

# THE Preshal People



Newsletter of The Preshal Trust

NEWSLETTER 3

Preshal – the Gaelic for “precious” – is a recognised Scottish charity, which seeks to tackle problems such as poverty, drug and alcohol addiction, low literacy and numeracy skills, depression and low self-esteem in Govan, one of the most deprived areas of Glasgow.

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## FROM THE EDITOR

A very warm welcome to this Christmas edition of the "Preshal People"! In this newsletter we update you on the work of the Trust, and in particular I would highlight May Nicholson's report, the information on current activities and future plans, the Sunday Preshal Fellowship, and a somewhat unusual profile of a family who have given their all. In addition to reading our newsletter, don't forget to visit our website at [www.preshaltrust.org.uk](http://www.preshaltrust.org.uk) - this contains further information on all aspects of the work of the Trust and is regularly updated. Alternatively, why not visit Preshal? We have had a number of groups visiting Preshal over the years and we have made them most welcome. If you as an individual or as a group wish to see our work at first hand, please contact us on 0141 445 3689

Finally, an immense thank you to those of our readers who support Preshal in so many ways; we trust you will be heartened by the information in this newsletter. Without your help - praying for our work, volunteering, providing food, toiletries and clothes, and supporting us financially - we would not be able to survive. Thank you so much on behalf of the needy folk of Govan!

It just remains for me to wish you a very happy Christmas and every blessing for 2010.

Don Giles, Editor

## HOW YOU CAN HELP THE WORK OF THE PRESHAL TRUST



Firstly, by supporting our work through prayer.



Secondly, by providing non-perishable groceries (tins, packets, chocolate), toiletries and clothing. This Christmas we would particularly welcome gifts for young people.



Thirdly, you can support our work financially. Donations should be sent to the Preshal Trust, at the Aboukir

Street address, listed in this newsletter. If you are able to, please complete the standing order and gift aid declaration at the back of this newsletter. You may also wish joining our "Preshal Partners" scheme - designed for individuals and organisations to donate £10 or more per month through our standing order scheme.

Finally, by volunteering to help and assist our work at Aboukir Street.





## A REMINDER OF WHO WE ARE

A reminder of what the Preshal Trust does: Preshal – the Gaelic for “precious” – is a recognised Scottish charity, which seeks to tackle problems such as poverty, drug and alcohol addiction, low literacy and numeracy skills, depression and low self-esteem in Govan, one of the most deprived areas of Glasgow.

Readers are most welcome to visit us in Aboukir Street and see our work at first hand; if you are so minded please telephone **0141 445 3689** and together we'll arrange a suitable time for such a visit.

[www.preshaltrust.org.uk](http://www.preshaltrust.org.uk)

## UPDATE FROM MAY NICHOLSON



I spent an afternoon recently with May when she updated me on her busy schedule. She has had a plethora of speaking engagements of late and has travelled extensively around Scotland, as well as making a foray into Ireland. All these visits involve her

sharing the good news of our faith as well as updating friends on the life and work of the Trust; May invariably takes folk from Preshal with her so that there is living proof of how lives can be turned around. She mentioned recent speaking engagements in Garelochhead, Drymen and Troon, and further engagements coming up such as Glasgow High School, on December 17th (the school is fundraising for the Trust) and the Royal Academy of Music, on 22nd December (the Bothwell Philharmonic Choir is fundraising too).

Christmas is, of course, a busy time for Preshal. There are four parties and meals to plan – the current premises cannot contain everyone in a single celebration. Furthermore, there are the presents to collect, package and deliver; last year hundreds of presents were given out to the needy, especially children. *We are so grateful to our readers and the churches and organisations that provide us with the financial resources as well as the essential supplies of groceries, toiletries, clothing and toys.* There are too many to mention but I can assure you that May and we at Preshal are hugely grateful.



## CURRENT ACTIVITIES AND PLANS

The Youth Project for 12- 18s moves from strength to strength and here we must mention our indebtedness to the young people of Downvale Free Church; they have been great in volunteering to help and doing an immensely supportive work. Thank you Downvale! One example of progress: a young boy – described to me by Alan, our youth leader, as “a hardman” – completely uncooperative, subject to rages and always involved in trouble – has been transformed; he is now very cooperative, responsible and helpful. In addition May tells me that all the young people coming to Preshal now say “please” and “thank you”; otherwise no burgers are forthcoming!

In the New Year a fresh work starts with a younger age group, the 8-11s. This is described as an early intervention programme and Preshal is recruiting another youth worker to underpin this. Watch this space!

For the New Year there are provisional plans to take recovering addicts away on a residential experience. This will be to a safe place and will enable a closer working relationship with certain individuals whose needs are such that they would benefit greatly from such treatment.

Given the inadequacy of our temporary premises in Aboukir Street plans for a replacement building are being developed in consultation with architects. These plans are developing well with a community consultation presently taking place and we hope to be in a position to move towards planning early in the New Year.

### PROFILE

Recently a refugee Iranian family living in Govan has made contact with Preshal. The family of four had been hounded out of their own country because of their Christian faith – indeed they have lost everything because they would not deviate from their beliefs. They were once a well-to-do middle class family.

## PRESHAL FELLOWSHIP

The Fellowship meets every Sunday evening in Aboukir Street at 6.30pm. Numbers vary from 20-50 at any one time but whoever is present thoroughly enjoys the experience of friendliness, informality, lively praise and worship, a challenging talk, heart-felt prayer, and participation from those whose lives have been turned around. It is a moving experience to take part and I would urge readers to come along and join in; I felt very humbled on the occasion of my visit. My advice, though, is to leave your inhibitions at the door!

## HIGHLAND BEEF

We should like to record enormous thanks to Iain and Sheena Graham of Aird Foundation who have not only given us our vehicle without which we would be really stuck and also provided ongoing funds for our lunches but they have now offered to give us a deep freeze which they will stock for us from their herd of highland cattle. We will now be able to offer real highland hospitality to all our friends!



Persecuted, they fled Iran and in their travels to the West. The father is now disabled and the three of them are starting afresh in Govan. They have absolutely nothing, and need to learn English, given the language barrier; Preshal is helping them, as are other agencies. They have literally given up everything for their faith – would we?



# FALKIRK WHEEL SPONSORED WALK

The annual Preshal Walk took place on Saturday October 3rd. The day dawned with torrential rain and gale force winds however by Mid-day the rain had stopped and although the wind howled the Sun came out. About 40 people comprising Friends Et Supporters of Preshal plus a number of the Staff and Trustees and Friends who the Trust helps and supports congregated to take part, either by walking eastwards along the towpath, one of our Trustees, Campbell Roxby and his Wife Elaine set off to cycle the 14 miles along the towpath to Linlithgow, very brave in the strong winds. The majority opted to take the Barge trip and boarded the Linlithgow Union Canal Society's Longboat, the St. Magdalene in the basin at the bottom of the

Falkirk Wheel. As we rose higher within the wheel itself, so the wind became stronger and even in the sturdy Longboat we were buffeted around. Two Mallard ducks which had swum into the wheel with us were almost blown clean out of the water as we rose to the top of the 90' lift! We were quite relieved to reach the top and join the Union Canal then steam gently towards Linlithgow. The Passengers aboard St. Magdalene enjoyed a sunny and scenic trip along the canal with a great sing song and some talented soloists. The day proved to be a great success, not only did everyone enjoy a great day out but thanks to the generosity of our Supporters we raised just over £2,000.00 and more is still coming in.



## PRESHAL CHRISTMAS CARDS

This year's card is very colourful and bright, and is very eye-catching. The painting on the front of the card is

a copy of an original water-colour by Pippa Shanks and inside the card

reads "Wishing you a Merry Christmas and a Happy New Year." The cards are priced at £7 for twelve (plus postage and packaging) and to obtain copies please order by phoning Preshal on **0141 445 3689**.



You can also order a copy of *More Miracles from Mayhem, the continuing story of May Nicholson and the Preshal Trust*. This would make an ideal Christmas present. It is a very good read and I found it both moving and

encouraging, a reminder that amidst darkness, light and joy can be found - in a sense the message of Christmas itself.



## KINTYRE WAY

SET YOURSELF A CHALLENGE FOR 2010 AND RAISE MONEY FOR THE PRESHAL TRUST. CHALLENGES PUT THE "FUN" IN FUNDRAISING

Join us for a 6 day walk along the beautiful Kintyre Peninsula from Saturday 24th to Thursday 29th April 2010.

Ever wanted to do something different then why not take part in our sponsored challenge? The Preshal Trust would like to invite you to join us on a sponsored walk along The Kintyre Way - 89 miles - to raise vital funds towards our work. We need to recruit at least 10 participants willing to raise minimum sponsorship. If you are interested in joining us please call or email Betty McGillivray for an information pack: **elizabeth04@btinternet.com** or **0141 956 5527**



By participating and completing the challenge you and your sponsors will make a real difference to the children, young people and adults who use our services.

**SO WHAT ARE YOU WAITING FOR?  
GO ON, TAKE UP THE CHALLENGE  
AND CONTACT BETTY TODAY!**





## PRESHAL PARTNERS – MAKING A DIFFERENCE

The Preshal Trust relies on the help of caring people like you to maintain and develop our work. Without this support we would not be able to continue to offer help and support to over 400 individuals each year. As with many charities ensuring that we have sufficient funds each year is a huge task. However, through our "Preshal Partners – Making a Difference" scheme you can help us put our finances on a surer footing by donating on a regular basis.

Would you consider becoming a Preshal Trust Partner? We are looking for 150 individuals or organisations to donate £10.00 or more per month through our standing order scheme in 2009.

**Preshal Partners will receive 2 newsletters per annum, a free DVD and an invite to the annual open day.**

If you are already donating by standing order but wish to increase your giving, please complete a new form – it will replace your existing one.

If you are unable to join "**Preshal Partners – Making a Difference**" then you may wish to consider making a one-off donation. We are very grateful for any donation – however large or small!

If you are donating, please complete the form overleaf. If you are paying "income tax" then please read the guidance provided and also complete "**The Gift Aid**" section so that The Preshal Trust can reclaim tax on your giving. This will make your donation go even further at no extra cost to you.

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