
Agenda Item

HART – Helensburgh Addiction Rehabilitation Team

1. Purpose

1.1 This report provides the Area Community Planning Group with information on the work being undertaken by HART (Helensburgh Addiction Rehabilitation Team).

2. Recommendations

2.1 The Helensburgh and Lomond Area Community Planning Group is asked to note the work being undertaken by HART in the local area.

3. Background

3.1 HART are a team of dedicated, rehabilitation professionals based in the Helensburgh and Lomond area. They are a community based team, supporting people in the Helensburgh and Lomond area who are recovering from drug, alcohol or other kinds of dependency.

4. Detail

4.1 HART recognised the need for employability based projects at the end of 2013, and has been developing this type of project ever since. The Team hopes to generate peer support within the projects that they run by taking on suitable volunteers and where appropriate sessional workers.

4.2 Other projects which are being run by the Team include:-

- HARTy Eating Project which has links to food hygiene certification and has created 3 new certificate holders
- Healthy HART Project which involves giving access to ways of keeping fit but promoting walking, swimming and gymnasium access – this project has been approved for new funding via the National Lottery
- HARTy Womens Group, which has recently been approved for funding via HLSMG
- Confidence Builder Course run with Community Education, six successful candidates undertook a Health and Safety Course with one certificate issued

- Providing education and counselling support to young people at Hermitage Academy in the forthcoming academic year
- Funding has been received by the Moffat Trust enabling HART to provide a regular out of hours service which is proving useful and helpful for clients.

4.3 The Team have also been working on a new interactive and up to the minute website, that they hope will be a positive asset in their work as it grows.

5. Conclusions

5.1 The report outlines some of the good work that is being undertaken by HART in the local area, providing a valuable service to its service users.

6. SOA Outcomes

6.1 HART shows direct links to the Outcome 5: People live active, healthier and independent lives.

Person to contact:-

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