

# i-ROCK EAST SUSSEX

## IMPORTANT ANNOUNCEMENT



As you are aware, the government guidelines around social distancing are now in place. There has also been further guidance around those who need to self-isolate and many people are already doing this. Taking all of this into consideration, i-Rock has made the difficult decision to close all of our sites.

book in.



### **WE CAN STILL HELP ON THE PHONE OR VIDEO CALL**

We have created a virtual offer, where you can book in telephone/video appointments with our team via NHS Attend Anywhere.

**To access this service, please use the “Email now” button at**

**the top of your local i-Rock Facebook page and**



**we can contact you to**

### **INSTAGRAM LIVE**

#### **[I\\_rock\\_eastsussex](#)**

We appreciate this is a scary and unsettling time for everyone. We have started a live show on Instagram, where you can tune in for wellbeing tips. This will happen on **Monday, Wednesday and Fridays at 4:30pm** but if you miss it, the show will be up for 24 hours after.



**[i-Rock Hastings Facebook page](#), [i-Rock Eastbourne Facebook page](#), [i-Rock Newhaven Facebook page](#)**