

# Gateway

Gateway welcomes women experiencing periods of difficulty, abuse, isolation and mental health issues. They provide a warm and caring drop in centre where women can talk confidentially to trained staff, come and learn new skills in various workshops and also receive both practical and emotional support.

Gateway offers -

- > A Drop in centre: Women can drop in for a chat and a drink and find advice and information about other services.
- > Workshops: Including craft and mosaic workshops, a basic computer skills course and a creative sewing group.
- > Support: They run a support service that includes befriending which is designed to help women who may be going through a time of crisis.

## Contact details

<b>Address</b>	52 Station Road Portslade
<b>Postcode</b>	BN41 1DF
<b>Telephone</b>	01273 417597
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<b>Website</b>	<a href="http://www.offthefence.org.uk/gateway/">http://www.offthefence.org.uk/gateway/</a>
<b>Facebook</b>	<a href="#">Click here to view our Facebook page</a>
<b>Twitter</b>	<a href="#">Click here to view our Twitter page</a>

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