

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 & Ngintate and Nyeri Nyeri people as the traditional owners and custodians of this land and pays respect to their elders past and present.

Stay safe and warm.
RCCRC welcomes the community to drop in for a cuppa and a chat* in the warmth. (During open hours only)

Food Swap
Saturday
19th July

RED CLIFFS
grow
& share
GARDEN



Upcoming Red Cliffs Carers Pass activities will be:
8 July – Coffee Catch Up • 10 July – Gel Printing
• 7 August – Soft Pastel

If you are a carer and want to attend,
[click here to sign up for your pass.](#)

Be Connected

Every Australian online.

Free* Information Session

Come along to find out how
you can connect to the digital
world. For ages 55+

Thursday 31st of July 10.30am to 12.30pm

Free soup & bread roll on the day

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Learn Local

**DIGITAL
ESSENTIALS
CLASSES**

Free* Information morning

Learn basic digital literacy
that will help you
move forward in your career

Wednesday 16th July 10am-12pm



CHAIR YOGA

With Melanie Wellness

BOOKINGS REQUIRED*

Total cost for 4 week program is \$40

This program is for men and women*

**Next program Starts
Monday the 30th June
2025
for 4 weeks**

10.30 am
at 23 Indi Avenue
Red Cliffs



contact 0350243455 or
rcresource.reception@gmail.com



SORRY, WE ARE
CLOSED

*FOR STAFF/VOLUNTEER
TRAINING*

***THURSDAY
17TH OF JULY***

Free* Information morning Wednesday 16th July 10am - 12pm

Barb from "Skills and Job Centre" will be onsite and our Digital Tutor will be available to assist with any queries.



FREE* PROGRAM



DIGITAL ESSENTIALS CLASSES

Learn basic digital literacy that will help you *move forward in your career*

Become confident in:

- Using online platforms
- Using different digital devices
- Applying for jobs online
- Using Applications
- Digital communication pathways

Wednesday mornings 10.00am to 12noon.
during Victorian School terms.

At Red Cliffs Community Resource Centre
23 Indi Avenue, Red Cliffs.



Bookings are a must. Ph: 03 5024 3455 or email: rcresource.reception@gmail.com

**free soup and a
roll provided on
the day ***



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.

**Drop in Information Day
Thursday 31st of July
10.30am to 12.30 pm
Come along to find out how you
can connect to the digital world.**

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**





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





RCCRC community members have been busy knitting cheerful beanies. These beanies were gratefully delivered to Mildura Base Public Hospital, where they are sure to brighten the day of patients.

If you'd like to contribute beanies for the next donation, please get in touch with RCCRC.



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 19th July 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

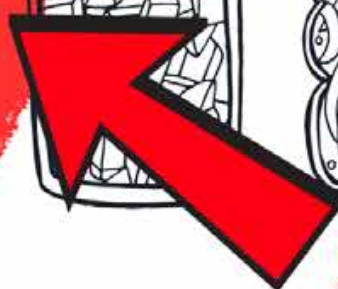


Introduction to preserving citrus, kimchi and sauerkraut



With the Yips from environmental media

**Saturday
9th August
12.00pm to 3pm**



Scan to book

Environmental
& Science Media



Pics from our

Pasta

Making

Day



Happy Snaps from *Reddy, Set, Cook*



Learn skills for work and life

Our balcony will be refurbished!



We were successful in receiving funds from the Tiny Towns round 2 State Government grant. These funds are to go towards the refurbishment of the front balcony of RCCRC but we are still in need of more funds to complete the projects.

The balcony is a landmark feature in Red Cliffs. The boards are to be replaced as they are unsafe with new ones and painted the appropriate colours. The old wire mesh is to be replaced with compliant materials to keep the site well ventilated and keep the pigeons out and to meet OHS standards. The works will be contracted to a registered builder and the works must be completed by December 2026.



June Happy Snaps



Mens Health week including a talk from Sunraysia Medial Centre.



Plants for the grow and share garden to be used in our cooking program.

Star Plate Geo Dome built by Red Cliffs Men's Shed members for The Red Cliffs Grow & Share Garden.



Pigeon proofing the storage shed at the Grow and Share Garden.



Sharing the human spirit through friendship

Our world faces many challenges, crises and forces of division — such as poverty, violence, and human rights abuses — among many others — that undermine peace, security, development and social harmony among the world's peoples.

To confront those crises and challenges, their root causes must be addressed by promoting and defending a shared spirit of human solidarity that takes many forms — the simplest of which is friendship.

Through friendship — by accumulating bonds of camaraderie and developing strong ties of trust — we can contribute to the fundamental shifts that are urgently needed to achieve lasting stability, weave a safety net that will protect us all, and generate passion for a better world where all are united for the greater good.





Our June Chatty Cafe coincided with the Cancer Council Biggest Morning Tea, where we raised \$1000.



Cancer Council
Australia's Biggest
Morning Tea

**have
a
chat**



Come and visit The Shed Thursdays 10am - 3pm

Building.....a community

Discover a community to belong to
& mates that make it all worthwhile.

Red Cliffs Men's Shed is located at Red Cliffs Community Resource Centre,
23 Indi Avenue Red Cliffs.

Governed by the Australian Men's Shed Association (Member: AMSA101238) We 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.

Come and visit The Shed
Thursdays 10am - 3pm

Ph: 50 243 455 or email redcliffsmensshed@gmail.com.
to book before coming or to get more information.



Above: A Geo Dome made for the Grow and Share Garden by The RC Men's Shed



Red Cliffs CARERS Support Group



Free* cuppa and
catch up
2nd Tuesday
of the month.
1pm to 2.30 pm
at 23 Indi Avenue
Red Cliffs

First catchup
July the 8th



Gel Printing Workshop.

work-
space
3496



THURSDAY 10 JULY 10AM-12PM

CONTACT THE RED CLIFFS COMMUNITY RESOURCE CENTRE
BY EMAIL AT RCRESOURCE.RECEPTION@GMAIL.COM
OR ON 5024 3455 TO BOOK.

MAKE SURE TO QUOTE YOUR CARERS PASS NUMBER.



CONNECTING CARERS IN THEIR COMMUNITY



The 'Connecting Carers in their Community' grants program is supported by the Victorian Government.

Soft Pastel Workshop.

work-
space
3496



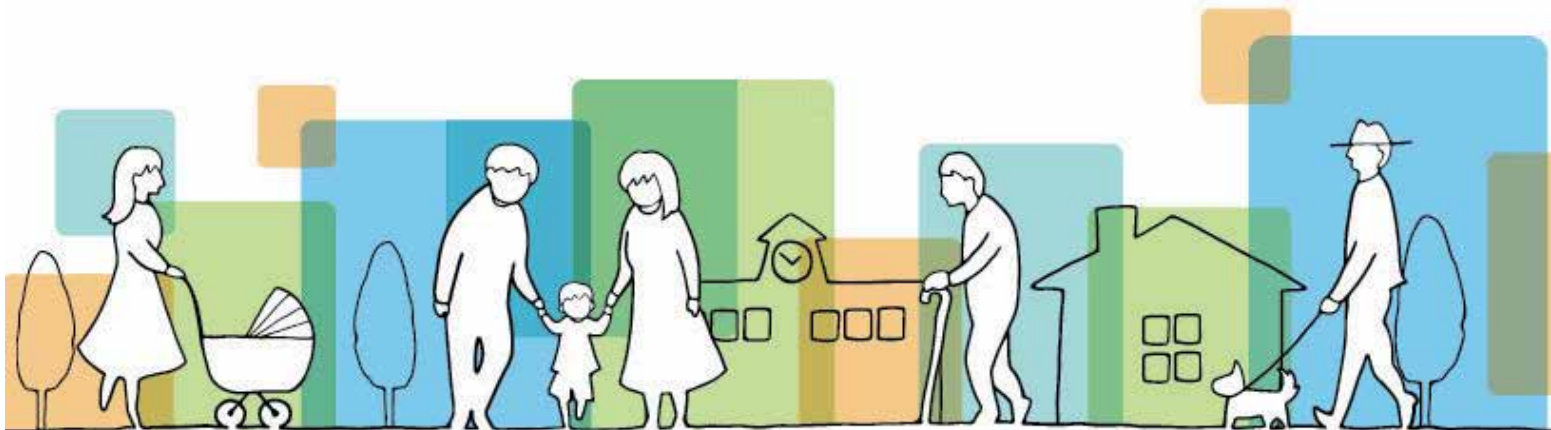
THURSDAY 7 AUGUST 10AM-12PM

CONTACT THE RED CLIFFS COMMUNITY RESOURCE CENTRE
BY EMAIL AT RCRESOURCE.RECEPTION@GMAIL.COM
OR ON 5024 3455 TO BOOK.

MAKE SURE TO QUOTE YOUR CARERS PASS NUMBER.



CONNECTING CARERS
IN THEIR COMMUNITY



The 'Connecting Carers in their Community' grants program is supported by the Victorian Government.

Art for Self Healing.

June saw Carers participate in an Art for Self Healing Workshop. Facilitated by Workspace 3496.
See photos below.



work-
space
3496



**Information session
for potential
Disability Support
Pension candidates
presented by riac**

**FREE*.
morning tea
provided**



Date: Wednesday 2nd July

Time: 10.30 to 12 noon

**Place: 23 Indi Avenue, Red Cliffs
call for more info on 0350243455**

riac

Rights Information
and Advocacy Centre



COMMUNITY
RESOURCE
CENTRE

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

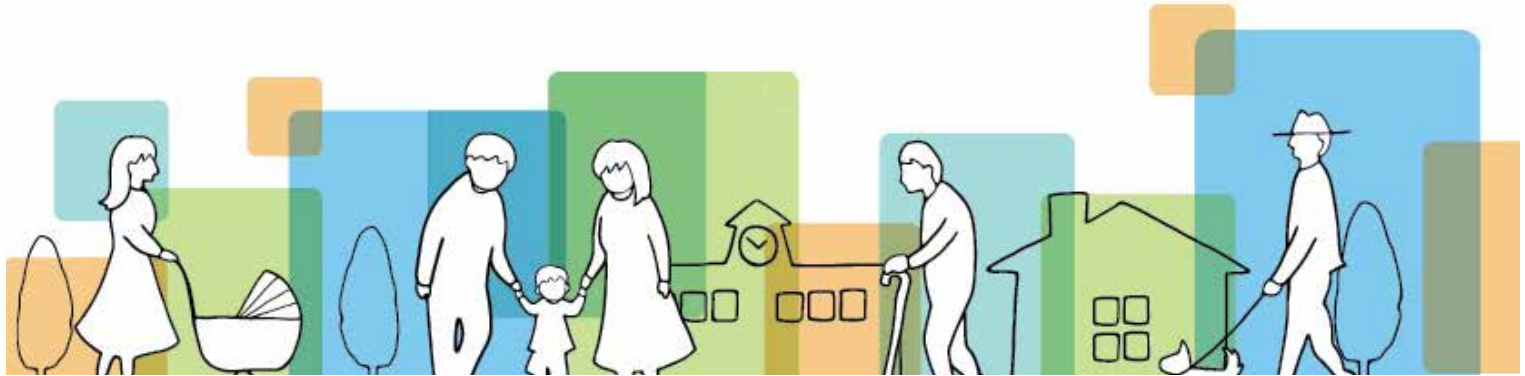


supportforcarers@schs.com.au



137 Thirteenth Street,
Mildura, 3500

CONNECTING CARERS IN THEIR COMMUNITY



Thank you to Vic Gov & Carers Victoria for helping us fund the Red Cliffs Carers Support Group.

Carers Resources

Organisation	Description	Link
	Caring for someone at the end of their life is a very important role. People who do this help the person they care for and that person's family and friends. They also help the community by reducing the pressure on our health care system. Carers are vital members of the Australian community and we are so thankful for what they do. Caring for someone who is dying can be very difficult. Often, people are caring for someone who is very close to them. This makes the end of life very emotional, which can be hard to cope with. Relationships can change significantly, and the caring role can become much more intense at this end of the caring journey. The Australian Government has funded three CarerHelp projects. The third CarerHelp Rural Connect project started in 2023 and will be completed in 2026. The aim of this funding is to develop resources for rural carers and offer rural carers a once off online education and support sessions with a health professional.	carerhelp.com.au
	Carer Gateway is an Australian Government program providing free services and support for carers. The Australian Government works with a range of health and carer organisations across Australia, known as Carer Gateway service providers, to deliver services to carers no matter where they live in Australia.	www.carergateway.gov.au
	Carers Victoria is the statewide voice for family carers, representing and providing support to carers in Victoria.	www.carersvictoria.org.au



Why MyTime?

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

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

Unwind and
share experiences
with others who
understand



mytime.net.au

SuniTAFE Skills and Jobs Centres
provide

FREE CAREER AND EMPLOYMENT ADVICE

We can provide information on
Education & Training, Career Pathways
and offer Job Application support

See you at the
Red Cliffs Community Resource Centre
10am – 12pm
Wednesday's fortnightly



SKILLS
AND JOBS
CENTRES

Victorian
Skills Authority

VICTORIA
State Government

Jobs, Skills,
Industry
and Regions

• Red Cliffs Community Resource Centre •



JUSTICE OF THE PEACE

Service available at RCCRC
Friday mornings*
from 9:30 am to 12:00 pm **only***

23 Indi Avenue, Red Cliffs



STOP. CHECK. PROTECT.



Anybody can be scammed but there are 3 simple, memorable steps we can all take to stay safe from scams.

1

Stop

Don't give money or personal information to anyone if unsure.

2

Check

Consider who you're dealing with and ask yourself: could the message or call be fake?

3

Protect

Act quickly if something feels wrong and report scams to Scamwatch. Your report will help us protect others.

scamwatch.gov.au



Australian Government



National
Anti-Scam
Centre



ScamWatch
Stop. Better safe than scammed.



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



SPOTLIGHT ON OUR SPONSORS.
Thank You to CDC Victoria,
Food For Change and SMECC
for their vital support.





*A big
Thank You*



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

LOW IMPACT PILATES

\$40 FOR 4 WEEKS
BOOK YOUR PLACE
CALL 03 50243455

*****CHAIR BASED**

**START YOUR
HEALTH
JOURNEY
with Melanie**



**Having a break !!! Back in
a couple of months**

**At the Red Cliffs Community
Resource Centre
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



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.





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



Seeking donations of material to make book bags for kinders

Make bags to reuse and share.

Tuesdays 9.30am to 11.30am @ RCCRC

Operating every Tuesday in School Terms

Victorian Longarms Firearm Safety course

Book via
QR code or type
in hyperlink



<https://tinyurl.com/FirearmSafetyCourse>



Authorised by
Victoria
Police

SEWING & CRAFT GROUP



Bring your sewing projects along and discuss all things crafting.

10 am to 2 pm.

Every Wednesday except the first one of the month

For intermediate and advanced sewers and quilters.

2025 Scrapbooking, Card Making Workshops Red Cliffs Community Resource Centre

Tuesday 1st Jul
12 noon
Cards \$25
Scrapping \$30



Tuesday 8th Jul
12 noon
Cards \$25
Scrapping \$30

Tuesday 15th Jul
12 noon
Cards \$25
Scrapping \$30



**Bookings essential, by Friday before workshop
so kits can be made up, Call Carolyn on 0412868447**

Think

BEFORE YOU THROW



LET'S ALL HAVE A GO AT REDUCING OUR WASTE

Before rushing to discard or replace items,
consider reusing or repurposing what you
already have.

**Small changes, like fixing a broken item or
getting creative with its use, can extend its life
and reduce waste.**

HERE'S HOW YOU CAN GET CREATIVE WITH YOUR FOOD SCRAPS!

(Beginner-friendly edition)



Eggshells make great fertilisers



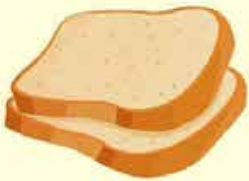
Veg leaves can go in soups!



Add citrus peels to vinegar + water to make air freshener!



Add coffee grounds to your garden as fertiliser



Make stale bread into croutons



Use overripe banana in puddings and smoothies



Turn veg leaves into a pesto sauce!



Try composting!



Freeze fruits and add them to smoothies!



Bones from chicken - make bone broth from them!



Make food scraps the center of your recipe!



Freeze leftover herbs in olive oil ice cubes



Normalise buying **NOTHING**

Instead, we can:

ALTER
CREATE
REPURPOSE
BORROW
GROW
MEND
REPAIR
SWAP
THRIFT
REFURBISH



Glass recycling

Put lightly rinsed, empty glass bottles and jars into the bin loose, not in bags.

Lids to be removed, plastic lids disposed of in the general rubbish bin. Metal lids recycled in the mixed recycling

✓ Yes

- ✓ Glass bottles including beer, wine and olive oil bottles
- ✓ Glass jars including pasta sauce and condiment jars
- ✓ Glass bottles and jars for medicine
- ✓ Broken glass jars and bottles accepted



✗ No

Plastic bags or packaging, loose lids and caps from bottles or jars, corks, pumps, sprays, droppers, cardboard, crockery such as plates, dishes, mugs, drinking glasses, glass cookware, vases, light bulbs.

Purple bins are emptied monthly - To find your collection day visit:

<https://www.mildura.vic.gov.au/Services/Waste-and-Recycling/My-bins/Find-your-bin-day>

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

In-store toy
recycling even
the toys feel
good about
How good's that



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.)

Blister Pack Recycling

Blister packs are made from a combination of materials like plastic and aluminium which cannot be separated through household kerbside recycling.

Pharmacycle is the solution to this wicked problem.

Welcome to the largest and only end-to-end recycling program for blister packs in Australia.

Click on the following videos to explore how a blister pack is broken down into key parts that can be used by our partners, allowing us to give each blister pack a second life.



Episode 1- The Journey of a Blister Pack



Episode 2- Breaking down the Blister Pack



Episode 3- A new life for Blister Packs

Drop off locations in Mildura

**Chemist Warehouse
Mildura
114a-118 Langtree
Avenue Mildura**

**My Chemist Mildura
69 Langtree Avenue
Mildura**

**Chemist Warehouse
Shop G002
Mildura Central
Shopping Centre, Cnr
Deakin Ave & Fifteenth
Street, Mildura**

**Chemist Warehouse
Mildura Homemaker
Centre, Cnr Fifteenth
Street and Benetook
Avenue, Mildura**



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.**

Recycle & donate your refund to RC Community Resource Centre

**Did you know that you can choose to donate your
refund to the Red Cliffs Community Resource Centre
when you return your containers to your nearest
refund point?**

What can I return?

Most aluminium, glass, plastic and liquid paperboard (carton) drink containers between 150mL and 3 litres are eligible. You can keep the lids on, we recycle them too.



Check for the 10c mark

Look for the 10c mark on the drink container label. It is often located near the barcode.



How to donate at your nearest refund point:

- Show this barcode, or
- Quote the code: C2000009812, or
- Ask to donate to "Red Cliffs Community Resource Centre"



C2000009812





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

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)