



Issue 61



September 2026

Your monthly update on WMS News and Events

Editor's Preface:

How time does fly. Way back in April of 2017 our then Secretary Jez Hookham issued the first Men's Shed **'Newsletter'**, a monthly digest informing members of news and activities relating to the Shed. This continued until Covid, during which Malcolm issued a **'News Sheet.'** Upon reopening I took up the mantle; I decided to create a new format and came up with the idea of a **'Shed Journal.'**

The Journal was originally just 7 pages with basic information but has now grown to an average of 15 pages. Over the years I have tried to vary the content trying several ideas, some were more successful than others.

The main focus of the Journal relates to the outings and events organised by Malcolm along with updates from our various member groups: The **Shutterists**, **Shantymen**, **Music**, **Games**, and the **Chuffers**. There have been regular contributors like Les Waller imparting his Norfolk Gastro experiences and Bob Darts with his insightful Photography articles. Also, other not so regular contributors like Jez and 'The Grumpy old Man.' I thank these members and others for their continued support in keep the Journal afloat. Regular trivia articles and quizzes have hopefully provided a welcome distraction along the way.

I'm not aware of exactly how many read my periodical but like to feel it's worth the time and effort taken to compile. I do enjoy piecing it together and occasionally try to come up with something new and original that would spark more interest, but I mostly come up short and just carry on with similar content.

As I pass this 5-year way point I am acutely aware of the need to keep the journal fresh. To this end, I send out a clarion call to any members who may have any ideas for content. This may be a single interesting article, or they may want to try having a frequent 'slot.' **Please help to keep your journal alive.**

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

10th Anniversary Celebration:



Our Shed actually began on **5th October 2016**, so this October will be our 10th anniversary. This is something that cannot pass without recognition and celebration.

Therefore, we will be having a special celebration on **Saturday 3rd October 2026** in the main sports hall at the Sports Centre. This is an opportunity to show everything we do and there will be tables and display stands representing all groups and interests.

The committee along with others including the lead members of our various groups are finalising arrangements. We would like to see **ALL members plus a guest** at this event, so put the date in your diary and add your name to the list on the noticeboard in the social room. A catered buffet with tea and coffee will be provided.

*****There are currently 61 members names on the list.** If you are not sure if your name is on it and you want to attend you can check with Malcolm. We need to have final numbers by 20th September at the latest for catering purposes. All our groups are putting on displays, and we have several specially invited guests coming so it will be a great day.

Men's Shed Committee



The Shed Journal



Chairman's Foreword:



"It never ceases to amaze me the spirit of generosity displayed by members. I witness many examples of support and kindness, not just during sessions but at other times. Whether it is welcoming new members, giving a lift to someone, making tea for others, or just engaging with others and talking about all manner of issues.

All of these things make a difference to people's lives. Talking of Making a difference, Wayne Rutter, Dave Cooper, John Chamberlin, and I went to St. Andrews Church in Norwich on Thursday 10th September to hear the results of the BBC radio Norfolk, "Make a Difference awards".

There were four finalists in the category of community group. Unfortunately, we were not chosen as the winner but taking into consideration that there had been hundreds of nominations, we did well to get a "Highly Commended" award. So, a big pat on the back to our committee and ALL members for having displayed to the judges that we were a deserving case."

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



Issue 61 of 'THE SHED JOURNAL'

"Members are welcome to contribute articles about themselves of days out, holidays, life/work experience, hobbies etc. Perhaps there is a TV program/channel, radio station, film, or series that you can recommend. 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





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 will sit chatting about whatever comes up or maybe 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. This is important for fire safety and to evaluate whether members have been absent. Please can you attempt to wear your name badge to assist new members.

Carpentry Workshop:

"Rob Fielding and his team of regulars continue 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."

This storage cabinet was built for one of our members."

John Chamberlin



The Computer Room:

*"The computer group status of listed items below as we pass through 2026
The group continues to be busy and has 4 main areas of activity:*

- *Printers*
- *Laptops*
- *Desk top machines.*
- *Stripping non-viable machines and equipment for salvage*



The Computer Room had a Wi-Fi issue this year, but corrective actions have been investigated, discussed, and rectified. This has gone on fix any Wi-Fi problems in the meeting room and woodwork workshop areas.

Group members are also now preparing to celebrate 10 years of the Wayland Men's Shed (WMS) to be celebrated in October. Items include:

- *10-year celebratory presentation of the WMS in pictures.*
- *Display of computers and components for refurbishment/salvage.*
- *Display computers to be used by visitors."*



Stop Press:

There will be a computer available in the bowls room for those members who wish to use it to create personal documents, send email, browse the net etc. It will be initially situated on the table next to the booking in laptop.

Mike Briggs - Computer Group Supervisor - email: mikebriggs01@btinternet.com





The Shed Journal



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.

TOWNS AND CITIES – Some are literal, some are cryptic					Answers	
CLUE		Letters		CLUE		Letters
1	ERNIE WISE AND ERIC	9		26	GRACIE FIELDS TOWN	8
2	AULD REEKIE	9		27	A LITERARY PASSTIME	7
3	B'AT AT	6		28	PUDDLE	5
4	HAT OR RACE	5		29	AS FAR AS YOU CAN GO	5-3
5	GOLD CUP	10		30	WELSH SYMBOL	4
6	HAROLD DIED HERE	8		31	ROYAL SCOTTISH RETREAT	8
7	CARPET TOWN	9		32	BUNS AND FLOWER SHOW	7
8	PISCES PROTECTOR	9		33	HILL OPENER	7
9	BRUM BRUM	10		34	SHIPS COMPANY	5
10	DIRTY PUDDLE	9		35	COCKNEY HAIR	6
11	FAMOUS FOR PORK PIES	6-7		36	HORDE FORTIFIED WINE	9
12	WOMBLES PLAY TENNIS	9		37	TOMMY TRINDERS TOWN	6
13	COMPLETED AT MIDDAY	6		38	GOLD PLATE A CAR	9
14	BULL TOWN	8		39	ABRAHAMS NAMESAKE	7
15	LEATHER STUDDERED SETTEE	12		40	RUGBY MECCA	10
16	MAGGIES TOWN	8		41	CLEOPATRA'S MILK TUB	4
17	SAUCY PLACE	9		42	SCOTTISH CAKE	6
18	FRONT RUNNERS	5		43	SOUNDS LIKE OZONE	3
19	FAMOUS U.S. RIFLE	10		44	MR BINGLEY'S FRIEND	8
20	MUTE CHIPS	8		45	SMALL FLUTE	4
21	RUG FASTENER	7		46	RUINS THE MEAT	7
22	GARDEN CITY	6		47	HUMBER FISHING PORT	7
23	ARCHBISHOPS TOWN	10		48	THE STEELERS PLAY HERE	9
24	SHIPS BODY	4		49	NOT A NORTHERLY HAVEN	9
25	JOAN OR TART	8		50	MANY NAVAL SHIPS	5

Quiz answers are on the last page (use the link above or [click here](#)).





The Shed Journal



Social programme:

Recent events:

Quiz Night - 14th August:

"57 members attended. The winners and recipients of the "Smarties" were "Game 4 a Laugh" team with a score of 109. A total of £432 was raised on the night for club funds. A big thank you goes to all those that helped out on the night and those who donated raffle prizes."

Upcoming events:

Thursford Christmas Spectacular - Tuesday 8th December:

*We have 40 tickets for this event. It will be the evening performance. I have **only 8 tickets left** so if you are interested you need to contact me quickly. Cost is £45 each to include entry and coach.*

Christmas Meal- Wednesday 16th December:

The annual Men's Shed Christmas meal will be at Broom Hall again this year. Cost is £32 for 3 Courses & £27 for 2 Courses. See notice board for menu and to put your names down, should you wish to join us.

Mulled Wine and Mince Pie Event - Monday 21st December:

This will be held in the bar and the music room. I will be putting a notice up in the Bowls Room shortly with details. If we speak nicely to our Treasurer this should be a free event for members and their guests.

The treasurer says yes to this FREE event.

Meditation:

*Amanda will now be holding sessions on Tuesday mornings between 11am and 12 noon in the social room, on the following dates: **29th Sep** **13th & 27th Oct** **10th & 24th Nov** **15th Dec***

Please let me know if you would like to attend these sessions by putting your name down on the notice board or reply to me by email.

For 2027

Muckleburgh Military Collection:

The Muckleburgh Collection is a military museum sited on a former military camp at Weybourne, on the North Norfolk. Only 8 names so far so may be one for early next year?

Event	Date	Venue	Time	Estimated cost	BACS ref
Meditation	Fortnightly from 29 th September	Bowls Room	11 am–12 noon	FREE	-
Thursford Christmas Spectacular	Tuesday 8 th December	Thursford by coach	Evening Time TBA	£45 Per head	Thursford
Christmas meal	Wednesday 16 th December	Broom Hall	TBA	£27-£32 Per head	Christmas meal
Mulled wine event	Monday 21 st December	Sports Centre	TBA	FREE	-

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

Treasurers note:

"May I respectfully request that when you pay by BACS that you use the correct reference.

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

Lloyds bank

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

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

Account: **16989360**

Ref: **Thursford, Christmas Meal etc.**





Member groups

The Music Group:

*"The normal monthly session was held on the 2nd September, with a theme of **"My favourite 60's music"**. We had a new attendee in Chris, who has just joined WMS, and he seemed to get into the group dynamic pretty quickly! It was the usual eclectic range of music, from early to late 60's, pop to heavy rock, groups to singer/songwriters. With at least four normal members missing this month, and with the shorter songs of the 60's, we got through in good time, but we may need to dip into our extended hours once everyone attends.*

The top five tunes were:

- 1st "Both Sides Now" by Joni Mitchell, picked by Wayne, on 153
- 2nd "What A Wonderful World" by Louis Armstrong, picked by Robin, on 145
- =3rd "Something" by The Beatles, picked by Peter S, on 140
- =3rd "Where Do You Go to (My Lovely)" by Peter Sarstedt, picked by Les, on 140
- 4th "It's Not Unusual" by Tom Jones, picked by Andy, on 129
- 5th "Mean Woman Blues" by Roy Orbison, picked by Richard, on 127

After the session we had our latest Music Quiz, hosted this time by Les. Only six members stayed for this, in two teams of three, but we all had a good time and enjoyed Les's attempts to bamboozle us.

*Our next meeting will be held on **Wednesday October 7th**, when the theme will be **"My favourite cover version"**.*

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

I'm game if you are:



*The next meeting will be on **Monday 12th October 2026**. We start at 1pm until 5pm in the bowls room. If you don't want to miss out on a game, then please arrive promptly.*

Please feel free to bring along any family, friends, or neighbours (ladies included)

*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 or go to the fish or baguette shop.*

Games available to play or learn include: 'Ticket to Ride: Europe' Mexican Train, Mahjong, Sequence, Rumikub, Bezique, 500 Rummy, Contract - Nomination and Solo whists, Crib, Backgammon, Yahtzee, Halma, Othello, Chess, Draughts, Nine Mans Morris, Dominoes, 5's & 3's, Canasta, Phase 10, Golf (card game), Liars dice.

Please feel free to bring along a game of your own to tempt us. Attendance seems to have levelled out at between 10 and 12 so it would be good to see more of you there. We always have a great afternoon."

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

Interested? Contact [John Chamberlin](#) – Games group lead – email: bjcoi8@gmail.com



Tip: Don't play the Mexican Train game with your cat.
Steve Worth



The Shed Journal



Shanties at the Shed:

"We've been lucky enough to have two gigs this month. The first was a barnstorming return to the Queen's Hall where we entertained a full house. The highlight was our esteemed chairman and member of the shanty crew Malcolm showcasing his acting skills in 'Got No Beard.'

Our second gig was a trek down to Thetford for their short mat bowls team's anniversary bash. It was an interesting gig that gave us all valuable experience with different types of audience. We next test our vocal skills at the Men's Shed Anniversary shindig so look out for our blue shirts.

We always welcome new members so feel free to pop along to one of our rehearsals and see what we are about. There is no pressure to start singing straight away. For any further information speak to Ray or me."

Interested? Contact [Wayne Rutter](#) - Shantymen lead - email: wayne.rutter.1979@hotmail.com

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

The Chuffers:

"The Chuffers had their first formal meeting on Monday 24th August at 11am in the bar of the sports centre. I am pleased to say we had 8 members attend and plus, Mark, who is not a Shed member, but who heard about our meeting and hopefully will become a Shed member. Also in attendance was our Chairman, Malcolm, to see what we are up to. The idea of the meeting was to see what members would like to see from the group.

*This mainly appeared to be advice, help, and encouragement. Looking to the future we might even construct a "Shed" layout if room can be found. We have agreed to have a monthly meeting on the **3rd Monday of the month** starting at 12 o'clock in the bowls room following the normal Monday Shed meeting. The first of these Chuffers meetings will be held **Monday 21st September**.*

We have now set up a WhatsApp group so that Chuffers can easily ask for help/questions/advice from each other. It is already seeing lots of activity.

Dave, Grahame, and I have started work on making a layout to be shown, working, at our 10th Anniversary celebrations. Nothing sophisticated, just some track with, hopefully, a couple of trains running.

If anyone else is interested, please get in touch. Like with all our Shed activities there is a lot of chat, laughing and cups of tea involved. Just have a chat with either Dave, Ray, Grahame, or me."

Interested? Contact [Neil Rowe](#) – Chuffers lead - email: neilr101@btinternet.com

The Shutterists:

"We are an artistic group with an un-written modus operandi of "For fun"

The Shutterists activities include;

- 1. Regular outings to photogenic places – we have logged more than 60 visits*
- 2. Learning to improve our camera handling and photographic techniques*
- 3. Embracing other creative artistic media*

The Shutterists allows all camera types, including phones/tablets. However, as we embrace other creative techniques, cameras are not a pre-requisite, as for example, one of our keen members will attend outings with his charcoal and sketch pad. 'Shutterists' outings generally take in a coffee, food and even the odd beer – it's a social trip as much as a photographic / artistic one and we all share friendly banter."

Interested? Contact [Stewart Haile](#) - Shutterist's lead - 07775 694099 - email: shaile33@aol.com



August: Outing: Mundesley Monthly Competition: Composition Technique: Figure-ground technique Photo entry: Starting with the letter 'I'	
What's next for: September: Outing: Oxburgh Hall Monthly Competition: Composition Technique: Perspective Photo entry Starting with the letter 'V'	Training News Watch this space

Trip to Mundesley – August 27th 2026

"We left Watton around 09:30 in two cars, Al and John F kindly drove heading to the Northeast coast of Norfolk. We had agreed to meet John Parlling at the Beach Car Park (Pay & Display) to then find a suitable café for refreshments. We arrived in drizzling conditions and again Mr Parlling came up trumps finding a café built into the cliffside directly facing the sea. Beautiful other than steamed windows due to the drizzle outside. The name of the café is Lucy's, and we all would highly recommend.

After suitable refreshments, and as the drizzle had abated, we left the café and split up, choosing our own part of Mundesley to capture.

Mundesley grew rapidly when the Victorians brought visitors to the district by opening a railway in 1889. They came to Mundesley to sample the finest air in the country. The railway has long gone, but the fresh sea breezes off the North Sea remain as invigorating as ever.

Key Highlights:

The Beach: A clean, sandy stretch with shallow rock pools, rock groynes, and RNLI lifeguard cover during the summer.

Maritime Museum: Located on "The Lees" clifftop, it is widely regarded as one of the smallest independent museums in England.

Local History: Part of the Deep History Coast, featuring nearby heritage spots like the 19th-century Stow Mill.

Village Charm: Filled with traditional flint cottages and independent shops.

Mundesley church: Sits perched overlooking the sea



David Haylock kindly accepted my invitation to judge our images for Mundesley. Please see below



GOLD

“Allo Mate”

Shot by:

‘Bob Darts’

“Love the leading lines and the dog just peering sets the picture off perfectly.”

Winner of the Terry Knight Trophy



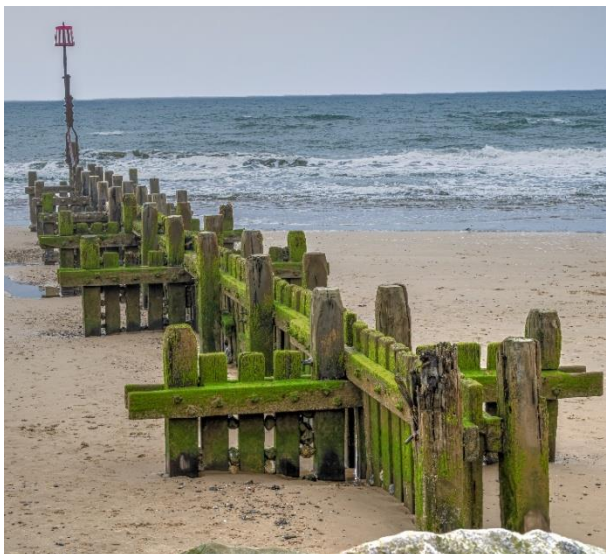
SILVER

“Occtodecor”

Shot by:

‘Grahame Andrews’

“I like the colours of this photo something bright on what looks like a gloomy day I love the way the subject catches the light perfectly.”



BRONZE

“Green Groyne”

Shot by:

‘John Ford’

“Once again nice leading line drawing you into the sea a nice bright picture with the greens on the wood.”

*Please see the Shutterists Album for all pictures taken on the day plus the photo competition entries.
All August competition images can be found in this month’s Shutterists Album*



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

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



Other News, Notices, Events & Articles:

Shed opening days and times 2026	
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 Important Job

This is a story about four people named Everybody, Somebody, Anybody and Nobody.

There was an important job to be done, and Everybody was sure that Somebody would do it.

Anybody could have done it, but Nobody did it.

Somebody got angry about that because it was Everybody's job.

Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

Submitted by [John Chamberlin](#)

Anosognosia, very interesting...

In the following analysis the French Professor Bruno Dubois, Director of the Institute of Memory, and Alzheimer's Disease (IMMA) addresses the subject in a reassuring way:

If anyone is aware of their memory problems, they do not have Alzheimer's. It often happens in people 60 years and older that they complain that they lack memory. The information is always in the brain, it is the "processor" that is lacking.

This is "Anosognosia" or temporary forgetfulness.

Half of people sixty and older have some symptoms that are due to age rather than disease. The most common cases are:

- *Forgetting the name of a person.*
- *Going to a room in the house and not remembering why we were going there.*
- *A blank memory for a movie title or actor, an actor.*
- *A waste of time searching where we left our glasses or keys.*

After 60 years most people have such a difficulty, which indicates that it is not a disease but a characteristic due to the passage of years.

Many people are concerned about these oversights hence the importance of the following statements:

- *Those who are conscious of being forgetful have no serious problem of memory.*
- *Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening.*

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights "The more we complain about memory loss, the less likely we are to suffer from memory sickness."

Originally submitted by [Jezz Hookham](#)

Do Camera Clubs Promote the Wrong Things?

I'm sure you are aware that I do not enter photography competitions and have not done so for many years preferring to "exhibit" my photographs for public viewing or posting them on my website. (<https://robdartspartography.co.uk>) There are a number of reasons why but in the main it's about taking photos for "me" and not for a judge to rank them that is based on "flawed" criterion or personal likings.



The Shed Journal



With this in mind I came across this recent article in an online photography magazine published by aspect2i (which, by the way, is well worth having a look at). Personally, casting my mind back to a time when I was a member of three camera clubs, I think Paul's article is spot on! So, without further ado.....

"Do Camera Clubs Promote the Wrong Things" - A short essay by Paul Gallagher (<https://paulgallagher.co.uk>)

"To many, being a camera club or photographic society member or being able to say that a particular club is 'their' club is harnessing a sense of belonging and community. There is, of course, nothing wrong with this, and many photographers indeed look forward to club night and the events that bring everyone together. There is a comfortable familiarity to the place and the other members that become friends.

In many ways, this extends to many activities in life, from golf to book clubs, from gyms to social clubs. In fact, the UK boasts one of the highest densities of clubs and societies in the world, so surely this should be healthy for photography? Not necessarily so from our experiences.

Firstly, not all clubs are the same. Some are welcoming places where help is always at hand, and new or less experienced members are encouraged to progress by the offer of help. Some clubs have splinter groups that nurture certain skills in wildlife, street and portraiture, accommodating differing interests, making membership even more rewarding. This is where club life can act as a disincentive as well as a constraint for the photographer seeking to evolve.

Trophies and awards are an integral part of camera club life, and along with the politics of these, this is where club life can act as a disincentive as well as a handicap for the photographer seeking to evolve. As with all competitions, there are rules. Boundaries are in place which can range from specific subject matter to whether the image can be only black and white. We have heard stories of trees that have to be presented in an image in odd numbers, and woe betide you if you have four or six in a row. The sunrise and sunset trends are often exhausted, not to mention the terrors of not placing the main subject on 'the third'! When it comes to an impending competition, understandably, individuals have their own interests that come first, namely winning!

Then there are the people who decide the outcome of the competitions, the judges. If there was ever one common theme that was present in any account of club competitions, it would be the disdain for the judges delivering the scores. For the winners, things are fine, and they soon look forward to the next in the hope of reaping more awards. For the losers, the experience seems to act as a huge disincentive to continue with their photography, or even worse, discontinue membership, which is what I have seen many times over the years.

When competitions become a dominant part of camera club environments, members are pitched against each other and not only is bitterness felt towards the judges, but also towards the fellow members that seem to consistently win. Even worse are the tactics put in place to achieve a win. It is commonly heard that members will understand what types of images serve to please a particular judge, and they will actively enter images of this genre or type in the hope that they will have an advantage.

When all of these factors come together, support for others to progress and friendship with fellow members begins to dwindle, and the experience of being there is fraught with negativity. By bringing people together with a common passion, it should be presumed that the gathering of photographic love would be shared and promoted, but if that is largely replaced by competitive motives, how can this nurture individuality and creativity?

As with any art form, freedom of expression is its very lifeblood, yet a strong competition culture can suppress this, often embraced by their members in the pursuit of winning awards. The most expressive and impressive photographs ever made were borne of photographers who followed their hearts as opposed to harbouring concerns about what others will think, in particular, a judge. Who are you making photographs for: the judge, the audience, or yourself?"

Paul Gallagher

You may not agree with Paul's sentiments, and I will always respect the opinions of others. However, as I mentioned earlier, I take photographs that are for ME or not for social media "likes. I try to take them that in some way reflects and expresses my creativity and art as I progress along my photographic journey. They most definitely NOT for the whims and comments of a judge.

I hope you find this article interesting and as always, I'm happy to discuss it further if ever you fancy a get together.

Submitted by: [Bob Darts](#)



Free Tech Skills for Life offer from Norfolk County Council

A lady called Dawn will attend our social room at 10.30am on Monday 9th October to give an overview of their services. This free service is designed to help people build confidence with technology, no matter their starting point. They can support people with a wide range of digital and online tasks, including:

Using smartphones, tablets and laptops - Setting up and using email - **Completing online forms and applications** - Accessing online services, such as GP appointments and government services - **Staying safer online** - Video calling friends and family - **Downloading and using apps** - Managing passwords and online accounts - **Online shopping and banking support** - Comparing, changing or finding better mobile phone or broadband tariffs - **Comparing insurance quotes and helping people navigate online comparison websites** - Finding information online and accessing local services - **Building confidence with everyday technology.**

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 is **NO indispensable man.**

Submitted by [John Chamberlin](#)

Members Handbook and Operating Principles:

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. Both aforementioned documents can be viewed and/or downloaded on our website for personal viewing and or printing. However, should you require a hard copy just approach a committee member.

[Men's Shed Committee](#)

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](#)



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-august2026-17451615?e=a370dbe526>

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

Property Alert Service:

*"The property alert service provider in the UK is **HM Land Registry**. They provide a free fraud-monitoring tool that sends email notifications whenever significant activity or official searches occur against registered properties in England and Wales. This could be a secured loan, Sale notice without your knowledge.*

The 'Property Alert Service' 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/land (these can be any property, not just your own.) It's well worth doing, it took me less than 10 minutes, so do yourself a favour and sign up."

Submitted by [John Chamberlin](#)

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.

Fire test procedures:

In advance of our previous fire drill members were alerted to the test to enable us to evaluate our procedures. Overall, this was very successful with just one or two things needing to be clarified. It is our intention to conduct future periodic tests without notification. The committee would appreciate your continued cooperation.



The Shed Journal



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.

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.



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 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.

Watton Events Marshalling:

Bike Day:

6 members manned the barricades in the High Street for this event on Sunday 30th August. So, a big thankyou to Gordon Williams, Steve Frasz, John Parling, Jez Hookham and Dave Cooper for joining me and giving up their Sunday morning for this event. By supporting the Town Council our profile remains positive with them.

Sunday 29th November, Festive Market:

13:00-17:00 (marshalling required 10:30-13:00)

Please let Malcolm know if you are willing to give up a couple of hours to keep us popular with the Council.



The Shed Journal



Breckland Events 2026:

If any member becomes aware of any events in the Breckland area for 2026/27, please let me know.

DATE	EVENT	LOCATION
Saturday 26 th September	Bellfolk, Handbell Ringers	St Mary's Church – 2pm – Free entry
Saturday 31 st October	Watton Food Festival & Fireworks	Wayland Showground, Watton
Sunday 8 th November	Remembrance Sunday	Memorial Car Park & St Marys
Sunday 29 th November	Watton Festival Market	Watton High Street

John Chamberlin - email: bjcoi8@gmail.com

Your elected committee:

Malcolm Trayhorn: Chairman, Social Secretary & Press	07729 993163	Gordon Williams: Vice Chairman	07593 989296
Dave Cooper: Secretary	07760 386902	Mike Briggs: Tech Supervisor	07785 778550
John Chamberlin: Treasurer, Memberships & Journal	07886 655713	Rob Fielding: Workshop supervisor	07871 193206

Treasurers update:

"The Shed accounts have been examined by an independent examiner to be included in our Charity Commission Annual Return. Malcom has completed our report so now the return can be completed. Accounts are in good order thanks to regular income from events, workshops, and member fees."

Full accounts may be examined by any member upon request. - [John Chamberlin](#) - Treasurer

Memberships update:

*"Membership has now risen to the heady heights of 109. We welcome two new members, **Chris Da Rocha** and **Mark Nixon**, please make them welcome."*

[John Chamberlin](#) - Membership Secretary

Committee meeting:

The next full committee meeting will be on **Monday 2nd November 2026 at 12:15pm** in the Bowls Room. Should any member wish to attend or submit an item for discussion by the committee please email your request direct to the secretary - [Dave Cooper](#) - email: dwanddrc@gmail.com

Note: Committee meeting minutes are no longer sent out to every member. There is a copy in the folder by the booking in computer for your perusal at the shed. However, should you require a personal copy then please request the same from our secretary.





The Shed Journal



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

TOWNS AND CITIES					Questions
1	MORECOMBE	18	LEEDS	35	BARNET
2	EDINBURGH	19	WINCHESTER	36	STOCKPORT
3	ILKLEY	20	DUMFRIES	37	FULHAM
4	ASCOT	21	MATLOCK	38	GUILDFORD
5	CHELTENHAM	22	WELWYN	39	LINCOLN
6	HASTINGS	23	CANTERBURY	40	TWICKENHAM
7	AXMINSTER	24	HULL	41	BATH
8	FISHGUARD	25	BAKEWELL	42	DUNDEE
9	BIRMINGHAM	26	ROCHDALE	43	AYR
10	BLACKPOOL	27	READING	44	BRADFORD
11	MELTON MOWBRAY	28	POOLE	45	FYFE
12	WIMBLEDON	29	LANDS END	46	WREXHAM
13	DUNOON	30	LEEK	47	GRIMSBY
14	HEREFORD	31	BALMORAL	48	SHEFFIELD
15	CHESTERFIELD	32	CHELSEA	49	SOUTHPORT
16	GRANTHAM	33	TORQUAY	50	FLEET
17	WORCESTER	34	CREWE		

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.

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.

