



Issue 48

August 2025

## Your monthly update on WMS News and Events

### Chairman's Foreword:

*"We have had some new members joining us recently in the social room and the workshops.*

*As we reach full capacity levels in each of these spaces it is important now, more than ever, to spread ourselves out, especially in the social room. Please engage with new members so they do not feel left out. I know that everyone makes every effort to do this, and I hear many comments about how beneficial it is to them to come to the Shed and how welcome they have been made to feel.*



*On Sunday 3<sup>rd</sup> August our shed had a stall at the Wayland Show. During the day we had several visitors, and we handed out over 25 leaflets showing what we do. Thanks go to Les Waller who assisted in setting up and spending the day speaking to all who visited the stall"*

Malcolm Trayhorn – Chairman  
email: [malcolm.trayhorn@gmail.com](mailto:malcolm.trayhorn@gmail.com)

### Bank Holiday opening:

Please note that **IF** the Sports Centre is open, the Men's Shed social room will also open on Monday 25<sup>th</sup> August from 09:00 till 12 noon. The workshops will also open **provided** at least 2 members are in attendance.

John Chamberlin

### Editorial:

#### Welcome to issue 48 of 'THE SHED JOURNAL'

*"Members are welcome and indeed encouraged 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 or 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 However, defamatory articles will not be published."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](mailto:bjcoi8@gmail.com)

### CALL TO ARMS

**Sunday 24th August** - Watton Bike Weekend — 8:00-10:00am (volunteers for road closure please)





# 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 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."**

*John Chamberlin* – Editor

### The Carpentry Workshop:

The woodwork shop continues to develop. Rob Fielding and his team of regulars are doing a wonderful job and enjoying themselves in the process.

So, 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:

*"Hello everyone,*

*Well as I type this out this Sunday afternoon the sun is out, it's getting warm again and it looks like summer is back, well for the next 3 days or so!*

*If you went down to the Watton Sports Centre on Saturday the 9th August you would have been in for a great surprise, yes, the WMS computer group were there selling their wares. I have been told they were very pleased with how it went for them. I would like to give a BIG SHOUT OUT, to John Bunning, Eric Bloom, Dean Betts, Mike Briggs and Mark Baldwin for their time and effort supporting the WMS. I know he won't want me to say this, but I think the idea from John Bunning to have a car boot style sale at the Sports Centre was very good and I am sure they will be back again so keep an eye out .*

*So, if you were at the sports centre, you would have seen what the computer group gets up to. All the items to my knowledge had been repaired which is an excellent way of keeping items out of landfill .*

*Well, if you would like to know more about the computer group please come along and have a chat. We are a friendly bunch; you don't need any skills in computers to join. Having said that you may have experience in the world of computers and that could benefit one and all. We look forward to seeing you. The computer group are in attendance on a Monday and Thursday from 09.00 to 12.00hrs.*

*Till the next time, bye for now."*

*Jeff Heath* - Computer Group





## Shed Journal Quiz:

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

| NEXT IN LINE                                                                      |                                                 |
|-----------------------------------------------------------------------------------|-------------------------------------------------|
| <b>Answers are simply the next in line<br/>(They may be 4 items mid sequence)</b> |                                                 |
| 1                                                                                 | Baldwin, Macdonald, Baldwin,                    |
| 2                                                                                 | 8, 27, 64                                       |
| 3                                                                                 | Jane, Anne, Catherine,                          |
| 4                                                                                 | Gamma, Delta, Epsilon,                          |
| 5                                                                                 | Echo, Foxtrot, Golf,                            |
| 6                                                                                 | H, F, HB,                                       |
| 7                                                                                 | Par, Birdie, Eagle,                             |
| 8                                                                                 | Semi-Quaver, Quaver, Crotchet,                  |
| 9                                                                                 | John, Acts, Romans,                             |
| 10                                                                                | Moore, Hughes, Ball,                            |
| 11                                                                                | Fly, Spider, Bird,                              |
| 12                                                                                | Britannia, Wellington, Stephenson,              |
| 13                                                                                | Tiger, Rabbit, Dragon,                          |
| 14                                                                                | Kilo, Mega, Giga,                               |
| 15                                                                                | Squadron Leader, Wing Commander, Group Captain, |
| 16                                                                                | Flush, Full House, Four of A Kind,              |
| 17                                                                                | Aries, Taurus, Gemini,                          |
| 18                                                                                | Fa, So, La,                                     |
| 19                                                                                | Yellow, Green, Blue,                            |
| 20                                                                                | Barney McGrew, Cuthbert, Dibble,                |
| 21                                                                                | Lincoln, Garfield, McKinley,                    |
| 22                                                                                | Kings X, Marylebone, Fenchurch Street,          |
| 23                                                                                | Quire, Ream, Bundle,                            |
| 24                                                                                | Mercury, Gemini, Apollo,                        |
| 25                                                                                | 15, 30, Deuce,                                  |
| 26                                                                                | St Clements, St Martins, Old Bailey,            |
| 27                                                                                | Mars, Jupiter, Saturn,                          |
| 28                                                                                | Wisley, Harlow Carr, Rosemoor,                  |
| 29                                                                                | Brown, Blue, Pink,                              |
| 30                                                                                | Magnum, Jeroboam, Rehoboam,                     |

**Quiz answers are on the last page.**





# The Shed Journal



## Social programme:

Our Social Secretary is open to suggestions and ideas for outings. Suggestions to Malcolm please

## Recent events:

### **Vintage Car Show**

On Sunday 20th July the sports centre held a vintage car show, and thanks goes to Steve Fransz who assisted me with supervising the parking for visitors to the event. It has been our tradition to assist where possible around the sports centre and with road closures at town events.

### **Cromer Pier Summer Show**

On the 24<sup>th</sup> July, 43 members and guests boarded the coach to spend a day at Cromer. Although the weather was not kind to us, we still had a good day which was topped off with a performance at the End of Pier Show.

## Upcoming events:

### **Quiz Night - Friday 15<sup>th</sup> August**

Bring your own nibbles, drinks are available from the bar.

### **Watton Bike Show**

On 24th August the Town Council is putting on the annual bike show in the high Street. John Parling and I will be helping with road closure that day between 8am and 10am. If anyone else would like to join us, please let me know.

### **Summer BBQ - Saturday 30<sup>th</sup> August**

Last call for anyone to put their names on noticeboard list please along with any dietary requirements. Helpers on the day to assist would be welcome. Meet at the workshop from 11am. **This is a FREE event**

### **Cromer Pier Christmas Show - Wednesday 3<sup>rd</sup> December.**

Check names on noticeboard list please. The list closed but I will hold a reserve list for anyone else who wants to come. I am now taking deposits of £10 or full cost of £38.

### **Christmas meal - Thursday 11<sup>th</sup> December.**

Names on noticeboard list please. I hope to have menu and cost soon.

| Event                         | Date                                  | Venue         | Time                                        | Estimated cost     |
|-------------------------------|---------------------------------------|---------------|---------------------------------------------|--------------------|
| Quiz Night                    | Friday<br>15 <sup>th</sup> August     | Sports Centre | 6:30 for a 7pm start                        | £5 per person      |
| Summer BBQ                    | Saturday<br>30 <sup>th</sup> August   | Sports Centre | 1p.m. to 4p.m.                              | <b>FREE</b>        |
| Cromer Pier<br>Christmas Show | Wednesday<br>3 <sup>rd</sup> December | Cromer        | Coach from Queens<br>Hall – <b>Time TBC</b> | List is now closed |
| Christmas Meal                | Thursday<br>11 <sup>th</sup> December | Broom Hall    | <b>TBC</b>                                  | <b>TBC</b>         |

[Malcolm Trayhorn](#) - 01953 529531 - email: [malcolm.trayhorn@gmail.com](mailto:malcolm.trayhorn@gmail.com)

## Treasurers note:

May I respectfully request that when you pay by BACS/Faster payments that you use the correct reference, i.e. 'Cromer Pier,' 'Summer BBQ,' '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.





## Member groups:

### 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 email the idea to Malcolm - [malcolm.trayhorn@gmail.com](mailto:malcolm.trayhorn@gmail.com). 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:

*"It seems that every month brings an event for us, some planned, and like this month some unexpected."*

*On 1st July we attended Nigel's funeral at Breckland Crematorium. The crew all dressed in our 'uniform' at the behest of Nigel's family, and it was greatly appreciated. We also sang the first shanty we ever learned 'South Australia Bound', despite the difficulty of the occasion the crew gave a resounding performance and again the family were most appreciative as it fitted in with their wishes of celebrating Nigel's life.*

*One of our objectives is to provide entertainment for all, none more so than those in care homes. We have sung several times at care homes and on 23rd July we performed for the third time at Buckingham Lodge. We find performing at these homes beneficial not only to the residents but also to us as we don't have to lock the doors to stop members of the audience from leaving!*

*Our next performance is the lunchtime gig in the Queen's Hall on Wednesday 20th August starting at 11:00am. The tickets for the gig are on sale in Adcock's in the High Street and by all accounts are selling well. Looking further ahead in September we have a gig at St Mary's Church in Watton.*

*Rehearsals are held in the room next to the pool table in the sports centre, the next being **Monday 1st and Wednesday 17th September** starting at 10:00am, and usually last for two hours."*

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

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

## I'm game if you are:

*"The 6<sup>th</sup> games evening was held on **Wednesday 13<sup>th</sup> August** with 10 attendees.*

*Turnout seems to have levelled at around 10 or so. It would be good to see more you there, having a good evening laughter and banter.*

*If you want a wide choice of what you'd like to play or learn then I suggest you arrive early, we don't want anybody left without a game.*

*Gordon Williams and I will be playing 'Ticket to Ride Europe' at the September meeting. Up to 5 can play so please join us if you fancy a game.*

*Other games available to play or learn include Mexican Train, Mahjong, Sequence, Rumikub, Bezique, 500 rummy, contract and nomination whist, Solo, Crib, Backgammon, Yahtzee, Halma, Othello, Chess, Draughts, Nine Mans Morris. Please feel free to bring along a game of your own to tempt us.*

*A £2 session fee will be charged with free tea, coffee, and biscuits available."*

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







## The Shutterists:

### Shutterists 2025 monthly outing:

*"The "Shutterists Group" are a friendly bunch of Shedders who are keen photographers with an un-written objective of doing it "FOR FUN" and combing it with the "LOVE OF A GOOD WALK."*



#### **The group's focus is;**

1. Monthly Group outings to photogenic places within East Anglia.
2. Learning and improving our own camera handling.
3. Learning to 'enhance our photographs' with minor adjustments in Photoshop.
4. Taking part in a monthly Photograph Challenge.

### Shutterists Trip to City of Norwich Aircraft Museum:

*"Well, what a splendid trip the 8 of us had. We split over 3 cars and arrived without drama by 10 a.m. just as they opened. It took while to sort out payment etc., somehow, we confused the volunteers a little, but it all ended up OK.*

*It was soon sorted out, then we had coffee. We then had to decide who wanted to get into the cockpit of which plane. Most decided on the Nimrod but of course the Vulcan was the cream which we could only do in pairs. There's more room in most caravan toilets than in that cockpit so it was a complete eye opener, how 5 blokes coped for 16hrs in there I will never know but it was a great experience and showed how the films stretched the truth a little.*

*All in all, it was a very good museum enjoyed by all. Next, we trundled off for lunch at the Red Lion, just 7 mins walk away where a good lunch was had. We then headed home a very happy bunch.*

*Side note: We had sunshine all day till we got to Hingham where it was car wash type weather all the way back into Watton, amazing"*

The judge of the photographs submitted by fellow Shutterists on this occasion was **Al Middleton**  
His choices and comments are as follows:



**GOLD**

**"Jaguar"**

**By  
Steve Frasz**

*"I liked way it sat and the reflections,  
the sky good as well."*



## Silver

### ***“Where's Brenda”***

**By  
David Haylock**

*“A great Black and White image.”*



## Bronze

### ***“Vulcan Control”***

**By  
Grahame Andrews**

*“This picture makes one reflect on  
what the pilots and crew went  
through.”*



# The Shed Journal



The “Shutterists Group” are a friendly bunch of Shedders who are keen photographers with an un-written objective of doing it “FOR FUN” and combining it with the “LOVE OF A GOOD WALK.”

The group’s focus is;

1. Monthly Group outings to photogenic places within East Anglia.
2. Learning and improving our own camera handling.
3. Learning to ‘enhance our photographs’ with minor adjustments in Photoshop
4. Taking part in a monthly Photograph Challenge (**currently on pause**)

Shutterist Group members all use 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 and warmly welcome all fellow members of WMS to enjoy our planned visits. For example, one of our keen members is more into Art, than photography, and will attend outings with his charcoal and sketch pad.

## Upcoming Shutterist outings:

Great Yarmouth Pleasure Beach - Lakenheath Fen - Cambridge – River Cam & The Backs - Holt Christmas Lights & Supper - Horsey Gap - Puddledock Lane.

**Interested?** Please see a committee member or one of the Shutterists for more information.

## The Music Club:

*“We had a good summer turnout of 15 members attending this month. For a change there were no late arrivals, which made my life as scorer much easier as I didn’t need to divide each score by the number of people there at the time of that song! This month’s theme of “Film Music” turned out to be one of our best for many months, with a wide variety of really good songs. As everyone seemed to have had lots of tunes to pick from, I suspect this will be one theme to repeat next year.*

*The top five tunes were:*

- 1<sup>st</sup> “The Dambusters Theme” by The Montgomery County Band, picked by John C-M with 126 points
- 2<sup>nd</sup> “Bright Eyes” by Art Garfunkel, picked by Dave, with 114 points
- 3<sup>rd</sup> “Everybody’s Talkin’” by Nilsson, picked by Miles, with 109 points
- 4<sup>th</sup> “The Good, The Bad, and The Ugly” theme, picked by Malcolm, with 108 points
- 5<sup>th</sup> “The Great Escape” theme (Neil), Busy Doing Nothing” (Bill) and “Lachrymosa” (Andy) tied for 5<sup>th</sup> on 103 points.

*The next meeting will be on **September 3<sup>rd</sup>** when the theme will be “**Woman**”. This I’m sure will lead to a wide range of great songs.*

*There will also be our quarterly **Music Quiz** after the session, from 12 – 2. Anyone can attend, not just Music Group members, so please let me know if you want to come along so that I can arrange food, etc.*

*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](mailto:dwanddrc@gmail.com)

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







## Other News, Notices, Events & Articles:

### Grumpy Old Man Says!

*"Can I introduce myself? I'm GOS, that's short from 'Grumpy old shedder', and your editor man has kindly agreed to let me have a little rant chat with you each month about things that bother me. There's a lot of serious crap going on in the world, but I want to talk to you about other stuff that doesn't seem sensible.....*

*Let's start with walking. Simple isn't it. You move one leg and then the other and before you know it, you're somewhere else, hopefully where you want to be and not on the floor surrounded by plonkers taking videos.*

*You do need to know what's going on around you, but I'm sure some people are now being born special, but in what way I'm not quite sure. When GOS was young (boy, that is a long time ago now) he was taught to always walk on the right-hand side of a road towards traffic when there was no footpath. These days people seem to have developed superpowers that mean this ain't necessary.*

*They must be special 'cos they can walk on the left-hand side of the road with no idea of what's coming up behind them, even when they've got sprogs or dogs with them. Some must have even greater powers, as they can do the same but with bl\*\*dy headphones on, or are on their flamin' phones, so they can't even hear you either! Why do they do this? Did nobody teach them any sense at school?*

*Don't get me going about cyclists either. Whatever happened to cycling proficiency tests? Not enough time to do them now I suspect. Instead, these people ride like nutters on the pavements or weave about on the road scaring the crap out of us car drivers.*

*To complete the box set, don't get me going about them not paying road tax, just like those horse owning country folk who go around at 5mph and leave sh\*t everywhere. Even worse are these new-fangled electric scooters. Who'd have thought you'd see grown men riding round standing bolt upright on a scooter? This would never have happened in Dock Green, 'cos old Jack Warner would be out there clipping a few ears and telling 'em to grow up.*

*Ooh, I'm tired now so that's it for now. Plenty more to go on about next month, I'm sure."*

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

### Gastro Jaunts around Norfolk Number 24:

*"We were in Norwich meeting up with our ex next door neighbours from France who were in London for a short break. We'd booked into the St Giles hotel for the night, we've stayed there before, we like it because it is so central to most things, it has had a makeover and now has a very nice bar area with a new outside terrace. We did some of the usual touristy things with them e.g. open top bus city tour (luckily the weather was good). Visited the Cathedral and the Market.*

*For the evening, we decided to revisit an old favourite - Pinocchio's in St Benedicts Street. This is a traditional Italian restaurant not one of your pizza and pasta joints, although it does offer very good pizzas and pastas. We were served by the head waiter who was very amiable (as opposed to the young waitress who acted as though she wanted to be anywhere but here!).*

*Chas had King Prawn starter with Caprese Salad main followed by Pana Cotta*

*I had Antipasto followed by the Calves' Liver (perfectly cooked) followed by Tiramisu, I usually have this in Italian restaurants because it is presented differently in lots of places, here it was presented like a cake and very nice it was too.*

*Lovely evening followed by a short stroll back to the hotel and a night cap in the bar.*

*Follow this link for the menu: <https://www.pinocchiosnorwich.co.uk/our-menus.php>*

Submitted by [Les Waller](#)



## The indispensable man

Sometimes when you're feeling important  
Sometimes when you're egos in bloom  
Sometimes when you take it for granted  
You're the best qualified in the room.

Sometimes when you feel that your going  
Will leave an unfillable hole  
Just follow these simple instructions  
And see how it humbles your soul.

Take a bucket and fill it with water  
Place your hand in it up to the wrist  
Pull it out and the hole that's remaining  
Is a measure of how you'll be missed.

You can splash all you like as you enter  
You can stir up the water galore  
But stop and you'll see in a minute  
It looks just the same as before.

The moral in this quaint example  
Is just do the best that you can  
Be proud of yourself and remember  
There's **NO indispensable man.**

Submitted by [John Chamberlin](#)

## 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](#)

## Windows 10 support ends October 14<sup>th</sup> 2025:

*"Please note that Microsoft support for windows 10 will end on October 14<sup>th</sup> this year. You have most likely already been bombarded with emails asking if you want to upgrade to windows 11.*

*This is **NOT** compulsory and it's nothing to panic about, your computer will not stop running after that date, it just means that there will be no further security updates or bug fixes.*

*You can quite happily continue as you are, it's likely to be a long time before this would become a real issue. Another option would be to change to a different operating system like LINUX. The computer team will be more than happy to discuss the pros and cons of all options with you. Their advice may not suit all of you but it's worth knowing your options. Go out and have a chat with them. Personally, I'm staying with windows 10."*

Submitted by [John Chamberlin](#)

## 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."*

Submitted by [John Chamberlin](#)



## A Helping Hand for Winter:



The Norfolk Community Foundation has a fund set aside for preventing hardship this winter. This Fund offers grants to undertake preventative support for households at risk of falling into, or falling further into, financial hardship this winter.

The Fund is intended to support a wide range of households to prevent escalation into financial crisis. This includes households with: -

- The highest risk of living in poverty e.g. low-income households
- Higher than average living costs due to needs associated with protected characteristics e.g. individuals with disabilities, or **pensioners**
- Responsibilities for others who find it difficult to manage additional costs e.g. unpaid carers
- A heightened risk of hardship e.g. care leavers, single-parent households, or those struggling with one-off financial shocks or unforeseen events

Please contact me in person if you think you might qualify for financial assistance, and I will make the application. All information will be treated in confidence.

Submitted by [Malcolm Trayhorn](#)

## Protect your 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 very simple 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](#)

## 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-july-2025?e=a370dbe526>

## 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](#)



# The Shed Journal



## 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, or 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](#)

## Breckland Events 2025:

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

|                                   |                                                    |                              |
|-----------------------------------|----------------------------------------------------|------------------------------|
| Wayland Shantymen                 | Wednesday 20 <sup>th</sup> August                  | Queens Hall, Watton – 11am   |
| Beer and Music Festival           | Fri-Mon 22 <sup>nd</sup> & 25 <sup>th</sup> August | Mid Norfolk Railway, Dereham |
| Bike Event                        | Sat-Sun 23 <sup>rd</sup> & 24 <sup>th</sup> August | Watton High Street           |
| Murder Mystery                    | Saturday 6 <sup>th</sup> September                 | Mid Norfolk Railway, Dereham |
| Summer Gala Day                   | Sunday 7 <sup>th</sup> September                   | Broom Hall, Saham Toney      |
| Heritage Open Day                 | Saturday 13 <sup>th</sup> September                | Mid Norfolk Railway, Dereham |
| Breckland Fryer Fish & Chip Train | Saturday 13 <sup>th</sup> September                | Mid Norfolk Railway, Dereham |
| Food Festival & Fireworks         | Saturday 25 <sup>th</sup> October                  | Wayland Showground           |
| Remembrance Sunday                | Sunday 9 <sup>th</sup> November                    | Watton War Memorial Carpark  |
| Festive Market                    | Sunday 30 <sup>th</sup> November                   | Watton High Street           |
| Polar Express                     | November & December                                | Mid Norfolk Railway, Dereham |

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





## Hear for Norfolk:



I recently attended a very interesting talk given by a lady from, 'Hear for Norfolk', which is the operating name of Norfolk Deaf Association.

### Here are some interesting facts I found out: -

- There are 12 million adults in the UK with some degree of hearing loss. This is equivalent to one in five adults
- 50% of people over 50 and 80% of people over 80 have hearing loss
- 6.7 million could benefit from hearing aids but only about 2 million people have them and approx. 1.4 million use them regularly – 30% of hearing aids are unused!
- Estimates suggest that by 2035, about 15.6 million people in the UK will have hearing loss – an increase of approx. 30%.
- Hearing loss is socially isolating, is linked to loneliness, depression, anxiety and causes communication difficulties.
- People with mild, moderate or severe hearing loss are respectively two, three or five times more likely to develop dementia than those with full hearing.
- Hearing loss is the second most common disability- however, often a hidden one.

So, the message I got from his is, don't put off getting your hearing checked and if you require a hearing aid make sure you wear it.

For more information on the services they provide, check out the Hear for Norfolk website, [www.hearfornorfolk.org.uk](http://www.hearfornorfolk.org.uk)

Submitted by [Malcolm Trayhorn](#)

## 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.

It has come to my attention through recent events that there are men in the area who are desperately in need of support and may not always be able to attend our meeting room.

Would any members, who are able, be prepared to visit a vulnerable male once or twice a week at their home? If you feel that you may be able to assist, please contact me and I will give more information.

### Note:

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.

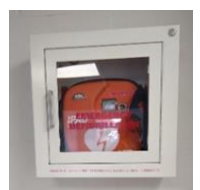
[Malcolm Trayhorn](#) – Chairman - email: [malcolm.trayhorn@gmail.com](mailto:malcolm.trayhorn@gmail.com)

## 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.





# The Shed Journal



## 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](#)

## 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](mailto: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.



## Administration:

| Shed opening days and times 2025 |                                         |
|----------------------------------|-----------------------------------------|
| <b>Social Room</b>               | Mondays and Wednesdays 09:00 till 12:00 |
| <b>Woodwork Shop</b>             | Mondays and Thursdays 09:00 till 12:00  |
| <b>Computer Room</b>             | Mondays and Thursdays 09:00 till 12:00  |

## WMS Website:



Our website address is: [www.waylandmensshed.co.uk](http://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.

## 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 whilst on the premises. 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.

## 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 |



# The Shed Journal



## Committee meeting:

With the shed running so smoothly, the committee have now moved to **bi-monthly** meetings.

The next full committee meeting will be on **Wednesday 3<sup>rd</sup> September 2025 at 3pm** in the Sports Centre.

Should any member wish to submit an item for discussion by the committee please email your request direct to the secretary - [Dave Cooper](mailto:dwanddrc@gmail.com) - email: [dwanddrc@gmail.com](mailto:dwanddrc@gmail.com)

**Note:** The minutes of all committee meetings are available for perusal in the minute book at the shed, therefore a draft copy will not be individually distributed to shed members. However, should any member require an e-copy, they may request the same on application to the secretary.

## Treasurers Report:

*"Accounts continue to strengthen due to our steady income from the usual sources. We now have our reserve funds in an interest account earning additional funds. The committee thank you all for your continued support."*

[John Chamberlin](#) – Treasurer – email: [bjcoi8@gmail.com](mailto:bjcoi8@gmail.com)

## Memberships Report:

*"Membership now stands at 95 which is very positive. We welcome **Naresh Patel**, please make him welcome."*

[John Chamberlin](#) – Membership Secretary – email: [bjcoi8@gmail.com](mailto:bjcoi8@gmail.com)

## JOURNAL QUIZ ANSWERS:

| NEXT IN LINE |                                      |    |                                      |    |                                                        |
|--------------|--------------------------------------|----|--------------------------------------|----|--------------------------------------------------------|
| 1            | Chamberlain<br>(Prime ministers)     | 11 | Cat ("There was an old lady" lyrics) | 21 | Kennedy<br>(Assassinated US Presidents)                |
| 2            | 125<br>(Cubed numbers)               | 12 | Fry<br>(Reverse of a £5 note)        | 22 | Liverpool St.<br>(Monopoly stations clockwise from GO) |
| 3            | Catherine<br>(Henry's wives)         | 13 | Snake<br>(Chinese New Year)          | 23 | Bale<br>(Paper quantities)                             |
| 4            | Zeta<br>(Greek alphabet)             | 14 | Tera<br>(Units of information)       | 24 | Skylab<br>(US Space programs)                          |
| 5            | Hotel<br>(Phonetic alphabet)         | 15 | Air Commodore<br>(Airforce ranks)    | 25 | Advantage<br>(Tennis scores)                           |
| 6            | B<br>(Pencil lead grades)            | 16 | Straight Flush<br>(Poker hands)      | 26 | Shoreditch<br>(“Oranges & Lemons” lyrics)              |
| 7            | Albatross<br>(Golf stroke terms)     | 17 | Cancer<br>(Astrological signs)       | 27 | Uranus<br>(Planets distance from the sun)              |
| 8            | Minim<br>(Length of notes)           | 18 | Te<br>(Musical scale)                | 28 | Hyde Hall<br>(RHS Gardens in order of opening)         |
| 9            | Corinthians<br>(New Testament books) | 19 | Indigo<br>(Rainbow colours)          | 29 | Black<br>(Ascending snooker ball values)               |
| 10           | Francis<br>(England Captains)        | 20 | Grub<br>(Trumpton crew)              | 30 | Methuselah<br>(Champagne Bottle Sizes)                 |

Please visit our website: [www.waylandmensshed.co.uk](http://www.waylandmensshed.co.uk) which is regularly updated.

You can also contact us via email: [waylandmensshed@gmail.com](mailto: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.

**Disclaimer** - The information contained within The Shed Journal is for general information purposes only and assumes no responsibility for any errors or omissions in the content. In no event is the editor or other members of WMS liable for special, direct, indirect, consequential, or incidental damages arising out of or in connection with the content. We reserve the right to make additions, deletions, or modifications to the contents at any time without prior notice. Any views or opinions either explicit or implied are NOT the views or opinions of either the Wayland Men's Shed or the editor.

