



The Shed Journal



Be scam aware:



159 is a secure phone number that connects you directly to your bank if you suspect a scam. If you think you're being scammed - **Stop** what you're doing - **Hang up** the phone - **Call 159**.

It's a simple, memorable number that cannot be spoofed. It will **never** call you and it's available 24 hours a day, 7 days a week.

159 is a vital tool to help prevent and combat fraud. It breaks the scam "journey" at a critical moment and allows you to contact your bank quickly so they can take the right action.

Most banks, building societies, and telephone companies are part of the **159** initiatives.

Submitted by [John Chamberlin](#)

Stay safe online:



1. Don't make yourself a target, keep a low profile, and keep information on social media about yourself to an absolute minimum, take the threats seriously and protect your identity.

2. Don't put any embarrassing information, photos, messages, or facts about yourself on any website, things that you could later come to regret, or end up looking stupid. Don't put the details of what you are doing, where you are going, or if you are going away from home, on any social media sites.

3. Don't respond to, reply, or click on anything you get sent which is suspicious, by replying you acknowledge you are there, and you could get malware onto your computer or device, for further attacks against you.

Questions to ask yourself when you get any messages or emails.

- Do you know the person or organisation who sent it?
- Were you expecting it?
- Does it look real?
- Are there spelling mistakes or poor English?
- Is it asking for confidential information?

Unless you are sure that you can really trust it, **DO NOT** open, or click on **ANY** attachments or web links contained in it.

4. When browsing web sites on the internet, beware of items or links that you can click-on, and NEVER download anything from websites that are suspect, or are new to you, or which you were not expecting. Ignore **ALL** pop-up windows or messages from the Internet saying that your computer might be infected, there is **NO WAY** that anyone can tell that remotely, it is a scam.

5. Make sure your anti-virus software is up to date on your computer, and back-up your personal data regularly to a removeable disk/device.

6. **NEVER** pay any ransom if you are attacked, seek help from an IT professional immediately and do report it to the police. There is little chance you will ever get your computer or data restored even if you do pay, and you will never get your money back!

7. **NEVER** let anyone, whoever they say they are, have remote access to your computer, it is a scam. **NO** genuine telecom, internet or software company will ever call you about security.

8. Have good quality, easy to remember, but secure passwords and protect them. Use words that mean something to you, but are not obvious, and could never be associated with you, or your immediate family.

Submitted by [John Chamberlin](#)

WMS Website:

Our website address is: www.waylandmensshed.co.uk



The website continues to be speedily and expertly administered by Neil Rowe, and we thank him for his continued efforts. Members are encouraged to visit the site and have a look around. Constructive comments, suggestions or ideas for improvement and/or potential new content are very welcome. Just approach Neil or any committee member.



The Shed Journal



Health & Safety:



It is important that we know how many members are in attendance. **Please ensure that you visit the Main Hall to sign-in, do not just go to the Workshop/Computer rooms.**

All members have a duty of care for themselves and others. Should you become aware of any issues please ensure that you inform a committee member at once. All accidents and Incidents should be recorded in the ledgers provided; they're located in the filing cabinet in the workshop.

Men's Shed – We care:

Members of our shed have a variety of reasons for being a member.



- Having other male companionship.
- Reducing the feeling of loneliness.
- Meeting up with others.
- A way of making new friends.

Whatever the reason there is plenty of evidence that our shed is making a difference.

If you hear of or personally feel that a fellow member may need assistance of some kind, then please inform your committee in total confidence. We can then assess if there may be a way we can approach them in a caring, sensitive, private way to ascertain if they need any support.

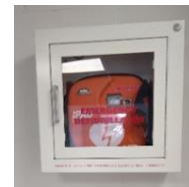
Malcolm Trayhorn – Chairman - email: Malcolm.trayhorn@gmail.com

Defibrillators:



There are **two** Defibrillators in the Sports Centre. Please make yourself familiar with **both** locations.

The first is located at the far end of the Bowls Club Room.
The second is located just outside the Lounge Bar, just off reception.



Your elected committee:

Malcolm Trayhorn:	Chairman, Social Secretary & Press	07729 993163	Gordon Williams:	Vice Chairman	07593 989296
Dave Cooper:	Secretary	07857 358130	Mike Briggs:	Tech Supervisor	07785 778550
John Chamberlin:	Treasurer, Memberships & Journal	07886 655713	Rob Fielding:	Workshop supervisor	07871 193206

Treasurers update:

Shed funds remain very healthy. The chaps in the Tech room have raised over £1700 so far this year, a huge thank you goes to them. Of course, the committee also thank you all for your continued support.

Full accounts may be examined by any member upon request. - *John Chamberlin* – Treasurer

Memberships update:

Membership now stands at **101** and we equalled our record single session attendance of 53 on Monday 3rd November, this surely proves that the shed is the place to be in Watton. Recent members include George Anderson-Williams, Peter Green, Steve Hall, Roger Milne-Paterson and Dominic Standly.

Please make them welcome. - *John Chamberlin* – Memberships

Committee meeting:

The next full committee meeting will be on **Monday 12th January 2026 at 12:15pm** in the Bowls Room. Should any member wish to submit an item for discussion by the committee please email your request direct to the secretary - *Dave Cooper* - email: dwanddrc@gmail.com



JOURNAL QUIZ ANSWERS: (Note - There is now a link back to the questions)

ANACRONYMS					Questions
1	Gross Domestic Product	11	General Certificate in Secondary Education	21	British Academy of Film and Television Arts
2	North Atlantic Treaty Organisation	12	Cabinet Office Briefing Room 'A'	22	Financial Conduct Authority
3	Advisory, Conciliation and Arbitration Service	13	Market and Opinion Research International	23	Compact Disc-Read Only Memory
4	World Health Organisation	14	World Wildlife Fund	24	Test and County Cricket Board
5	Confederation of British Industry	15	European Free Trade Association	25	Government Communication Headquarters
6	Criminal Records Bureau	16	Graphics Interchange Format	26	Royal National Lifeboat Institution
7	Department for Environment, Food and Rural Affairs	17	London Interbank Offered Rate	27	Royal Academy of Dramatic Art
8	Light Amplification by Stimulated Emission of Radiation	18	National Aeronautics and Space Administration	28	Acquired Immune Deficiency Syndrome
9	Marylebone Cricket Club	19	Office for Budget Responsibility	29	Financial Times Stock Exchange
10	United Nations Educational, Scientific and Cultural Organisation	20	Post Traumatic Stress Disorder	30	Special Weapons and Tactics

Please visit our website: <http://www.waylandmensshed.co.uk> which is regularly updated.

You can also contact us via email: waylandmensshed@gmail.com

If you wish to make a compliment, complaint, or comment, please feel free to do so. Without constructive feedback it is difficult for the WMS Committee to know if they are meeting member's expectations.

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