

# Stroke Rehabilitation & Support



## Our Impact



"I always feel welcomed and well taken care of at S3. I attended their virtual wellness programme called Stretch and Strengthen which helped improve my physical and mental coordination."

Charan Singh s/o Khem Singh  
S3 Member

"With S3's rehab, I was able to stand on my own and not rely on the wheelchair anymore."

Catherine Lee  
S3 Member

"I have relearned to use my right side more, [such as] dressing myself and drinking with my right hand, which I was not really confident about before [rehab at S3]."

Imran Bin Wahid  
S3 Member

## Your Donation will Impact Lives

Your donation will provide heavy subsidies for our beneficiaries; giving them access to our programmes and services at lower cost or no cost. Stroke Support Station (S3) is a charity as well as an approved Institution of a Public Character (IPC). Donations are tax deductible.

To donate, scan the QR codes below:

Donate via Giving.Sg



Donate via PayNow



Please use your iBanking app to scan the QR code or PayNow to UEN 201503222G. In the UEN Bill/Reference Number, please write "DONATE" and include your contact number. (For e.g. DONATE 9XXX XXXX)

Donate via Cheque

- Kindly issue a crossed cheque payable to "Stroke Support Station", and mail it to: 20 Lengkok Bahru, #01-04 Playground, Singapore 159053
- Please include your name, address, I/C no. and telephone numbers on the reverse side of the cheque in order for us to issue a receipt to you.

## Make a Donation



# Who We Are

S3 is the first and only stroke-focused community rehabilitation and wellness agency dedicated to meeting the needs of post-stroke survivors and their caregivers across Singapore.

# What Sets Us Apart

We offer the best of opportunities through tech-assisted and conventional therapy that is person-centred and collaborative. We understand the visible and invisible challenges in stroke care and complement rehabilitation with wellness programmes to ensure holistic approaches to physical, emotional and psychosocial development.



# Our Services



## Rehabilitation

Our holistic stroke rehabilitation programmes help stroke survivors regain as much independence and quality of life as possible under the guidance and expertise of licensed therapists. Stroke recovery is optimised through bespoke conventional and tech-enhanced rehab:

- Physiotherapy (conventional and tech-enhanced)
- Occupational Therapy (conventional and tech-enhanced)
- Speech Therapy
- Other complimentary clinical programmes (e.g. Walk-on@S3)



## Wellness Programmes

Our wellness programmes are designed by experts and complement therapy services to improve psychosocial and cognitive development through physical fitness activities and creative arts activities, such as:

- Neurologic Music Therapy
- Art Therapy
- Mindfulness Practice
- Chair Yoga, and more!



## Care & Support

Caregivers are often neglected and suffer from burnout and emotional stress. We support their needs by offering:

- Counselling
- Referral Services
- Financial Assistance

To learn more about our services, please scan this QR code:



# Membership

**Free for all stroke survivors and their caregivers. No renewal needed.**

## How do I sign up?

To register for our services, please contact us to schedule an **initial assessment** by S3 therapists and social workers to evaluate your eligibility for our rehabilitation and wellness programmes.

## How much do I pay?

Call our hotline to find out more about our service fees and eligibility criteria for available subsidies.

## Is transport to S3 provided?

Transport services are available to eligible clients and are provided in the form of taxi services (using a cab charge voucher) or wheelchair-accessible vans. The responsibility for managing transportation scheduling rests with the client, next-of-kin, or caregiver.

## Contact Us

Hotline: **6473 3500**  
WhatsApp: **8024 8695**  
Email: **info@s3.org.sg**

Opening Hours:  
**Mon-Fri, 9:00am - 5:00pm**

- @Stroke Support Station - S3
- @strokesupportstation
- Stroke Support Station

### S3 @ Enabling Village

(HQ & Mailing Address)  
20 Lengkok Bahru  
#01-04, Playground  
Singapore 159053

### S3 @ Jurong Point

1 Jurong West Central 2  
#06-01, Community Hub  
Jurong Point Shopping Centre  
Singapore 648886