



Issue 33

May 2024

Your monthly update on WMS News and Events

Chairman's Foreword:

"Mental Health Awareness Week 2024 is taking place from 13th to 19th May, on the theme of "Movement: Moving more for our mental health". I mention this because many of us at the shed have underlying mental health issues of one kind or another. I like to feel that we support and look after each other, however we can always do more. So, get some movement in your daily routines. Go for a walk or just move around indoors. Don't forget that if you are really low and can't get to the shed, ring someone.

Thank you"

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

Editorial:

Welcome to issue 33 of "THE SHED JOURNAL"

A REMINDER TO ALL MEMBERS THAT THE SHED AGM IS ON 12th JUNE AT 7pm IN THE BOWLS ROOM. PLEASE MAKE AN EFFORT TO ATTEND AND SUPPORT YOUR SHED.

"The size of the monthly Journal may on occasion appear reduced. This is due to the small amount of interesting / informative articles that I can source or that members can provide or point me to. I have also removed several of the options I piloted in the past due to lack of response."

"Please bear in mind that this is your publication and without contributions from members we are in danger of the Journal becoming somewhat staid in its content/presentation. The more of you who contribute the more interesting and diverse we can make it.

If you can think 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.

If you come across an interesting article (not too lengthy), please send it to me or point me to it. also, members are also welcome and indeed encouraged to contribute articles themselves (around 300 words with pictures) of days out, holidays, life/work experience, hobbies etc. You may think it mundane, but rest assured, some members will find it interesting. I'm sure we all have a story to tell, once you start writing it will flow."

Note: "Political, Financial and Religious articles will be closely scrutinised before publication. However, defamatory articles will not be published."

"As I am far from infallible, please advise of any errors/typos and feel free to send me your comments, good or bad. I strive to please. If you prefer not to receive 'The Shed Journal' please let me know by return."

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 something or other although this is not all that goes on. Other groups may sit chatting about whatever comes up, perhaps the news, holidays, home, hobbies, family. All are a friendly bunch and welcome other members to join in the conversation and banter."

Note:

"A reminder that we now have a trolley containing a variety of Books, DVDs, and CDs in the social room. Please feel free to help yourself to these. If you wish to replace any books you have finished with for others to enjoy, then feel free to do so."

Members are politely reminded of the importance of coming 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 3 or 4 regular members are doing a wonderful job in the sourcing, collecting, and sorting any donations of tools, equipment, and wood. It goes without saying that any member will be made more than welcome in the workshop."

You may well come away with new skills or pass your own skills on to others. Just take yourself out there to see what's on offer, you might be very surprised."

John Chamberlin – Editor

The Computer Room:

"We are busy as usual , and doing our best using what room we have, always interesting when the whole team are dismantling surplus computers etc. but having said that it's very pleasing to see the group members seemingly happy in their work, and lots of banter being thrown around."

As John C has mentioned we have reached are target of £2000, which is a brilliant effort by all the Group members, and supporters alike, I don't know if we can beat that figure in the future , BUT we can always try ! I am sure I can speak for the computer group members and say we all look forward to the new membership year 2024/25."

I have been away on Holiday recently and thought I'd let you know my family and I stayed at Grange Leisure Park, Mablethorpe , Lincolnshire, an ideal base to visit the local areas. On those wet rainy days (let's face it we have had a few recently) lots for the family to do, to mention one of them, if you like fishing , there are four lakes to try and test your skills or just friendly banter among friends."

I have put together a little video showing a quick walk round the Leisure Park, which I hope will be of interest, it is now available to view; you can watch it on my YouTube Channel, 'Let's walk with Jeff'. I am also editing a 2nd video about a walk round the city of Lincoln, taking on the famous Steep Hill, much better going back down, well running! Then looking at the Castle and magnificent Lincoln Cathedral, all videos available to watch now."

Till the next time."

Jeff Heath - Computer Group Supervisor - email: jefferyheath2017@yahoo.com





The Shed Journal



Trivia, Quiz & Puzzle corner:

FEBRUARY QUIZ - 'FAMOUS QUOTES'			
1	"The die has been cast."	6	"An army marches on its stomach."
2	"Publish and be damned."	7	"The only thing we have to fear is fear itself."
3	"The desert is an ocean in which no oar is dipped."	8	"War is a mere continuation of policy by other means."
4	"I have nothing to offer but blood, toil, tears and sweat."	9	"England expects every man to do his duty."
5	"Let them eat cake."	10	"He who can, does. He who cannot, teaches."

Quote:

"Every revolutionary idea seems to evoke three stages of reaction. They may be summed up by the phrases: 1- It's completely impossible. 2- It's possible, but it's not worth doing. 3- I said it was a good idea all along."

Arthur C. Clarke

Proverb:

Waste no more time arguing about what makes a good man, just be one.

Last thoughts:

That's odd:

Give the odd one out:

Lion, Giant Panda, Wolf, Hyena, Polar Bear

Can I have a word.

Give the meaning of the word:

'discombobulation'

MIA

Give the missing item:

Inch, Hand, Foot, Yard, Chain, ?, Mile, League

"Answers are shown below, please advise of any typos or errors."

John Chamberlin - Editor



Trivia, Quiz & Puzzle answers:

QUIZ ANSWERS – 'FAMOUS QUOTES'

1	Julius Caesar	6	Napoleon Bonapart
2	Arthur Wellesley	7	Franklin D. Roosevelt
3	T.E. Lawrence	8	Carl von Clausewitz
4	Winston Churchill	9	Horatio Nelson
5	Marie Antoinette	10	George Bernard Shaw

That's odd: **Giant Panda.** They are Herbivores the other 4 are Carnivores.

Word: The fact of being made to feel confused or uncomfortable by something.
Example: - The speaker was completely discombobulated by the hecklers.

MIA: **Furlong (22 yards).** This sits between a Chain (22 yards) and a Mile (1,760 yards). Imperial length





The Shed Journal



Social programme:

Our Social Secretary is very adept at organising an excellent programme of events. Malcolm is, however, open to suggestions and ideas, so please put your thinking caps on. Suggestions to Malcolm please.

Recent events:

There have been no recent events to report on currently.

Upcoming Social Calendar: Items in red are **proposed** events, depending on numbers interested
The Men's Shed 2024 social programme has now been set firmly in motion by our VERY able Social Secretary. Watch this space for notice of another eventful year for the Men's Shed and its members.

Event	Date	Venue	Time	Estimated cost
Model plane club invite	Tuesday 4 th June	Carbrooke	TBC	FREE
Norfolk Broads River Trip	Tuesday - 18 th June	Norfolk Broads - coach	TBC	£25 per head – 4 left
Cromer Pier Show	Friday - 19 th July	Cromer – coach	TBC	£35 per head – 2 left
Thursford Spectacular	Wednesday 4 th December	Thursford – coach	TBC	£60 per head
Shed Christmas Meal	Thursday 12 th December	Broom Hall – Meet there	TBC	£25-£30 per head
<i>"I will be organising the following once the weather starts to improve. Keep your eyes on the notice board and put your name on those that interest you or just let me know in person or by email."</i>			Go Karting, Fly Fishing, Archery and Ten-pin bowling	

Trip to the Norfolk Broads - Tuesday 18th June:

Due to some last-minute cancellations, I now have 4 places available for this trip. The coach leaves at 9.30am from the Queen's Hall car park. The cost is £25 per person to include boat and coach.

*Payment for the trip can be made by cash, cheque payable to '**Wayland Men's Shed**', or bank transfer to "Wayland Men's Shed" - Sort code 30-98-90 Account 16989360 ref "Broads Trip".*

Cromer Pier Show - Friday 19th July:

Due to some last-minute cancellations, I now have 2 places available. We are booked for the matinee performance. The cost is £35 per person to include boat and coach.

*Payment for the trip can be made by cash, cheque payable to '**Wayland Men's Shed**', or bank transfer to "Wayland Men's Shed" - Sort code 30-98-90 Account 16989360 ref "Cromer Pier Trip".*

Thursford Christmas Spectacular - Wednesday 4th December

This year I have booked 50 seats for the evening show. There are still places left. Please let me know ASAP if you want to come. Cost will be approx. £60 to include show and coach. Friends and guests welcome.

Christmas Meal - Thursday 12th December:

Our Christmas meal this year at Broom Hall on Thursday 12th December. There is a list on the notice board so please put your name down if you wish to come. A copy of the menu is also on the notice board. Cost is £30 for a 3-course meal.

Fly Fishing - Thursday 30th May:

I have arranged a day Fly Fishing at the picturesque lakes at East Tuddenham. The, '**Try the Fly**' Introductory day. Tuition, Tackle, Flies, a one-day license and the chance to catch and take home 2 trout, all for just £30. I have 5 places left for this trip. Please contact me soonest to put your names down.

Go Karting

I'm still looking to get this off the ground. It will be at the North Pickenham track in Swaffham on a date TBA. The cost will be around £40. If interested, please let me know with your dates to avoid over the next 3 months.

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



The Shed Journal



Member groups:

Editor's note on groups:

"Do you have an idea for a similar group? For example: A walking group, a book or cycling club, games group, 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."

Shanties at the Shed:

"On Friday the 19th of April the Shanty Group entered uncharted territory when it performed at the White Hart in Ashill. This was our first 'pub gig' and proved to be a very different, but most enjoyable, experience. It is fair to say that the pub was exceptionally busy on the evening, but we managed to find enough space (just!) to set up near the bar. Our strategy was to sing a few songs, break for refreshments and then sing a few more and so on until we thought we'd done enough. The most important difference to all our previous gigs was the sheer volume of background noise. It was very noisy, and this made it difficult for solo singers to be heard. To compensate, we abandoned our usual format of soloist and chorus and sang all our shanties in unison. In this way, whilst we lost a lot of contrast in our songs, we could at least be heard above the general hubbub. It was a bit of a relief to find that all our songs were well received and applauded, and the evening went well without a hitch. We included one 'sing-along' in our set – My Bonny Lies Over the Ocean. Whilst not a shanty it was well known, and a goodly proportion of our audience joined in enthusiastically. All in all, a really good gig and, having been asked to sing there again, a learning experience that will allow us to do even better next time. In passing, several Shantymen and their friends and family enjoyed an evening meal at the pub and were highly complementary of the standard of the food."

We have two gigs in May, the first being in St Mary's Church, Watton to Saturday the 18th of May. The group will be performing two sets with refreshments being served at the interval. Tickets are not required for this gig which is a charity concert to help raise money for the church. Just turn up at the door – there will be a box for donations which are at your discretion. Our second gig in May is for the residents of Linden Court Care Home and is in keeping with our (and the Sheds) aim of assisting local organisations wherever possible. More on these two gigs in next month's Journal.

WE NEED MORE SINGERS AND INSTRUMENTALISTS

The Shanty Group has proven extremely popular with both audiences and members of the group alike. Wherever we have sung people are surprised by the standard that we achieve and respond enthusiastically to hearing 'live' music performed there and then in front of them. Members of the group also enjoy the camaraderie of singing together in an easy-going environment. However, we are only a small group and can only accept gig offers if everyone is available. We desperately need more singers to maintain the viability of the Shanty Group so please consider giving it a try. We learn the songs together with no requirement to be able to read music. Neither do you have to be a good singer – you should hear some of us! - but together we make a good sound. We could also do with any instrumentalists or percussionists to help fill out our sound. Have a look at the poster on the Shed noticeboard.

*Our next rehearsals will be on **Monday 6th and Wednesday 15th May 2024** starting as soon as possible after 10 o'clock. It would be good to see you there. Please don't forget to sign in and pay the usual £2 session fee."*

Interested? Contact [Nigel Potter](#) – Shanty group lead - email: silveralto@gmail.com



The Shutterists

"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.

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.

April jaunt to Blickling Great Wood:

"Continuing with the group's exploration of Norfolk, this month's foray saw our intrepid Shutterists head off in the direction of the National Trust woodland property known as Blickling Great Wood. Numbers of the squad had swollen, now numbering eleven Bravehearts, each of whom were determined to discover the delights that the wood had to offer where they could test their photographic skills."



So, feeling refreshed after a good night's sleep the troop set forth from the safety of Watton making their way along the highways and byways of Norfolk before arriving at the Blickling Great Wood car park where in-depth discussions took place as to routes taken and the performance of vehicles involved. (At this point grateful thanks must go to those members who kindly made their vehicles available for this foray). Suitably attired with equipment at the ready the group headed off into the woodland each member excited at the prospect of capturing that special woodland photograph."

It should be noted that at this time of the year the woodland has the most beautiful display of large drifts of bluebells in full flower under a canopy of hardwood trees that are just breaking into leaf. Entering the wood was like stepping into a fairy tale. The air was infused with the delicate scent of the flowers, and a soft carpet of vibrant blue spread out beneath the towering trees. As our valiant Bravehearts walked along the winding paths, they avoided the numerous showers of rain and to advantage of the shafts of sunlight filtering through the canopy, casting dappled shadows on the forest floor. The bluebells themselves are a sight to behold, forming a dense sea of colour that seem to stretch as far as the eye can see. it's impossible not to feel a sense of peace and tranquillity."

All in all, a very satisfying couple of hours was had exploring the forest and taking numerous photographs before regrouping in the car park where a decision was made to pay an unplanned visit to nearby Itteringham village shop and café for coffee and nibbles."

At the appropriate time our Bravehearts made their way to the Walpole Arms Public House for rations and refreshments. Our hosts provided the group with an array of excellent plates of locally sourced food together with beers and the odd glass of wine. A nearby wood burner working at around 150% efficiency soon warmed us and we settled into a very relaxing atmosphere and enjoyed recounting our earlier woodland adventures."

Feeling very pleasantly sated the group returned to their allotted vehicles and began the long haul back home. All in all, a very pleasant day spent in the company of good friends enjoying the photographic challenges that the wood presented to our group of determined "Shedders".

The next foray is a walk from the NT car park at Morston Quay to Blakeney and return. This is an easy gentle 3 miles walk (in total) along the sea defences adjoining the salt marshes - a haven for the local fauna and providing numerous photographic opportunities."



GOLD

“A Walk Through the Bluebells”

**Gold award: Shot by
Neil Rowe**

“The forest path just catches your eye and tempts you to explore what may lie beyond.”



JOINT SILVER

Woodland Carpet

**Bronze award: Shot by
John Ford**

“A perfect unspoiled carpet of blue, very serene.”



JOINT SILVER

Emerging Fern in Bluebell Wood

**Silver Award: Shot by
Bob Darts**

“The young fern seems to have a mysterious aura surrounding it.”





BRONZE

**Old & Gnarly
Guarding Bluebells**

**Silver Award: Shot by
Bob Darts**

"The lower branches of the tree
could almost be arms tending to its
'flock' of bluebells."



Hearty congratulations to Neil for his superb rendition of "A Walk Through the Bluebells" and to all the Shutterists who spent the day in such beautiful surroundings taking these excellent photographs. Our grateful thanks must also go to John Chamberlin for being our guest judge on this occasion.

Members interested in joining the Shutterists, can contact either Bob or Wayne for further details.

Bob Darts – Shutterists Photo Walk lead - 01953 889394 or 07825 756481 – email: robdarts@gmail.com

Wayne Rutter – Shutterists Monthly Challenge lead - email: wayne.rutter.1979@hotmail.com

Shutterists 2024 monthly challenge:

"For this year's monthly challenge, we are heading to the movies. Each month a film title will be provided to function as inspiration. You are welcome to enter both a colour and a black and white image and entries are welcome in all artistic mediums (Photo, Sketch, Painting etc). We're still waiting for our first pottery entry."

"April's movie was **'GUYS & DOLLS'**

Please see below the only two entries for this month's challenge 'Guys and Dolls'. As John Ford was the only entrant, he is automatically declared the winner.

John's winning pictures are as follows:-"



Wayland Men's Shed

Shutterist 2024

Monthly Photography Challenge

'Year at the Movies'

JOINT GOLD

Cock and Hen

**Gold Award: Shot by
John Ford**





The Shed Journal



JOINT GOLD

Luck Be a Lady

Gold Award: Shot by
John Ford



I'm sure you will agree that yet again John has produced excellent pictures.

Quarterly cumulative Scores

For your interest these are the current top five accumulative scores for the first four months of the challenge.

John Ford	39
John Pepper	26
Wayne Rutter	24
Stewart Haile	19
Grahame Andrews	17

MAY PHOTO CHALLENGE 'BEAUTY & THE BEAST'

After last month's rather tricky film title let's move onto something I hope you will all find easier. Remember the title is just a guide and open to whatever interpretation you wish, use your imagination.

The film title for May is 'Beauty and the Beast', the closing date is 31st May at 8pm.

Wayne advises:

"Feel free to use your imagination, it's up to you how you interpret the month's movie title. Any questions please don't hesitate to drop me an email. wayne.rutter.1979@hotmail.com

Happy snapping (or creating)."



An aide memoir re the WMS Shutterists

As a reminder to all members, The WMS Shutterists are predominantly an 'Artistic Group,' however cameras / pencils / paints are not a pre-requisite for trips out. The Shutterists welcome all fellow members of WMS to come and enjoy our outings. It is generally a good walk in beautiful East Anglia, nearly always with the odd coffee, beer, wine, lunch, dinner thrown in for goodwill. It's great fun.

Members interested in joining the Shutterists, can contact either Wayne or Bob for further details.

Wayne Rutter – Shutterists Monthly Challenge lead - email: wayne.rutter.1979@hotmail.com

Bob Darts – Shutterists Photo Walk lead - 01953 889394 or 07825 756481 – email: robdarts@gmail.com



Car Pub Club:



Wayland Men's Shed Car Pub Club



Aide Memoir - The WMS Car Pub Club

Premise is, that once a month, we drive out to a local Pub / Restaurant / Food establishment and enjoy the culinary delights that East Anglia can offer. Venue suggestions are always welcome from members.

No rota is currently set for different Cars / Drivers for different outings.

Currently there is no official ad-hoc system that allows the sharing costs of fuel etc...

The Club remains open to all WMS Members, there partners and their friends - whether they drive or not as normally there are sufficient passenger seats.

I welcome comments / suggestions re the **WMS Car Pub Club**, but I would suggest we don't want to apply too many rules (e.g.; Car Classifications / Food Groups etc..) so that Club can grow organically, as it has done so far.

Interested? Contact [Stewart Haile](#) - Car Pub Club lead - 07775 694099 - email: shaile33@aol.com

The Music Club:

This month saw a change in the lead for the Club, with me, Dave Cooper, taking over from Nigel Potter. There are no major changes planned as the club is still very popular, runs well, and everyone seems to enjoy the format.

*This month's theme was "**Happiness**", and probably the biggest surprise was that no-one played the Ken Dodd song of the same name! The choices were as wide ranging as ever, with artists ranging from the Billy Cotton Band and their "Marrow Song" to "Sweet Transvestite" from the Rocky Horror Show.*

The top five on the day were:

'Enjoy Yourself' by Ruby Murray and Jools Holland with 99 points

'Happy Together' by The Turtles with 87 points

'Ain't No-one Here but Us Chickens' by Louis Jordan and his band

'Meet Me on The Ledge' by Fairport Convention

'Sweet Transvestite' from the Rocky Horror Show

*With 14 attending, and 13 tracks played, we all had a chance to play our choice, including Nigel, who handed over the reins to me at mid-point in the morning. Despite some first day nerves I think I got to grips with scoring and getting everyone to air their views on the music played. I'm already looking forward to next month's meeting on **Wednesday 5th June**, where our theme is '**Sounds of the City**'.*

We are a friendly bunch, so if you enjoy music of any kind why not come along? You don't even have to bring along a track to play if you don't want to, as you are more than welcome to just come and listen. Please don't forget to sign in and pay the usual £2 session fee."

Interested? Contact [Dave Cooper](#) – Music club lead - email: dwanddrc@gmail.com





Other News, Notices, Events & Interesting Articles:

Watton Events 2024:

Thursday 6 th June	D-DAY Commemoration
Saturday 15 th June	Watton Town Crier Competition
Saturday 29 th June Sunday 30 th June	Open Gardens and Yard Sale Weekend
Sunday 30 th June	Sports Centre Summer Fete
Sunday 7 th July	Antiques and Collectables Street Market
Sunday 14 th July	Summer Carnival
Sunday 4 th August	Wayland Show
Saturday 24 th August Sunday 25 th August	Watton Bike Weekend
Sunday 20 th October	Sports Centre Autumn Fair
Saturday 26 th October	Fireworks Display
Sunday 10 th November	Remembrance Sunday
Sunday 24 th November	Watton Festive Market

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

John Chamberlin - email: bjcoi8@gmail.com

Cakes for Cancer:

Please consider offering your support to Dave and his wife for this worthy cause.

CAKES FOR CANCER

Saturday June 8th

2- 5pm at 15 Richmond Road,
Saham Toney

Why not come along and enjoy
a homemade cake and
cuppa with us, or just buy a
cake to take away



All proceeds to
Breast Cancer UK
and Prostate Cancer
UK



My wife Deb is going to ask any ladies at the Watton Ladies Group that are interested to bake some cakes for us, and I was hoping there might be one or two bakers in WMS to show what us men can do?

Interested? Contact [Dave Cooper](#)
email: dwanddrc@gmail.com



A book recommendation from a member:

For a superlative book, I suggest reading the dedication below. It would be difficult not to want to want the book after reading these enticing but perfect words:

"Dear Pat,
You came upon me carving some kind of little figure out of wood and you said,
"Why don't you make something for me?"
I asked you what you wanted, and you said, "A box."
"What for?"
"To put things in."
"What kind of things?"
"Whatever you have," you said.

Well, here's your box. Nearly everything I have is in it, and it is not full. Pain and excitement are in it and feeling good or bad and evil thoughts and good thoughts- the pleasure of design and some despair and the indescribable joy of creation. And on top of these are all the gratitude and love I have for you.

And still the box is not full.

JOHN"

The book is *East of Eden* by John Steinbeck. I have two copies and is the only book I ever read cover to cover on an annual basis.

Submitted by [Stephen Worth](#)

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.

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

Co-op Grant and Membership Prize Draw:



You may remember that the Co-op have chosen us as one of two good causes to receive funding during the year up to October. In order to ensure we get a good sum of money we ask all Men's Shed members and families to register as a Co-op member. It only costs a £1 to join and then when shopping at the Dereham Co-op store or on-line, choose Wayland Men's Shed as your favoured fund.

In addition, every month, 10 Co-op Members will win £500 for themselves and £5,000 for their chosen Local Community Fund cause. Every time you, as a member, spends a minimum of £5 per transaction, each month, you will receive an additional entry into the prize draw, increasing your chance of winning.

UK Men's Shed Association (UKMSA):



To find out more about the UKMSA, type or, cut and paste this link into your address bar. This will take you to the December issue of 'Shoulder to Shoulder', the UKMSA magazine. Don't worry that this includes the word 'october' it will still take you to the latest issue.

<https://mailchi.mp/ukmsa.org.uk/shoulder-to-shoulder-october-15745198?e=a370dbe526>



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.



Prostate cancer:



Professor Mark Emberton is a world leader on the subject of Prostate cancer. The lecture is available on you tube and well worth a look. It will tell you everything you might want to know. Cut and paste this link into your address bar.

<https://menssheds.org.uk/wellbeing-resource/prostate-cancer/>

Money Helper:



In this age of financial uncertainty, I thought it a good idea to point members in the direction of this website: - www.moneyhelper.org.uk. It is a government backed site covering all aspects of financial advice i.e., support, assistance, and guidance. Have a look and see what you think.

Don't bank on it:

LLOYDS BANK BARCLAYS HSBC NatWest

Lloyds mobile bank will soon no longer be coming to Watton, the last day will be May 27th 2024

Banking Hub at Wayland House:

NatWest on Tuesdays - **HSBC** on Wednesdays - **Barclays** on Fridays - Monday & Thursday TBC

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, also include a brief description of the item 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.





The Shed Journal



Business, Administration & Housekeeping matters:

Shed opening days and times 2024:

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.

Treasurers Report:

*"The shed financial year is fast approaching its conclusion. I can report that our funds are very healthy. I shall be making my full report at the AGM. **Please make the effort to attend to support your committee.**"*

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

John Chamberlin – Treasurer – email: bjcoi8@gmail.com

Memberships Report:

*"Membership now stands at 92. We welcome **Ron Sibley and Gary Clare** and I'm sure you will all make them welcome. The AGM is on Wednesday 12th June after which members yearly subscription will be due."*

John Chamberlin – Membership Secretary – email: bjcoi8@gmail.com

Your elected committee:

Malcolm Trayhorn: Chairman, Social Secretary & Press	Gordon Williams: Vice Chairman	John Bunning: Tech assistant
Neil Rowe: Secretary & Website	Jeffrey Heath: Tech supervisor	Rob Fielding: Workshop supervisor
John Chamberlin: Treasurer, Memberships & Journal		

Committee meeting:

Next committee meeting will be on **Wednesday 12th June 2024 at 6pm** in the Sports Centre.

NOTE:- Due to the AGM following this meeting, observers will not be permitted.

Should any member wish to submit an item for discussion by the committee please email your request direct to the Chairman. *Malcolm Trayhorn* - email: malcolm.trayhorn@gmail.com

Committee 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.

Housekeeping:



Can we ask all members to assist in keeping the shed tidy and helping with general tasks.

WMS Website:



Our website address is: www.waylandmensshed.co.uk.

Members are encouraged to visit the site and have a look around. The site is regularly updated and our continued thanks go to Neil Rowe for his ongoing efforts. 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:



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.

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 very 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.

