



Issue 49

September 2025

Your monthly update on WMS News and Events

Chairman's Foreword:

"Nothing much for me to report on this month as things seem to be running smoothly. This is down to members following our philosophy of being supportive of each other, complying with our rules and regulations and mostly just enjoying each other's company in good humour. A big thanks must go to John Chamberlin, Gordon Williams, Dave Cooper and Jez Hookham for opening and closing sessions. I can't count myself as by the time I arrive things are already up and running!"

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

Editorial:

Welcome to issue 49 of 'THE SHED JOURNAL'

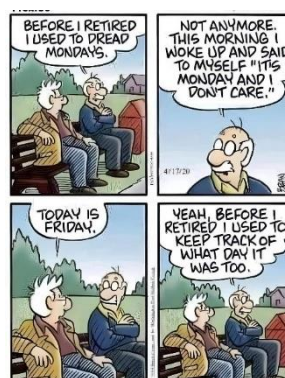
"Members are welcome and indeed encouraged to contribute articles about themselves (with or without pictures) of days out, holidays, life/work experience, hobbies etc. I'm sure we all have a story to tell, once you start writing it will flow.

Also, if you come across an interesting article, please send it to me or point me to it. 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 However, defamatory articles will not be published."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 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:

"Unfortunately, there is no computer room report this month as Mike is away on a break. Watch this space for next month's report. I must say though, from what I have seen they are all doing a sterling job out there."

John Chamberlin – Editor





Shed Journal Quiz:

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

MEASURE YOUR KNOWLEDGE	
Answers are Units, Weights & Measures	
1	What is the 'International System of Units' more commonly known as?
2	Units of Electrical Resistance are measured in?
3	Give the missing measurement:- Inch, Foot, Yard, ?, Furlong, Mile.
4	How many Litres in a Cubic Metre?
5	Radioactivity is measured in units called?
6	In military terms, how far is a Klick?
7	Is a Gill = $1/8^{\text{th}}$, $1/4$, $1/2$ or $3/4$ of a Pint?
8	How many Pounds are there in a Short Ton?
9	Approximately how many Grams make 1 Ounce?
10	Give the larger, a Square Metre or Square Yard.
11	Historically, how many Kilograms are there in a Quintal?
12	What is predominantly weighed using the Troy System?
13	Teslas are a measure of?
14	What is Atmospheric Pressure also known as?
15	Which Italian Physicist are Volts named after?
16	Which distance is the longest, a Knot (Nautical Mile) or a Mile?
17	How many Quarts are there in 5 Gallons?
18	To the nearest half, how many Litres are there in a Gallon?
19	What are Hectares and Acres usually measures of?
20	What weighs more, a Ton of Coal or a Ton of Feathers?
21	What fraction of a Fluid Ounce is a Fluid Dram?
22	To the nearest integer how may Feet are there in 1 Fathom?
23	What is the abbreviation for Hundredweight?
24	Hertz is the measurement of?
25	Give the next in line, Kilogram, Tonne, Megatonne, ?
26	Which is the heaviest, a Hundredweight or 50 Kilograms?
27	How may Millimetres are there in an Inch? (round down)
28	Which electrical term is named after André-Marie Ampere?
29	How many miles is a League commonly defined as?
30	Force is measured in?

Quiz answers are on the last page.





The Shed Journal



Social programme:

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

Recent events:

“Friday 15th August, we held one of our popular quiz nights in the badminton hall at the sports centre with over 80 people taking part. Together with the raffle we raised nearly £600 towards club funds. Thanks to everyone who provided a raffle prize.”

“Saturday 30th August, we held our annual Barbecue at the sports centre. The weather was kind to us, and we were able to hold it on the field outside. A marquee was provided by Paul Weatherill, for which we were very grateful, the Men’s Shed gave a donation to the Rotary Club.



Over 120 members and guests were supplied with free burgers and hot dogs, this being an event where we can thank members for their

continued membership and support. Thanks to all those who helped on the day, Jeff Ayling, Jez Hookham, Grahame Andrews, John and Hazel Chamberlin, John Bunning, Barbara Trayhorn, Kyri Meneses, Sally Hewlett, Gordon and Jean Williams, in particular.”



Upcoming events:

Cromer Pier Christmas Show - Wednesday 3rd December ***

“Check names on noticeboard list please. The list is closed but I will hold a reserve list for anyone else who wants to come. I am now asking for the payment of £38 for this trip (inclusive of show ticket plus coach fare).”

Christmas meal - Thursday 11th December – Broom Hall ***

“Names on noticeboard list please. The cost this year is £32 for 3 courses. Menu will be displayed on the noticeboard. I will ask please for a £10 deposit when booking. I will get your choices of starter, main course and dessert when you have had a chance to view the menu. I will print out menu for the noticeboard.”

Mulled Wine and mince pie morning - Monday 15th December

“Keep your eye on the notice board for further information.”

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

[Malcolm Trayhorn](mailto:malcolm.trayhorn@gmail.com) - 01953 529531 - email: 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 Christmas ‘Christmas Meal’ etc.

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





The Shed Journal



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. 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](#)

I'm game if you are:

Important note: The current games group members have decided to move the day and time that the games group is held. Going forward it will now be on the **2nd Monday** of the month between the hours of 1 pm and 5 pm.

If you stay after the morning session you may be able to get bar food, but I think it unlikely on a Monday. Barring that you will need to bring a sandwich.

Therefore, the next games group meeting will be held on Monday 13th October in the bowls room starting at 1pm till 5pm.

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

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. It would be good to see more you there, having a good afternoon of laughter and banter."

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

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



Shanties at the Shed:

"This month's offering is coming slightly truncated due to the holiday season interfering. The crew have been busy rehearsing for two big gigs and have found time for a couple of extra rehearsals.

The first performance was the lunchtime gig in the Queen's Hall on Wednesday 20th August. This was the first time the crew had performed in front of a sell-out audience and on a purpose-built stage. We had been asked to sing for about 1 hour and as it turned out we sang for about 70 minutes. We had excellent feedback from the audience and those who organised the gig have asked us back for another gig at a later date. As an aside, the whole crew were really thrilled with the performance.

On 6th September we had a return gig at St Mary's Church in Watton. This was a gig all were looking forward to as St Mary's has an excellent sound system and superb acoustics.

Linda Potter was in the audience and thought we performed very well as did the vicar who gave a very nice thank you card. Unfortunately, I cannot duplicate here due to technical restrictions. The content was most complimentary and thanked us for filling the church with song, joy and fun.

Our next rehearsals will be held in the room next to the pool table in the sports centre on **Wednesday 17th September, Monday 6th October and Wednesday 22nd October starting at 10:00am**, and usually lasts for two hours."

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

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





The Shutterists:

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 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.

Shutterists Trip to City of Norwich Aircraft Museum:

"Great day again. Six of us left in 2 cars and travelled for 1 hour to the Cathedral city of ELY. It was a good journey, and we parked in a free car park then proceeded into the town.

Enroute, we found a smashing Coffee shop "Sophies", very good coffee. After this we entered the shopping centre, then via a small gate out into the Cathedral grounds. We were all amazed at the sight, 'What a view', pictures were taken then a walk around to the front to find another amazing view, much more camera clicking.

Some of the group entered the building to take even more pictures, one of which actually won on the day. It was taken with a PHONE camera and put rest of us to shame. After this we had wander around the shopping centre and market which was most enjoyable, we then went on to Arbuckles for lunch and then home.

Apparently, there is a river and a marina which we may well use as excuse for another day maybe during winter. The winner on the day was John the Sketch with a great picture looking to the roof 'Welcome to Ely'

This month's pictures were judged by John Pepper. Just Gold and Silver awards this time. There were so many good shots they all deserved at least a bronze.



GOLD

"Welcome to Ely"

Shot by:

John Chocqueel-Mangan



Silver

“Side On”

By
David Haylock

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

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.

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

The Music Club:

“Woman” was our theme for this month’s Music Group meeting and proved to be one that brought out several great tracks by a wide range of artists. Roy Orbison was surprisingly, with two tracks by him and another written by him. We had tracks that are still banned in certain US States (Helen Reddy’s “I Am Woman”), many that explored the theme of what is a woman (“Mother Love”, “Lady in Red”) and some that were women’s names (“Claudette”, “Layla”, “Ruby, Don’t Take Your Love to Town”). The discussion was as usual quite interesting, and scores were overall quite high.

The top five tunes were:

- 1st “Always A Woman to Me” by Billy Joel, picked by Bill with 154 points*
- 2nd “Oh, Pretty Woman” by Roy Orbison, picked by Peter, with 143 points*
- 3rd “Woman in Love” by Barbra Streisand, picked by Malcolm, with 141 points*
- 4th “I Hate That Man of Mine” by Hugh Laurie, picked by Ray, with 140 points*
- 5th “Ruby, Don’t Take Your Love to Town” by Kenny Rogers and the First Edition, picked by Dave, on 137 points.*

We had our quarterly Music Quiz after the session, and nine members formed three teams to answer quiz setter Miles’ questions. After a tough battle, the team of Bill, Dave and Ray came out on top with 67 points. Our next Quiz will be a Christmas themed one in December, which I will be setting.

*As I am on holiday in early October, the next meeting of 2025 will be a week later than normal, on **Wednesday October 8th**, when the theme will be “Divas”.*

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:dwanddrc@gmail.com) – Music club lead - email: 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!

"Right, after last month's outburst chat I think it's time for me to give you the lowdown on parents and their offspring. These days it's sometimes hard to work out which is which given their behaviour. I've already told you about grown men and scooters, but a lot of so-called adults seem to spend all their time playing games online or are on their phone chatting to friends about who's done what and who said what to who like bloomin' teenagers.

Gos doesn't do this, he prefers to talk to people face to face. If he doesn't like what they say, he just talks to them a bit closer and louder. They seem to get the message then and walk off in a huff, don't know why. Some parents don't seem to talk to their kids at all. Me and Mrs Gos talked to our kids all the time, even before they were born, and they've turned out alright.

Gos sees a lot of mums and dads walking young sprogs in the pram while they are on the phone, maybe playing a game or looking at cute kittens on social media. (I've just thought, maybe the men are watching porn cos they ain't getting any at home...) No wonder kids go to school and can't talk much. Maybe the tiny babies in prams are already on phones, who knows, they give 'em to kids really young these days.

When Gos was a nipper, he wasn't given a phone, just a few pennies to call home from a phone box (remember them?) if he got lost. Gos never got lost, of course, he just spent it on sweets, clever boy! Gos could go where he pleased as long as he was in for food, so Gos and his chums went all over on foot or on their bikes and even went on big town trips by train or bus. Nowadays a kid can't go more than a few yards from home without mum or dad having a meltdown about where they are, poor little buggers.

*They don't know what they're missing, the kids from the fun they could have on their own, and the parents for a lovely long break from the kids. Gos hears from a "reliable" source that some kids who start school are still in nappies, or can't talk, or only eat fast food, or worst of all behave like little buggers because of some supposed new-fangled affliction. Where was all this 60 years ago, eh? Imagine, these could be the people wiping your ar*e in a few years' time. That fills me with dread, ooh crikey I think I need a lie down. Back again soon."*

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 25:

"We were in Norwich, and we thought we'd try out the Baby Buddha, it's a Chinese restaurant that has been here for about 16 years. It is in fact a tea house that is only open for lunch and is not open in the evenings. It has also changed its menu and now specialises in Dim Sum (dumplings) which are traditionally eaten by the Chinese at lunchtime. We love Dim Sum, so we booked a table for two.

The menu is quite large, and each dish has a picture, which is quite helpful. I noticed that Chicken claws (feet) were on the menu, I was feeling quite brave and ordered them. I'm glad I've tried them but won't be ordering them again, they are deep fried, have a thin crispy skin on the outside followed by a fatty texture in the middle and finally at the end the cartilage tasting foot bones that you don't eat. Well at least I can say I've tried them!

The boss warned me that I probably wouldn't enjoy the spareribs as they are quite different from the ribs we get in traditional Chinese restaurants (they are more gelatinous). So, I didn't.

We had about six other dim sum dishes including pork, prawn and chicken and crispy won tons all very nice. served in the traditional bamboo steamer dishes followed by delicious, steamed custard buns and ice-cream. All washed down with a pot of jasmine tea.

A nice sunny day for shopping followed by a lovely lunch and then we got the bus home."

<https://www.babybuddha-teahouse.co.uk/menu/>

Submitted by [Les Waller](#)



The Shed Journal



Be scam aware:



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

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

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

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

Submitted by [John Chamberlin](#)

Windows 10 support ends October 14th 2025:

"Please note that Microsoft support for windows 10 will end on October 14th 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](#)



The Shed Journal



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 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](#)

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-august-121?e=a370dbe526>

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](#)

Pancreatic Cancer Challenge:



Members may remember the commendable challenge that one of our members, Steve Worth, undertook last year in support of the Pancreatic Society. Steve raised the best part of £600 and will be taking part in the same event this year.

There will hopefully be a hamper from Tesco to raffle off and this along with any direct member donations will hopefully give Steve a nice total to donate once again this year.

These walks are no mean feat for Steve as he has to walk a mile or so as and when he is able so let's all try to give him our support.

Steve has asked me to wear a tee shirt to keep in it in our minds which I shall be doing. I shall be sending out a round robin email once I have further details from Steve himself.

Submitted by [John Chamberlin for Steve Worth](#)



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.

Remembrance Sunday	Sunday 9 th November	Watton War Memorial Carpark
Festive Market	Sunday 30 th November	Watton High Street
Polar Express	November & December	Mid Norfolk Railway, Dereham

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

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](#)



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

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

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 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	
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

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.

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 **Monday 3rd November 2025 at 12:15pm** 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

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:

"Shed funds continue to remain healthy, our account continues to grow with your support. This was further boosted by some much appreciated amounts generated by the Tech team and money raised from the recent Men's Shed quiz night."

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

Memberships Report:

*"Membership now sits at 97. Recent new member are - **Martin Wormald** and **George Speller**, please make them feel welcome."*

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

JOURNAL QUIZ ANSWERS:

MEASURE YOUR KNOWLEDGE					
1	The Metric System	11	100	21	1/8 th
2	Ohms	12	Precious Metals	22	6
3	Chain	13	Magnetic Force	23	CWT (Centrum Weight)
4	1000	14	Barometric Pressure	24	Frequency
5	Becquerels	15	Alessandro Volta	25	Gigatonne
6	1 Kilometre	16	A Knot (approx. 1.15 miles)	26	Hundredweight (112lbs to approx. 110lbs)
7	1/4 pint	17	20	27	25
8	2000	18	4.5	28	Amps
9	28	19	Area (mainly land)	29	3
10	A Square Metre (approx. 1.2 yds ²)	20	Neither, they are the same weight	30	Newtons

Please visit our website: 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.

