

Scottish Charity No: SCO33632

The Preshal People

Winter 2014

Newsletter 12



Food for Thought

Theresa and Tony our wonderful kitchen staff are kept busy making sure there is a constant supply of hot food every day. From lunch clubs to cooking and baking classes, there is always something going on in our kitchen. They are also

preparing for Christmas to provide a hot Christmas dinner for all our friends that need our help. We run a lunch club three times each week so everyone is fed a nourishing meal on a regular basis. In the cold, damp weather, this is more important than ever. In addition, we offer breakfast each morning and constant tea and coffee. If you want to support this work, you can see how to help inside



Postal Address:

PO Box 7344

8 Aboukir Street

Glasgow G51 4QX

Tel: 0141 445 3689

Email: preshaltrust@hotmail.com

www.facebook.com/ThePreshalTrust

Preshal is Gaelic for 'precious' and is a recognised Scottish Charity which seeks to tackle problems such as poverty, drug & alcohol addiction, low literacy and numeracy skills, depression and low self-





May's Message

Our first year in our new building has been tremendous and we have been able to help so many more people. Every Friday we are now catering for those with special needs. We have

found that budget cuts have left carers with a blank space in their week and seeking a place of warmth. We are happy to invite them into our centre as we are fully adapted for disabled access. All are welcome for breakfast, to take part in arts and crafts activities and then have a hot lunch. In the afternoon, we often have karaoke and one of the carers said "I have looked for a place like this for 7 years and love coming here to Preshal".

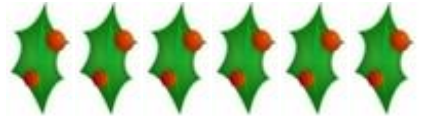
Our work covers all kinds of people such as alcoholics, drug addicts, those with special needs and more and more those who find themselves alone and need company. You will read Jimmy's story in this newsletter and this shows how much modern society does not cater for its neighbours. This time of year highlights even more those who are suffering from loneliness. Perhaps rather than spending money, we could all do with spending time with those who clearly need our help.

We are coming up to the Christmas period now and, of course, we will be having our Christmas party for everyone at the Trust. As always, at this time of year, we seek to help our families enjoy their Christmas without going into debt. When you have little it is easy to be tempted by all the shopping glitter. We try to provide every family that comes to us with a hamper of food and some presents to open. This is where all our supporters are invaluable and we thank you all for taking time to donate to support this work. We are inviting those around us to come and remember the real meaning of Christmas. It is not all about shopping, rushing and doing, it is about remembering the birth of Jesus and the greatest gift he gave us of eternal life.

I would like to wish everyone God's Richest Blessing and next year, the year of the Lord's favour.

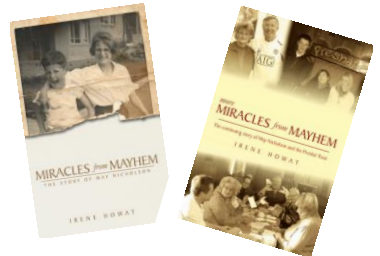
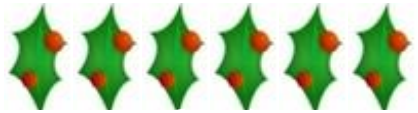
Love

May



Christmas Gift Ideas:

The Preshal Trust CD is now available featuring our praise band Oran Ur. You can purchase the CD by sending a cheque for £7 plus £1.00 Postage & Packaging to The Preshal Trust.



May's biography reads as though she is telling her story and is interspersed by accounts and comments from other people. Her story is so incredible that it needs other people to verify what she says; one of May's doctors, a minister and those who come to the Preshal Trust all help to tell this compelling story. You can purchase books from The Preshal Trust office by sending a cheque for £5.99 + £1.00 Postage & Packaging.

Preshal blank cards are now available at £3 for six. The front of the cards show a copy of a stained glass window which was designed by one of our volunteers Dr Sheila Harrison. You can purchase the cards by sending a cheque for £3 plus £1.00 Postage & Packaging to The Preshal Trust or from our office.





Jimmy's Story

Jimmy came to us after he went through a period of loss and found himself alone and lonely. Jimmy and his dog went everywhere together but his border collie called Shane died after 16 years. The following year his wife of 52 years Cathy died and


Jimmy's son could see his Dad was struggling to cope. He got him another dog which was a Labrador cross called Hendrick. This forced Jimmy to get out and about walking the dog but the dog died suddenly after 5 years. When he lost him he started to go back into his shell and found it harder and harder to get out and about. He was out at Govan market getting his shopping and he saw an advert for Preshal in the shop window and came along to see us. He has been coming to us for over a year now and has made many friends. His oldest son says that Preshal is the best thing that ever happened to him and Jimmy says he only wishes he had found us sooner.



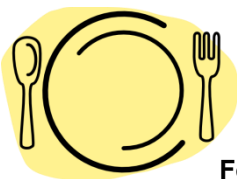
Youth Christmas Art

One of the youth Christmas activities was to make a Christmas Tree from heartfelt hands.

Draw round your hand, decorate as you please and write what words you associate with Christmas.

- Baby Jesus 
- Gifts
- Love
- Jesus
- Wise Men
- Presents
- Peace
- Joy
- Santa
- Dinner





You can help us to help others...



Food for Thought

The kitchen is the hub of most homes and Preshal is just the same with our dedicated team who spend their time making sure everyone is catered for. Much of the money you donate is spent on food and utilities. This Christmas, you can give a present of food for Preshal by giving.....



A donation of £15 will feed 60 people

One of Theresa's pots of soup will feed 60 people and costs just 25p per portion.



A donation of £7.50 will feed 60 people

We give breakfast to those who are vulnerable each day. Our breakfast bill each week includes 15 loaves of bread and with 20 slices in each loaf that can give 150 people toast for a week.



A donation of £10 will give hot drinks for a day

We use lots of milk, tea bags, coffee and sugar each day along with biscuits. Our daily bill for giving tea and coffee is £10.00.

A donation of £6.00 will provide one Christmas Dinner ..

Every Christmas we have a party for all our service users.

Tony our Chef will be very busy preparing Christmas dinner for about 120 people at our party day



A donation of £5.00 will provide a present

We want to make everyone feel special this Christmas and although we seek to give them a gift of care and comfort all year round you can provide an individual present for each person.



Thank you for your support, Merry Christmas from the Preshal Trust