

Located: 23 Indi Avenue Red Cliffs

Email: rcresource.reception@gmail.com

Phone: (03) 5024 3455

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, present and emerging

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MOSAIC GARDEN ART INSTALLATION

Unleash your creativity and work
together to create a mosaic bench

**WEDNESDAY
12TH AUGUST**

1PM TO 3 PM

16 KIEWA AVENUE RED
CLIFFS

RED CLIFFS
*grow
& share*
GARDEN



LONELINESS
AWARENESS
WEEK AUS



THERE'S ROOM FOR YOU



Bookings
essential
Via
QRcode

Red Cliffs Community Resource Centre
Community Lunch, Wednesday 5th August
11.30 am to 1pm
23 Indi Avenue, Red Cliffs, 3496



SOCIAL DISCONNECTION IN AUSTRALIA

SNAPSHOT 2026



1 IN 2

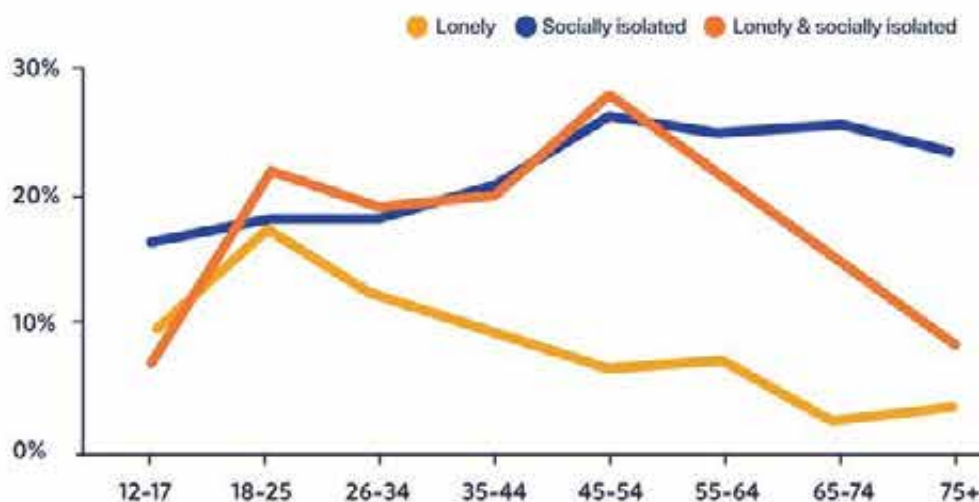
People living in Australia report some form of social disconnection - being either lonely or socially isolated, or both (51%)



1 IN 5

Almost 1 in 5 people are both lonely and socially isolated (19%)

ACROSS THE LIFESPAN



18-25 YRS

are the **loneliest**, but least socially isolated

45-54 YRS

are the **most lonely and socially isolated**, as well as the most socially isolated

65-74 YRS

are the second most **socially isolated** age group

WHO IS MOST IMPACTED?



REGIONAL/REMOTE

People living in regional and remote areas are

1.3x

more likely to be both **lonely and socially isolated**

LIVING ARRANGEMENT



29% of people living with housemates are both **lonely and socially isolated**



15% of people living with their partner are **socially isolated**



27% of people living alone are both **lonely and socially isolated**



16% of people living with family are both **lonely and socially isolated**

RELATIONSHIP STATUS



15%

of people who are married or in a relationship are **socially isolated and lonely**



22%

of people who are single are **lonely and socially isolated**



26%

of people experiencing divorce/separation or loss of a partner are both **lonely and socially isolated**

HEALTH STATUS



1 IN 4

of people who have **chronic illness** are **lonely and socially isolated**

Chronic illness increases the risk of being **lonely and socially isolated** by

3x

MENTAL HEALTH CHALLENGES

Loneliness and social isolation increase the risk of mental health challenges



6x

Risk of **depression**



4x

Risk of **social anxiety**

WHAT MAKES US FEEL DISCONNECTED?

Both infrequent contact and poor quality relationships such as having conflict with others can increase the risk of loneliness and social isolation.



Relationships that are poor in quality as well as those with minimal contact, make us feel the most socially disconnected.

WHAT HELPS US FEEL CONNECTED?

Helping others, connecting with our community and quality time with friends can reduce the risk of loneliness and social isolation.



Intentional connection which includes making and maintaining contact with friends, family, neighbours and the wider community can boost social connection.

Conversation

Cards

Starting conversation and connecting with new people can be challenging. These conversation cards can be used in one-one chats or group conversations to share interests and learn more about one another.

What has been the highlight of your week so far?

Are there any Netflix/ television series you'd recommend?

What's your favourite part about living here?

What's something small that made you smile recently?

Photos from July Community Lunch



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

Women In the Shed



Red Cliffs Grow
and Share Garden



Thank you to
CDC Victoria for
their continued
support of our
Food Share
program.
Pictured: CDC
Manager, Luke
Charles with
RCCRC EO
Joanne Farrell.



Photos from our July Mosaic Workshop







Gawler Regional
Natural Resource Centre

How to Create a Wicking Bed in a Foam Box

e-mail: emily.griffiths@sa.gov.au
web: www.nrcgawler.org.au
ph: 8523 7715

What you will need:

- Foam 'broccoli' box
- Gravel
- Piece of shade cloth (same dimensions as the box)
- PVC pipe with two holes drilled 2cm up from the bottom

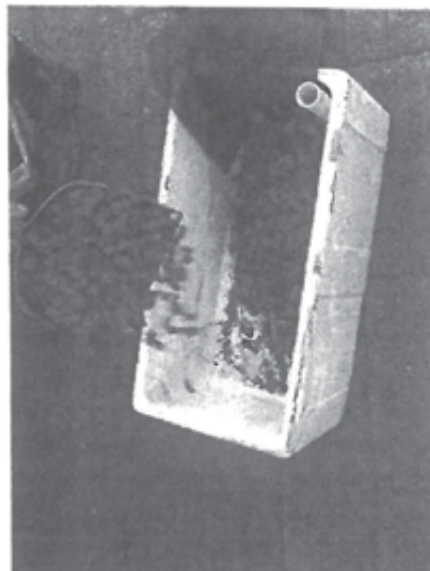


Step 1:

Make an overflow hole (2cm in diameter) in the end of the foam box 12cm from the bottom. The hole can be made by pushing the PVC pipe through the foam.

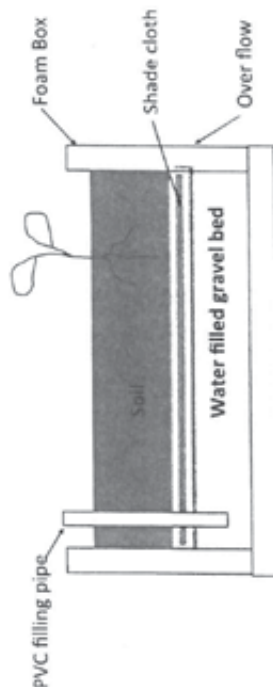
Step 2:

Add your piece of PVC pipe that will act as the filling mechanism. Make sure the holes are at the bottom



Step 3:

Add the gravel to the box evenly until it reaches the overflow hole



Step 4:

Insert your layer of shade cloth slide it between your overflow hole and the gravel at one end.



Step 5:

Add good quality soil or potting mix and compost



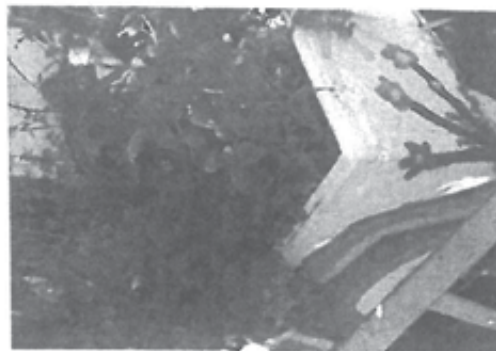
Step 6:

Plant your wicking bed with veggies/herbs



Step 7:

Water your wicking bed by pouring water down the vertical PVC pipe - this will fill the gravel reservoir. You know it is full when water starts coming out of the overflow hole. Water again when the soil starts to dry out on top.

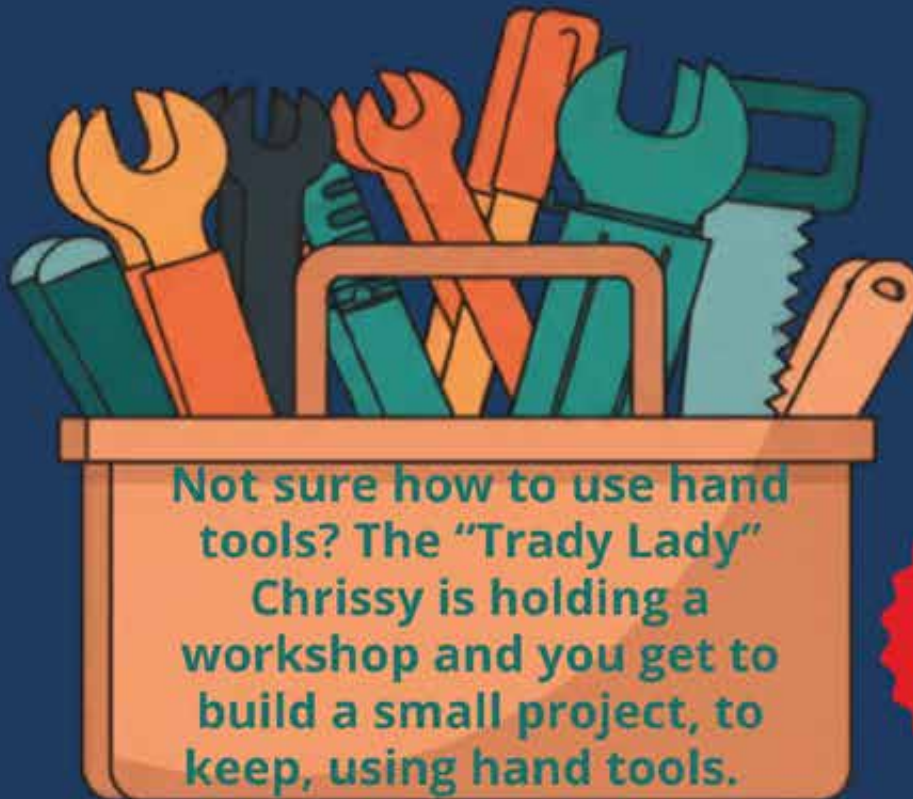


Ideas:

Try growing herbs and salads and place your foam box near the house so it is easy to duck out and grab the ingredients you need while cooking. You can also decorate your foam box to add some colour to your garden. Happy Growing! If you would like to know how to set up a larger raised garden wicking bed contact the Gawler Regional NRC

HOW TO USE HAND TOOLS

“WOMEN IN THE SHED”



Tuesday the 11th August



10 am to 12 noon



23 Indi Avenue Red Cliffs



**Scan
QRCode
to book**



What to do in a health emergency



When should I call an ambulance?

In an immediate, life-threatening emergency such as:



Chest pain or chest tightness



Sudden numbness or paralysis of the face, arm or leg



Large burns



Serious accidents



Severe bleeding



Difficulty breathing



Extreme pain



Unconsciousness

Call Triple Zero (000) and the call taker will help you.

Where is your emergency?



Say 'ambulance' and then the language you speak in English.



Interpreter

When it's not an emergency, what can I do?



SPEAK
with a
Pharmacist



Search online to find a nearby pharmacy



SEE
your local
Doctor



13SICK (13 7425)
Visit healthdirect.gov.au



RING
Nurse-on-Call



1300 60 60 24



VIDEO CALL
Virtual
Emergency
Department



www.vved.org.au



VISIT
Urgent Care
Clinic



betterhealth.vic.gov.au
to find a location

Become an Ambulance Victoria member.
It's quick and easy to join at

www.ambulance.vic.gov.au/membership



AmbulanceVictoria



Workshops To DIY kimchi, harissa, pickles and sauerkraut

\$150*

**Preserve
& Serve**

With Miriam Yip

**Saturday
29th of August
10.30am to 1.30pm**



Scan to book

***Lunch provided
and you get to take
home sample
jars of what
you have made.**



**Next
Chatty Cafe
Wednesday
19th August**



**23 Indi
Avenue,
Red Cliffs**

10am-11.30am

August
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
17th August 2026
for 4 weeks

10.30 am
at 23 Indi Avenue
Red Cliffs

contact 0350243455 or
rcresource.reception@gmail.com





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.





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](#)

New RCCRC Learn Local Testimonial

Lucy joined our Digital Essentials classes to build the technology skills and confidence needed to participate in online learning while completing her psychology degree. As her studies were delivered online, developing strong digital literacy skills was essential to her success.

What made Lucy's journey even more remarkable was her determination. She travelled more than an hour each way to attend the classes, consistently arriving with a positive attitude and willingness to learn. Her dedication demonstrated how focused she was on achieving her educational goals.

Throughout the program, Lucy steadily increased her confidence in using computers, navigating online learning platforms, accessing course materials, completing assignments and communicating effectively in a digital environment. She embraced every opportunity to learn and continually applied her new skills to support her studies.

Lucy's story is a powerful example of the empowerment Digital Essentials classes can provide. By gaining practical digital skills and the confidence to use technology independently, she was able to fully engage in her university studies and overcome barriers that may otherwise have limited her opportunities.

The program not only helped Lucy strengthen her digital capabilities but also empowered her to pursue and achieve her academic aspirations.

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.



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 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.



**WE ARE GIVING AWAY A LIMITED AMOUNT
OF FREE PLANTER BOXES THAT ARE READY
FOR
YOU TO SET UP AND PLANT YOUR SEEDS.
EVERYTHING IS SUPPLIED**



**Drop in to the
Red Cliffs Community Resource Centre
and check them out in August**



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

During National Stroke Week
Ambulance Victoria will hold an
information session on strokes with the
Red Cliffs Mens Shed

***When stroke strikes,
be a F.A.S.T. hero.***

FACE. ARMS. SPEECH. TIME.



**NATIONAL STROKE WEEK
3-9 AUGUST 2026**

Stroke
FOUNDATION



Thursday the 6th of August



1pm 2.30pm



23 Indi Avenue, Red Cliffs



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 2pm.

**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

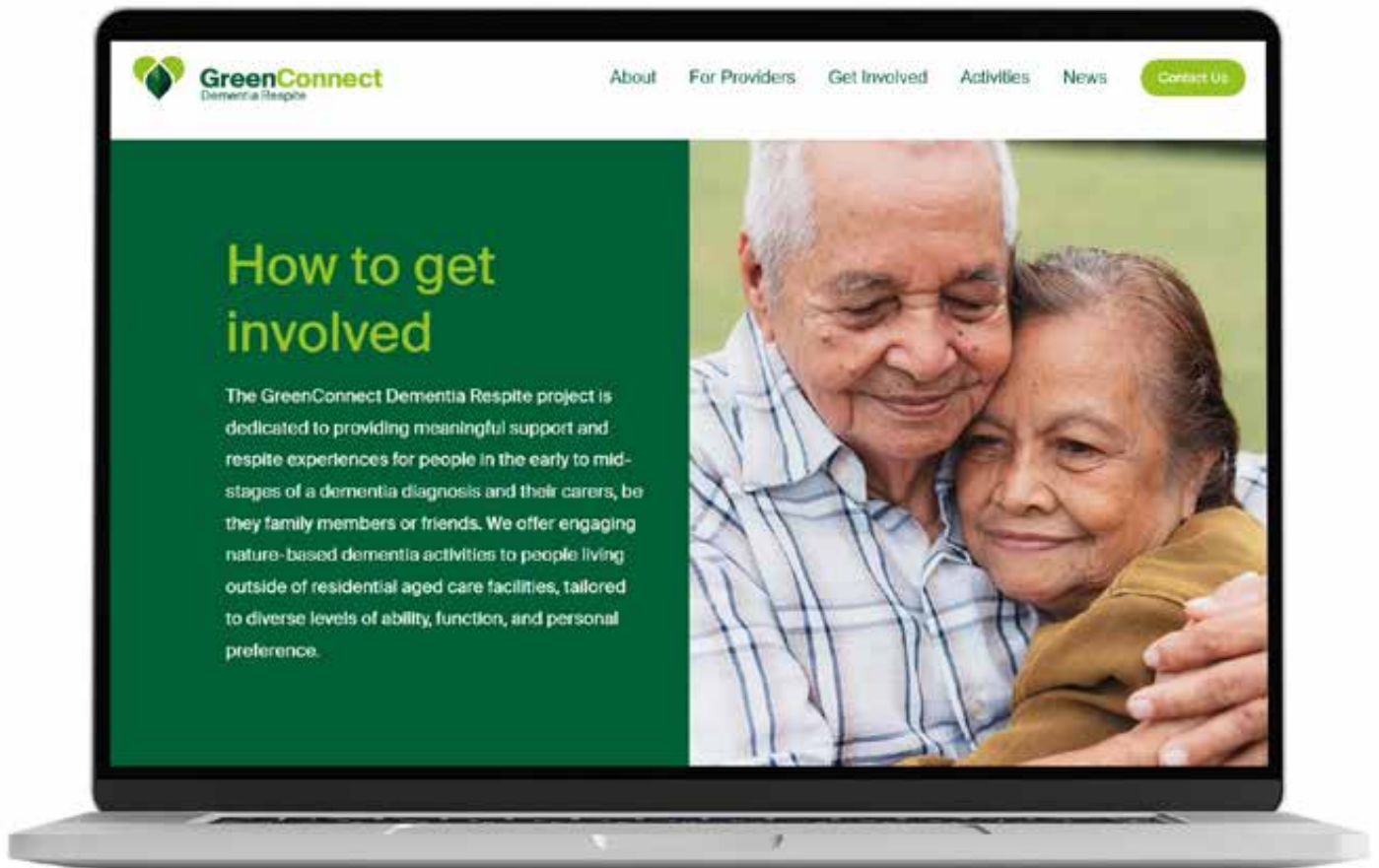
Tuesday
11th August





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



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



**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



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



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

Regular Boomerang bags can be purchased from Red Cliffs Community Resource Centre.

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

HOW TO SHARE THE VALUE OF NATURE WITH SOMEONE YOU LOVE!



Show them how the stars form a constellation



Tell them an amazing fact, like dolphins name each other with unique whistles!



Incorporate nature into something they love, like a farm to table restaurant experience



Watch a movie or documentary all about nature



Discover somewhere new while bike riding



Try something you both haven't done before, like an outdoor exercise class



Swap your usual coffee catch up for a bushwalk



Ask them to help you in the garden



Spend the day by the sea



Cook a meal together using food you grew



Show them your favourite park, forest or beach



Set some chairs up under a tree and catch up beneath the canopy!



August Sustainability tips

**Simple ways to reset, reuse and prepare
your home and garden for spring.**

Refresh Your Wardrobe Without Shopping

Bring out your spring clothes, repair missing buttons and create new combinations from pieces you already own.

Set a Spring Sustainability Goal

Choose one habit to begin in September, such as growing herbs, composting food scraps, reducing single-use plastics or walking more often.

Use the Last of the Winter Sun

Continue opening curtains during sunny days and closing them before evening to naturally warm your home.

Choose Reusable Cleaning Cloths

Cut up worn towels, sheets or T-shirts and use them instead of disposable wipes and paper towel.

Prepare Your Garden Beds

Remove weeds, add compost and improve the soil before spring planting. Healthy soil helps plants grow with less water and fertiliser.

Start Composting for Spring

Sharpen, tighten and clean your tools before the busy spring season. Good maintenance helps them last longer.

Check What You Can Propagate

Before buying new plants, see whether you can grow cuttings, divide existing plants or swap seedlings with friends and neighbours.

Clean and Repair Garden Tools

Cut up worn towels, sheets or T-shirts and use them instead of disposable wipes and paper towel.

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](#)

BEFORE YOU MAKE A PURCHASE, CONSIDER THIS!



Can you borrow it?



Can you buy it secondhand?



Can you repair it?



Can you dispose of it responsibly?



Can you buy it local?



Will it last for a long time?



Will you look after it?



Will it improve your life?



Can you sleep on the decision?



Can you find a way to feel good elsewhere, like through exercise?



Can you live without it?



Do you actually even really need it?





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)