

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 past and present.

Click an index item to go to page:

- | | |
|---|--|
| 2 - Community Volunteer Position | 20 - Mental Health & Wellbeing Connect |
| 3 - Impacts to Services Farewell James | 21 - MyTime Mildura |
| 4 - Community Paramedic Clinic | 22 - Free Career & Employment Advice |
| 5 - Chatty Café | 23 - Justice of the Peace |
| 6 - Power Saving Bonus | 24 - Community Lunch |
| 7 - Learn Local | 25 - Food Relief |
| 8 - Digital Essentials Classes | 26 - Nourish Sunraysia Social Supermarket |
| 9 - Reddy, Set, Cook | 26 - Food Donations |
| 10 - Spadeworks | 27 - Walking Group |
| 11 - Preserving & Pickling Workshop | 28 - Boomerang Bags |
| 12 - Food Swap | 29-36 - Sustainability |
| 13 - Seedbank | 37 - Ritchies Community Benefit Program |
| 14 - Red Cliffs Men's Shed | 38 - Community Billboard |
| 15 - Sewing & Craft Group | 39 - Keep Our Doors Open Campaign |
| 16 - Chair Yoga | |
| 17 - Be Connected | |
| 18 - Red Cliffs Carers Support Group | |
| 19 - SCHS Support Group for Unpaid Carers | |

PRESERVING & PICKLING WORKSHOP

Saturday 28th February • 11am - 2pm at RCCRC

NEW OPENING HOURS FROM 1 FEBRUARY 2026

MONDAY	9 AM - 4 PM
TUESDAY	9 AM - 4 PM
WEDNESDAY	9 AM - 4 PM
THURSDAY	9 AM - 3 PM
FRIDAY	CLOSED
SATURDAY	CLOSED
SUNDAY	CLOSED

CLOSED FOR LUNCH
12.30 PM - 1 PM



COMMUNITY VOLUNTEER

WE CURRENTLY HAVE A
POSITION
FOR A

COMMUNITY VOLUNTEER



If you enjoy interacting with people in an inclusive environment.

Have competent digital skills and willing to develop new skills.

This could be for you!

***Must be willing to have a Victorian police check and Working with Children check.**



Contact our Volunteer Coordinator **Vashti**

rcresource.reception@gmail.com



**Neighbourhood
Houses Victoria™**



Impact to services

Verandah Refurbishment

The refurbishment of our verandah will commence soon. This work will temporarily impact some of our services over the next few months.



Farewell James

James has been a volunteer at the RCCRC since 2018. He has been invaluable as a volunteer helping with reception, food relief, handyman duties and with our events.

He will be greatly missed by the community but we wish him the best.



Community Paramedic to continue in 2026

Travis, our Community Paramedic from Sunraysia Community Health, is available for a free, friendly chat about your health and wellbeing. You can discuss any concerns in a private and supportive environment.

Mondays 1 pm – 3 pm at RCCRC,
23 Indi Avenue, Red Cliffs.



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.





**AT
23 Indi
Avenue,
Red Cliffs**



**Next
"Chatty Cafe"
Wednesday
18th February
10am-11.30 am**

February
• **FREE Cuppa
and Cake**



\$100 POWER SAVING BONUS

FOR ELIGIBLE CONCESSION CARD HOLDERS

VISIT US FOR ASSISTANCE:

For more information and

bookings contact the

Red Cliffs Community Resource Centre
on 03 50243455



Neighbourhood
Houses Victoria™





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](#)

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 1 2026

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



Red Cliffs
Community
Resource Centre

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 1 2026

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 1 2026

9:30am - 12:00pm

Thursday's 2025

In Victorian School Terms

Location

16 Kiewa Avenue
Red Cliffs

Cost

Fully Funded by Learn Local

Scan to enrol



Bookings / enquiries

RSVP today

✉ rcresource.reception@gmail.com

☎ 03 50 243 455

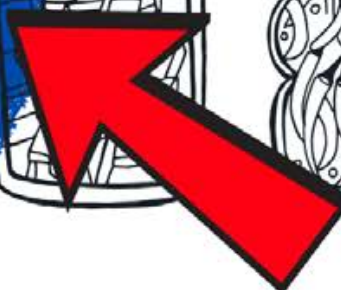
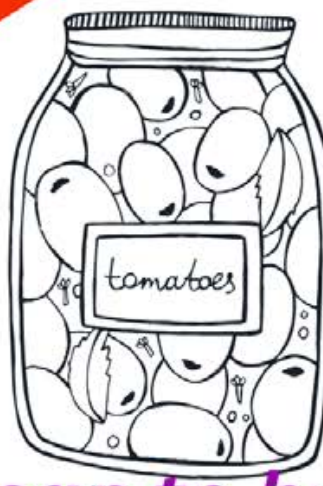
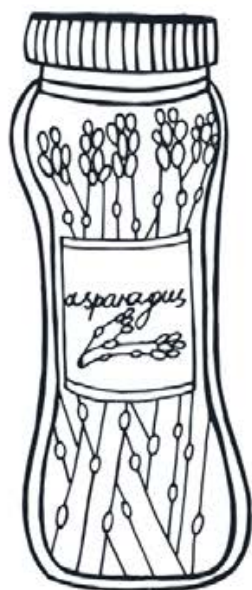
Endorsed Learn Local course.





Introduction to preserving and pickling

With the Miriam



Scan to book

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 February

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



Will return Thursday 5th
February

Building...a community

Come and visit The Shed Thursdays 10am - 3pm

Ph: 5024 3455 or email redcliffsmensshed@gmail.com.
to book before coming or to get 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

SEWING & CRAFT GROUP



Bring your sewing projects along and discuss all things crafting.

10 am to 2 pm.

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

For intermediate and advanced sewers and quilters.

**First class for
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 2nd February
2026
for 4 weeks**

10.30 am
at 23 Indi Avenue
Red Cliffs



contact 0350243455 or
rcresource.reception@gmail.com





Need to
set up your
MyGov
account?

Be Independent. Be Connected.

We can help you get connected and learn other new skills. Learn how to set up your MyGov account, video call friends and family, discover a world of entertainment online, or order groceries to be delivered — even if you've never used a computer before!

Free, local support makes going online or using your device easy.

Every Australian online.
Free* appointments to get you
started on your digital journey.
Call 03 50243455 to book

Call 1300 795 897
or visit www.beconnected.esafety.gov.au



Be Connected

Every Australian online.

Red Cliffs Community Resource Centre
23 Indi Avenue, Red Cliffs





Red Cliffs CARERS Support Group



**Free* cuppa and
catch up**

1pm to 2.30 pm
at 23 Indi Avenue
Red Cliffs

Tuesday
10th of February



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



About Mental Health and Wellbeing Connect

Mental Health and Wellbeing Connect is dedicated to those who are supporting people living with mental health issues or psychological distress, with or without substance use challenges.

This could include family, carers, supporters, or anyone else who has someone in their life experiencing mental health challenges.

We know that being there for people facing mental health challenges plays an important role in their recovery. We also recognise you as someone with your own wellbeing needs.

Mental Health and Wellbeing Connect centres provide a warm and welcoming space to improve your health and wellbeing and are open to all ages in Victoria.

Contact us

Mildura



122 Ninth Street,
Mildura VIC 3500



MentalHealthAndWellbeingConnect@malleefamilycare.com.au



<https://www.malleefamilycare.org.au/Our-Services/Mental-Health.aspx>



(03) 5023 5966 or 1800 979 730

Open for walk-ins or call for support.
Outreach available.

Location and contact details for other Mental Health and Wellbeing centres currently open are listed on the Better Health Channel website.

Scan the QR code or visit the URL below to find out more.



[<https://www.betterhealth.vic.gov.au/mental-health-and-wellbeing-connect>](https://www.betterhealth.vic.gov.au/mental-health-and-wellbeing-connect)

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne. © State of Victoria, Australia, Department of Health, October 2024.
Printed by Gunn + Taylor, Glen Waverley (2405761).



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



9am – 12 noon
First Tuesday of each Month



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



Red Cliffs Community Resource Centre

Justice of the Peace

**New Day in
2026**



**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



FREE*

COMMUNITY LUNCH

**First Wednesday of every
Month in 2026**

Next Date: Wednesday 4th of February

Times: 11.30am to 1pm

Place: Red Cliffs

Community Resource Centre

**For more info call
03 5024 3455**



**Bookings
are
Essential
Scan
QR code**

RED CLIFFS

COMMUNITY
RESOURCE
CENTRE





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



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:
ydingle@schs.com.au or
call SCHS: 5022 5444

*Events may be canceled in the event of extreme weather conditions



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



Make bags to reuse and share.

Tuesdays 9.30am to 11.30am @ RCCRC

Operating every Tuesday in School Terms

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

Red Cliffs Connections **SUSTAINABILITY**



Tips for a greener planet

Sustainability

tips for Summer



Use Fans Before Air Conditioning

Fans use far less energy than air conditioners and can still make a room feel several degrees cooler. Try opening windows in the evening and using fans overnight to reduce the need for cooling during the day.

Use Water Wisely

Water gardens early in the morning or evening to reduce evaporation, take shorter showers to save litres each day, and fix dripping taps — even a slow drip can waste hundreds of litres over time



Buy Local Produce

Buy local produce to reduce transport emissions, support local farmers and businesses, and enjoy fresher, more sustainable seasonal food.

Eat More Plant-Based Meals

Even one or two meat-free meals a week can reduce your carbon footprint and save water and energy used in food production.

Use Ceiling Fans Properly

In summer, set ceiling fans to rotate anti-clockwise. This pushes cool air down and creates a wind-chill effect, making the room feel up to 4°C cooler without using extra energy.



Use Window Films

Window films are thin, clear coatings added to windows that block excess heat and sunlight, keeping rooms more comfortable and reducing the need for air conditioning and heating.

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](#)

BIG W

WE SELL FOR LESS

Toys for Joy



Toys for Joy is a recycling program for toys, and is the first of its kind in Australia. The program's goal is to reduce landfill by recycling eligible preloved toys. Toys for Joy collection bins are available in every BIG W store.

To get involved, customers can simply drop their eligible preloved toys into the Toys for Joy chest. The donations then get passed on to our recycling partners who sort the toys into their different types.

Toys that are suitable for another life are given to the Salvation Army for them to sell in their stores. Remaining toys that can be recycled under the scheme are, where possible, recycled into their raw materials so they can be used to make new products. For example, suitable toys or parts of toys may be converted into yarn to make carpets and underlay. Some plastic toys or plastic parts may be eligible to be converted into substitutes for aggregate that is used in building projects.

[Check out their webpage to see how it works.](#)

(Please note, not all toys can be recycled. We can't accept - books, board games, wooden toys, play dough, paint and slime, pens, pencils, crayons or paint brushes, oversized toys such as bikes, scooters, skateboards, or sports toys such as soccer goals.)



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.**

TRY OUR BINGO!

Repair something instead of throwing it away

Spend a weekend in nature

Upcycle something old

Sign up for a library card

Make a homemade gift instead of buying one

Bring a reusable bag to the grocery store

Swap a plastic item for the reusable alternative

Try a 'buy nothing new' month

Try Meatless Mondays

Take public transport to work

Buy something secondhand instead of new

Start your own compost

im♀

You're already participating in the Circular Economy if you...



Borrow books at the library



Swap clothes with a friend



Donate toys to libraries



Compost food waste for community gardens



Repurpose unused household items (that milk bottle could become a herb pot!)



Rent instead of buying items



Repair things before throwing them away



Donate and recycle electronic waste



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

YOUR COMMUNITY
BILLBOARD

Scan me



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)

KEEP OUR DOORS OPEN

DAY OF ACTION

**STRONG
COMMUNITIES
START HERE**



18 FEB

12:30PM

**JOIN US ON THE STEPS
OF VICTORIAN PARLIAMENT!**

