

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.

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Casual catch ups to discuss all things gardening



All information in this newsletter is subject to change.

Impact to services



Verandah Refurbishment

The balcony is halfway done and will be finished over the next few weeks. This has been funded by the Victorian Government's Tiny Towns Grant.

We also received community donations towards the project from:

- The Lions Club of Red Cliffs
- The Red Cliffs Club
- The Mildura Workingman's Club

We will be completing additional works throughout the centre in March. This may cause minor interruptions to services.



Why We Celebrate Labour Day

Labour Day has its roots in Melbourne in 1856, when stonemasons downed tools and successfully campaigned for an eight-hour workday — eight hours work, eight hours rest and eight hours recreation. At a time when many people were working exhausting 10–16 hour days, it was a landmark win for fair and reasonable working conditions.

Today, Labour Day recognises the contribution of workers across every industry and reminds us of the progress made — and the importance of protecting fair, safe and balanced workplaces for all.



The People of RCCRC



Joanne Balog – Justice of the Peace

Joanne provides JP services at RCCRC most Monday mornings.



Melanie Halacas – Melanie Wellness

Melanie brings movement and wellbeing to RCCRC through her Chair Yoga classes.



Barb & the SuniTAFE Jobs & Skills Centre Team

On the first Tuesday of each month (9am–12 noon), the Jobs & Skills Centre team offers free support with resumes, job applications and training pathways.



Day of Action - Keep our doors open campaign

On February 18, over 400 people marched on the steps of State Parliament asking the government to provide essential funding to keep the doors open of all Neighbourhood Houses across the state.

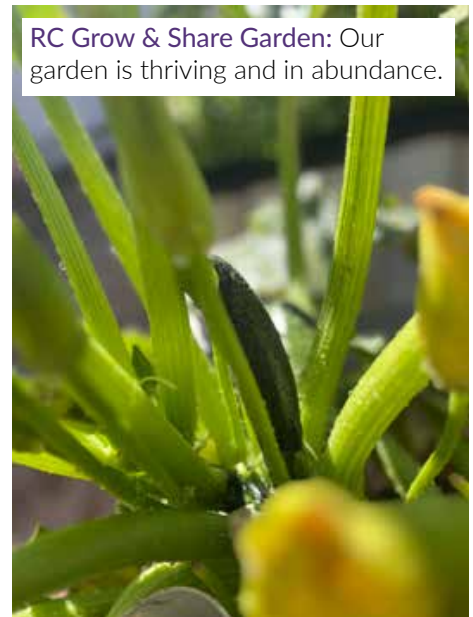
We thank local member Jade Benham MP for standing with us.



Ready Set Cook – Community Cooking Program



Ready Set Cook brings people together to learn practical cooking skills, share recipes and enjoy nutritious, affordable meals. Participants cook hands-on in a supportive environment and take home new skills they can use every day.



RC Grow & Share Garden: Our garden is thriving and in abundance.



RC CARERS Support Group: Casual coffee and catch up each month provide space for connection and support.



The RCCRC Community Piano is on the move to inspire the next generation.

The piano from our foyer has been donated to Red Cliffs Kindergarten, where it will continue its story with a new generation.

Originally gifted to RCCRC by the Red Cliffs Club, the piano is believed to have been the original dance hall piano in Red Cliffs – a beautiful piece of local history.

Sadly, many pianos today are destined for landfill, as they are no longer used the way they once were. In 2021, as part of the Red Cliffs Centenary, RCCRC began transforming the piano into a “Movable Art” project.

Over several months, images and the essence of our town were painted onto the exterior, capturing the spirit of Red Cliffs. Positioned in the front window of RCCRC, the piano became a living artwork as two local artists worked their magic.

Locals Carol Luscombe and Frank Domienelli were the artists in residence who brought the project to life.

In 2026, the piano was donated to Red Cliffs Kindergarten, where it will now create joyful memories for Kinder children and continue to inspire for years to come.





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 March
10am-11.30 am**

March

- **FREE Cuppa
and Cake**



**have
a
chat**

\$100 POWER SAVING BONUS

FOR ELIGIBLE CONCESSION CARD HOLDERS

VISIT US FOR
ASSISTANCE:

**Ends 31st March
2026**

For more
information
and
bookings

contact the

Red Cliffs Community
Resource Centre
on 03 50243455





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.



Skills for study
work and life



Red Cliffs
Community
Resource Centre

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

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.



DAY

THURSDAY

DATE

26TH MARCH

TIME

1PM TO
2.30PM

Red Cliffs Garden Club

Are you interested in all
things gardening?
Want to meet like minded
people and exchanging ideas
on plants with a cuppa?
Meeting once a month.

 23 INDI
AVENUE RED
CLIFFS



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 March

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



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.

APRIL 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 13th April
2026
for 4 weeks**

10.30 am
at 23 Indi Avenue
Red Cliffs



contact 0350243455 or
rcresource.reception@gmail.com





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



Walking with Horses for Wellbeing

Carers are invited to be a part of a free group equine assisted wellbeing program in the Mildura region.



9.30am - 1pm

Wednesday 18 March, 25 March and 1 April

*Limited spaces and registration is essential.
Available to carers 18 years and over.
Carers must be available for all three sessions.

The program involves interactions between individuals and horses to promote emotional growth and learning.

The therapeutic approach includes horses as a medium to address life challenges and improve emotional wellbeing.

Bendigo Health Carer Support Services
carersupportservices@bendigohealth.org.au
03 5454 7719



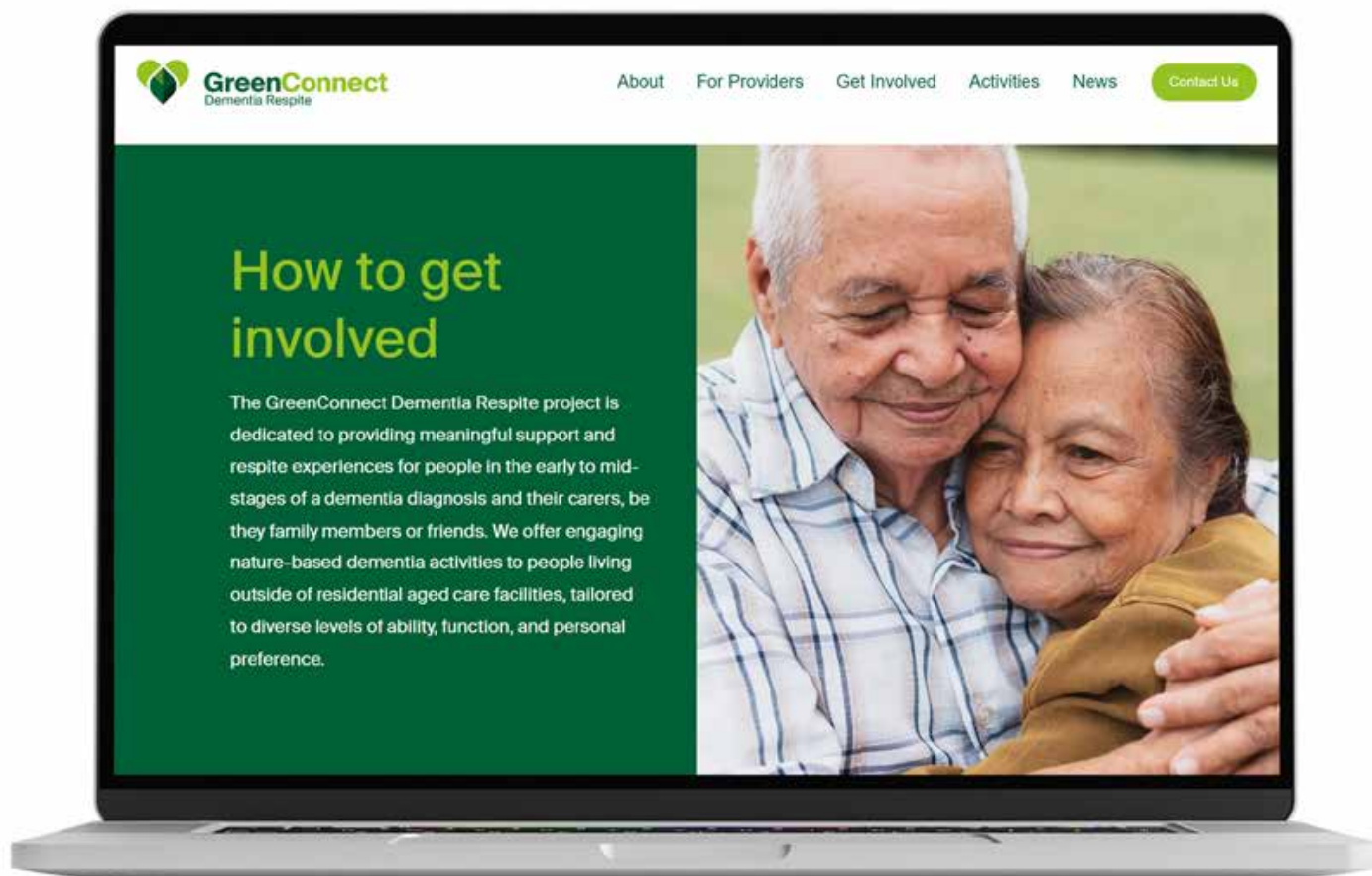
To register visit
www.bendigohealth.org.au/css/events
or scan the QR code by 11 March 2026





GreenConnect

Dementia Respite



Click here to learn more about the
GreenConnect Dementia Respite project



Red Cliffs
CARERS
Support
Group



Guest speaker
on Heart Health
from



**Ambulance
Victoria**



**Heart
Foundation**

**Free* cuppa and
catch up**

1pm to 2.30 pm
at 23 Indi Avenue
Red Cliffs

**Tuesday
10th of March**



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)

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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 March

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**





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:
ydinge@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 March



Let the Soil Work for You

In Mildura, March is perfect for planting spinach, silverbeet, broccoli, cauliflower, carrots and spring onions while the soil is still warm before frost arrives.

Compost Fallen Leaves

Autumn leaves are perfect for compost. Instead of sending them to landfill, turn them into nutrient-rich soil for your garden.



Use Natural Ventilation First

Open windows in the early morning and evening to cool your home naturally before switching on heating or cooling.

Service Your Heater

Clean filters and service heating systems before winter. Efficient systems use less energy and last longer.

Cut Back Before the Cold

Prune back tired summer growth now so plants can redirect energy into strong roots and healthy new



growth before winter arrives.

Harvest & Preserve

Use seasonal produce to cook in batches and freeze meals. Less waste, lower grocery bills.

Recycling in Red Cliffs & surrounds.



Small Batteries
Red Cliffs Library,
Foodworks, Ritchie'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.)

WHEN WE LOVE THE EARTH IT LOVES US RIGHT BACK.



By pollinating
the flowers



By providing
us shade



Through endless
streams of
fresh water



By providing
us with solar
energy



Through growing
native fruits and
vegetables



By giving
us oxygen



It's scientifically
proven that
nature enhances
our well-being



Barefoot walking
on grass can
profoundly boost
our mood through
skin to ground
contact



Getting our
hands dirty
releases serotonin
to reduce stress



Hugging a tree
transfers the
feel good
hormone through
touch



Connection to
our Earth
accelerates
climate action



Research shows
walking in nature
increases our
longevity

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™**



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)