

S3 | Stroke Support Station Wellness Centre

S3 provides stroke education and a wellness programme to stroke survivors, caregivers and volunteers. We believe that caregivers and the circle of support is the core to the survivor's recovery journey. Through R.E.A.L. Recovery, we hope to empower a community where stroke survivors and caregivers are confident, connected and well informed to achieve a better quality of life. Hence stroke survivors are encouraged to join S3 as soon as they are discharged from the hospital.



Fees

Fees stated are for per session (3 hours)

Full Fee

\$30

CHAS Card

\$6 (Only CHAS Blue and CHAS Orange are accepted)



CHAS Blue



CHAS Orange

Public Assistance Card

Free



6473 3500
info@s3.org.sg

Join us as an S3 member or volunteer with us.

Stroke Support Station (S3) is Singapore's first dedicated wellness centre catered for stroke survivors and their caregivers. Our goals can only be achieved with the assistance of generous donations from members of the public. You may donate by mailing your cheque (payable to Stroke Support Station Ltd), to our address below.

Stroke Support Station, Enabling Village,
20 Lengkok Bahru, #01-04 Playground,
Singapore 159053

www.s3.org.sg

Supported by Stroke Support Station Pioneer Donors.



Giving Hope. Improving Lives.

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S3 Wellness Programme

For Stroke Survivors & Caregivers



Life Goes on After Stroke with S3 R.E.A.L. Recovery

Stroke affects everybody differently. It is normal to feel angry, anxious or depressed after a stroke. You may feel worried about work, money and relationships, and the tiredness caused by the stroke can make things worse.

Re-Learn and Enjoy Active Living (R.E.A.L.) is a framework of wellness programmes that help both stroke survivors and caregivers navigate and manage the post-stroke recovery journey. S3 R.E.A.L. Recovery focuses on getting stroke survivors re-integrated into society, which involves taking an active approach to ensure that life goes on.



S3 Wellness Programme

A list of holistic activities and games that encourage participation and are customised to each's abilities. These programmes are developed in partnership with National University Health System.



HOBBIES

Discover new interests for the new you



MINDFULNESS

Calm yourself with relaxation and meditation techniques



DAILY ACTIVITIES

Become confident and independent once more



RE-INTEGRATION

Learn to become a part of society once again



MUSIC & MOVEMENT

Regain better coordination in your limbs



SPORTS & FITNESS

Strengthen your body and spirit



SOCIAL & EMOTIONAL SUPPORT

Get support from other stroke survivors and volunteers

Re-Learn and Enjoy Active Living (R.E.A.L.) are for both stroke survivors and their caregivers

Stroke Survivors

- Motivate you to live life again
- Re-learn the skills of managing your daily life and regain your confidence and independence
- Empower you through self-management programmes and setting of achievable goals
- Develop mental strength and become more positive individuals

Caregivers and Family Members

- Learn coping skills
- Relaxation techniques to reduce stress through group counseling programmes
- Build mental resilience
- Enhance their knowledge through educational programmes
- Better support and care for stroke patients