



Your monthly update on WMS News and Events

Chairman's Foreword:

"It is hard to believe that we now have 105 members. All down to having a good reputation and a welcoming approach to anyone visiting to see what we do and can offer. So, it's evident that we must be doing something right. In a way we are victims of our own success in that our social gathering space and workshop space are fast becoming unsatisfactory for our needs.

Although we sometimes struggle to accommodate the growing numbers, we are much better off than other sheds. The sports centre has been a saviour for us after having moved 5 years ago from the Old School House in Lime Tree Walk, where it all began. We remain very grateful to the trustees, management and staff of the centre who are very helpful and supportive. Thanks to all members for your welcoming and supportive manner."

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

Editorial: Issue 54 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 However, defamatory articles will not be published."*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





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 continue swapping ideas and exchanging knowledge on refurbished machines and updated software.

Sales of refurbished laptops desktop, printers and salvage continue to be a source of income for the WMS.

We have had our first WMS member complete training and continue to offer computer training so others.

If you are interested in hardware or software training, please come and see us in the computer room to let us know what training you require.

We continue to require old machines that you may like to be updated or to be disposed of, we are here to help you.

Any computers and electronics are gratefully received by WMS we run a triage to look at the viability of machines and products.

They are categorised in the following areas:

- Scrap
- Stripped for parts
- Refurbishment

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 due to the capacity of the workshop.”

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

I'M GAME IF YOU ARE	Answers
All answers are indoor game related	
1	In which game would you perform an 'En Passant' manoeuvre?
2	In '9 man's Morris' what are three consecutive friendly pieces in a row called?
3	In standard UK 'Pontoon', a picture or 10 card and which other make up the best hand?
4	How many points does a player score for a their first 'Yahtzee'?
5	Which game includes a Candlestick as a piece?
6	Give the number of marbles used in 'Marble Solitaire'?
7	What do the Americans call 'Noughts & Crosses'?
8	In the standard UK version of 'Fox & Geese', how many geese start the game?
9	Name the game that uses a set of 64 playing pieces coloured black on one side and white on the other.
10	How many stations are there on a 'Monopoly' board?
11	In which game do you start off with a Tower of wooden blocks?
12	In the game 'Battleships', how many squares would an Aircraft Carrier occupy?
13	If you 'Huff' somebody, what are you likely to be playing?
14	Give the only 2 'Scrabble' tiles that are each worth 8 points.
15	Which board game has the following categories:- Geography, History , Entertainment, Arts & Literature , Science & Nature and Sports & Leisure ?
16	How many dots are there on a set of 'Double 6' dominos?
17	Where, predominately would you find a 'Balk line'?
18	Name the area of a 'Backgammon' board that holds the captured pieces.
19	If you are using a 'Squidger' to attempt a 'Squop', what are you playing?
20	What is the highest scoring hand in a game of 'Cribbage'?
21	In which game would you be playing 'Eight Ball'?
22	What number is opposite the 20 on a standard dart board?
23	In which game would you hear the term 'Misère Ouverte'?
24	How many squares are there on a 'Halma' board?
25	Name the game that uses 5 stones and a small ball.
26	Give another name for the dealer at a 'Roulette' table.
27	If you announced a 'Kong', 'Pung' or 'Chow' what are you playing?
28	In which game would you find 'Mr Block the Barber'?
29	What are the scoring sections on a 'Shove Halfpenny' board called?
30	Name the sixth <u>original</u> monopoly playing piece - Thimble , Battleship, Boot , Top hat, Iron &?

Quiz answers are on the last page (use the link above).



The Shed Journal



Social programme:

Recent events:

Quiz Night – Friday 6th February:

76 members and guests attended our 24th quiz night. The feedback I have received is that everyone enjoyed the night despite my awful jokes. Over £500 was raised including entrance money and raffle money. A group from the Wayland Players were the “Smarties” and received the much-coveted prize of a tube of smarties each. Thanks was given to all those that helped to make the evening a success which included Barbara (Mrs. T.), Kyri (Daughter), Sally (Sister-in-Law) to name but a few.

Ten-Pin Bowling - Thursday 12th February:



“15 members and partners attended Strikes Bowling Alley in Dereham, and a great afternoon was had by all.

The honours were taken by Malcolm, John Chamberlin and Jerry Hamilton. Much banter was heard and advice on technique was given by all, it’s a shame some of us didn’t listen to their own advice.”



Upcoming events:

Go-Karting - North Pickenham Friday 15th May:

I have booked for members to go to North Pickenham Go-kart track in Swaffham. Cost will be £35. Please see poster on notice board for further details or speak to me directly.

Cream Tea on a paddle steamer on the Norfolk broads - Friday 5th June:

“The plan is to board a coach at the Queen’s Hall car park at 10am. We will travel to Wroxham where there will be free time until 2.15pm when we get back on the coach and travel to Horning to board the paddle steamer at 3.15pm.

The trip will last 3 hours during which time there will be an afternoon tea consisting of a selection of freshly cut Sandwiches on Wholemeal & White Bread to include; Free Range Eggs & Watercress, Honey Roast Ham & English Mustard, Tuna & Cucumber & Three Cheese & Spring Onion. Homemade Sausage Rolls, Scones with Jam & Cream, Lemon & Bakewell Cake Minis.

This trip is subsidised so for the coach, the boat trip and afternoon tea the total cost is £30 per person. There are **only TWO places** now available so please let me know if anyone else wishes to join us. I will start a reserve list if oversubscribed so please let me know if interested. Please pay the £30 or a £10 deposit now please either to me in cash or by Bank transfer as below:

Cromer End of Pier Show Matinee - Friday 17th July.

The coach will leave the Queen’s Hall car park at 10am. We should get to Cromer approx. 11.15am then you will have free time until 2.30pm when the end of pier show is due to start. Cost is just £30 to include Show and coach (Subsidised by the shed). Names to me or on notice board.

Event	Date	Venue	Time	Estimated cost
Go-Karting	Friday 15 th May	North Pickenham	TBA	£35 per person
Cream Tea on a Paddle Steamer	Friday 15 th June	Norfolk Broads (Horning)	Coach – Queens Hall 10:15 am	£30 per person Coach, Boat & Tea
Cromer Pier Show	Friday 17 th July	Cromer	Coach – Queens Hall 10 am	£30 per person Coach and show

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



Treasurers note:

“May I respectfully request that when you pay by BACS/Faster Payment that you use the correct reference, i.e. “Cromer Pier Summer” – “Quiz Night” – “Christmas Meal” etc.

***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 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: **EVENT NAME**



Member groups:

Shanties at the Shed:

“The new year has started with an extra rehearsal being added each month. Rehearsals now take place on the first Monday of every month, and the second and third Wednesdays of the month. It is understood not everyone will be able to make every rehearsal, but it will give the crew more chance to work on new material, as well as going over established songs.

We had just one booking in January at the Thompson WI which we all agreed went well. Some people asked where else we were playing, which is always a positive sign.

We are starting to work on some new songs and return to some of the older songs we haven’t sang for a while. It’s surprising just how rusty you can get when you haven’t sung a particular song for some time.

We don’t have any planned gigs this month or next to allow time for rehearsals and the new songs.”

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

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

Shanties 2:



20 members and partners went to the Chequers for a meal last night to celebrate another successful year. Mark Cumberland was awarded a trophy for being voted the "Shanty man of the year". Wayne Rutter was given a rousing round of applause for leading the group after the sad loss of Nigel Potter. A good night was had by all.





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 group lead - 07775 694099 - email: shaile33@aol.com

January:

➤ **Outing:** Norwich Cathedral

➤ **Monthly Competition:**
Composition Technique –
Leading Lines

Photo entry:
Starting with the letter 'P'



The Glass House

What's next for :

February:

➤ **Outing:**
The Shuttleworth Collection

➤ **Monthly Competition:**
Composition Technique -
Triangles & Ellipses

Photo entry:
starting with the letter 'R'



The Shed Journal



The January Outing: Norwich Cathedral – Tuesday 27th January

We had three cars, John Parling, Grahame Andrews & Steve Franz all drove. The weather was dreadful, pouring with rain but as this month's trip was specifically chosen to be inside due to the high possibility of rain, we were proved right by our choice. We left Watton around 09:30, chose various car parks so as to meet at the Cathedral's own Café - Refectory & Bakery managed by Bread Source at around 10:30. Where we enjoyed a coffee, maybe even a pastry or two, and a good chat amongst us, resulting in a positive review of the café too. Highly recommended.

Refreshments over, we made our way to reception. I had emailed a few days earlier to the Head Verger, Kevin Nelson, so we were expected. At reception several of us made a donation to the upkeep of this beautiful building. **Note:** The Cathedral does maintain restrictions on the use of tripods

As there were 10 of us, we split into smaller groups and made our way into the Cathedral which is truly magnificent.

The present structure is primarily Norman, being made of flint and mortar and faced with a cream-coloured Caen limestone. The cathedral was damaged by rioters in 1272; repairs were completed in 1278. The cloisters, begun in 1297, are the fourth largest cloisters in England. The present spire—the second tallest in England at 315 ft (96 m)—is a stone structure built in 1480 that replaced one made of wood.

We meandered through the cloisters, clerestory, ambulatory, chapels, etc... admiring the architecture, ceiling and pillars. Photography was somewhat challenging due to the lack of illumination but eventually we all took the shots we wanted

Once we had completed our meandering, it was time for some more refreshments, so we headed to the nearest Weatherspoon's, The Glass House, literally just 500 yards from the Cathedral. Our plan was always to have lunch and again the Weatherspoon's didn't disappoint. As always, great chat and merriment ensued, all of us knowing what happens on tour stays on tour – which for one member of the Shutterists is a good thing, isn't that right Mister Parling! The image at the start of this article is a group photo taken by Malcolm.

An excellent, but photographically challenging, visit. We all agreed that our images would reflect something different from us all. A grand day out – with our thanks to the friendly staff at the Cathedral.

Upon returning home, I opened up the 'Best Photograph of the day competition' to all Shutterists that made this trip. An invitation was sent out to the group to submit their images to me which would subsequently be forwarded to a suitable judge. I invited Bob Darts, a very accomplished photographer in his own rights, to be our judge. The group submitted a total of 8x images, so I requested a judgement of Bob's top 3, Gold, Silver & Bronze. The result of his deliberations was as follows:

Good Morning Mr Haile

"First off, many thanks for asking me to judge the "Shutterists" images following their visit to Norwich Cathedral – I feel honoured.

Well, this was a difficult job and one that was made more so by the quality of the images submitted. Each one of them could easily have been given a "Gold Award" as they all reflect certain elements of the cathedral that give a sense of place highlighting the importance and reverence this icon building deserves. However, my choices are.....(drum roll please)."

The winning images are shown below. All other images will be shown in the Shutterists Album for January and will accompany this Journal."



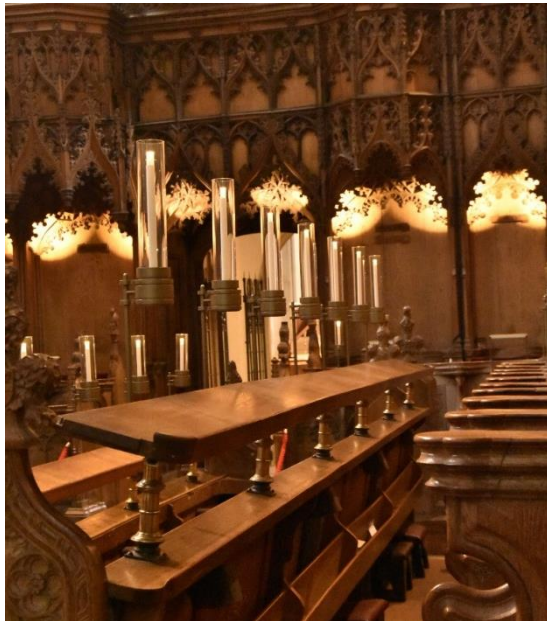
GOLD

“Symmetry Heaven”

Shot by:

Stewart Haile

“This is an outstanding photograph, technically perfect, in focus and spot on exposure makes it a winner all the way. The slight blue finish to the exposure adds a sense of drama and the use of a square crop ensures the symmetry is maintained. A big “well done” to the photographer.”



SILVER

“Golden Glow”

Shot by:

Grahame Andrews

“I really like this photograph that captures parts of the cathedral that may get overlooked due to the sheer size of the building but in themselves are a small vignette of day-to-day cathedral activities. Congratulations to the photographer... well spotted and well executed.”



BRONZE

“Font of All Knowledge”

Shot by:

Malcolm Trayhorn

“Another small view hiding within the bigger picture. The subject demonstrates the skills that were deployed when the cathedral was build and the photographer has captured this in this photograph. It is sharp and nicely exposed. Again, an image that was well seen.”



The Shed Journal



“Finally, a note to those I didn’t give an award. Although this was a small competition it can still attract strong work, so not getting one of my awards isn’t a verdict on your photography. All tastes vary and the results are usually often subjective. Remember today’s non-winner may be tomorrow’s standout photograph - take it as one small step in a much longer and rewarding journey out with your camera.”

Regards Bob

“A big thank you to our Judge, Bob Darts and his encouraging comments to us all. As can be seen in the album, Bob had a difficult choice to choose his 3 images from that of the 8x images submitted.”

A New Monthly Challenge For January 2026

Month	January	
CAT A	Composition	Leading Lines Leading Lines: Use roads, fences, or light to guide the eye toward the subject etc...
CAT B	Letter	P

16 entries were submitted – 8x Cat A & 8x Cat B (as above), from 8x Shutterists. All said images are included in this month’s Shutterists Album

All members of the WMS Photographic Group are currently voting for their Gold, Silver & Bronze awards within each Category. Each Shutterist has 12 votes to cast... 6 within Cat A and 6 within Cat B

Gold = 3 points

Silver = 2 points

Bronze = 1 point

In the February Journal, the results for January will be published

I’m game if you are:



*“The next meeting will be on **Monday 9th March 2026** (yes! this date IS correct). Starting at 1pm till 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 are 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 perhaps go to the fish or baguette shop.*

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.

I will be running a game called 1829, a railway track laying and train running game with share dealing. It is for 3 – 9 players. The rules are more involved than some other games but not too onerous.

Please feel free to bring along a game of your own to tempt us. We had 12 attendees last month playing 1829 & ‘Phase 10’ (a rummy-style card game). It would be good to see more of 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 in the morning and the games group will be required to pay for both sessions.**

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



The Music Group:

“Our second session of 2026 saw numbers up again, with 18 members attending. Sadly, Steve Williams passed away not long after our last meeting, so “London Calling” was played at the start of the session as a nod to him and his beloved QPR. John Parling was on holiday again, but this time in Corton, so we weren’t quite so jealous! We played our 600th song during the session, but I forgot in my haste to mark the occasion. Coincidentally it turned out to be the top-rated song of the day, “Nessan Dorma”.

The theme for the session was ‘TV Themes and Incidental Music’, which brought out some real classics. Again, even with a reduced turnout we only finished around 11.45, so our new 12.30 finish will be needed when everyone is back.

The top five tunes were:

- 1st “Nessan Dorma” by Luciano Pavarotti, picked by Peter S, on 8.12
- 2nd “Your Mama’s Blues” by Queen Latifah, picked by Ray, on 8
- 3rd “Theme from World at War” by Carl Davis, picked by Miles, on 7.64
- 4th “Theme from Downton Abbey” by John Lunn, picked by Richard, on 7.41
- 5th “Theme from Inspector Morse” by Barrington Pheloung, picked by Roger, on 7.18

Our next meeting will be on **Wednesday March 4th**, when the theme will be **“The first record I bought”**. Make sure you are there by 9.30 so we can make a good early start.

It will also be the first our quarterly Music Quizzes afterwards, this time set by Wayne, so please let me know if you plan to take part. It’s open to non-Music Group members too, so why not come along and have some fun? Food will be available from the Sporty Kitchen as always.

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](mailto:dave.cooper@musicclub.org) – Music club lead - email: dwanddrc@gmail.com

Treasurers 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

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

Photographic Software Processing - Adjusting or Cheating!

"I've often heard mentioned that "altering digital photographs is cheating!" or "I just get my photograph straight out of camera and that's good enough for me!"

For what it's worth here's my take on this contentious subject but first, at the risk of seeming a bit geeky, in the main, most modern cameras take a photograph in either one of two different formats – either JPEG or RAW and more on this later.

So, a JPEG photograph – this is a format that where the algorithm within the camera's microprocessor makes automatic alterations to the photograph by adjusting brightness, contrast, colour and sharpness of the image. All done by the camera (assuming that focussing is set to automatic) without any human involvement other than setting the lens aperture and pressing the shutter button.

All digital cameras are an excellent testament to top level technology no matter what brand or cost. However, all of them do have technical limitations in some form or another. For example, a camera's sensor cannot see dynamic range, colour, or contrast in the same way the human eye does. Bright skies may appear washed out, shadows can lose detail, and colours may look flat or inaccurate. Additionally, digital images are often recorded in a "neutral" or flat state i.e. lacking contrast between the darkest and brightest part of the photograph. By making some basic adjustments to exposure, contrast, white balance, and sharpening help correct these shortcomings and bring the image closer to what the photographer saw or intended at the moment the "button was pressed".

To take this further, let's have a look at how a photograph is made. Interestingly a digital photograph is not a finished picture at the moment it is taken. Instead, it is a record of data gathered by a camera's sensor, and that data almost always needs interpretation before it becomes a faithful or expressive image of the scene or the subject that the photographer has taken. Therefore, in order to make that data into a photograph it is necessary to adjust it in some way by using photographic software or the camera's inbuilt automatic software thus making it a necessary part of the photographic process and definitely not an act of either deception or cheating.

This is particularly so when taking photographs in a particular format known as a RAW file which basically is just as the name implies, until it is processed in a RAW converter program. Until then it is just a raw file of data – a series of zeros and ones and doesn't become a photograph until that data is processed through the appropriate software. This provides the photographer with total control over this data as a RAW file preserves maximum detail and provides flexibility when using the software to reveal the image's full potential. Without this kind of processing, many digital photographs would look dull, lifeless, or unfinished, regardless of how carefully they were composed.

Additionally, image adjustment allows the photographer to communicate meaning and mood. Subtle choices in tone, colour, and contrast can guide the viewer's eye, emphasise the subject, and reinforce the emotional impact of the photograph. Importantly just as darkroom techniques were essential in film photography, digital software is today's equivalent tool for interpretation and refinement.

In short, adjusting a digital image is necessary to overcome technical limitations, realise the potential of captured data, and express the photographer's creative intent. It completes the photographic process rather than altering its truth.

If anyone would like any help in using this type of software when processing their photographs, please don't hesitate to give me a call or drop me a line."

Submitted by [Bob Darts](#) - 01953889394 or 07825756481 - robdarts@gmail.com



Meditation sessions:

“Thanks to all who expressed an interest in attending a session with Amanda. Having tried this myself last week at one of her Tuesday sessions I can certainly recommend it and personally found it beneficial. I will be liaising with Amanda to arrange sessions just for us at the Sports Centre, probably on a Monday after our morning social meeting. I will let you know soonest when the first session will be held.

The first two sessions will be free; the shed will also subsidise subsequent sessions which will cost members just £5. Anyone else interested in trying this please let me have your name. I will not be publishing this on the notice board, just email me or give me a text or phone call.”

Submitted by [Malcolm Trayhorn](#) - 07729 993163 - email: malcolm.trayhorn@gmail.com

Gastro Jaunts around Norfolk Number 29:

“Over the last few weeks, we’ve lunched/dined at a couple of local favourites, firstly we had a lovely lunch at the White Hart in Hingham. This was a Bon Voyage meal with our granddaughter and boyfriend who are off to Australia again after spending most last year there and this time may be for good as he has Australian parents who live here, but he has lots of relatives in Oz.

I’d booked the non-doggy friendly area on the first floor, but as this was empty, we were shown into the bizarrely named Gallery on the ground floor which was free of doggy diners. It was nice to say hello to a mate from the Shed who was dining on the next table with a couple of his chums. The menu here is very good and food here always tastes freshly cooked, we all shared the fish platter for nibbles, we then all had starters I had the Tempura prawns with sweet chili, can’t remember what the others had. I then had the maple walnut salmon with samphire (a fishy day). We were all quite full by now so didn’t go for the dessert! All in all, a very nice send-off lunch with our granddaughter.

We also had a “Moving to new home dinner” with eight of the family for our other granddaughter. We all love Chinese food, so we booked the table with the revolving centre at our favourite Chinese restaurant the Beijing Diner in Watton. It does an all you can eat mid-week menu, which is all freshly cooked (not the “buffet” you often get at other restaurants), so everyone can choose what they want and having the turntable makes it so easy. We’ve never had a dodgy meal there, eat-in or take away and we thoroughly recommend it to anyone who loves their Chinese.”

[The White Hart Hotel, Hingham, Norwich, Norfolk](#)

Submitted by [Les Waller](#)

Testimonials:

“You may recall from my foreword in the December Journal that we have been awarded a grant to help with costs of running the shed and subsidising trips and events. In order to evidence what we are doing with the grant money and what a difference it makes to members and their families I’m 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. Please forward any more to me. In addition, I would like to use one or two of these as case studies so if you are happy for me to use your contribution in this way, please let me know or speak to me. These will be anonymous.”

Case Studies:

In order to evidence what we are doing with the grant money and what a difference it makes to members and their families I am asking for volunteers to be one of my case studies to show what the Men’s Shed means to them. If you are happy for me to use you in this way, please let me know or speak to me. These will be anonymous.

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



The Shed Journal



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](#)

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](#)

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. 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](#)

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



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](#)

Wayland Men's Shed Screwfix account:



This account and its benefits are available to ALL members. There is no 'discount' as such, but the card can be used at the trade counter thus paying trade prices.

Special offers will be forwarded to those who have requested them, to be added to the list please see Dave Cooper. Committee members have membership cards, so if you would like to make use of this account, please see one of them. Please return the card to who gave it to you.

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](#)



The Shed Journal



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-january-2026?e=7c00b591b8>

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:

The committee thank you all for you co-operation during our recent fire alarm procedure test. In that instance members were alerted prior 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 carry out future periodic tests **without** notification. The committee would appreciate your continued cooperation.

Breckland Events 2026:

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

DATE	EVENT	LOCATION
Tuesdays 17 th February 31 st March & 7 th April	Community Fun Days	Watton Community Centre
Thursday March 5 th	RAF Watton talk - Julian Horn - £7	Watton Christian Community Centre
Saturday March 14 th	Book Sale	Thompson Village Hall
Sat 2 nd to Mon 4 th May	Spring Steam Gala	Mid Norfolk Railway, Dereham
Sunday 10 th May	Vintage Bus Day	Mid Norfolk Railway, Dereham
Sunday 24 th May	Spring Fair	
Tuesday 26 th May	Community Fun Day	Watton Community Centre
Saturday 30 th May	Town Crier Competition	Watton High Street
Saturday 27 th & Sunday 28 th June	Open Garden and Yard Sales	Watton
Sunday 12 th July	Classic Car Day	Mid Norfolk Railway, Dereham
Sat 1 st & Sun 2 nd August	1940's Weekend	Mid Norfolk Railway, Dereham
Tuesdays 28 th July - 4 th 11 th , 18 th & 25 th August	Summer Fun Days	Watton Community Centre
Fri 28 th to Mon 31 st August	Music and Beer Festival	Mid Norfolk Railway, Dereham
Sat 29 th & Sun 30 th August	Watton Bike Weekend	Watton Sports Centre
Saturday 5 th September	Dog Show – 10am - 2pm	Letton Hall (nr Shipdham)
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



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.



Your elected committee:

Malcolm Trayhorn:	Chairman, Social Secretary & Press	07729 993163
Dave Cooper:	Secretary	07760 386902
John Chamberlin:	Treasurer, Memberships & Journal	07886 655713

Gordon Williams:	Vice Chairman	07593 989296
Mike Briggs:	Tech Supervisor	07785 778550
Rob Fielding:	Workshop supervisor	07871 193206

Treasurers update:

"Your committee are putting our latest grant to good use making it easier for us to provide the wide diversity of activities that you all have the opportunity to enjoy. As always, we thank you for your continued support."

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

Memberships update:

"Membership currently stands at 105. As I watch our members gathered, playing a game or sat around a table engaged in deep in conversation, it truly is a pleasure to be part of making that happen."

[John Chamberlin](#) - Membership Secretary

Committee meeting:

The next full committee meeting will be on **Monday 2nd March 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

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.

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.



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

I'M GAME IF YOU ARE					Questions
1	Chess	11	Jenga	21	Pool
2	A Mill	12	5	22	3
3	An Ace	13	Draughts/Chequers	23	Solo whist
4	50	14	J and X	24	256
5	Cluedo	15	Trivial Pursuit	25	Jacks
6	33	16	168	26	Croupier
7	Tic-Tac-Toe	17	Billiards/Snooker tables	27	Mahjong
8	13	18	The Bar	28	Happy Families
9	Othello/Reversi	19	Tiddlywinks	29	Beds
10	4	20	29	30	Cannon

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.

