

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 & Ngintait and Nyeri Nyeri people as the traditional owners and custodians of this land and pays respect to their elders pastpresent and emerging



MONTHLY COMMUNITY LUNCH

Wednesday 5th August @RCCRC

**Help create a
community mosaic bench**

RED CLIFFS
grow
& share
GARDEN

**Wednesday 15th July 1pm to 3pm
Red Cliffs Grow & Share Garden
116 Kiewa Avenue, Red Cliffs**

Click an index item to go to page:

[2 - Women in the Shed](#)

[3 - Community Lunch](#)

[4-6 - Happy Snaps](#)

[7 - Chatty Café](#)

[8 - Love Your Sister](#)

[9 - Book Swap](#)

[10 - Chair Yoga](#)

[11-12 - Family Violence Awareness](#)

[13 - Learn Local](#)

[14 - Digital Essentials Classes](#)

[15 - Reddy, Set, Cook](#)

[16 - Spadeworks](#)

[17 - Mosaic Garden Installation](#)

[18 - Seedbank](#)

[19-20 - Red Cliffs Men's Shed](#)

[21 - Sewing & Craft Group](#)

[22 - Be Connected](#)

[23 - RC Carers Support Group](#)

[24 - Greenconnect Dementia Respite Project](#)

[25 - Mytime Mildura](#)

[26 - Free Career & Employment Advice](#)

[27 - Justice of The Peace](#)

[28 - Knitting Beanies for Hospitals](#)

[29 - Food Relief](#)

[30 - Nourish Sunraysia Social Supermarket](#)

[31 - Food Donations](#)

[32-33 - Boomerang Bags](#)

[34 - Grow Your Own Vegetable Kits Program](#)

[35 - 20% off Car Rego](#)

[36-39 - Sustainability](#)

[40 - Ritchies Community Benefit Program](#)

[41 - Firearm Safety Course](#)

[42 - Community Billboard](#)

All information in this newsletter is subject to change.

COME AND EXPLORE DAY

“WOMEN IN THE SHED”



Tuesday the 21st July



10 am to 12 noon



23 Indi Avenue Red Cliffs



**Scan
QRCode**

FREE*

COMMUNITY LUNCH

First Wednesday of every Month in 2026

Next Date: Wednesday 5th August

Times: 11.30am to 1pm

Place: Red Cliffs

Community Resource Centre

For more info call

03 5024 3455



**Last Day to book is the Monday before the Lunch.*
Scan QR code**

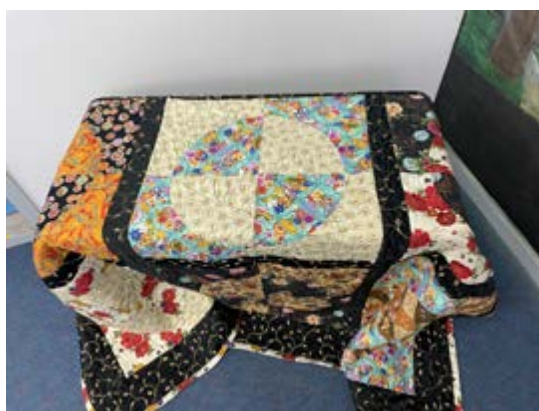


Happy Snaps



Dr Medi Mens Health Talk

Red Cliffs Grow and Share Garden



Projects from our Sewing & Craft Group



Lyn, Janet, Judy



Alison, Joan, Kerry and Marj



Vashti, Annetta and Rob



We wish RCCRC volunteer Mel all the best as she moves on to a new full-time job in community engagement, a field she genuinely loves.

Mel has been a volunteer at RCCRC for over four years. We are sad to see her go and thank her for her assistance and contribution over the years.



Jasmine at Reddy, Set, Cook



Lower Murray Water · Follow

11 June at 14:51 · 🌐

Lower Murray Water is proposing to lower the height of the Red Cliffs Water Tower.

The tower is now 100 years old and stands at just over 21 metres tall. We want to be able to ensure that the tower's look is preserved (including the current mural) for the future.

To achieve this, we are looking to lower its height so that for public safety reasons we can prevent parts of the site cracking and falling from a significant height.

We won't be holding water in the Tower from early 2027. Increased urban water pressure to Red Cliffs will be provided from our new pumping system, therefore we would look to place stabilized sand in the tower instead.

The ladder on the side of the tower will also be removed so people can't climb on it.

Community members can read more about the Red Cliffs High Pressure system works and provide any questions or comments on our Your Say page <https://bit.ly/LMWRCHP> about the proposal.

A big 'thank you' to the 100s of people who provided feedback to us at the Red Cliffs Country Markets over the Kings Birthday weekend. Your feedback and questions are much appreciated.



Carol with her unfinished chalk drawing of the water tower



Our balcony is complete



We've received
a grant from the
Tiny Towns Fund!



The Red Cliffs Club
INCORPORATED

Thank you to our supporters for funding this project:

- Victorian State Government Tiny Towns Fund – Round 2
 - The Lions Club of Red Cliffs
 - The Red Cliffs Club Inc.
- Mildura Working Man's Club
 - Red Cliffs Rotary Club

We would also like to thank our builders, Chick Building Pty Ltd, for seeing the project through.

Our balcony is complete.

Our June Chatty Café was held in conjunction with Australia's Biggest Morning Tea.

We raised over \$100 for the cause.

Pictured: Margaret at Chatty Café with a flyer for the Check Your Heart initiative.





**Next
Chatty Cafe
Wednesday
15th July**



**23 Indi
Avenue,
Red Cliffs**

10am-11.30am



Knit for a Cause

We're excited to support a wonderful initiative led by Samuel Johnson OAM from Love Your Sister — turning leftover wool into fingerless gloves to help raise funds for cancer research.

Got spare wool at home? This is your chance to put it to good use. Knit a pair (or a few!) of fingerless gloves — no need to match colours, the funkier the better.

Why get involved?

- Use up leftover wool and reduce waste
- Support cancer research at no cost
- Be part of a meaningful community effort
- Help keep people warm this winter

It's a simple way to make a real difference — one stitch at a time



Pictured: Brenda
with some gloves she has knitted

[Visit the Love Your Sister Website](#)

Love Your Gloves Pattern

4mm needles
 Cast on 50 stitches
 6cm 2 plain 2 purl rib
 16 rows
 22cm Stocking stitch from beginning on all
 rows knit
 last stitch
 3cm 2 plain 2 purl rib
 Cast off in rib
 Sew up 3cm band
 Leave 3cm hole for thumb
 Sew up side



RED CLIFFS COMMUNITY RESOURCE CENTRE

BOOK SWAP

Day: Wednesdays

Time: 9.30am to 12.30pm

Where: 23 Indi Avenue Red Cliffs

Swap your books and pick up
another good read.*

Please note this is a swap, not
a donation program.



**Start 22nd
July 2026**



CHAIR YOGA

With Melanie Wellness

Total cost for 4 week program is \$40

This program is for men and women*

**Next program Starts
Monday 20th July
2026
for 4 weeks**

**10.30 am
at 23 Indi Avenue
Red Cliffs**



MELANIE WELLNESS

contact 0350243455 or
rcresource.reception@gmail.com



SAFETY WARNING

NATIONAL PHONE ALERT MONDAY 27 JULY

A national test of the
Emergency Alert system will
be sent to mobile phones
across Australia.



This alert will make a
LOUD SOUND and show
on your screen.



IF YOU ARE EXPERIENCING DOMESTIC VIOLENCE

This alert could **put you at risk.**



Consider
where you
will be when
the alert
happens.



Think about
ways to
silence your
phone if
possible.



Put your
safety first.
You know
your situation
best.

If you feel unsafe, call 000 in an emergency.



**YOU ARE
NOT ALONE**

If you need support, help is available.



1800 737 732
1800RESPECT (24/7)



1800respect.org.au
Online chat and support

IN AN EMERGENCY, CALL 000

You don't need to be an expert.

**ASK.
LISTEN.
BELIEVE.**



**ARE YOU
SAFE AT
HOME?**

A CAMPAIGN BY

**SAFE+
EQUAL**

**This May, start the conversation
to help end family violence.**

www.areyousafeathome.org.au



Learn Local. Your goals, your way

Learn Local provides low-cost courses at over 200 locations across Victoria.

Learn new skills in a safe, inclusive and supportive environment.
Click the 'Learn more' link below to find out more.

[Learn More](#)

RCCRC Learn Local. Testimonial

When Sally* first joined the Digital Learn Local program at Red Cliffs Community Resource Centre, she had little to no experience with computers and very low confidence in her digital skills.

Even simple tasks felt overwhelming. What stood out immediately, however, was her determination to learn and her willingness to keep trying, even when things felt challenging.

Through the support, encouragement and practical learning offered by the program, she gradually built her skills and confidence. She learned how to use technology for everyday tasks, study, and communication, and began to believe in her own ability to succeed. Each small achievement became a stepping stone to something bigger.

Today, she is preparing to begin a Diploma of Nursing — a goal that once felt out of reach. Her journey is a powerful example of how access to the right learning environment can change lives. The Digital Learn Local program didn't just teach her computer skills; it helped her rediscover her confidence, set new goals, and take meaningful steps toward a rewarding career in healthcare.

Her story is an inspiration to anyone who feels it's "too late" or that they're "not good with technology." With support, patience and belief, incredible progress is possible.

Digital Essentials



Computers
& Online

Build confidence using computers, smartphones and the internet in a friendly, supportive environment.

This course is designed for beginners and those wanting to feel more confident using technology in everyday life.



What You Will Learn

- Using computers, tablets and smartphones
- Navigating common online platforms
- Sending emails and communicating online
- Applying for jobs and services online
- Using everyday digital applications
- Pathway to employment

Eligibility:

Adults seeking to improve basic digital skills.
No experience required.

Date: Term 3 2026 starts 15th July

Wednesday mornings
10:00am – 12:00pm
During Victorian school terms

Location

Red Cliffs Community Resource Centre
23 Indi Avenue, Red Cliffs

Cost

Fully Funded by Learn Local

Bookings / enquiries

Bookings are essential.

✉ rcresource.reception@gmail.com

☎ 03 50 243 455

Scan to enrol



Endorsed Learn Local course.



Skills for study
work and life



Reddy, Set Cook



Cooking &
Life Skills

Learn the basics of cooking simple, healthy meals in a relaxed and supportive environment.

Reddy Set Cook is designed to help you build confidence in the kitchen while learning practical skills you can use every day.



What You Will Learn

- Basic cooking skills
- How to follow simple recipes
- Preparing easy, healthy meals
- Using kitchen equipment confidently
- Planning and cooking meals on a budget
- Pathway to employment

Eligibility

Suitable for adults looking to build confidence with cooking and meal preparation.
No prior cooking experience required.

Date: Term 3 2026 Starts 13th July

Monday mornings
10:00am – 1:00 pm
During Victorian school terms

Location

Red Cliffs Community Resource Centre
23 Indi Avenue, Red Cliffs

Cost

\$5 Per Class

Bookings / enquiries

Bookings are essential.

✉ rcresource.reception@gmail.com

☎ 03 50 243 455

Scan to enrol



Endorsed Learn Local course.

Spadeworks



Gardening &
Community

Get hands-on in the garden while learning practical skills you can use at home.

Spadeworks is a relaxed, supportive program focused on building confidence through gardening and working together.

What You Will Learn

- Basic gardening techniques
- How to prepare soil and plant seedlings
- Looking after herbs and vegetables
- Working safely with garden tools
- Building confidence through hands-on learning
- Pathway to employment

Eligibility:

Suitable for adults looking to build practical skills.

No prior gardening experience required.



Date: Term 3 2026 starts July 16th

10.00am - 12.00pm

Thursday's 2025

In Victorian School Terms

Location

16 Kiewa Avenue
Red Cliffs

Cost

Fully Funded by Learn Local

Bookings / enquiries

RSVP today

✉ rcresource.reception@gmail.com

☎ 03 50 243 455

Scan to enrol



Endorsed Learn Local course.



Red Cliffs
Community
Resource Centre

MOSAIC GARDEN ART INSTALATION

Unleash your creativity and
worktogether to create a mosaic bench

**WEDNESDAY
15TH JULY**
1PM TO 3 PM

116 KIEWA AVENUE RED
CLIFFS

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



Building...a community

Come and visit The Shed Thursdays 10am - 3pm

Ph: 5024 3455 or email redcliffsmensshed@gmail.com.
Please book before coming or contact us for more information.

Mission: To 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.

Proudly a Project of the Red Cliffs Community Resource Centre



Healthy eating



Easy cooking



Budget friendly life skills

**Red Cliffs Men's Shed is participating in the NEST Program.
It has been so successful that it has been booked out each week.**



NEST ALSO STANDS FOR NICE EASY SIMPLE TIPS!

This program teaches healthy eating and affordable cooking in just six weeks!

SEWING & CRAFT GROUP



Bring your sewing projects along and discuss all things crafting.

10am to 2 pm.

**Held every Wednesday,
except the first Wednesday of the month.**

For intermediate and advanced sewers and quilters.

Be Connected

Every Australian online.

**Build your
digital skills,
confidence &
safety online**



**Free appointments to get you
started on your digital journey.**

We can help you get connected and learn new skills
— from setting up myGov and video calling family,
to shopping online and using your device with confidence.

**Book your free appointment:
Call 03 5024 3455**

Red Cliffs Community Resource Centre
23 Indi Avenue, Red Cliffs

beconnected.esafety.gov.au





Red Cliffs CARERS Support Group



**Free* cuppa and
catch up**

1pm to 2.30 pm
at 23 Indi Avenue
Red Cliffs

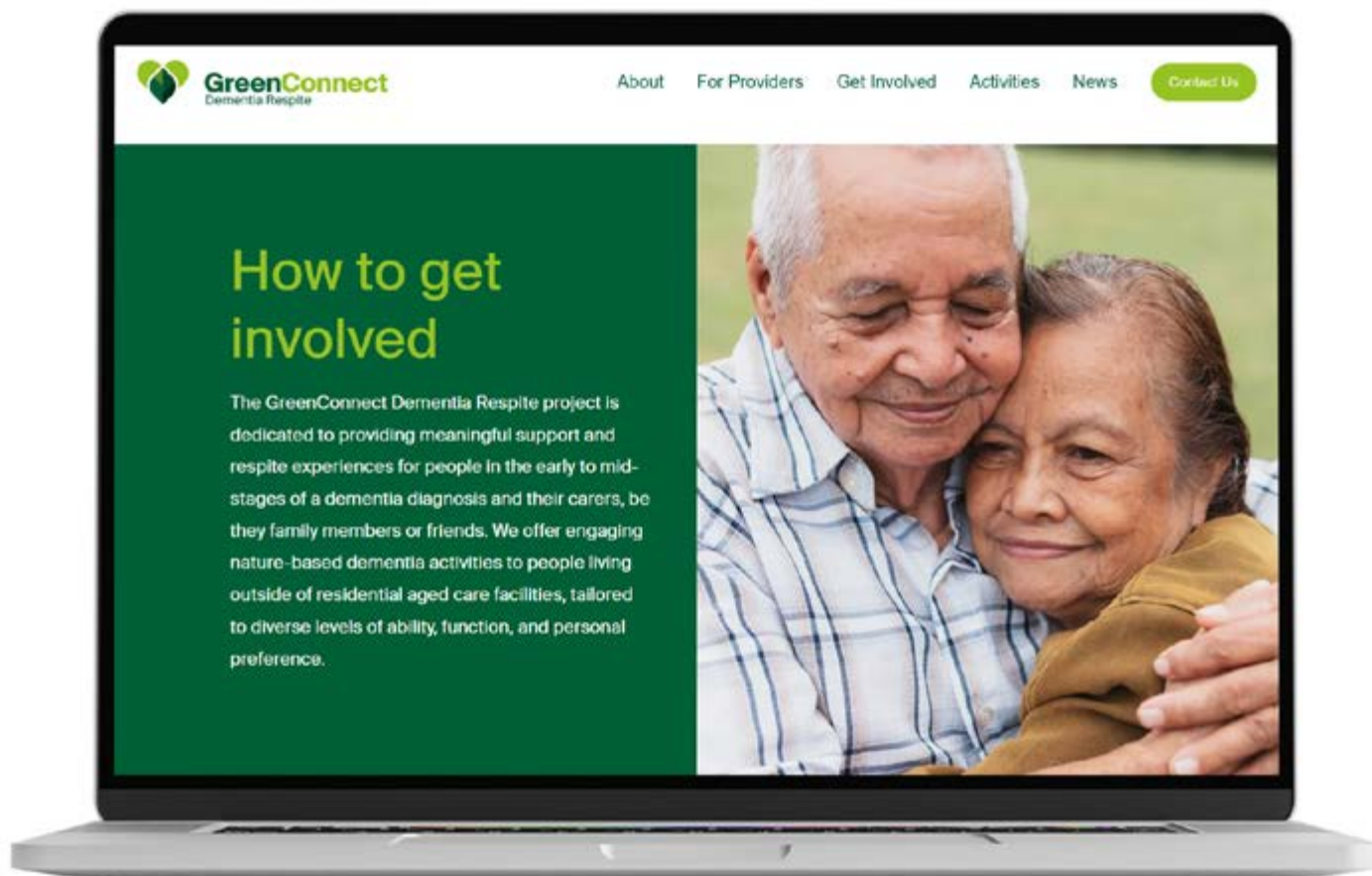
Tuesday
14th July





GreenConnect

Dementia Respite



[Click here to learn more about the GreenConnect Dementia Respite project](#)



MyTime
Mildura

Why MyTime?

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

Unwind and
share experiences
with others who
understand

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



mytime.net.au

Need to update your Resume?

FREE Career and Employment Advice

Resume and Interview Assistance

Not visiting in the July school holidays



9am – 12 noon
First Tuesday of each Month



(03) 5022 3999
skillsandjobs@sunitafe.edu.au



Red Cliffs Community Resource Centre



Justice of the Peace



**A Justice of the Peace is available at the
Red Cliffs Community Resource Centre.**

Monday Mornings ONLY

from

February 2026

9.30am to 12.00 pm ONLY *



23 Indi Avenue , Red Cliffs, 3496





**THANK YOU TO ALL THE PEOPLE THAT
HAVE KNITTED BEANIES FOR US TO DONATE
TO HOSPITALS.**

**THEY ARE GIVEN TO PATIENTS TO
BRIGHTEN THEIR STAY.**

KEEP ON KNITTING

**WE HAVE SOME DONATED WOOL AVAILABLE AT THE
CENTRE TO KNIT OR CROCHET BEANIES**



**more information contact
rcresource.reception@gmail.com**



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





\$25 support fee per visit*

Open Wednesday–Friday | 10:00am–1:00pm

Pick and choose what you require of food and hygiene supplies*

Located at SMECC

📍 107-111 Twelfth Street, Mildura

☎ 03 5022 1006

<https://smecc.org.au/community-food-relief/>

Book and pay online to receive your voucher or give them a call to find out more information.



***Terms and conditions apply**



CALL OUT FOR **FOOD** DONATIONS



**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



Operating every Tuesday in School Terms

We are currently seeking donations of material to make book bags for kinders



Bread Bags

To keep your bread fresh



Made by the volunteers at
the Red Cliffs Community
Resource Centre

\$5 each



Coming in August

GROW YOUR OWN VEGETABLE KITS



**A new program designed
to empower people to be healthy
and grow food in small spaces.**

ENDS JULY 31



Visit: www.service.vic.gov.au

You are required to have the following:

- **Registration Number (up to 2 vehicles registered in your name)**
- **Driver's Licence Number**
- **Bank Account details: BSB & Account Number**
- **Email Address**
- **Phone Number**

No Smart Phone? No Email?

Call 132 842

Be prepared to wait over half an hour.

Red Cliffs Connections **SUSTAINABILITY**



Tips for a greener planet

Sustainability tips for July

Buy Less, Share More & Enjoy Life

Use the Last 20%

Toothpaste, shampoo, sauces, cleaning products and moisturisers often have more left than we think. Cut, scrape, rinse or tip before replacing.

Question the Organising Product

Before buying tubs, baskets and storage containers, reduce what you own first. Sometimes the problem is not storage, it is too much stuff.



Make a "Not Buying" List

Instead of a shopping list, write down things you were tempted to buy but didn't. It turns restraint into a small win.

The best things in life are free

Time outdoors, fresh air, shared moments and the simple joy of being part of a community.

Community Over Consumption

Strong communities reduce waste. When people share tools, skills, meals, lifts, produce and knowledge, everyone needs less — and gets more.

Your Clutter Is Paying Rent

Every cupboard, spare room, shed and garage full of unused stuff is space you are paying for. If it is not useful, beautiful or needed, it may be costing more than you think.

Host a Swap Night

Clothes, books, toys, plants, jars, craft supplies and kids' gear are perfect for swapping. It is social, low-cost and keeps good items moving.

Stop Buying for Imaginary You

We often buy for the version of ourselves who will bake every weekend, camp every school holidays or organise the garage perfectly. Buy for the life you actually live.

Less Stuff, More Use

The goal is not just to own less. It is to make sure useful things are being used, whether by you or someone else.



Notice Emotional Spending

Bored, stressed, tired or overwhelmed? Shopping can feel like a quick fix, but it often creates more clutter, waste and cost.

Make a Free List

Write down things you can enjoy without spending money — a walk, a library book, a cuppa with a friend, time in the garden or a local community event.

Recycling in Red Cliffs & surrounds.



Small Batteries
Red Cliffs Library,
Foodworks, Ritchies IGA.



Car Batteries
Battery World (Mildura)
Mildura Landfill



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](#)

SO YOU HAVE THE URGE TO SHOP? HERE'S WHAT TO DO INSTEAD!



Go for a walk



Bake something



Take a breath and ask yourself if you really need it



Unfollow influencers selling stuff you don't need



Create art



Spend time in the garden



Try a new hobby



Watch your favourite show



Go shopping in your own wardrobe first



Find your community and spend time with them



Allow messiness



Spend less on stuff and more on what brings you joy!



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.

Victorian Longarms Firearm Safety course

Book via
QR code or type
in hyperlink



<https://tinyurl.com/FirearmSafetyCourse>



Authorised by
Victoria
Police

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)