



Your monthly update on WMS News and Events

Chairman's Foreword:

"I am very pleased to announce that Wayland Men's Shed have been awarded funding from Norfolk Community Foundation through the 'Connecting Older People Fund'. to contribute towards the continued running costs of the Wayland Men's Shed, including the regular workshops, social groups, events, and outings. This is a clear recognition of the valuable service and support that we are providing for men in our community.

We are very grateful to the foundation and will be reporting how this has made a difference in future reports. I believe that we are already making a difference to so many lives, not only the members but also their friends and families. Every week I witness the gathering together of members who so enjoy the camaraderie of others whilst playing games or just chatting over a cuppa and a biscuit or two. This is, of course, due to the continued hard work of the committee and all the members."

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

	Christmas 2025 opening times		
Monday 22 nd December	Social Room & Workshops OPEN 9-12		
Wednesday 24 th December	Social Room OPEN 9-12		
Thursday 25 th December	SHED CLOSED		
Monday 29 th December	Social Room & Workshops OPEN 9-12		
Wednesday December	Social Room OPEN 9-12		
Thursday 1 st January 2026	SHED CLOSED		

Editorial:

Welcome to issue 52 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 However, defamatory articles will not be published."*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





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:

There was no report received this month for the computer room

[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.

The December Quiz		Answers
All answers are historical events that occurred in December		
1	1903 - Who were the first to achieve <u>Powered, Controlled</u> flight?	
2	1804 - Which Corsican was crowned 'Emperor of France'?	
3	In which year did the cold war end?	
4	1872 - Which famous 'ghost ship' was found drifting and deserted in the 'Bermuda Triangle'?	
5	In which year did Nelson Mandela die?	
6	Which year saw the formation of the 'Irish Freestate'?	
7	1783 – Who became the last Prime Minister of <u>Great Britain</u> ?	
8	In which decade was John Lennon murdered?	
9	1577 – Which ship departed on its round the world voyage captained by Francis Drake.	
10	1911 - Who was the first explorer to reach the South Pole?	
11	1773 – Name the event where cases of tea were thrown into Boston Harbour.	
12	1993 - Give the initials of the disbanded Russian Secret Police.	
13	1888 - Name the artist who chopped off his own ear whilst depressed.	
14	1968 - Which apollo mission was the first to orbit the moon.	
15	1066 - Who was crowned King of England.	
16	1898 - What was discovered by Marie and Pierre Curie?	
17	1904 - Which JM Barrie story was premiered on <u>stage</u> in London?	
18	What nationality was 'Rasputin' the mad monk who was assassinated in 1916?	
19	In which year was the USSR formed?	
20	In which year did Edward the VIII abdicate?	
21	1967 - Who performed the first successful human to human heart transplant?	
22	1879 - Who gave <u>his</u> first public demonstration of <u>his</u> 'Incandescent Light Bulb'?	
23	1653 - Who was appointed Lord Protector of England, Scotland, and Ireland?	
24	1843 - Which classic 'Dickens' novel was first published?	
25	336 - Which Roman Emperor resided over the first recorded celebration of Christmas?	
26	1918 - Name the movement which won women's right to vote.	
27	1960 - Name Britains longest running soap opera?	
28	1170 - Which Archbishop of Canterbury was murdered by Henry II's knights?	
29	1941 - Which naval base was attacked by Japan?	
30	1831 - Which British naturalist set out from Plymouth aboard the HMS Beagle?	

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 in 2026. Suggestions to Malcolm please.

Recent events:

Cromer Christmas Show:

The social outing to the Cromer pier show on Wednesday 3rd December was a great success with 40 members and guests enjoying a smashing day out. The show was excellent and we all came out with spirits lifted and smiles on our faces.

Christmas meal at Broom Hall:

Our annual Christmas dinner was held at Broom Hall again this year on Thursday 11th December with seventy-three members and guests attending. It was a great evening which was enjoyed by all.

The 2026 social calendar will be announced in the new year, if you have any ideas for 2026 please let Malcolm know



Upcoming events:

Mince Pie and Mulled Wine - Monday 15th December:

Our Christmas gathering this year it will take place in the back room of the bar area and the bar itself between 10am and 1pm. This is a drop in event and is free for members and their guests. To have an idea of numbers for catering please put your names on the noticeboard list plus any offers of mince pies etc.

Event	Date	Venue	Time	Estimated cost
Mince Pie & Mulled Wine	Monday 15 th December	Sports Centre Bar & Side Room	10am till 1pm	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: **EVENT NAME**





The Shed Journal



Member groups:

BASS – ‘Beer Appreciation Shed Society’

**Thank for all your feedback so far. This is very much a work in progress.
Watch this space for January 2026.**

“My proposal is that we establish a group of like-minded individuals who enjoy both the taste of the odd Beer and the social event of drinking with friends. Please don’t get me wrong this is not about getting slaughtered on the demon drink but put simply it will be a genuine group of mates who enjoy a similar interest... in beer(s). Initially my plan would be to kick off the group at the Belgian Monk in Norwich.

<https://www.thebelgianmonk.com/drinks/beer-menu/>

They say... Belgium, a beer paradise, is home to over 1600 plus different beers from some 220 breweries. It’s known as the land of good living. Superb beer, sublime chocolate and oh, the Mannekin Pis. We strive to source beers that we feel our customers will both appreciate and enjoy. Remember, no beer is exceptional unless someone wants to drink it! We, however, have many exceptionals!

The Group will be open to Members, their Wives, their Partners, their Friends.

So, if you like the idea of a ‘BASS’ Group for Wayland Men’s Shed – please let me know and I will make plans to get the group up and running.”

Not just beer... not just Europe it’s where you will genuinely find more than 1,600 of the world’s most delicious beers. Their selection of beers is huge, including Stouts, Lagers, Fruit Beers, and low/non-alcoholic varieties. Choose something new or buy one of your old favourites, be it English, German, Belgian, Rest of World... I bet they will have it, just make your purchase and take away. If you have been before I think you will agree it’s a place to behold. If you have never been then, and you enjoy a beer, then you really should make a visit and if so, come to the second BASS (Beer Appreciation Shed Society) outing.”

Interested? Contact [Stewart Haile](mailto:shaile33@aol.com) BASS lead shaile33@aol.com

Shanties at the Shed:

“Where has 2025 gone? It seems as we grow older the days, weeks, and months fly past, this year has been no exception. The crew have had a busy schedule.

By the end of this month, we would have performed 14 gigs throughout the year, and we already have 3 booked for 2026. There was one cancellation that needs rearranging, and in August we had our first gig at the Queen’s Hall for which all available tickets were sold. For this appearance we had almost a complete turn out of crew members. In September we returned to St Mary’s church in Watton for another successful show and we’ve also performed at St Peter’s church Swainsthorpe, Dorrington House and St Peter & St Paul’s church in Griston to name but a few.

This month we have three gigs the first of which was the Women’s Institute at Pickenham. The performance went very well, and the WI members joined in where possible. There was an opportunity to sit and mingle afterwards, and we enjoyed the kind of fayre you would normally associate with the WI. It would be true to say we were well looked after. On Saturday 13th we have an appearance at East Harling Bowls Club, and we then end our year at Watton Society on Wednesday 17th.

As mentioned at the beginning 2025 has been a very busy year and one of change, with Wayne Rutter taking over as crew lead or ‘Captain’ and has brought his own, slightly different approach to the crew, and John Pepper “JP” has become our new ‘Maestro’ and keeps us all in time...sometimes!

All that remains is for me to wish everyone a Happy Christmas and a wonderful New Year.”

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



The Shed Journal



The Music Group:

"The group had its biggest day ever, with 21 members attending. Everyone got to play their choice of song, but this filled up the entire 2-and-a-half-hour session, with no more room at all. I think we have reached our limit in what can be played within the time available, and we will need to consider extending the session or limiting the number of songs played. Hopefully, it will be the former, but the jury is still out as I write this."

*The theme of "**Religion**" proved to be one that provided a very wide range of song choices, from classical music to heavy rock and almost all points in between. It was also a first for the group, as "The Lord's Prayer" which came third featured one of our members, Barrie. He is also now a Shantyman, and the track had him in a previous singing role from his London days. I'm not sure we will have this happening again any time soon!*

The top five tunes were:

- 1st "I Will Follow Him" from "Sister Act", picked by Ray, on 7.7
- =2nd "Oh Night Divine" by Nat King Cole, picked by Malcolm on 7.6
- =2nd "The Lord's Prayer" by Vauxhall Men's Choir, picked by Barrie on 7.6
- 3rd "Pia Jesu" by Kathryn Jenkins and Andrew Lloyd-Webber, picked by Roger, on 7.55
- 4th "It's Only Make Believe" by Conway Twitty, picked by Robin, on 7.5
- 5th "Heaven Knows" by First Aid Kit, picked Graeme, on 7.30

*Our next meeting will be on **Wednesday January 7th**, when the theme will be "**Transport and Travel**". I've picked this as it is clearly one of our top picks for next year, but the remaining list needs a little more work as a few members are yet to give me their views. As you can see, we are getting ever more popular, and it is good to see everyone getting there by 9.30 so we can make a good early start.*

We also had the final Music Quiz of 2025 after the session, which was set by yours truly and had a Xmas music theme. Eight members formed two teams of 4, and fought hard to beat each other, but in the end, it ended as a draw as both teams got a creditable 39/50. A nice result for the time of year!

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

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

I'm game if you are:

*"The next meeting will be on **Monday 19th January 2026**. **Please feel free to bring along any family, friends, or neighbours.**"*

*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.*

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. Feel free to bring along a game of your own to tempt us. 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 session and the games group will be required to pay for both sessions.**

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



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."

Submitted by [John Chamberlin](#)

The Shutterists:

This month sees the return of Stewart Haile as Shutterists lead, a safe pair of hands for sure. I also given him additional space to lay out his stall with next year's schedule.

About us:

"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

For November:

The group had two main events;

Outing to Horsey Gap to photograph the Seals

2026 Planning Meeting

For December:

The outing will be to photograph Christmas Lights





The November Outing:

Location: Horsey Gap – approximately 46 miles from Watton
Date: 18th November
Group members: Al Middleton, John Pepper, Neil Rowe & Stewart Haile

*“Al kindly drove and we left Watton around 9am, heading to our breakfast pitstop at **Charlottes Café** in Stalham. Highly recommended. **Post Code:** NR12 9AZ.*

Once fed and watered, we drove to the car park at Horsey Gap. It was just before 10:30 and was already busy with people hoping to see the Seals and their newly born pups.

Note: Car park costs £4.00 for 2 hours / £6.20 for 4 hours.

The weather was glorious... bright blue clear skies, cold and breezy but warm in the sun. Horsey Gap was really well organised and managed by many Seal Wardens who were there not only to protect the Seals but also help with visitors to get the most out of their visit. The high sand dunes were roped off from the beach and sensibly there was no access onto the beach where the Seals and their Pups could be clearly seen. According to the Wardens, so far on this stretch of the beach there had been 749 pups born this winter (so far).

The four of us walked upon the Dunes and made our way to some space, in order to set up our tripods and get the images that each of us strived for. Initially the cold was tolerable, the warming sun taking the bite out of the breeze, however after about 2 hours we felt we had the shots we wanted and returned to the car. That, and the cold, and the thought of a pub lunch, being the deciding factors.

*We travelled less than 10 minutes down the road to where we had booked our Pub Lunch. The pub chosen was **The Nelson's Head** in Horsey. Another establishment that we all would Highly recommend*

Post Code: NR29 4AD

During lunch we decided that as there were only 4 Shutterists – we each could submit 2 images for the ‘Terry Knight Award’ which is presented monthly for the best photo of the day. Chosen by an independent judge.”

Blakeney Point – 4th July 2018

Terry Knight (left), Steve Franz (middle), and Stewart Haile

Sadly, Terry passed away in May 2019, but the Shutterists honour his memory with the ‘Terry Knight Award’



Thus, for the November outing, our 8 images were submitted to our esteemed Judge – for this trip it was Malcolm Trayhorn and the results of his deliberations were as follows:

A huge congratulations to Al, securing both 1st & 2nd place.

Sony camera with a prime lens

Al subsequently received The Terry Knight Trophy

Well done to Neil too with his image from his Sony music centre



The winning images are as follows:



GOLD

“Kisses Mum”

***Shot by:
Al Middleton***



SILVER

***“Are You
Looking at Me”***

***Shot by:
Al Middleton***



BRONZE

***“A Slight
Disagreement”***

***Shot by:
Neil Rowe***

A big thank you to our Judge. A difficult decision to make from the 8 images submitted but overall, the right choice for the winning entry.



2026 Planning Meeting:

On 24th November, at the Sports Centre, 12x Shutterists convened to make and agree plans for the year ahead.

Currently our group has 16 members in total, but not all could make the meeting.

Which was probably lucky for them as it was a 'Death by PowerPoint' presentation.



In brief, the meeting hoped to achieve:

- Agree a Monthly Calendar for outings during 2026
- A want to win the 'Terry Knight' Award
- Agree a new monthly challenge
- Embracing other media
- Discuss our photographic goals
- And finally have a Shutterists plan for 2026

I am pleased to confirm that 90% of the above was detailed and agreed

As a taster, here are our initial plans for monthly visits next year:

January	Norwich Cathedral
February	The Shuttleworth Collection / Biggleswade
March	Lavenham
April	Blickling Estate / National Trust
May	Southwold - Harbour and Streets
June	Orford / National Trust
July	Constable Country (Flatford Mill)
August	Snetterton - Motor Bikes
September	Duxford
October	Bressingham
November	Cambridge - River and Backstreets
December	Christmas Lights / Wells

If you would like to hear more about the Shutterists 2026 plans the come along and find any member of our group.



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

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

Men's Shed Committee

Gastro Jaunts around Norfolk Number 28:

"I know this is going to look an advert for this restaurant, and I have mentioned it a few times, but it is one of my favourites. We go to Norwich quite often because Chas really likes Paul the butcher's stall and the fishmongers on the Market. Paolo's restaurant is only a short walk away at 1 St Giles street just opposite the Town Hall. It is quite a small cozy place, and you can be assured of a quiet, civilised lunch. I think it's a husband-and-wife team that run it.

The waitress, I think she said her name was Olga, very timidly admitted to being Russian, is charm personified, very welcoming, polite, and efficient. The food is freshly cooked in the open kitchen by the very skilled chef. We shared our usual very fresh whitebait starter; the portions are generous. We then both had a very nice chicken breast in a mushroom sauce with fresh vegetables, it was actually three chicken breasts, and I had to leave the third one which is very unusual for me. We needed something to help our digestion after this so shared an affogato (vanilla ice cream with espresso coffee poured over it). A lovely lunch, we then got the bus home, long live our free bus passes! Authentic Italian restaurant in Norwich | Paolos Restaurant."

Submitted by *Les Waller*

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*



The Shed Journal



Grumpy Old Man Says!

*"Bah humbug, It's Christmas time again. Gos hates this time of year as there's so many things to not look forward too. First of all, there's all that palaver about getting presents, which he really hates doing. He never knows what to buy anyone, all the shops are too busy, and on top of that they're all playing the same old Christmas songs on a loop. Everyone's supposed to be happy and cheerful, but this ain't something that comes easily to Gos. After he's got the presents, they have to be covered with that 'orrible Christmas wrapping paper. Why do they make it so bl**dy thin? Gos always seems to rip it at a crucial point. He then has to go and ask Mrs Gos to help, which makes him feel really small when she looks at him as if he's a right numpty.*

Then the Christmas tree and decorations have to be dug out of the loft, which is always Gos's job, despite him having knees that rattle as he walks. The amount of crap stored up there is unbelievable, who puts it up there for gawds sake? Once it's down, Mrs Gos won't let him anywhere near the tree until it's all done, and then he's allowed to plug the lights in. Of course, they don't all work so he has to spend ages working out why. Gos doesn't like these newfangled LED lights, he loves the ones with those tiny little bulbs that look like candles. These remind him of when he was a nipper, when it was all candles and crepe paper.

When the big day arrives, all of the Gos sprogs come round for Christmas dinner and bring their spoilt little sproglets. These take great delight in showing off to Gos their latest phone or expensive toys that have probably meant the sprogs have chucked a load of money on their cards. Guess who they'll turn to for help in the New Year – the poor old Bank of Gos, just when he was getting some money stashed away for a nice holiday abroad away with Mrs Gos. It'll end up being the caravan at Hemsby again if it's still there by next summer.

Mrs Gos loves to do a bleedin' great Turkey that just about fits in the cooker, and guess what – the sproglets don't like Brussel sprouts and want Turkey Twizzlers and chips instead, ungrateful buggers. No, the Turkey will get left over as usual, and it'll be Turkey Curry, Turkey sandwiches, Turkey this and Turkey that until Gos is so fed up of it he could scream. What was wrong with bread and dripping eh? When they've all gone home the house is like a pigsty and guess who has to clear it all up, yep, Gos, as Mrs Gos is fast akip on the sofa. Mind you, Gos was dozing most of the afternoon, especially when "The Great Escape" was on. It was lovely while it lasted.....roll on 2026!"

Editor's note: GOS is ranting out and is now retiring remaining anonymous. If another member would like to take up the mantle in total confidence, then please email me direct. [John Chamberlin](#) - Editor

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](#)

Testimonials:

"You may recall from a message that I sent out recently, that I was asking for testimonials showing what the Men's Shed means to you. This just needs to be a paragraph or two which reflects the worth of being a member, especially in combatting loneliness and assisting with well-being. Thank you to those who have already responded and for the words of support. All this information helps, especially as evidence in justifying our existence and for securing funding. Please forward any more to me."

Submitted by [Malcolm Trayhorn](#)



The Shed Journal



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-november-17446637?e=a370dbe526>

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.

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."*

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*



The Shed Journal



Stay safe online:



1. Don't make yourself a target, keep a low profile, and keep information on social media about yourself to an absolute minimum, take the threats seriously and protect your identity.

2. Don't put any embarrassing information, photos, messages, or facts about yourself on any website, things that you could later come to regret, or end up looking stupid. Don't put the details of what you are doing, where you are going, or if you are going away from home, on any social media sites.

3. Don't respond to, 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.

Polar Express	November & December	Mid Norfolk Railway, Dereham
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[John Chamberlin](#) - email: bjcoi8@gmail.com

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.



The Shed Journal



Health & Safety: **ADD FIRE ALARMS**



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.**

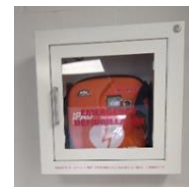
All members have a duty of care for themselves and others. Should you become aware of any issues please ensure that you inform a committee member at once. All accidents and Incidents should be recorded in the ledgers provided; they're located in the filing cabinet in the workshop.

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

Treasurers update:

"Thanks to members continued attendance, shed funds continue to remain very healthy. This month we received a large financial boost in the form of a grant from the Norfolk Community Foundation."

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

Memberships update:

"Membership remains at 101 with no new members joining. The committee thank you for your continued support throughout the year and wish you all a very Merry Christmas and a Happy New Year."

[John Chamberlin](#)

Committee meeting:

The next full committee meeting will be on **Monday 12th January 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



The Shed Journal



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

ANACRONYMS					Questions
1	The Wright Brothers	11	Boston Tea Party	21	Christiaan Barnard
2	Napoleon Bonaparte	12	KGB	22	Thomas Edison
3	1991	13	Vincent Van Gogh	23	Oliver Cromwell
4	The Mary Celeste	14	Apollo 8	24	A Christmas Carol
5	2013	15	William the Conqueror	25	Constantine 1 st
6	1922	16	Radium	26	Suffragettes
7	William Pitt the Younger	17	Peter Pan	27	Coronation Street
8	The 1980's	18	Russian (Siberian)	28	Thomas Becket
9	The Golden Hind	19	1922	29	Pearl Harbour
10	Roald Amundsen	20	1936	30	Charles Darwin

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.

