



Issue 47

July 2025

Your monthly update on WMS News and Events

Chairman's Foreword:

"Well, after months of discussions, research and hard work, I am pleased to announce that your committee has managed to overcome the rigorous procedures required for us to become a charity and we are now registered with the charity commission (no.1213606). We hope that having reached this status we will be recognised as being a benefit to the public by addressing the needs of men's health and well-being. We will be pursuing ways to enhance what we are doing and provide support to our members and their families.



We are now in our ninth year of operation and for the last four years we have been hosted by the Sports Centre. This relationship has been most successful, and we are very grateful to the trustees of the centre as well as Paul, Arthur and all the staff. As part of this collaboration, we have made an annual donation to the sports centre in recognition of our continued working arrangement. This year we were able to present a cheque to Paul in the sum of £500. "

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

Editorial:

Welcome to issue 47 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 or 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 However, defamatory articles will not be published."*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

CALL TO ARMS

Sunday 20th July – Watton Annual Car Show (volunteers to assist me with marshalling car parking please)

Sunday 24th August - Watton Bike Weekend — 8:00-10:00am (volunteers for road closure please)

Sunday 3rd August – The Wayland Show for which we may have a stall. (Helpers required)





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.

Here we have another example of the diversity of projects you could undertake. I said to John Hubbard, "If you make your bed you lie in it"

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:

"Hello everyone, I hope I find you all fit and well.

I would like to welcome John Bunning back to the computer group. He's been in hospital with health problems but knowing John he will bounce back ready to go once more. So, take care John and remember, no lifting of any sort other than a cup of tea, which you are very good at.

As a reminder, the computer group are looking to start a learning course, which involves how to use a computer. So, if you want to know how to browse the internet, use Microsoft Office (Windows 10) or Libre Office (Linux), to process a letter etc. This course will also include any questions you may have regarding computers in general. If you wish to attend this course, then go to the bowls room on a Monday or Wednesday (during the WMS sessions), look on the noticeboard and book your place. Good luck.

If you just want a hand with computers in general, you are welcome to come along and see us on a Monday or Thursday and have a chat with the team. They are a friendly bunch and I'm sure they would be happy to see you and assist.

Hope to see you there.

Till the next time"

Jeff Heath - Computer Group





Shed Journal Quiz:

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

WEATHER OR NOT	
Each answer simply relates to facts about weather	
1	The area of central USA that features many Tornadoes is known as Tornado _ _ _ _ _ ?
2	At what temperature is Centigrade equal to Fahrenheit?
3	In weather terms, what does Precipitation relate to?
4	An Anemometer is used to measure what?
5	What country experiences the most Tornadoes?
6	True or false? A rainbow is a spectrum of light that appears when the sun shines onto water droplets in the air?
7	An Okta is a unit of measurement of what?
8	Name the BBC breakfasts weather man who often referred to certain clouds as "Fluffy Bits".
9	What is the name of a scientist who studies weather?
10	Name the lines on a weather chart which joins points of equal pressure.
11	Give the common term that refers to the amount of water vapour that is held in the air.
12	What instrument is used to measure atmospheric pressure?
13	Which one of these revolving weather systems is the smallest :- Hurricane, Typhoon, Tropical Cyclone or Tornado?
14	In international use, what is the range of the Beaufort scale (Wind force effect on the sea)?
15	What is O3?
16	Which 2 shipping forecast weather areas encompass the Norfolk coast?
17	What colour is on the inside of the rainbow's arc, on a generally defined seven-colour rainbow?
18	Who invented the mercury thermometer?
19	Which usually travels faster, a cold front or a warm front?
20	What cloud term means 'sheet', 'sheet like' or 'layer'?
21	What were all girls from 1953 to 1979, and thereafter alternating boys and girls?
22	What is the purpose of a Campbell-Stokes Recorder?
23	What is the most common gas in the earth's atmosphere?
24	Name the circulating Atlantic Ocean current which warms Western Europe.
25	What's the more exotic name of the 'Northern Lights' sometimes visible in the Northern Hemisphere night sky?
26	What is the unit of measurement of wind speed?
27	Which year saw the destructive gales in the UK denied by Michael Fish?
28	What is a Haboob?
29	Often stranding sailing ships, name the belt of light variable winds located near the equator.
30	How many sides or points do the vast majority of snowflakes have?

Quiz answers are on the last page.





The Shed Journal



Social programme:

Our Social Secretary is open to suggestions and ideas for outings. Suggestions to Malcolm please

Recent events:

Tuesday 10th June

Eleven members of the "Shutterists" photo group went on a boat trip along the river Bure. Plenty of pictures taken and much fun had on a great day out. Of course, we had to stop at a hostelry for a bite to eat and liquid refreshment.



Saturday 14th June

The Shanty group performed at Griston Church in support of a fund-raising event.

Friday 27th June

The Shanty group performed to a gathering of the Chamber of Commerce, the Mayor and other dignitaries from Watton to mark the visit of the mayor of Zhovkva, Ukraine. This took place at Broom Hall. David Dent, the chairman of the Chamber of Commerce sent a message thanking the Shanty Singers for the whole performance at the event to welcome the Mayor of Zhovkva. He said it was brilliant and really did what was needed to make the event a wholehearted success. (look for pictures in the local press).

Upcoming events:

Cromer Pier Summer Show - Thursday 24th July

We have a trip to Cromer including the end of pier show. This trip is now full, however if you would like to put your name on a reserve list, please let me know. Also, there may be a few spare seats on the coach if you just want a day in Cromer (just £10 return).

Quiz Night - Friday 15th August

Please add your names to the list. Space is limited so **£5 to Malcolm will secure your place**. Bring your own nibbles, drinks available from the bar.

Summer BBQ - Saturday 30th August

Please add your names to the list (with dietary requirements). This will be a **FREE** event

Cromer Pier Christmas Show - Wednesday 3rd December.

Please add your name to the list or let me know soonest. Now collecting money - £38 per person.

Christmas meal - Thursday 11th December.

Please add your names to the posted list.

Event	Date	Venue	Time	Estimated cost
Cromer Pier Summer Show	Thursday 24 th July	Cromer	Coach from Queens Hall - Time TBC	NOW FULL
Quiz Night	Friday 15 th August	Sports Centre	6:30 for a 7pm start	£5 Per person
Summer BBQ	Saturday 30 th August	Sports Centre	1p.m. to 4p.m.	FREE
Cromer Pier Christmas Show	Wednesday 3 rd December	Cromer	Coach from Queens Hall – Time TBC	£38 Per person
Christmas meal	Thursday 11 th December	Broom Hall	TBC	TBC

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 Pier,' 'Summer BBQ,' '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.





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:

"It is with heavy heart that I write this article for the Shed Journal. As you will all know by now, we suddenly lost shanty group founder, leader, musical director and friend Nigel Potter on Sunday 1st June. Nigel is going to be sorely missed by all of us who knew him, he not only started the shanty group, but also the music appreciation group but gave it up to concentrate his many musical talents on the shanty group.

By the time you receive this journal Nigel's funeral will have taken place at Breckland Crematorium.

The group had a gig at St Peter's Church, Swainsthorpe on Saturday 13th May, our first big gig of the year. This was our chance to introduce some new songs, and to also try out the new enlarged song list. It turned out to be our longest, and arguably our most successful gig to date, we sang for just over 2 hours with a much-needed break at the mid-point. It was a very good audience and, judging by the many favourable comments we received they enjoyed the evening as much as we did. In fact, we have been asked back to sing next year. On a more poignant note, sadly this was to be Nigel's final gig.

On Saturday 14th June, the group had a gig at the church of St Peter & St Paul, Griston. There had been some deliberation as to whether the group should continue doing gigs or just revert to our original idea of meeting a couple of times a month to sing. It didn't take long for us to decide we should continue and not waste all of Nigel's excellent work. The organisers at Griston were fully appreciative of us continuing with the gig. Wayne, who had volunteered to lead the group decided we should open with our own tribute to Nigel by singing one of his favourite shanties "John Kanaka" and Nigel must have been with us because we don't usually perform this particular song well, but that evening it was almost perfect.

What was an emotional, difficult evening for us all turned out to be a resounding success for everyone and an encore of The Beatles' "Yellow Submarine" was sung twice by popular demand. We knew it was going to be a hard gig being the first without Nigel, and his accompaniment on the Aerophone, but John kept the intros on his guitar and despite one or two mishaps we got through the evening and feel we did Nigel proud.

We suddenly received a short notice, one week, request to sing at Broom Hall for the Chamber of Commerce on Friday 27th June. This was a lunchtime gig for the CoC and some special guests. We were missing some members who had other commitments and unable to change at such short notice. It was a challenging gig as there was a lot of background noise and talking going on, but the chaps rose to the occasion really well.

Our next gig is the care home at Buckingham Lodge on Wednesday 23rd July, and this will be followed by a lunchtime gig in the Queen's Hall on Wednesday 20th August starting at 11am.

As can be seen, the last few weeks have been sad, emotional, exciting and challenging. We have entered a new phase of the Wayland Shantymen but as we go forward, we will always have our founder, Nigel Potter, in our hearts and in our voices.

*The next rehearsals for the Shantymen will be on **Monday 4th** and **Wednesday 20th August.**"*

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



The Shed Journal



The Music Club:

"It was a warm and sultry session this month, with the room being very warm and humid. We shared our selections with passers-by by opening the windows and doors, and no-one complained, even at Genesis! We also welcomed two new attendees, John Parling and Richard Letters.

*Our theme this month was **"Days of the Week"**, which saw many opting for the option of a day's name in the title, while others went for days as part of the lyrics. Another group took yesterday, today, and tomorrow as days too. None were wrong choices and shows how it's great that the group take the themes as a guide and run with them off to some great places. This month's choices provoked a lot of memories, laughter and stories, from hot steamy blues clubs to depressing Cleethorpes!*

The top five tunes were"

- 1st "Saturday Night at the Movies" by The Drifters, picked by Bill, on 8.36*
- 2nd "Yesterday" by Matt Monro, picked by Ray, on 7.63*
- 3rd "The Gas Man Cometh" by Flanders and Allen, picked by Malcolm, on 7.56*
- 4th "She's Leaving Home" by The Beatles, picked by Steve, on 7.27*
- 5th "Sunday Morning Coming Down" by Johnny Cash, picked by John C-M, on 6.86*

*The next meeting of 2025 will be on **August 6th** when the theme will be **"Film Music"**. This can be anything that can be heard on a movie soundtrack, from theme tunes and instrumental scores to well-known tunes used in key moments. Should be good....*

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

I'm game if you are:

The 4th games evening was held on **Wednesday 9th July** with xx attendees. We played The Mexican Train Game, Ticket to ride and Solo.

The next meeting will be booked for **Wednesday 13th August** – 6pm to 10pm.

Turnout seems to have peaked at 11 so we hope more of you will come along and enjoy new games, games you've seen played or bring your own along to show others.

We are concentrating our attention toward games with less complicated rules.

A £2 session fee will be charged with free tea, coffee, and biscuits available.

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





The Shutterists:

Shutterists 2025 monthly outing:

"The "Shutterists Group" are a friendly bunch of Sheddies 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 Wroxham and River Bure Cruise:

"After a journey through the beautiful Norfolk countryside to Wroxham, our intrepid Shutterists gathered at a cozy riverside restaurant, the day beginning over excellent coffee and a spread of breakfast goodies. Laughter mingled with the clink of cups and the low hum of conversation as they exchanged ideas, chatted about their gear, the scent of roasted beans and river breeze drifting through the open windows

Having boarded 2 electric powered boats, they set off along the River Bure, cameras ready, eyes open. The river shimmered under a wide Norfolk sky, winding through quiet reed beds and passing sleepy boathouses. Along the route they captured reflections of willows and alders leaning toward the water and early signs of waterlilies in bud. With eyes peeled in hope of seeing flashes of kingfishers darting low, herons were observed and the sleepy charm of riverside cottages added to the tranquil atmosphere of the journey.

There was no rush—just the rhythm of the river, the quiet companionship of shared curiosity, and the joy of chasing light downstream.

With lunchtime rapidly approaching the boats moored beside a quiet riverside pub, its garden dappled with sunlight and edged with wildflowers swaying in the breeze. Our intrepid Shutterists soon settled at weathered wooden tables overlooking the River Bure, their cameras resting nearby like contented companions. Lunch was perfect a selection of pub favourites served with the appropriate beers, wines and cold drinks by friendly efficient staff. Our laughter carried on the air as boats drifted past and swans cruised by in slow procession. Conversation flowed easily, rich with stories and the shared satisfaction of a day well spent behind the lens.

As the afternoon progressed, they boarded the boats once more and set off back towards Wroxham. The return journey was quiet, the river golden and still, as if holding its breath to let them pass—each of them carrying home not just photos, but the peace of the water and the warmth of the afternoon.

As the boat rounded the final bend, Wroxham came back into view, its familiar rooftops and gently bustling riverfront welcomed the group home. The sun hung low, casting long reflections across the water as they moored up and gathered their gear—tired, content, and full of the day's quiet magic.

Drawn by the promise of refreshments, they made their way back to the riverside restaurant where the day had begun. Cool drinks were served with a smile, condensation tracing lazy paths down chilled glasses. They toasted the light, the river, and the moments they had captured. As late afternoon settled over Wroxham, we returned to our cars said goodbyes—unhurried and happy—before heading home, with memory cards full and spirits even fuller.

As we returned from another memorable day on the River Bure, I want to share that this will be the last of the photography trips I organise. It's been a real pleasure planning these outings and sharing them with such an enthusiastic group.

That said, I'm now looking for someone to step forward and take over the reins. These trips have become a valued part of The Shed—moments to connect, explore, and create—and I'd love to see them continue. If you're interested in helping keep this tradition going, please do get in touch. I'm more than happy to offer guidance as you get started.

Thank you all for the support, the company, and the memories.

Bob Darts



The Shed Journal



The judge of the photographs submitted by fellow Shutterists on this occasion was **Wayne Rutter**. His choices and comments are as follows:



GOLD

“Seat of Loneliness”

**By
Stewart Haile**

“Before I even saw the title this image spoke of loneliness and abandonment. The focal point of the single chair makes this a compelling photograph. I’m also a sucker for a beautiful black and white image.”



Silver

“Ugly Ducklings”

**By
Neil Rowe**

“Beautiful picture with great composure. The ducklings are cute without being twee and it’s a simple but wonderfully framed image.”



Bronze

“Riverbank Reflections”

**By
Steve Fransz**

“Lovely rich shades of green in the foliage and reflections give this image a dream like quality.”



The Shed Journal



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 (**currently on pause**)

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.

Upcoming Shutterist outings:

Norwich Aircraft Museum - Great Yarmouth Pleasure Beach - Lakenheath Fen - Cambridge – River Cam & The Backs - Holt Christmas Lights & Supper - Horsey Gap - Puddledock Lane.

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



Other News, Notices, Events & Articles:

An important message from a member’s wife:

Please share this message to all your women folk over the age of 70!

Well! I am daring to put my head in the lion’s mouth! Talking about women’s issues to a Men’s shed, but you know you guys you need to take care of the women in your life. **I’m taking this risk for a good reason.**

Women over the age of 70 years are not routinely called for a Mammogram, which are recommended to be carried out every three years. The mobile unit visits the Queens Hall Car Park annually and is due to be there at the end of August I believe.

Recently I took myself off for a Mammogram at the Breast Screening Clinic in Norwich, no particular concerns but it was three years since I had the last one.....a week later a letter arrived informing me that there were changes and an appointment had been made for me to have further tests.

With the support of my husband, a Wayland Men’s Shed member, off we went to keep the said appointment, where they carried out more tests and made a further appointment for the following week to learn the results.

The results are that I have been diagnosed with Breast Cancer and need surgery. If I hadn’t have gone for the Mammogram when would this have been discovered and what stage would it be, would it have spread?

So please guys, pass this message on to the women in your life, not just wives and partners but sisters, sisters in law, cousins etc.

The Breast Clinic can be found at:
Norwich Community Hospital
Bowthorpe Road,
Norwich
NR2 3TU

Telephone to make an appointment for the mobile unit or to visit the Breast Clinic is:
01603 776776



The Shed Journal



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](#)

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](#)

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-june-2025?e=a370dbe526>

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 Wayland Shanty men came to Griston:

It was a warm dry evening on the 14th June 2025, people in Griston and the local villages were looking forward to a revisit of the Wayland Shanty men in Griston.

We were not disappointed, the men did themselves so proud, yes there were a couple of false starts, but they were in control, they stopped and began again and all was well.

There was lots of toe tapping and singing along and a jolly good time was had by all.

It was heart-warming that the guys wanted to fulfil the date that Nigel had arranged, with their agreement, and they really did themselves and him proud. Hopefully they will be prepared to perform again in the future for another fun evening.

The evening was held to raise funds for the proposed alterations to the Church to enable the building to be used as a Community Hub, there is no Village Hall in Griston, so thanks to everyone involved there is now more money in the coffers towards this project.

Submitted by [Rob Darts](#)

Population Statistics:

The population of Earth is around 7.8 billion. For most people, it is a large figure and that is all.

However, if you condensed 7.8 billion in the world into 100 persons, and then into various percentage statistics.

The resulting analysis is relatively much easier to comprehend and is very eye-opening.

Out of every 100

11 are in Europe
5 are in North America
9 are in South America
15 are in Africa
60 are in Asia
49 live in the countryside
51 live in cities
12 speak Chinese
5 speak Spanish
5 speak English
3 speak Arabic
3 speak Hindi
3 speak Bengali
3 speak Portuguese
2 speak Russian
2 speak Japanese
62 speak their own language.
77 have their own houses
23 have no place to live
21 are over-nourished
63 can eat full meals
15 are under-nourished
1 ate a meal but did not make it to the next meal.

The daily cost of living for 48 is less than £1.50p.

87 have clean drinking water
13 either lack clean drinking water or have access to a water source that is polluted.

75 have mobile phones
25 do not.

30 have internet access
70 do not

7 received university education
93 did not attend college.

83 can read
17 are illiterate.

33 are Christians
22 are Muslims
14 are Hindus

7 are Buddhists
12 are other religions
12 have no religious beliefs.

26 live less than 14 years
66 died between 15 – 64
8 are over 65 years old.

So, if you have your own home, eat full meals & drink clean water, have a mobile phone, can surf the internet, and have gone to college then you are in the miniscule privileged less than 8% category.

Amongst 100 persons in the world, only 8 can live or exceed the age of 65.

If you are over 65 years old, be content & grateful. Cherish life, grasp the moment.

You did not leave this world before the age of 64 years like the 92 persons who have gone before you. You are already the blessed amongst mankind.

Take good care of your own health. Cherish every remaining moment.

Submitted by [John Chamberlin](#)



Photography and Dementia:

I've often thought that there is a connection between photography and remembering a moment in time as captured by a camera. I'm sure many of us recall when looking through old photographs taken many years ago of family weddings, holidays and the like, remembering elements of that day or people that were there and, if it were not for the photograph, would have remained a distant memory.

I believe that photography offers a powerful and uplifting connection for those living with dementia. By looking at familiar images—of people, places, or past events—it can help trigger memories, spark conversation, and bring a sense of comfort and identity. Also taking photographs, or simply engaging with the process, can also provide a creative outlet that encourages focus and mindfulness.

In group settings, photography can promote social interaction, reduce feelings of isolation and build a sense of belonging. Whether through old photo albums or new digital images, photography has the unique ability to capture moments that matter—helping those people with dementia reconnect with themselves and the world around them and importantly also for those who do not suffer from this dreadful disease.

If any member has any old or damaged photographs they would like to be digitally repaired and restored, please don't hesitate to contact me and I'll be more than happy to help.....(if I can!!)

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

Gastro Jaunts around Norfolk

"We were in Hunstanton for a short break; we hadn't been there for a couple of years as the hotel we used (the Golden Lion) had gone a bit over the top with its "Dog Friendliness." It had had a change of management and refurb, so we wanted to check it out.

Thumbs up, it was no longer advertised as dog friendly (but they are allowed only in the newly updated rooms on the ground floor at an additional charge) there is also now a nice sunroom extension and a beer garden overlooking the sea.

Hunstanton is not a location for foodies (we go there for the walks along the long wide promenade and on the cliffs where there is a lovely café called the "Salad Bowl") but a couple of years ago we discovered a little oasis in the desert called "The Terrace" it is still there! It is on the other side of the little green area across the road from The Marine pub.

We booked a table on the outside terrace with views of the sunset over the sea (very rare in Norfolk). The tapas (only available Thursday to Saturday) are still up to its usual high standard, although they still haven't got a drinks license (we knew about this and took a nice bottle of wine). See below for the menu.

<https://www.theterracehunstanton.co.uk/menus-3>

All in all, an invigorating short break with the added bonus of fabulous weather."

Submitted by [Les Waller](#)

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](#)



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.

Murder Mystery	Sat 19 th July	MNR Dereham
Watton Bike Event	Sat/Sun 23 rd & 24 th August	Watton High Street
Watton Food Festival & Fireworks	Saturday 25 th October	Wayland Showground
Remembrance Sunday	Sunday 9 th November	Watton War Memorial Carpark
Festive Market	Sunday 30 th November	Watton High Street

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



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.

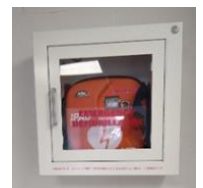
[Malcolm Trayhorn](#) – Chairman - email: malcolm.trayhorn@gmail.com

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 **Wednesday 3rd September 2025 at 3pm** 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 accounts remain very healthy. Your continued support keeps our Men's Shed project firmly on the rails. It's a true pleasure to be part of what makes our shed tick.

Full, yearly & monthly accounts may be examined, and any questions answered upon application to myself."

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

Memberships Report:

*"Membership currently stands at 94. This is mainly yearly renewals with several new members. We welcome **Ray Rogers, Roy Challand, Gary Moore, Brian Edwards and Brian Field**, please make them welcome."*

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

JOURNAL QUIZ ANSWERS:

WEATHER OR NOT					
1	Alley	11	Humidity	21	Names of tropical storms or hurricanes
2	-40 (minus 40)	12	Barometer	22	To measure sunlight
3	Rain, snow, sleet or hail	13	Tornado	23	Nitrogen
4	Wind Speed	14	0-12	24	The Gulf Stream
5	USA	15	Ozone	25	Aurora Borealis
6	True	16	Humber & Thames	26	Knots
7	Cloud Cover (0-8)	17	Violet	27	1987
8	Francis Wilson	18	Daniel Fahrenheit	28	A Sandstorm
9	Meteorologist	19	Cold front	29	The Doldrums
10	Isobars	20	Stratus	30	6

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.

