

Located: 23 Indi Avenue Red Cliffs

Email: rcresource.reception@gmail.com

Phone: (03) 5024 3455

visit our website: www.redcliffscommunity.org.au or stay connected via our Facebook: www.facebook.com/redcliffsresource

Red Cliffs Community Resource Centre acknowledges the Latji Latji & Ngintate and Nyeri Nyeri people as the traditional owners and custodians of this land and pays respect to their elders past and present.



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AMHF
SUNRAYSIA Medical Centre
RED CLIFFS MENS SHED

MEN'S HEALTH WEEK

The Red Cliffs Men's Shed and the Sunraysia Medical Clinic will be holding a Men's Health Week event on men's health issues.



DATE: 12th JUNE 2025
TIME: 1 TO 2.30 PM
WHERE: 23 INDI AVENUE, RED CLIFFS
FOR MORE INFO: CALL 0350242993



RED CLIFFS
CARERS
PASS

Red Cliffs Carers Pass activities in May will be:

- Wellbeing & Nourishing Food (Time out for Carers).
- Art for Self Healing

If you are a carer and want to attend,
[click here to sign up for your pass.](#)



**2025 INTERNATIONAL
MEN'S HEALTH WEEK**
#menshealthweek
9th to the 15th of June

**Free
Event**

The Red Cliffs Men's shed
and the Sunraysia Medical Clinic
will be holding a
Men's Health Week event
on men's health issues.

Date: 12th June 2025

Time: 1 to 2.30 pm

Where: 23 Indi Avenue, Red Cliffs.
more info, call 0350242993





MALE MORTALITY IN AUSTRALIA



AUSTRALIAN MEN'S HEALTH FORUM FACT SHEET.

MALE MORTALITY IN AUSTRALIA VERSION 1, FEBRUARY 2023.

MEDIAN AGE OF DEATH

This fact sheet provides a summary of data on male mortality in Australia using the median age of death as the key indicator. This is the median age at which members of a population die in a specific year or time period. It is an indicator of mortality that enables us to compare the health of different populations and identify populations with poorer health than others.

In this fact sheet we draw comparisons between male and female populations as well as different populations of men (e.g., Indigenous and non-Indigenous males). This fact sheet does not provide information on the different causes of death.

KEY FACTS



AUSTRALIAN MEN DIE

**5.4 YEARS
YOUNGER**

THAN AUSTRALIAN WOMEN

THE MEDIAN AGE OF DEATH

♂ **79.4 MEN**
♀ **84.9 WOMEN**

THE POOREST 20% OF MEN

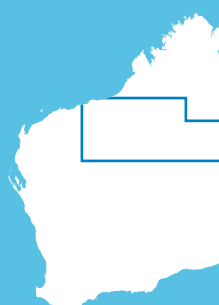
**DIE 10 YEARS
YOUNGER**
THAN THE RICHEST
20% OF WOMEN



INDIGENOUS MALES DIE

**22 YEARS
YOUNGER**

THAN NON-INDIGENOUS MALES



THE LGA WITH THE LOWEST
MEDIAN AGE OF DEATH IS

**EAST PILBARA
WESTERN AUSTRALIA**

38.4 YEARS



STATES + TERRITORIES

- 9** The median age of death varies between different states and territories. For example, the gap in median age of death between men in the Northern Territory and men in South Australia was over 11 years (68.2 years vs. 79.8 years), according to data from 2020. In the same period, the gap between men in the Northern Territory and women in South Australia was over 17 years (68.2 years vs. 85.4 years). (AIHW 2022b)
- 10** The States and territories with the highest median age of death for men in 2022 were South Australia (79.8 years) and Victoria (79.8 years), followed by New South Wales (79.3 years), the Australian Capital Territory (79.0 years), Queensland (77.9 years) and Tasmania (77.9 years), Western Australia (77.4 years) and the Northern Territory (68.2 years). (AIHW 2022b)
- 11** The States and territories with the highest gender gaps in median age of death in 2022 were Western Australia with a 6.9 year gap (77.4 years v 84.3 years), Tasmania with a 6.3 year gap (77.9 years v 84.2 years), New South Wales (79.3 years v 84.9 years), Queensland (77.9 years v 83.5 years) and South Australia (79.8 years v 85.4 years), all with gaps of 5.6 years, and Victoria (79.8 years v 85.3 years) and Australian Capital Territory (79.0 years v 84.5 years), with 5.5 year gaps. The exception is the Northern Territory where men live 1.9 years longer than women on average (68.2 years v 66.3 years). (AIHW 2022b)

LOCAL GOVERNMENT AREAS

- 12** The median age of death can vary significantly when comparing Local Government Areas (LGAs). These differences can be influenced by the demographic make-up of different areas. For example, areas that are popular with retirees where the median age of the population is higher than average may also have a higher median age of death than average. (AIHW 2022c)
- 13** In 2020, the LGA with the lowest median age of death for men was East Pilbara in Western Australia (38.4 years). In contrast, the LGA with the highest median age of death for men was Cambridge in the inner western suburbs of Perth (86.4 years). The LGA with the highest median age of death for women was Cottesloe, a western suburb of Perth (92.4 years). (AIHW 2022c)
- 14** In 95% of LGAs there is a male gender gap in the median age of death with men dying younger than women. The LGA with the largest gender gap in median age of death is Junee in New South Wales where men die 21.5 years younger than women (68.8 years vs 90.2 years). (AIHW 2022c)
- 15** The LGAs with the largest gender gap in the median age of death in other states and territories include: Denmark in Western Australia with a gap of 17.2 years (72.3 years vs 89.5 years), Central Desert in the Northern Territory with a gap of 15.9 years (52.3 years vs 68.1 years); Break O' Day in Tasmania with a gap of 14.5 years (74.5 years vs 89.0 years), Adelaide Plains in South Australia with a gap of 13.5 years (68.0 years vs 81.5 years), Towong in Victoria with a gap of 12.2 years (75.5 years vs 87.7 years), and Livingstone in Queensland with a gap of 10.5 years (75.0 years vs 85.5 years). (AIHW 2022c)

COUNTRY OF BIRTH

- 1 Men born in Australia die nearly 7 years younger than women born in Australia on average. In 2021, the median age of death for people who are born and die in Australia was 77.8 years for males and 84.5 years for females, a gap of 6.7 years. (ABS 2022)
- 2 When we look at the whole population including those born overseas, men in Australia die more than 5 years younger than women on average. In 2021, the median age of death was 79.4 years for males and 84.8 years for females, a gap of 5.4 years. (ABS 2022)
- 3 Men living in Australia who were born overseas, live nearly 4 years longer than men born in Australia on average (81.7 years compared to 77.8 years). However, there are significant variations in the median age of death for men born overseas, ranging from just 40 years for men born in Nepal to 87.1 years for Italian-born men, according to 2021 data. (ABS 2022)
- 4 Looking at men born overseas region by region, men living in Australia who were born in South-East Asia die youngest on average (75.2 years), followed by the Americas and the Sub-Saharan Africa (76.1), Southern and Central Asia (76.5 years), North Africa and the Middle East (78.9 years), North West Europe (82.3 years), North East Asia (80.9 years) and Southern and Eastern Europe (85.1 years), according to 2021 data. (ABS 2022)

SOCIAL DETERMINANTS

- 5 Within Australia, there are significant differences in the median age of death based on socioeconomic background. For example, in 2020 the poorest 20% of men in Australia died 4 years younger than the richest 20% of men (77.2 years vs. 81.2 years) and nearly 10 years younger than the richest 20% of women (77.2 years vs. 86.6 years). In contrast, the poorest 20% of women live 2 years longer than the richest 20% of men (83 years vs. 81.2 years). (AIHW 2022)
- 6 There are notable variations in the median age of death between urban and rural areas. There are 5 categories of increasing geographic remoteness used by statisticians in Australia: major cities, inner regional areas, outer regional area, remote areas and very remote areas. Men living in very remote areas die 14 years younger than men in major cities on average (65.7 years vs. 79.6 years), according to data from 2020. Compared with men in very remote areas, women in major cities live nearly 20 years longer on average (65.7 years vs. 85.2 years). (AIHW 2022a)
- 7 Across 4 of the 5 geographic areas, men die more than 5 years younger than women on average according to data for 2020. These areas are major cities (79.6 years vs. 85.2 years), inner regional areas (78.7 years vs. 84.3 years), outer regional areas (76.8 years vs. 82.7 years) and remote areas (73.1 years vs. 78.3 years). The gap between men and women in very remote areas is just half a year (65.7 years vs. 66.2 years). (AIHW 2022a)
- 8 There are significant gaps in mortality based on Indigenous status. For the period 2013 to 2017, Aboriginal and Torres Strait Islander males died 3 years younger than Aboriginal and Torres Strait Islander males (58 years vs 61 years), 22 years younger than non-Indigenous males (56 years vs. 78 years) and 29 years younger than non-Indigenous females (56 years vs. 85 years). (PHIDU 2022)



Come and visit The Shed Thursdays 10am - 3pm

Building.....a community

Discover a community to belong to
& mates that make it all worthwhile.

Red Cliffs Men's Shed is located at Red Cliffs Community Resource Centre,
23 Indi Avenue Red Cliffs.

Governed by the Australian Men's Shed Association (Member: AMSA101238) We provide a welcoming environment for men from Red Cliffs and surrounds who are from all walks of life where they can socialise and enjoy a wide range of activities.

Come and visit The Shed
Thursdays 10am - 3pm

Ph: 50 243 455 or email redcliffsmensshed@gmail.com.
to book before coming or to get more information.



Above: A plant stand made by RC Men's Shed members for the Red Cliffs Community Resource Centre.

RED CLIFFS grow & share GARDEN



**2025 IN
THE
GARDEN
WITH
LARRY**



16 KIEWA AVENUE, RED CLIFFS
MORE INFORMATION
CALL 03 50243455



**RED CLIFFS
COMMUNITY
RESOURCE
CENTRE**



**SATURDAY
21ST JUNE
2025**

**9.30 AM TO
11.30 AM**



RED CLIFFS FOOD SWAP ONCE A MONTH

"FOOD SWAPS ARE
LOCAL
GATHERINGS
WHERE PEOPLE
SWAP
EXCESS
HOMEGROWN
PRODUCE"



SWAP
CUTTING
AND
SEEDS

Next month's date

Saturday the 21st June

10am to 11 am

The Red Cliffs Grow and
Share Garden

16 Kiewa Avenue, Red Cliffs

SEE YOU THERE!

RED CLIFFS
grow
& share
GARDEN





SEEDBANK

SHARE SWAP GROW ENJOY

Share or Swap your seeds
with others on Food Swap
days

Label the envelope
provided with the name of
the seeds and any other
info you want to include.



VEGGIES FLOWERS TREES



At the
Red Cliffs Grow and Share Garden
6 Kiewa Avenue, Red Cliffs

RED CLIFFS
grow
& share
GARDEN

Reddy, Set, Cook

Learn skills for work and life



Only \$5
per class*

February Theme: Sustainable Cooking

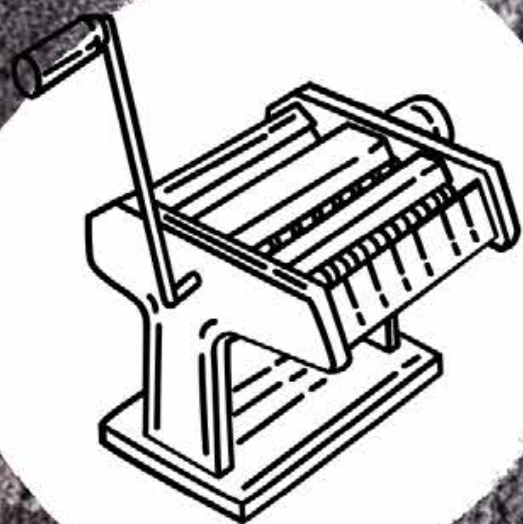
Mondays* during school terms

9.30am - 12:30pm

At Red Cliffs Community Resource Centre
23, Indi Avenue, Red Cliffs



This class is now full. We're now accepting expressions of interest for Term 3, 2025..



Cost just
\$5*
Includes
lunch

"Hands on workshop on how to make Fresh Pasta at home" with Elena



**TUESDAY THE 17TH OF JUNE
10 AM TO 1PM**



23 INDI AVENUE RED CLIFFS



Call 03 50243455 to book

**Required to
book, very
limited spots**



RED CLIFFS

COMMUNITY
RESOURCE
CENTRE

Learn basic digital literacy that will
help you *move forward in your career*



DIGITAL ESSENTIALS CLASSES

FREE* PROGRAM

Become confident in:

- Using online platforms
- Using different digital devices
- Applying for jobs online
- Using Applications
- Digital communication pathways

Wednesday mornings 10.00am to 12noon.
during Victorian School terms.

At Red Cliffs Community Resource Centre
23 Indi Avenue, Red Cliffs.

Enrol Now



Bookings are a must. Ph: 03 5024 3455 or email: rcresource.reception@gmail.com

Be Connected

Every Australian online.



Thursdays in
Victorian school terms.
BOOK TODAY!! 50243455

May Happy Snaps



Participants from our 'Reddy, Set, Cook' program enjoying time together in the kitchen.



Our talented Boomerang Bag volunteers stitched and donated handmade book bags to Red Cliffs and Irymple Kinders.



During Neighbourhood House Week (12-18 May), we embraced this year's theme: "Ripples of Change."

Every small action matters—it can spark a ripple effect that makes a big difference in our community.



Participants learning valuable money management tips at our 'Take Charge of Your Financial Future' workshop with Mallee Family Care, held on 7 May.



RCCRC community members have been busy knitting cheerful beanies to donate to hospital patients and brighten their day. Aren't they fantastic? If you'd like to get involved, please get in touch with RCCRC.



AT
23 Indi
Avenue,
Red Cliffs



Next
"Chatty Cafe"
Wednesday
18th June
10am-11.30 am

June

Gold coin donation
to the
Cancer
Council



Cancer Council
Australia's Biggest
Morning Tea

have
a
chat

How your cup helps.



Can help pay for the collection and ongoing storage of a tumour sample used in studies to improve the way we prevent and detect cancers.



Provides up to one week of scholarship funding for a PhD research student. Can pay for a lab assistant for a day to support a researcher with vital laboratory testing.



Helps provide training to leaders of cancer support groups where people can meet and share their experiences in an emotionally supportive environment.



Makes it possible for our 13 11 20 health professionals to help 15 people affected by cancer who need information or emotional and practical support.



Helps provide the community with information about breast, bowel and cervical cancer screening, helping to save more lives.

Turn over to read about the people you're supporting.
biggestmorningtea.com.au
#biggestmorningtea



Cancer Council
Australia's Biggest
Morning Tea

How your cup helps.

“Cancer Council were so kind when I spoke with them and asked if we needed any help. We received support in securing accommodation and transport, helping me get from our regional home to the city to access treatment. To us this was a big deal, and we want to repay this back and raise money as a thank you”

– Norma was diagnosed with thyroid cancer in 2008, for which she was able to be treated for in her regional area. However, in 2018 her cancer had returned and metastasised to her liver and lungs, and treatment wasn’t available locally. Fortunately, Cancer Council was able to help Norma when she needed it most.

Support

Almost 150,000 Australians are diagnosed with cancer each year, meaning there are many families who need practical information and support. Our cancer nurses and trained volunteers on 13 11 20 help them understand treatment options, prepare for medical appointments or organise legal and financial advice. All these services are made possible by you and others like you.



Norma with her husband George and son Jonathan

“I hosted a Biggest Morning Tea in honour of my Nan, who had breast cancer. I was very grateful she survived, so I hope that the money I raise for Cancer Council can be used to help save other grandparents from cancer, so they can spend more time with their grandchildren.”

– Kya, 9, hosted her first Biggest Morning Tea last year in honour of her Nan. She held her morning tea with her mum at their all-ages choir rehearsal, baking treats for everyone and putting a donation box out next to a photo of her Nan – encouraging many other choir members to also share their cancer stories.

Prevention

A third of all cancers can be prevented through modifiable risk factors. You are helping Australians reduce their cancer risk by funding our world-leading prevention campaigns. These include encouraging participation in cancer screening programs and providing education on healthy lifestyle choices.



Kya and her brother Noah

“In 2004, my partner and I were both diagnosed with cancer, me with breast cancer, he with bowel cancer. After chemotherapy, surgery, radiotherapy, I have survived, but sadly, he passed away.

Things have improved so much now, I wake up every day and think I am so grateful. Cancer research in Australia, no one comes near us. I have six grandchildren and I hope they never tell me they have cancer, I want the work to continue on”

– Susan has now been cancer free for 20 years, and will proudly host her 15th Biggest Morning Tea this year in memory of her loving partner, Michael. Susan has also left a gift in her will to help create a cancer free future for generations to come.

Research

Our supporters, like you, have helped us become the largest non-government funder of cancer research in the country, investing \$288 million in Australian cancer research over the past five years alone. Investment in research has helped increase survival rates from 49% in the 1980s to 71% today. Because of research more people are surviving cancer and brilliant Australian researchers are on their way to unlocking more of cancer’s secrets.



Susan and Michael

biggestmorningtea.com.au

 **Cancer Council**
Australia’s Biggest
Morning Tea



HAPPY SNAPS from our May Chatty Cafe.



IF YOU'D LIKE TO
LEARN MORE,
SCAN HERE



THECHATTYCAFEScheme.COM/AUSTRALIA
FACEBOOK.COM/CHATTYCAFEAUSTRALIA
@CHATTYAUUS
@CHATTYCAFEAUS

have
a
chat

Red Cliffs Carers Support Group



RED CLIFFS CARERS PASS

**CONNECTING CARERS
IN THEIR COMMUNITY**



The 'Connecting Carers in their Community' grants program is supported by the Victorian Government.

Wellbeing and nourishing food.



TIME OUT FOR CARERS

Navigating a path to health and well-being through conscious and gentle exercise with Melanie Wellness. Followed by a free, light, nourishing healthy lunch.

Where: Red Cliffs Community Resource Centre

4 x weekly sessions

starting

Friday 30th May

11.45 am sharp start

bookings are essential

0350243455

rcresource.reception@gmail.com

**Free* for Red Cliffs
carers Pass holders**



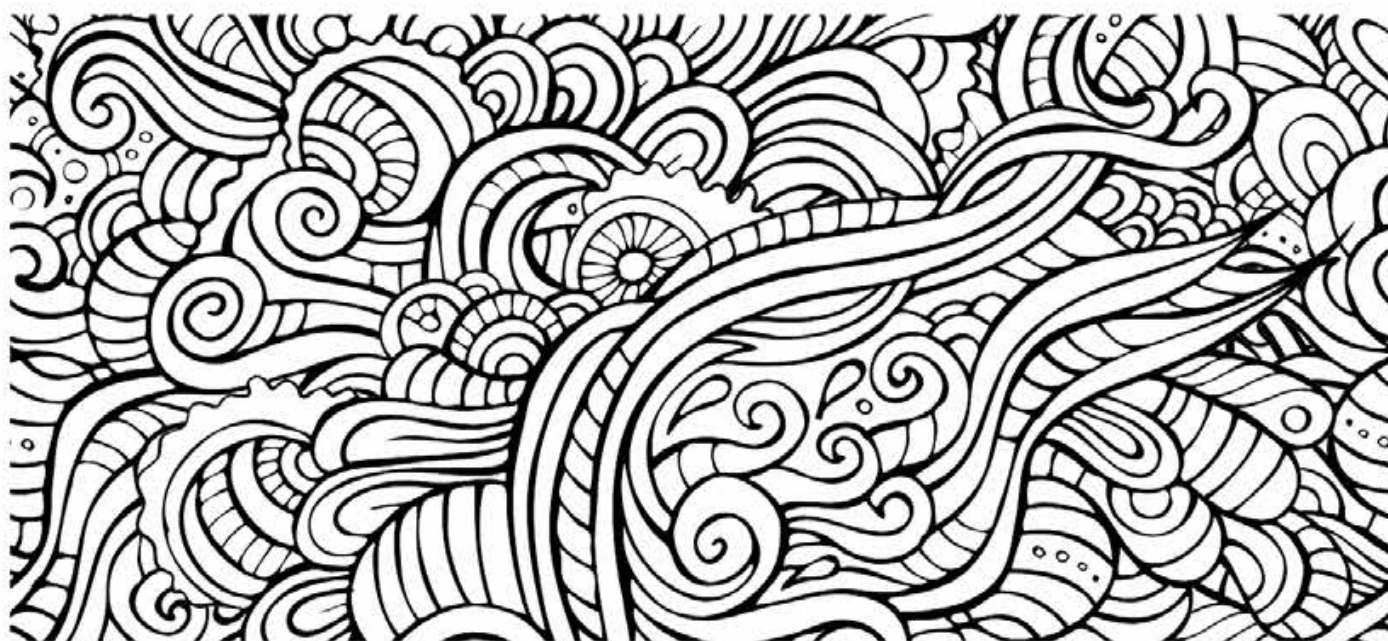
Art for Self Healing.

work-
space
3496



THURSDAY 5 JUNE 2-4PM

CONTACT THE RED CLIFFS COMMUNITY RESOURCE CENTRE
BY EMAIL AT RCRESOURCE.RECEPTION@GMAIL.COM
OR ON 5024 3455 TO BOOK.
MAKE SURE TO QUOTE YOUR CARERS PASS NUMBER.



CONNECTING CARERS
IN THEIR COMMUNITY



The 'Connecting Carers in their Community' grants program is supported by the Victorian Government.

**Information session
for potential
Disability Support
Pension candidates
presented by riac**

**FREE*.
morning tea
provided**



Date: Wednesday 2nd July

Time: 10.30 to 12 noon

**Place: 23 Indi Avenue, Red Cliffs
call for more info on 0350243455**

riac

Rights Information
and Advocacy Centre



COMMUNITY
RESOURCE
CENTRE

Are you an unpaid carer for a family member or friend?

We're here to support you.

If you're caring for someone close to you—whether it's a parent, a child with a disability, a sibling with mental health needs, or a loved one with a chronic health condition—it's easy to put their needs before your own. Our services are designed to help ease the load and support your wellbeing too. Here's how we can help:

- Qualified, experienced staff to support the person you care for—at home or in the community
- Provide information about social and recreational activities, including brunch groups, movie outings, and other social events
- Help connecting with other services that you or your loved one may need
- Assistance with daily tasks like housework, grocery shopping, and gardening
- Simple home modifications, such as installing handrails
- Transport support
- Respite care options to give you a well-deserved break

You're not alone - we're here to support you on your caring journey.

For more information call
Yvonne Dingle at SCHS



(03) 5022 5444

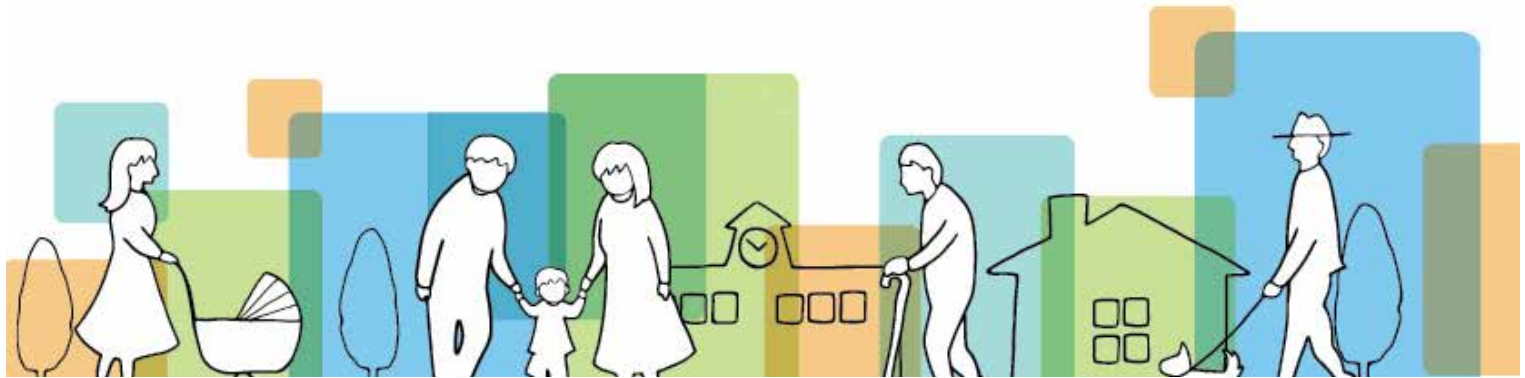


supportforcarers@schs.com.au



137 Thirteenth Street,
Mildura, 3500

CONNECTING CARERS IN THEIR COMMUNITY



Thank you to Vic Gov & Carers Victoria for helping us fund the Red Cliffs Carers Support Group.

Carers Resources

Organisation	Description	Link
	Caring for someone at the end of their life is a very important role. People who do this help the person they care for and that person's family and friends. They also help the community by reducing the pressure on our health care system. Carers are vital members of the Australian community and we are so thankful for what they do. Caring for someone who is dying can be very difficult. Often, people are caring for someone who is very close to them. This makes the end of life very emotional, which can be hard to cope with. Relationships can change significantly, and the caring role can become much more intense at this end of the caring journey. The Australian Government has funded three CarerHelp projects. The third CarerHelp Rural Connect project started in 2023 and will be completed in 2026. The aim of this funding is to develop resources for rural carers and offer rural carers a once off online education and support sessions with a health professional.	carerhelp.com.au
	Carer Gateway is an Australian Government program providing free services and support for carers. The Australian Government works with a range of health and carer organisations across Australia, known as Carer Gateway service providers, to deliver services to carers no matter where they live in Australia.	www.carergateway.gov.au
	Carers Victoria is the statewide voice for family carers, representing and providing support to carers in Victoria.	www.carersvictoria.org.au



Why MyTime?

MyTime is for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

FIND US AT:

Trinity Lutheran Church Hall
Cnr Olive Ave & Ninth St

Wednesdays, Weekly 9:30am –11am

CONTACT:

Jo Pegus –Facilitator

Email: jpegus@malleefamilycare.com.au

Mobile: 0437 077 689

Unwind and
share experiences
with others who
understand



mytime.net.au



JUNE 15 WORLD ELDER ABUSE AWARENESS DAY

Elder Abuse Helpline 1800 ELDERHelp (1800 353 374)

Elder Abuse Action Australia

A national voice to end the abuse of older people



The World Health Organization (WHO) defines elder abuse as a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.

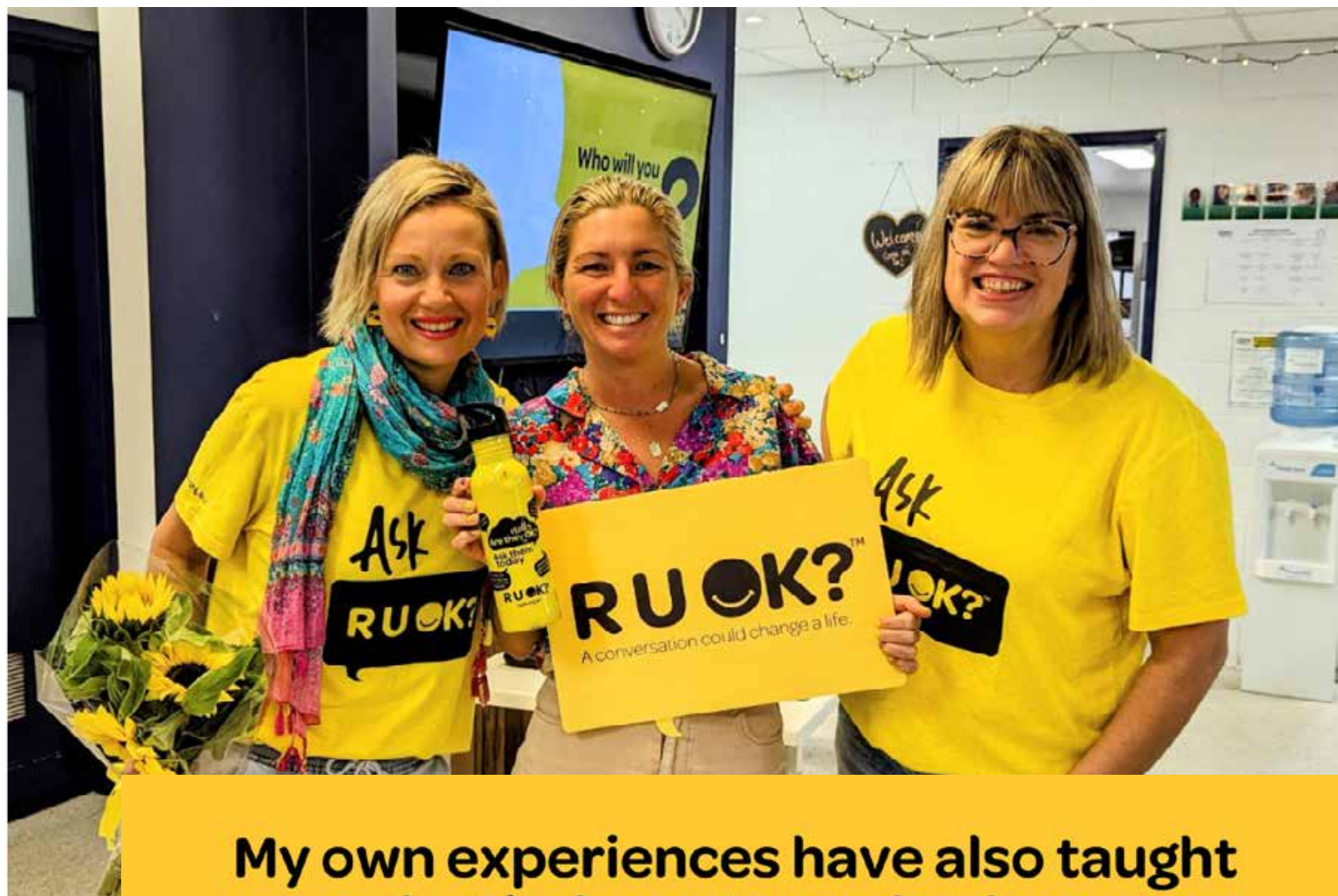
In Australia, elder abuse is increasingly reported. For example, the Royal Commission into Aged Care, Quality and Safety revealed shocking problems in residential aged care. However, abuse also occurs outside institutional settings as reported in the National Elder Abuse Prevalence Study released in December 2021 and conducted by the Australian Institute of Family Studies.

Elder abuse is a serious problem in Australia. It is an issue that needs policy attention, especially because of our ageing population. ABS population projections indicate that over the next 25 years the number of older people (aged over 65 years) will double to around 9 million Australians.

Key messages

- 1 in 6 older Australians reported experiencing abuse in the 12 months prior to being surveyed
- Poor physical or psychological health and higher levels of isolation are more likely to experience elder abuse
- Almost two thirds of older people don't seek help when they are abused (61%)
- Elder abuse remains hidden, with the most frequent action taken to stop the abuse involving the victim speaking directly to the perpetrator
- Family and friends are the most common source of support for older people who experience abuse.





My own experiences have also taught me that it doesn't need to be your partner, parent or sibling checking in, it can be someone a little more removed such as a neighbour, family friend or colleague.

SuniTAFE Skills and Jobs Centres
provide

FREE CAREER AND EMPLOYMENT ADVICE

We can provide information on
Education & Training, Career Pathways
and offer Job Application support

See you at the
Red Cliffs Community Resource Centre
10am – 12pm
Wednesday's fortnightly



SKILLS
AND JOBS
CENTRES



Victorian
Skills Authority

VICTORIA
State Government

Jobs, Skills,
Industry
and Regions

• Red Cliffs Community Resource Centre •



JUSTICE OF THE PEACE

Service available at RCCRC
Friday mornings*
from 9:30 am to 12:00 pm **only***

23 Indi Avenue, Red Cliffs



STOP.



CHECK.



PROTECT.



Anybody can be scammed but there are 3 simple, memorable steps we can all take to stay safe from scams.

1

Stop

Don't give money or personal information to anyone if unsure.

2

Check

Consider who you're dealing with and ask yourself: could the message or call be fake?

3

Protect

Act quickly if something feels wrong and report scams to Scamwatch. Your report will help us protect others.

scamwatch.gov.au



Australian Government



National
Anti-Scam
Centre



ScamWatch
Stop. Better safe than scammed.



FOOD RELIEF



Red Cliffs Residents only *

Limited fresh and packaged food items available.
Red Cliffs Community Resource Centre in open hours

***Available to Red Cliffs Residents. *ID required.**

23 Indi Avenue, Red Cliffs

A big thank you to the following sponsors





*A big
Thank You*



CALL OUT FOR **FOOD** DONATIONS



**WHAT
WE NEED?**

**UNEXPIRED &
NON-PERISHABLE
TINNED FOOD
WITH A
RING PULL
E.G
BAKED BEANS,
TINNED FRUIT**



Drop off at the Red Cliffs Community Resource Centre
in open hours . 23 Indi Avenue Red Cliffs



CHAIR YOGA

With Melanie Wellness

BOOKINGS REQUIRED*

Total cost for 4 week program is \$40

This program is for men and women*

**Next program Starts
Monday the 26th May
2025
for 4 weeks**

10.30 am
at 23 Indi Avenue
Red Cliffs



contact 0350243455 or
rcresource.reception@gmail.com



LOW IMPACT PILATES

\$40 FOR 4 WEEKS
BOOK YOUR PLACE
CALL 03 50243455

*****CHAIR BASED**

**START YOUR
HEALTH
JOURNEY
with Melanie**

**4 WEEK
PROGRAM
11.00 AM
FRIDAYS**

**NEXT PROGRAM
FRIDAY 30TH MAY
FOR 4 WEEKS**

**At the Red Cliffs Community
Resource Centre
23 Indi Avenue Red Cliffs**





SCHS
Sunraysia Community
Health Services

FREE

Walking Groups



RED CLIFFS

BUS STOP OPPOSITE RED
CLIFFS RESOURCE CENTRE
WEDNESDAY'S
8:30- 9:30 AM

Connect and walk around Barclay square with the ability to walk at your own pace.

This is an opportunity to hear about health and well being events that are happening in the community.

For more information or to register contact Yvonne:
ydinge@schs.com.au or
call SCHS: 5022 5444



Community Paramedic Clinic

Blood Pressure & Health Assessments

Where: Red Cliffs Community Resource Centre

When: Every Monday from 1pm - 3 pm.

Click here for more information:
www.schs.com.au/services/cpclinic

The CP@clinic Program is a free health check-up. You can talk to a paramedic about your health and well-being. All personal information will be kept private.





Connecting and empowering local communities to tackle plastic pollution at its source.

Boomerang bags can be purchased from Gio's Bread, 61 Indi Avenue Red Cliffs



Seeking donations of material to make book bags for kinders

Make bags to reuse and share.

Tuesdays 9.30am to 11.30am @ RCCRC

Operating every Tuesday in School Terms

Victorian Longarms Firearm Safety course

Book via
QR code or type
in hyperlink



<https://tinyurl.com/FirearmSafetyCourse>



Authorised by
Victoria
Police

SEWING & CRAFT GROUP



Bring your sewing projects along and discuss all things crafting.

10 am to 2 pm.

Every Wednesday except the first one of the month

For intermediate and advanced sewer and quilters.

2025 Scrapbooking, Card Making Workshops Red Cliffs Community Resource Centre

Tuesday 3rd June
12 noon
Cards \$25
Scrapping \$30



Tuesday 10th June
12 noon
Cards \$25
Scrapping \$30

Tuesday 24th
June
12 noon
Cards \$25
Scrapping \$30



**Bookings essential, by Friday before workshop
so kits can be made up, Call Carolyn on 0412868447**

Glass recycling

Put lightly rinsed, empty glass bottles and jars into the bin loose, not in bags.

Lids to be removed, plastic lids disposed of in the general rubbish bin. Metal lids recycled in the mixed recycling

✓ Yes

- ✓ Glass bottles including beer, wine and olive oil bottles
- ✓ Glass jars including pasta sauce and condiment jars
- ✓ Glass bottles and jars for medicine
- ✓ Broken glass jars and bottles accepted



✗ No

Plastic bags or packaging, loose lids and caps from bottles or jars, corks, pumps, sprays, droppers, cardboard, crockery such as plates, dishes, mugs, drinking glasses, glass cookware, vases, light bulbs.

Purple bins are emptied monthly - To find your collection day visit:

<https://www.mildura.vic.gov.au/Services/Waste-and-Recycling/My-bins/Find-your-bin-day>

HERE'S HOW YOU CAN GET CREATIVE WITH YOUR FOOD SCRAPS!

(Beginner-friendly edition)



Eggshells make great fertilisers



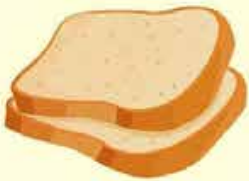
Veg leaves can go in soups!



Add citrus peels to vinegar + water to make air freshener!



Add coffee grounds to your garden as fertiliser



Make stale bread into croutons



Use overripe banana in puddings and smoothies



Turn veg leaves into a pesto sauce!



Try composting!



Freeze fruits and add them to smoothies!



Bones from chicken - make bone broth from them!



Make food scraps the center of your recipe!



Freeze leftover herbs in olive oil ice cubes



Normalise buying NOTHING

Instead, we can:

**ALTER
CREATE
REPURPOSE
BORROW
GROW
MEND
REPAIR
SWAP
THRIFT
REFURBISH**



Recycling in Red Cliffs & surrounds.



Small Batteries
Red Cliffs Library,
Foodworks, Richie's IGA.



Car Batteries
Battery World (Mildura)
Red Cliffs Rotary Club



Prescription Glasses
Lions Club of Red Cliffs
Drop off at the RCCRC



Blister Packs
Chemist Warehouse,
My Chemist Mildura



Mobile Phones
Officeworks (Mildura)



Printer Cartridges
Officeworks (Mildura)



Computers and Accessories*
Officeworks (Mildura)



Boots
Totally Workwear (Mildura)



Metal Scraps
Simmons Scrap Metal recyclers



Old Towels and Linens
Benetook Veterinary Clinic

Other recycling places.
AS & CO accept a wide range of
items for recycling - Check out
their list on their [website](#)

Blister Pack Recycling

Blister packs are made from a combination of materials like plastic and aluminium which cannot be separated through household kerbside recycling.

Pharmacycle is the solution to this wicked problem.

Welcome to the largest and only end-to-end recycling program for blister packs in Australia.

Click on the following videos to explore how a blister pack is broken down into key parts that can be used by our partners, allowing us to give each blister pack a second life.



Episode 1- The Journey of a Blister Pack



Episode 2- Breaking down the Blister Pack



Episode 3- A new life for Blister Packs

Drop off locations in Mildura

**Chemist Warehouse
Mildura
114a-118 Langtree
Avenue Mildura**

**My Chemist Mildura
69 Langtree Avenue
Mildura**

**Chemist Warehouse
Shop G002
Mildura Central
Shopping Centre, Cnr
Deakin Ave & Fifteenth
Street, Mildura**

**Chemist Warehouse
Mildura Homemaker
Centre, Cnr Fifteenth
Street and Benetook
Avenue, Mildura**



Rotary Club of Red Cliffs Used Battery Collection



**Donate your used car/tractor/truck batteries - we will pick them up.
Phone 0417 349 461 for more details.**

Recycle & donate your refund to RC Community Resource Centre

**Did you know that you can choose to donate your
refund to the Red Cliffs Community Resource Centre
when you return your containers to your nearest
refund point?**

What can I return?

Most aluminium, glass, plastic and liquid paperboard (carton) drink containers between 150mL and 3 litres are eligible. You can keep the lids on, we recycle them too.



Check for the 10c mark

Look for the 10c mark on the drink container label. It is often located near the barcode.



How to donate at your nearest refund point:

- Show this barcode, or
- Quote the code:
C2000009812, or
- Ask to donate to
"Red Cliffs Community
Resource Centre"



C2000009812





NOMINATE US TODAY

AS PART OF THE RITCHIES COMMUNITY BENEFIT PROGRAM

and help us generate extra funds.

- 1 Download or update the Ritchies Card App



- 2 Search and select our name when prompted to nominate a club, school or charity

- 3 Every time you shop at Ritchies and scan your app or card, Ritchies will contribute a percentage of the total to us*



*CONDITIONS APPLY. Go to ritchies.com.au/loyalty for further information.

Red Cliffs

VICTORIA 3496

COMMUNITY BILLBOARD

Scan me

YOUR COMMUNITY
BILLBOARD



A COMMUNITY GROUP FOR OUR COMMUNITY,
RUN BY THE COMMUNITY. WHERE TO GO AND
WHAT TO DO IN RED CLIFFS. KEEPING YOU
INFORMED OF WHAT'S ON IN RED CLIFFS WHILE
BUILDING ON OUR COMMUNITY.

[FACEBOOK.COM/GROUP/REDCLIFFSCOMMUNITYBILLBOARD](https://facebook.com/group/redcliffcommunitybillboard)

Community Art Installation starting in July

