

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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SAVE THE DATE

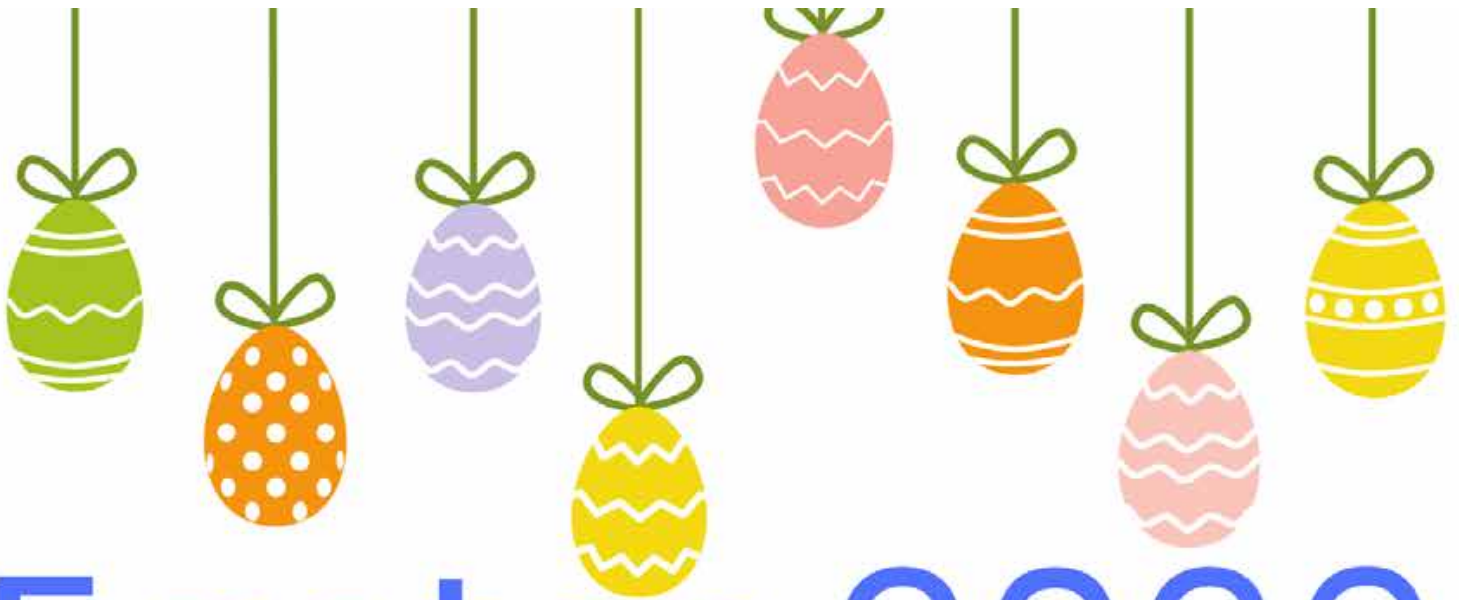
ENERGY EFFICIENCY AND LITERACY WORKSHOP

**TUESDAY 28TH APRIL
1.30PM - 3.00PM**



MONTHLY COMMUNITY LUNCH

All information in this newsletter is subject to change.



Easter 2026

Closed Dates

Good Friday
3rd of April to
reopen on
Tuesday
8th of April



Sewing, Crafting & Boomerang Bagging

Happy snaps from our sewing group and Boomerang Bags group.



Impact to services

Verandah Refurbishment Delays

Due to delays beyond our control, there will be further disruption throughout April.

Exciting Renovations

There will also be impacts to services as we are renovating the flooring and cupboards in our social hub space.



Chatty Cafe - Jill with some lovely flowers

Heart Information Session.

In March Ambulance Victoria who were working with the Heart Foundation came and spoke to the Red Cliffs Carers Support Group about heart health. The group also had a casual catch-up and cuppa.



Ambos' names, left to right: Bobby, Alison and Sydney



**Elder Rights
Australia**

Promoting the human rights of all older people



Invitation to all Community Members

Elder Rights Australia will be attending
on:

Tuesday 14th April 2026 from 1pm

To provide information on:

- The National Aged Care Advocacy Program
- Aged Care Rights
- Recognising and Responding to Elder Abuse
- Navigating the Aged Care System
- Aged Care Volunteer Visitors Program

Aged Care Advocacy Line

1800 700 600 | elderrights.org.au



Elder Rights Australia Ltd is a founding member of the National Older Persons Advocacy Network (OPAN), delivering the National Aged Care Advocacy Program (NACAP), an Australian Government initiative. ABN 63 367 539 827.



23 Indi Avenue Red Cliffs



Tuesday 14th April



1pm to 3pm

KEEP SAFE IN A DIGITAL WORLD



SAVE
THE DATE

Act Now, Stay Secure Information session

Date: Thursday 23rd April

Time: 10.00am to 12.00pm

Where: 23 Indi Avenue Red Cliffs



More information call
0350243455



Australian Government



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
15th April
10am-11.30 am**

April

- **FREE Cuppa and Cake**



**have
a
chat**



Introduction to preserving & pickling

On the 28th February Miriam from "Preserve and Share" hosted a preserving and pickling workshop. Participants experienced pome and stone fruit preserving and also the art of pickling delicious eggplants.



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 2 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 2 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 2 2026 starts June

10.00am - 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.





Chinese Snake Gourd

We've been growing Chinese Snake Gourd in our community garden — a unique and versatile plant that's as beautiful as it is useful.

What is it?

Chinese Snake Gourd is a climbing vine that produces long, curved green vegetables (often growing over a metre long!).

It's commonly used in Asian cooking and is known for its mild flavour and soft texture when cooked.

It also produces stunning white flowers that bloom at night — delicate, lace-like and only lasting a single evening.

How to use it:

The young fruit is best for cooking and can be used in a variety of ways:

- Stir-fries
- Curries
- Soups
- Lightly sautéed with garlic and spices

It has a mild taste, similar to zucchini, so it works well in many dishes.

Tip: Peel if the skin is firm, and remove seeds if the fruit is more mature.

Why we're growing it:

We love growing Chinese Snake Gourd because it:

- Adds something unique and interesting to the garden
- Produces a high yield over the season
- Supports cultural diversity in food and gardening
- Creates a beautiful climbing feature with its vines and flowers

Come and see it:

Keep an eye out in the garden — especially in the evening if you want to catch the incredible flowers in bloom.



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 18th April
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





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

SEEKING EXPRESSION OF INTEREST

“WOMEN IN THE SHED”

WORKSHOPS

scan
QRcode



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 Wells

Total cost for 4 week program is \$40

This program is for men and women*

Chair Yoga - April program is full

Next program Starts
Monday 5th April
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.

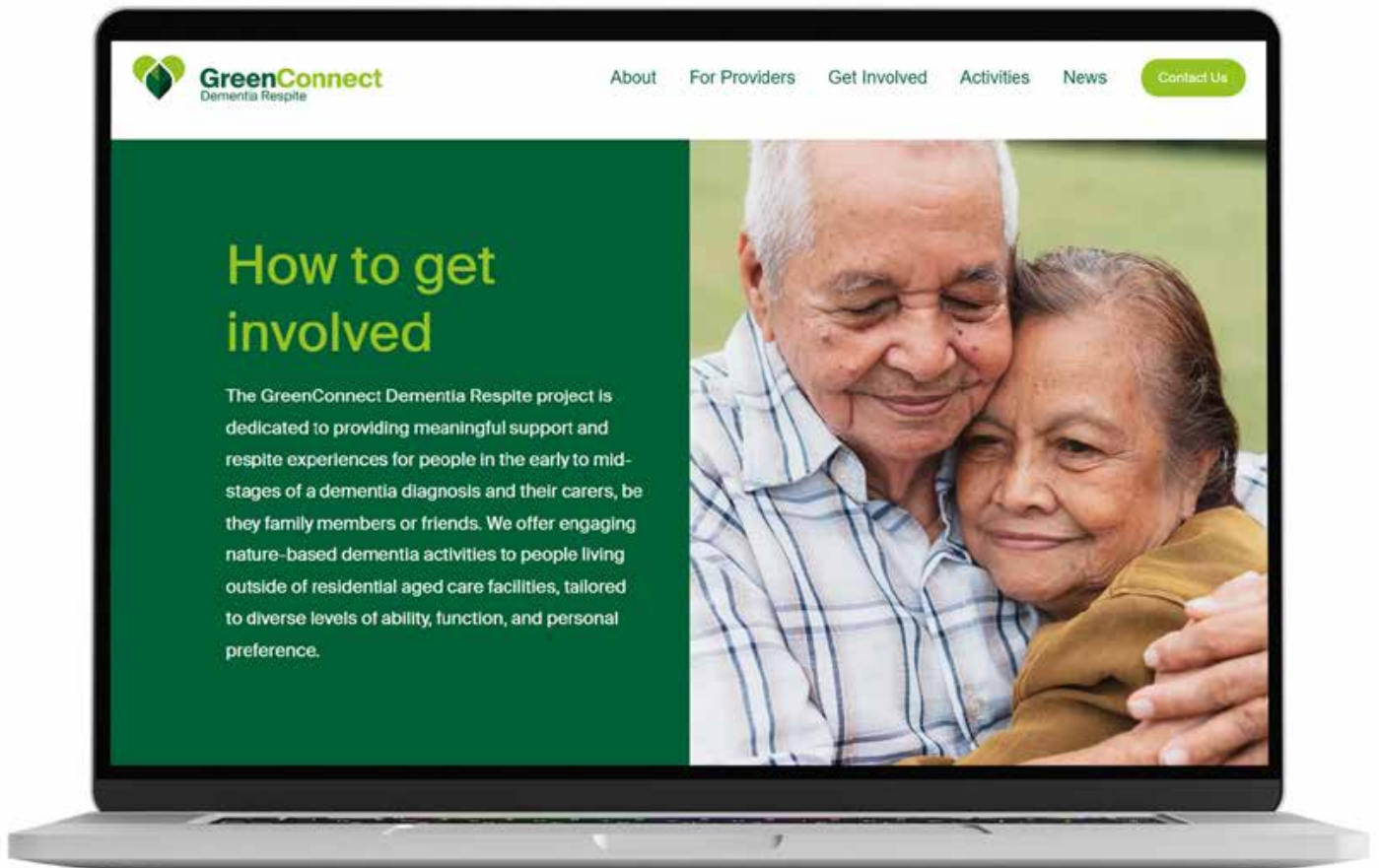
Red Cliffs Community Resource Centre
23 Indi Avenue, Red Cliffs





GreenConnect

Dementia Respite



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



**Red Cliffs
CARERS
Support
Group**



**Elder Rights
Australia**

Promoting the human rights of all older people

**Guest speaker on
Elder rights will be
in attendance**

**Tuesday
14th of April**

**Free* cuppa and
catch up**

***1pm to 2.30 pm*
at 23 Indi Avenue
Red Cliffs**



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



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 1st April

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

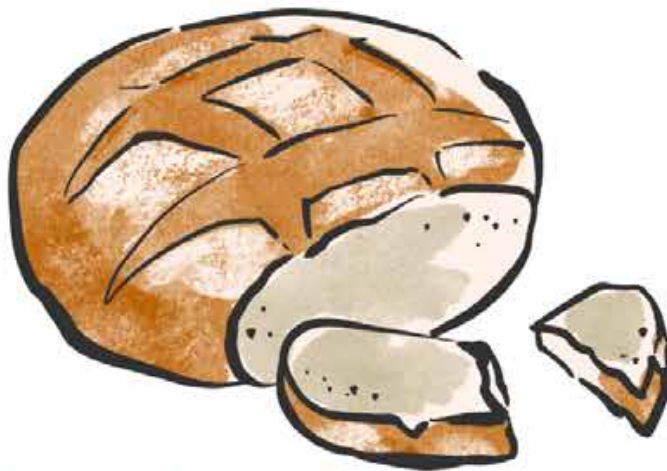
Operating every Tuesday in School Terms

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



Bread Bags

To keep your bread fresh



Made by the volunteers at
the Red Cliffs Community
Resource Centre

\$5 each



Red Cliffs Connections **SUSTAINABILITY**



Tips for a greener planet

Sustainability

tips for April

Drive Smarter, Spend Less on Fuel

Plan Your Trips Smarter

Combine errands into one trip instead of multiple short drives. Fewer cold starts = less fuel used.

Check Your Tyre Pressure

Under-inflated tyres increase fuel consumption. Keeping them properly inflated can improve efficiency by up to 3%.

Drive Smooth, Not Fast

Avoid rapid acceleration and harsh braking. Smooth driving uses significantly less fuel — especially in stop-start traffic.

Lighten the Load

Remove unnecessary weight from your car (tools, gear, roof racks). A lighter vehicle burns less fuel.

Use Cruise Control on Highways

Maintaining a steady speed reduces fuel use compared to constantly speeding up and slowing down.

Don't Idle — Turn It Off

If you're stopped for more than a minute, switch off your engine. Idling wastes fuel with zero benefit.

Be Smart with Airflow

Windows, air conditioning and airflow all impact how hard your car has to work — and how much fuel it uses.

At lower speeds around town, opening your windows is usually the more efficient option to stay cool. Air resistance is minimal, so you can stay cool without using extra energy.

At higher speeds, driving with windows down creates drag, forcing your engine to work harder and burn more fuel. On highways, it's more efficient to keep windows up and use light air conditioning if needed.

Air conditioning itself also uses fuel, so it's best used thoughtfully — not automatically. On short trips, you may not need it at all.

Use Your Heater Efficiently

Car heaters use engine heat, so they don't heavily impact fuel use. Let the engine warm by driving (not idling), then use the lowest comfortable setting and reduce it once the car warms up.

Watch Your Speed

Fuel efficiency drops quickly at higher speeds. Even easing back slightly can make a difference over long drives.

Keep Your Car Serviced

A well-maintained engine runs more efficiently. Dirty filters and old oil can increase fuel use.

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.)

SIGNS YOU'RE PARTICIPATING IN THE CIRCULAR ECONOMY WITHOUT EVEN REALISING!



Borrow
books from
the library



Swap and
share with a
friend



Donate items
carefully
where they're
needed



Refuse to
buy new



Reimagine a new
purpose instead
of throwing it
away



Compost food
waste for
gardens



Repair something
instead of
throwing it away



Support local
growers and
purchase
locally made



Cook food for
a neighbour



Collect
materials
from tips
or
roadside



Engage in your
community



Set up your
own street
library





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)

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.



Benefit of Neighbourhood houses Victoria

Neighbourhood Houses in Victoria offer vital services that contribute to the well-being and development of the community. Here are some of the key benefits:

Social Inclusion: Neighbourhood Houses provide a space for individuals to connect with others, regardless of their background, age, or abilities. They are inclusive spaces that welcome everyone, fostering a sense of belonging and community spirit.

Community Support: These houses serve as a frontline welfare service, offering support for various needs such as food, accommodation, and social activities. They help bridge the gap between community services and individuals in crisis.

Educational and Recreational Opportunities: Neighbourhood Houses offer educational programs, skill development, and recreational activities that promote lifelong learning and personal growth.

Support for Vulnerable Populations: They provide essential services for vulnerable populations, including support for the homeless and those in need of assistance with basic living necessities.

Community Development: Neighbourhood Houses play a crucial role in community development, helping to address local priorities and needs through community consultation and partnership.

These benefits highlight the importance of Neighbourhood Houses in creating vibrant and connected communities in Victoria. They are a testament to the community's commitment to supporting its members and fostering a sense of togetherness.