



Issue 50

October 2025

Your monthly update on WMS News and Events

Chairman's Foreword:

"All is going well at the shed with plenty of support for all the different sub-groups that we have. I have mentioned the Shanty group and Shutterists group previously and as to how popular and successful they are. This month I would like to give a mention to the music appreciation group, which is growing in popularity.

The last session had a record 21 in attendance. Dave Cooper runs the monthly session selecting some interesting topics for those attending to rifle through their collections and come up with an eclectic mix of music. It is a thoroughly enjoyable morning.

Another group expanding in popularity is the games group run by John Chamberlin and Peter Bellingham. For anyone who enjoys playing games this is a must."

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

who have submitted occasional articles along with



Editorial:

Welcome to issue 50 of 'THE SHED JOURNAL'

"It's hard to imagine that this my 50th issue of the 'Shed Journal'. I started way back in September 2021 when it was a mere 7 pages long, it has now grown to an average of 15 pages.

Interesting articles are somewhat difficult to find so I do rely on member contributions. I would like to thank all those who provide regular pieces and also thank the occasional contributors. I urge all of you all to please continue. I also encourage others to consider submitting an article."

"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 However, defamatory articles will not be published."*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





The Shed Journal



Latest News on Shed Facilities and Amenities:

Main Social Room:

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

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

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

John Chamberlin – Editor

Carpentry Workshop:

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

John Chamberlin – Editor

The Computer Room:

Members:

Additional members are now coming to the computer workshop to share experience and gain knowledge which is good to see. This means slight alterations to work areas.

Activities:

We continue to be busy in the 5 main areas of work. The 6th area has still yet to take off (one applicant).

- 1. Printers*
- 2. Laptops*
- 3. Desk top machines (desk top machines have become unpopular and we may soon stop upgrading them and just recycling).*
- 4. Stripping non-viable machines and equipment for recycling.*
- 5. Offering advice and assistance to members of the local community on their machines and software.*
- 6. Men's Shed computer training*

Fundraising activities:

- We continue the donations through sales of laptops.*
- Jeff continues to salvage gold from pcbs at AWA Refiners*

Big thank you to the woodworking group who have continued to help and assisted in stripping and salvage of computers.

PAT Testing:

- Pat testing for the woodwork workshop is required to take place in November 2025 on its normal yearly cycle, along with equipment into the computer workshop.*

Additional lighting and power sockets:

- The addition of extra lighting units and power sockets has been agreed to be installed into the computer workshop along the back wall so that members have a better work environment to work in when dismantling computers. This will help to reduce accidents to not sufficient light for them while they work. John has sourced an electrician to carry out the work.*

Wi-Fi:

Our contract runs out with our current provider who also want to increase the cost, Jeff has found Three who can provide the same service at the same rate today.

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





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

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

GEOGRAPHY QUESTIONS		<u>Answers</u>
1	How many capital cities do 'South Africa' have?	
2	What is the only country with a coastline on both the 'Red Sea' and the 'Persian Gulf'?	
3	Which European country shares its border with nine neighbours?	
4	Which mountain range separates 'Pakistan' and 'Afghanistan'?	
5	'Hamilton' is the capital of which island in the 'North Atlantic'?	
6	In which American State is 'Mount Rushmore National Memorial'?	
7	In which ocean is the 'Mariana Trench'?	
8	In which US state is 'Harvard University'?	
9	Name the body of water that lies between 'Turkey' & 'Greece'?	
10	'Brisbane' is the capital of which 'Australian' state?	
11	Which river forms part of the boundary between 'Mexico' and the 'USA'?	
12	'Port Moresby' is the capital of which country?	
13	Under which mountain does the road tunnel between 'France' and 'Italy' run?	
14	Where is the 'Danyang-Kunshan Grand Bridge', the world's longest road bridge?	
15	The 'Great Barrier Reef' is off the coast of which Australian state?	
16	Name the place that holds the record for the hottest air temperature ever recorded	
17	Name the only country through which <u>both</u> the 'Equator' and the 'Tropic of Capricorn' pass.	
18	'Riga' is the capital city of which European country?	
19	Name the world's largest port based on cargo throughput?	
20	In which country is the 'Yellow River', also known as 'Huang He'?	
21	Which country was formerly named 'Siam'?	
22	Is Australia in the 'Northern' or the 'Southern' hemisphere?	
23	Which country would you visit to kiss the 'Blarney Stone'?	
24	In which mountain range would you find 'Mount Everest'?	
25	Which country is 'Luxembourg' the capital of?	
26	The island of 'Sicily' is at the toe of which country?	
27	Which European country has an area called 'Flanders'?	
28	Which rock is on the south coast of 'Spain'?	
29	Which island to the south of India used to be called 'Ceylon'?	
30	Name the 5 oceans	

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:

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

Upcoming events:

Cromer Pier Christmas Show - Wednesday 3rd December

"41 members and guests will be going to the Cromer Christmas Show. If it is anything like the summer show it will be a very enjoyable outing. There we be time before the show to get your fish & chip fix."

Christmas meal - Thursday 11th December – Broom Hall

"I need to know final numbers soon so make sure that if you wish to come you put your names on noticeboard list. A copy of the menu and cost is also displayed. Once you have selected, please complete the list on notice board or let me know by email or in person."

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

"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 - 01953 529531 - email: malcolm.trayhorn@gmail.com

Treasurers note:

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

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

Lloyds Bank

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

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

Account No: **16989360**

reference: **"Cromer Christmas" OR "Christmas Meal"**





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](#)

Shanties at the Shed:

"The crew has one gig arranged for October on the 24th at the Mid-Norfolk Stroke Group in the Watton Youth & Community Centre in Harvey Street starting at 13:30. This is likely to be a smallish gig but as a member of the Stroke Group myself, one that the members are looking forward to. Following on from the excellent feedback we received after the Queen's Hall gig last month; the organisers have asked us back for another performance next year and have provisionally reserved 19th August at 11:00.

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

Rehearsals are held in the room next to the pool table in the sports centre, on the first Monday and third Thursday of each month starting at 10:00am, and usually last for two hours."

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

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

The Shutterists:

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 Overstrand

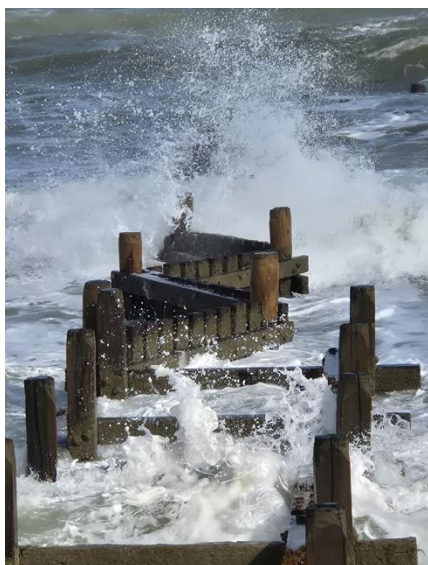
"Well, what a day this turned out to be, 6 of us left Watton at 8.00 and travelled to Overstrand arriving by 9.00.

The weather was pretty good, cloudy with sun and an onshore wind, nice. After getting equipment together we set off down the steep promenade to the sea, and the tide was just on the turn. We had waves showing off against the wall and the sun was well and truly spectacular.

We managed to spend about 3 + hours taking pics although some did sneak off to get a coffee, sausage rolls, and someone had a quite spectacular Cinnamon whirl from the small shack at the carpark.

We later retired to Northrepps the Foundry Arms for lunch returning to Watton around 4.30, all apparently had a great day. This month's judge was David Haylock."

Submitted by [Grahame Andrews](#)



GOLD

“Groyne Spraying”

***Shot by:
Al Middleton***



SILVER

“A Beautiful Day”

***Shot by:
Neil Rowe***



BRONZE

***“Wave Hello,
Say Goodbye”***

***Shot by:
Stewart Haile***





The Shed Journal



The Music Club:

"Divas" provided the theme for this month's Music Group meeting, held a week later than usual; due to my holiday. It turned out to be another really popular day as, despite two regulars being on holiday, we still had 21 members turn up.

Jezz Hookham and George Williams were new faces to the group, while Archie, Chris and John Wilson listened but didn't play a track. Chris, George and John W all fell foul of the "after 10am" rule, the time after which you cannot play a track.

If they had turned up a little earlier, we would have struggled for time as, despite starting just after 9.30, we still didn't score the last song until 11.50. The group is still getting more popular, which is great.

The songs played, as usual, ranged from Opera to Disco, and a number bought out some wonderful anecdotes. There was a lot of laughter this month!

The top five tunes were:

- 1st "Someone Like You (Live from The Brits)" by Adele picked by yours truly, on 7.65*
- 2nd "The Lady Is a Tramp" by Ella Fitzgerald, picked by Peter, on 7.53*
- 3rd "Ien Arenjuez Con Tu Amour" by Kathryn Jenkins, picked by Andy on 7.36*
- 4th Kiss Me Honey Honey" by Shirley Bassey, picked by Steve, on 7.35*
- 5th "Walking on Broken Glass" by Annie Lennox, picked by Graeme on 7.1*

*Our next meeting will be on **Wednesday November 5th** when the theme will be '**Songs My Parents Played**'. Don't forget to turn up before 10 (preferably at 9.30) to ensure you get your song played.*

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.



Other News, Notices, Events & Articles:

"Into the Silence: Photography, Presence & the Art of Sharing"

(My apologies go to Bob Darts. This article should have been in the August issue. I've no excuse Bob 'I just I forgot')

As you know the Shutterists are a group within Wayland Men's Shed each of whom have a passion for photography and enjoy nothing more than a good walk with camera in hand taking photographs.

I've often been asked why I enjoy photography so much and what is it about landscape photography that I find so engaging wanting me to delve deeper into the genre. By chance a really accomplished Scottish landscape photographer – Alister Benn – a Fellow of the Royal Photographic Society, recently posted online a short but very powerful essay he titled **"Into the Silence: Photography, Presence & the Art of Sharing"** which really struck a chord with me and touched on how I feel about my hobby of choice.

As a result, I contacted Alister seeking his permission to include it in this edition of the Shed Journal to which, thankfully he agreed. I hope you enjoy it and find it as intriguing and stimulating as me when I first read it.

"Into the Silence: Photography, Presence & the Art of Sharing"

There are places in the landscape where the world falls quiet. A silence not born of absence, but of depth. In those moments—often alone, often cold, often far from anywhere familiar—I feel the boundaries between myself, and the land begin to dissolve. With a camera in hand, I am not there to take, but to receive.

Landscape photography is not, for me, about capturing beauty or creating the perfect composition. It is about listening. About slowing down long enough to hear what the land has to say—beneath the surface, behind the light. It's in these quiet conversations that I discover something far more meaningful than the image itself. I find stillness. I find myself.



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In a culture obsessed with speed, productivity, and outcomes, the simple act of slowing down becomes radical. Yet the landscape doesn't hurry. The tide comes in when it's ready. The fog lifts in its own time. And so, I wait. Not because I must, but because the waiting is the point. It is in the waiting that I begin to notice the rush of wind through the grasses, the curve of shadow across stone, the subtle shifts in the sky. My breath slows. My thoughts quiet. The internal storms begin to pass.

In these moments of presence, there is no pressure to create. There is only seeing. And in the seeing, something profound is revealed—not just about the land, but about what it means to be alive, to be human, to be whole.

I have walked through these landscapes during some of the darkest seasons of my life. Times when anxiety curled like smoke through my mind, when depression narrowed my world to a whisper. Yet even then, especially then, the act of being in the land, with no agenda but to be, offered me something that words could not. A doorway out of the noise. A thread of light.

When I share my images, it was not to showcase technical skill or dramatic locations. It was to say, this is how I felt. This is where I found a moment of peace. And something unexpected happened: people responded. Not to the sharpness or the colours, but to the stillness. To the emotion. To the truth.

In sharing, I discovered that I was not alone. That other, too, were searching—for meaning, for connection, for a place where they could breathe again. The landscape gave me those moments, and photography gave me a language to offer them back.

This is the heart of expressive photography: not a visual record, but an emotional gift. When we create from a place of presence—of honesty, of openness—we invite others into that space with us. We say, come and sit with me here. Let's be quiet together for a while. In a noisy world, this kind of sharing becomes sacred.

And it's not just for the viewer. It heals the artist, too. To express what lives in the heart is to make peace with it. To name our experience in light and form is to release it, just a little. Every image becomes a step forward, a moment of grace, a breath.

There is deep power in this simple act. Not performance. Not perfection. Just presence. Just being awake enough to notice, and brave enough to share.

In the end, the image is not the goal. It is the residue of a moment fully lived. A record of silence felt deeply and offered freely. And maybe, if we're lucky, it becomes a mirror—one in which the viewer catches a glimpse of their own stillness, their own longing, their own path out of the darkness.

We do not need to be loud to be heard. Sometimes, the quietest image carries the greatest weight.

And so, we walk. And we wait. And we listen.

And sometimes, if we're listening closely enough, the land answers back.

Alister Benn FRPS

For more information and to see Alister's beautiful photographs please check out his website at:

<https://expressive.photography/tutors/alister-benn/>

Wise and powerful words indeed and I hope you enjoyed reading the article as much as I did. If you would like more information regarding the Shutterists please don't hesitate to chat with any of the members who usually are found huddled in the corner of the meeting room each Monday morning.

Submitted by [Bob Darts](#)

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](#)



Grumpy Old Man Says!

"Well, has Gos got some good news for you this month! Once, one of the Gos sprogs treated him to a new phone for his birthday and this one connects to the internet, unlike his old one which just about made phone calls. Sprog 1 told him about Facebook, and how he could look up old friends, while the other one showed him X, where he could chat to them.

After a little while, well more like a couple of weeks if Gos is honest, he just about got the hang of it. What a wonderful new world it is! Gos found a few old friends (boy do they look old he thought) and chatted a bit. It was when he started seeing what else was out there that things got interesting and Gos is so much more aware of the world now. Did you know that the French President has been married to a man all these years?

*What a surprise, they kept that quiet, didn't they? Then he found out that all these vaccines he's been having are no good for him, so that's the end of them, stuff 'em up your a**e, NHS.*

He's now going to be rich too. He's invested in some wonderful share deals after he saw them being recommended by our Prime Minister on Alison Hammond's TV show, so he'll be having some of that thank you, must be a winner! The number of people out there who have found money for him that he didn't know he had is amazing. He's got a list of Nigerian Princes waiting to hand him shedloads of moolah once he's given them a little bit of dosh to get it moving. If you want to join in Gos could let you in on the deal for a few quid.

You'd better hurry though, as this could be the last time he'll have the chance to escape boring old Watton. No more chatting to you lot, he's going to be moving up in the world soon. So long suckers....."

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 26:

"Back in Norwich again, we thought we'd try an old favourite as we hadn't been there for a while, Paolo's in St Giles Street overlooking the Town Hall. We were there at lunchtime, and the restaurant was not very crowded, so we had a nice table by the window to watch the world go by.

This is a small family run Italian restaurant with an open kitchen where you can see the chef at work. We checked out the blackboard for the day's specials and decided to go for a fishy day and ordered the whitebait followed by the seabass. The whitebait was fresh and plump [not like the dried-up goldfish you get at some places] and was delicious. The seabass was filleted with not a bone in sight and beautifully served on a bed of courgettes broccoli and sauté potatoes.

We finished off with a tiramisu [what else!] for me and a salted caramel and vanilla ice-cream for Chas. A nice lunch with excellent service.

On Sunday some of the family came up from Kent to see us for the first time in ages, so we took them out for lunch at the White Hart in Hingham where we've had some good meals in the past. We were in the room upstairs which is a lot less rowdy than the bar downstairs and no dogs.

The menu is good with nibbles, starters, mains and desserts. The choice was very varied, stand out dishes were the fish sharing platter. the maple and walnut salmon with samphire and the roasts were huge, with everything cooked to perfection. All in all, an enjoyable lunch with good service and a nice atmosphere.

Off to Sheringham for my birthday treat soon [three restaurants booked already!]."

See below for websites.

[Authentic Italian restaurant in Norwich | Paolos Restaurant](#)
[Food - The White Hart Hotel, Hingham, Norwich, Norfolk](#)

Submitted by [Les Waller](#)



The Shed Journal



DCMC:

Some of you might have heard of the proposed plan to convert the Wayland House building that currently houses the Dragonfly Gallery as well as other offices, into a Digital Creative and Media Centre (DCMC).

You may be asking, "What is the Wayland Digital Creative and Media Centre?"

The Wayland Digital Creative and Media Centre (DCMC) will transform the western end of Watton High Street as a hub for training, innovation, e-gaming, podcasting, business development and leisure.

It promises to be a safe, modern space where people of all ages can gather and engage in digital and creative activities, to help them realise their potential.

The re-development of Wayland House as a new centre for digital skills development will meet the needs of an ambitious game-developer looking to build a business or someone learning digital skills from scratch, switching on a computer for the first time.

Creative businesses and artists will find a new home at DCMC, with training courses and workshops to harness talent and encourage ambition.

With an integrated library, digital art gallery, café, children's soft play area and cinema as all part of the development local people will have a place to meet and feel part of something special.

Equipped with exceptional technology, the centre will provide the connectivity necessary to help Wayland connect and collaborate with other communities and businesses throughout the UK.

It is believed that the DCMC has a critical role to play in the economic success of Wayland, and of Norfolk.

If you wish to find out more you could attend a presentation event At Dragon Hall, King Street, Norwich on Friday 31 October, 12 until 2pm. Let me know if you want to attend and I will add you to the guest list.

Submitted by [Malcolm Trayhorn](#)

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](#)



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](#)

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-september-17445435?e=a370dbe526>

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](#)



The Shed Journal



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

Wayland Men's Shed Screwfix account:

SCREWFIX "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](#)

Pancreatic Cancer Challenge:



"Steve Worth, one of our Shed members, is again doing a challenging 31 mile walk in aid of Pancreatic Cancer during October. Steve is canvassing for donations for Pancreatic Cancer UK.

Tesco has again kindly donated a hamper for Steve to raffle off to raise funds for his mammoth effort. Please support Steve by buying a raffle ticket or two. All proceeds going to Pancreatic Cancer UK'

Tickets cost just £1 for a strip. Please see Malcolm, John Chamberlin or Steve for tickets Thank you in advance for supporting Steve and the charity. Steve has asked us to wear tee shirts to keep in it in members minds."

Submitted by [John Chamberlin](#) & [Malcolm Trayhorn](#)



Don't bank on it:



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

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

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

Submitted by [John Chamberlin](#)



The Shed Journal



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.

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

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.

For Sale: £75

Three-section extending aluminium ladder
Extends to 7 metres, with a base stabilising bar and ladder stay.

Contact:- *John Chamberlin for Linda Potter*
07886 655713
email:- bjcoi8@gmail.com

For Sale: £50

Bosch 'Aquatak 125' Pressure washer

Contact:- *John Chamberlin for Linda Potter*
07886 655713
email:- bjcoi8@gmail.com

For Sale: £50

Yamaha PSR-240 Electric Piano
Includes a stand

Contact:- *Terry Spurr*
07815 150145
email:- elspurrs@yahoo.co.uk





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 removable 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](#)

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.

Note: *You can also register plots of land you own and can get the same notifications."*

Submitted by [John Chamberlin](#)



The Shed Journal

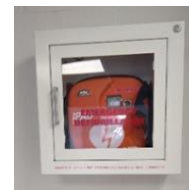


Defibrillators:



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.



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

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

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** - email: dwanddrc@gmail.com



The Shed Journal



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

GEOGRAPHY					Questions
1	3 - Cape Town, Pretoria & Bloemfontein	11	Rio Grande	21	Thailand
2	Saudi Arabia	12	Papua New Guinea	22	Southern
3	Germany	13	Mont Blanc	23	Ireland
4	Hindu Kush	14	China (104 miles long)	24	Himalayas
5	Bermuda	15	Queensland	25	Luxembourg
6	South Dakota	16	Death Valley, California @ 56.7°C (134°F)	26	Italy
7	Pacific	17	Brazil	27	Belgium
8	Massachusetts	18	Latvia	28	Gibraltar
9	Aegean Sea	19	Shanghai	29	Sri Lanka
10	Queensland	20	China	30	Atlantic, Pacific, Indian, Southern & Arctic

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.

