

Stroke Recovery Service

Practical and emotional support for you after a stroke

Southampton

Rebuilding lives after stroke

Stroke
Association



If you've had a stroke, we're here to help. One of our Stroke Association Support Coordinators will work with you to identify your priorities and what's important to you so that we can best support you to rebuild your life after stroke.

We offer:

- A personalised review of what's important to you.
- Someone to talk to who understands.
- Tips to support your recovery.
- Information about stroke and access to other local services.
- Information on how to reduce your risk of stroke.
- The chance to share experiences with others in a similar situation.
- Telephone and online support.
- Hospital and home visits.

Contact us:

Name Southampton Stroke Recovery Service
Phone 02380 720420
Email SouthamptonSRS@stroke.org.uk

Stroke Helpline: **0303 3033 100**
Textphone: **18001 0303 3033 100**
Email: helpline@stroke.org.uk
Website: stroke.org.uk
