Red Cliffs Connections

A newsletter for the Red Cliffs Community Resource Centre

September 2026 - Volume 49

ABN: 36 345 726 854 Inc. A0028520U

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





Click an index item to go to page:

2 - RCCRC Survey
3-4 - Women's Health Week
5 - R U OK? Day
6-7 - Women in the Shed
8 - Community Lunch
9-10 Red Cliffs Market Day
11 - AGM
12 - Blue Tree Project
13 - Food Share
14 - Happy Snaps
15 - Chatty Café
16-18 - Happy Snaps
18 - Book Swap
20 - Learn Local
21 - Adult Learners Week
22 - Digital Essentials
23 - Reddy, Set, Cook
24 - Spadeworks
25 - Mosaic Garden Installation
26 - Seedbank
27 - Red Cliffs Men's Shed
28 - Sewing & Craft Group
30 - Be Connected
31 - Get Online Week
32 - RC Carers Support Group
33 - Carers Gateway
34 - Free Career & Employment Advice
35 - Justice of the Peace
36 - Knitting Beanies for Hospitals
37 - Nourish Sunraysia Social Supermarket
38 - Food Donations
39 - Food Share
40-41 - Boomerang Bags
42-45 - Sustainability
46 - Ritchies Community Benefit Program
47 - Firearm Safety Course
48 - What to Do in an Emergency
49 - Community Billboard



All information in this newsletter is subject to change.

Have your say

The Red Cliffs Community Resource Centre wants you to have your say in our community survey

RED CLIFFS COMMUNITY RESOURCE CENTRE

This survey is an opportunity for the community to tell us how they already utilise the centre and for them to share their thoughts on the future of the Centre.

Starts 1st September 2026 ends 14th of September 2026

SCAN THE QR CODE

Go in the draw to win a $100 Mildura Workers meal voucher*

MILDURA WORKERS WE GIVE BACK TO THE COMMUNITY

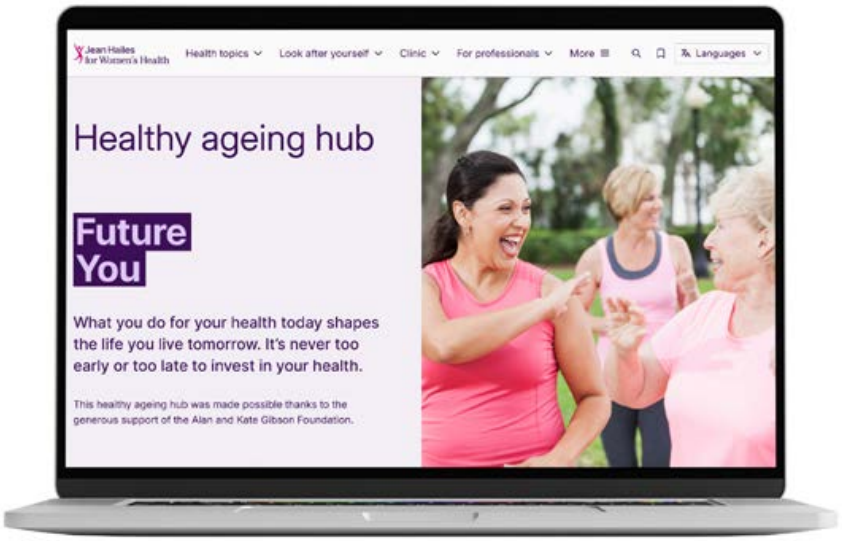
Click here to access the survey


Jean Hailes
WOMEN'S HEALTH WEEK
7–11 September 2026
womenshealthweek.com.au
Jean Hailes is supported by funding from the Australian Government.

















Check out the Healthy ageing hub - Jean Hailes

RUOK?®

A conversation could change a life.

RUOK? DAY 2026

THURSDAY, 10TH SEPTEMBER

FREE Lions club BBQ
10.30am to 12.30 pm

DROP IN TO
23 INDI AVENUE
RED CLIFFS
AND HAVE A CUPPA AND A CHAT.
CHECK OUT
THE RED CLIFFS MENS SHED
.



RED CLIFFS MENS SHED

RED CLIFFS COMMUNITY RESOURCE CENTRE

MAKE A COUCH END
"WOMEN IN THE SHED"





Make a couch end cover to hold your cuppa and mobile phone. The "Trady Lady" Chrissy is holding a workshop, using the correct tools so you can make one.

cost $30

Tuesday 13th October
10 am to 12 noon
23 Indi Avenue Red Cliffs

Scan QRCode to book

RED CLIFFS COMMUNITY RESOURCE CENTRE

Happy Snaps

Women In the Shed

















RED CLIFFS COMMUNITY RESOURCE CENTRE

RED CLIFFS FOOD SHARE

Monthly

FREE*



FIRST WEDNESDAY OF THE MONTH

COMMUNITY LUNCH

WHEN	NEXT DATE	TIME
	WEDNESDAY 7TH OF OCTOBER	11:30 AM 1:00 PM

Bring your friends and treat yourself to a relaxed and joyful experience filled with great food, inspiring conversations, and positive energy. Required to book.

Red Cliffs Community Resource Centre
23 Indi Avenue Red Cliffs,Vic
more info call 0350243455

Last Day to book is the Monday before the Lunch
Scan the QR code to book

VICTORIA State Government

RED CLIFFS COMMUNITY RESOURCE CENTRE

YOU CAN DO IT



Open Red Cliffs Market Day

SUNDAY 4TH OCTOBER









The Red Cliffs Community Resource Centre will be open 9am to 1pm.

Check out our programs for Term 4 2026

23 Indi Avenne Red Cliffs

www.redcliffscommunity.org



RED CLIFFS grow & share GARDEN

RED CLIFFS MENS SHED

RED CLIFFS FOOD SHARE

Pot Plants for Sale

at our open day 4th October



RED CLIFFS COMMUNITY RESOURCE CENTRE

RED CLIFFS COMMUNITY RESOURCE CENTRE INC 2026 AGM

Monday 26th of October

6pm,Sharp

23 Indi Avenue Red Cliffs

followed by a light supper

RSVP 22nd October

Contact the Executive Officer on
rcresource@smartchat.net.au

BLUE TREE PROJECT

We are revisiting the Blue Tree in Red Cliffs before World Mental Health Day

Behind each blue tree lies a story
Blue Tree Project was founded with a mission to help spark important conversations and encourage people to speak up when experiencing mental health concerns. We believe help is never as far away as it feels.
Blue trees dotted across every continent of the world (minus Antarctica) are both beacons of hope, and conversation starters.
Something that began out of tragedy now offers a positive way for people to connect and help change the way we view and talk about mental health.
World Mental Health Day is Saturday 10th of October.



Painting on Tuesday 6th October 10.00 am

more info call 0350243455

RED CLIFFS COMMUNITY RESOURCE CENTRE

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



REDCLIFFS FOOTBALLNETBALLCLUB

Thank you to Red Cliffs FNC who raised money on their Ladies Day that went towards Food Share.

Photos from our preserving & fermenting workshop





RED CLIFFS COMMUNITY RESOURCE CENTRE

The Chatty Cafe Scheme



Next Chatty Cafe September 16th September 10am-11.30am

23 Indi Avenue, Red Cliffs

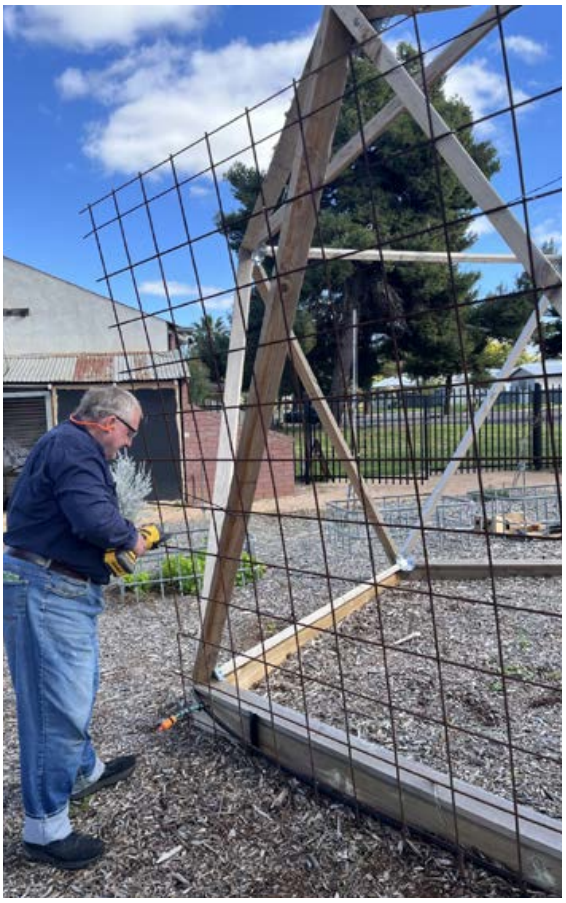
The Chatty Cafe Scheme

have a chat

Happy Snaps Grow & Share Garden



Mat, Nathan & Bob in fornt of the star plate dome at the RC grow and share garden.



Bob cut some weld mesh to fit the star plate dome. This means the climbing plants have something to hang on to when they grow.





Making up planter boxes



Nathan watering the garden

Reddy, Set, Cook





Quinten from Ambulance Victoria did a talk for stroke awareness week in August





Chatty Cafe is full of happy people





Our Mosaic project at The Grow & Share Garden



Photos from Boomerang Bags



Kathy



Rita, Kathy and Lesley



Christmas Boom Bags in the making for sale at Red Cliffs Open Day Sunday 4th October



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.









RED CLIFFS COMMUNITY RESOURCE CENTRE



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.


ADULT LEARNERS WEEK
1–8 SEPTEMBER 2026
Follow your compass
Enrol now for Term 4 in our Learn Local Programs at Red Cliffs Community Resource Centre
• Digital Essentials (Computer Skills)
• Reddy, Set, Cook (Cooking Program)
• Spade Work (Garden Program)
ADULT LEARNING AUSTRALIA
Supported by the Australian Government
adultlearnersweek.org
@adultlearnerswk
#ALW2026
1300 453 276



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

Date: Term 4 2026 starts 7th October

Tuesday mornings(New day for term 4)
10:00am – 12:00pm
During Victorian school terms

New Day term 4

Eligibility:

Adults seeking to improve basic digital skills.
No experience required.

Location

Red Cliffs Community Resource Centre
23 Indi Avenue, Red Cliffs

Scan to enrol

Cost

Fully Funded by Learn Local

Bookings / enquiries

Bookings are essential.

rcresource.reception@gmail.com 03 50 243 455

Endorsed Learn Local course.

Learn Local | 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 4 2026 Starts 5th October
MUST ENROL before attending

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.

Learn Local | 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 4 2026 starts October 8th

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.

Learn Local

RED CLIFFS grow & share GARDEN

Red Cliffs Community Resource Centre

RED CLIFFS COMMUNITY RESOURCE CENTRE

MOSAIC GARDEN ART INSTILLATION

Unleash your creativity and work together to create a mosaic bench

WEDNESDAY 9TH SEPTEMBER

1PM TO 3 PM

16 KIEWA AVENUE RED CLIFFS

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 COMMUNITY RESOURCE CENTRE

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

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.

LIMITED ACCESS TO THE CENTRE DUE TO A PRIVATE EVENT

WEDNESDAY 23RD OF SEPTEMBER

Reception will still be open

Red Cliffs Food Share will be open

Red Cliffs Book Swap will be open

RED CLIFFS COMMUNITY RESOURCE CENTRE

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

Australian Government

Red Cliffs Community Resource Centre

Want to Know more about entertainment streaming services ?



*FREE**

This hands-on session is designed to help seniors learn how to use streaming services to watch movies, TV shows, documentaries and so much more.

Get online week

Thursday 22nd October

10am to 12 noon

23 Indi Avenue Red Cliffs

Australian Government

Be Connected

Every Australian online.

RED CLIFFS COMMUNITY RESOURCE CENTRE

RED CLIFFS COMMUNITY RESOURCE CENTRE





Red Cliffs CARERS Support Group

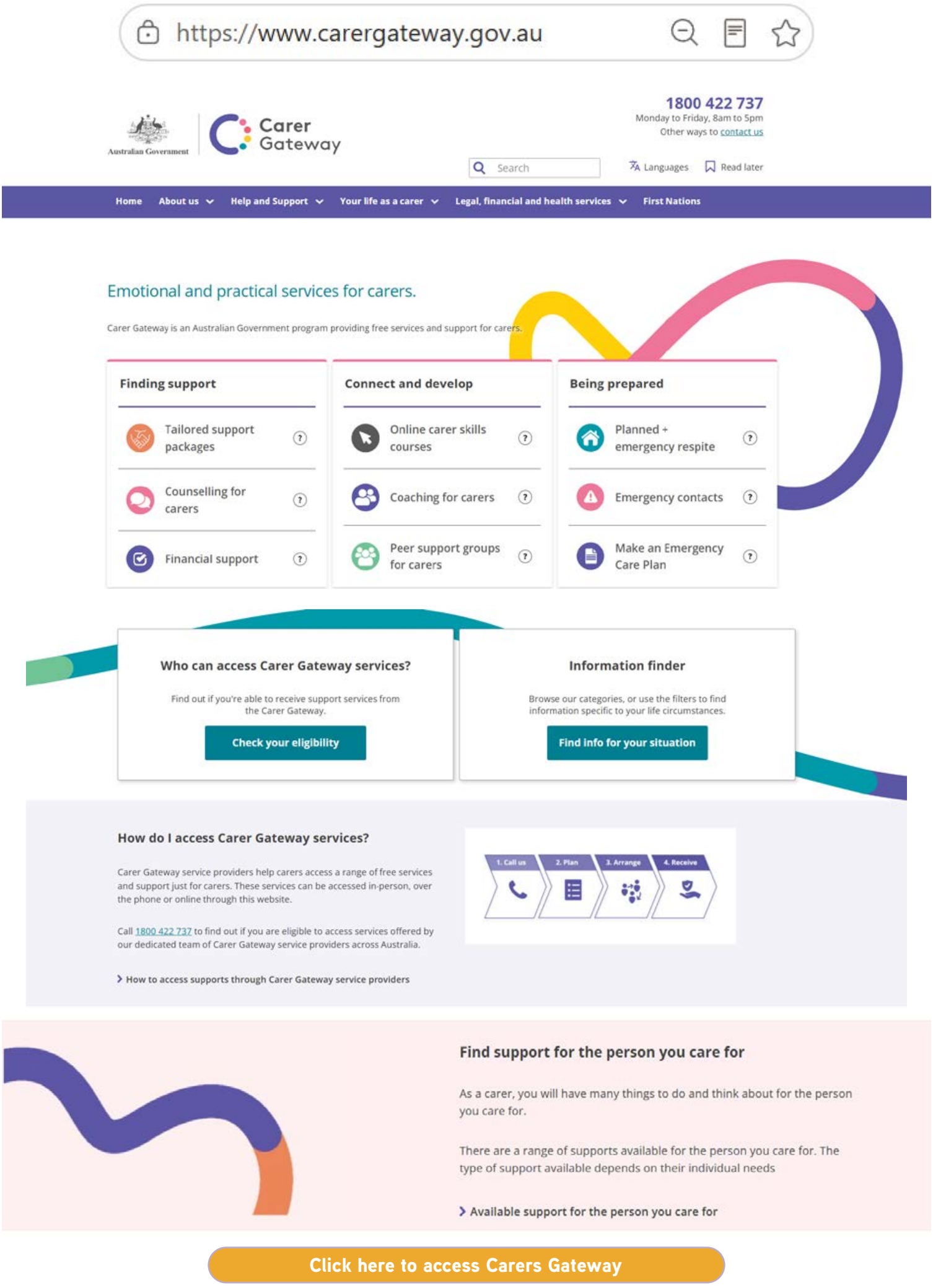
Tuesday September 8th

Free* cuppa and catch up with Mallee Family care on what services they offer

1pm to 2.30 pm

23 Indi Avenue
Red Cliffs

mfc malleefamilycare | community legal centre



Click here to access Carers Gateway

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

SuniTAFE | SKILLS AND JOBS CENTRES | Victorian Skills Authority | VICTORIA

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 *

RED CLIFFS COMMUNITY RESOURCE CENTRE

23 Indi Avenue , Red Cliffs, 3496

RED CLIFFS COMMUNITY RESOURCE CENTRE


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 AVLIABLE AT THE CENTRE TO KNIT OR CROCHET BEANIES
RED CLIFFS
COMMUNITY RESOURCE CENTRE
more information contact
rcresource.reception@gmail.com

Nourish Sunraysia Social Supermarket



$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

SMECC Nourish Supermarket v1.0 date 30th June 2025

RED CLIFFS FOOD SHARE

A big Thank You

RED CLIFFS FOOD SHARE

CALL OUT FOR FOOD DONATIONS



WHAT WE NEED?

UNEXPIRED & NON-PERISHABE TINNED FOOD WITH A RING PULL E.G BAKED BEANS, TINNED FRUIT

RED CLIFFS COMMUNITY RESOURCE CENTRE

Drop off at the Red Cliffs Community Resource Centre in open hours . 23 Indi Avenue Red Cliffs

FOOD RELIEF

RED CLIFFS COMMUNITY RESOURCE CENTRE



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

FOOD FOR CHANGE
GROW | RESCUE | SUPPORT

smecc
Rise higher.

RED CLIFFS FOOTBALL NETBALL CLUB

CDC VICTORIA
a comfortdelgro company

BOOMERANG BAGS

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

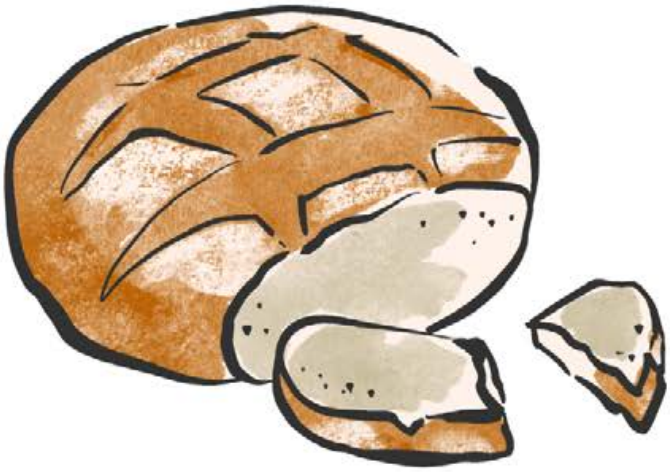
Operating every Tuesday in School Terms

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

BOOMERANG BAGS

Bread Bags

To keep your bread fresh



Made by the volunteers at the Red Cliffs Community Resource Centre

$5 each



RED CLIFFS COMMUNITY RESOURCE CENTRE

Red Cliffs Connections

SUSTAINABILITY



Tips for a greener planet

September Sustainability tips

Simple ways to welcome spring, reduce waste and make the most of the warmer weather.

Grow Something You Can Eat
Plant herbs, leafy greens or seasonal vegetables. Even a few pots can reduce packaging and food waste.

Give Your Garden a Spring Boost
Add compost and mulch to garden beds to improve soil health, retain moisture and prepare plants for warmer weather.

Open Up the House
Make the most of mild spring days by opening windows and doors for fresh air instead of relying on heating, cooling or artificial fragrances.

Choose Bee-Friendly Plants
Add native or flowering plants that provide food and habitat for bees, butterflies and other important pollinators.

Propagate and Share
Take cuttings, divide established plants or swap seedlings with friends and neighbours instead of buying everything new.

Repair Before You Replace
Check outdoor furniture, gardening equipment and household items for anything that can be cleaned, repaired or refreshed.

Take Reusables With You
As you spend more time outdoors, remember reusable drink bottles, coffee cups, shopping bags and picnic containers.

Walk or Ride for Short Trips
Take advantage of the spring weather by walking or cycling for shorter journeys when practical.

THESE SPACES IN YOUR COMMUNITY ARE CREATING THE CIRCULAR ECONOMY!



A reuse room in your building.



The local food pantry.



Clothing swaps.



Organisations turning trash into treasure.



A maker's library.



Community gardens.



Cafes which encourage reusable cups.



Street libraries.



Sewing circles.



'Buy Nothing' trading groups.

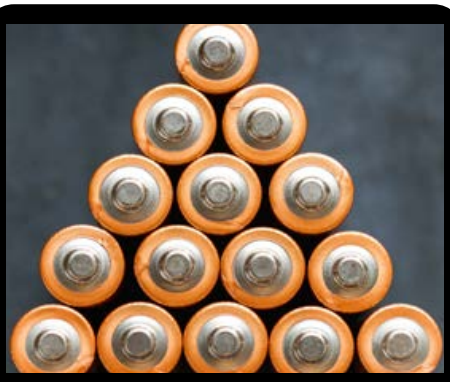


Repair shops and cafes.



Upcycling workshops.

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

RITCHIES IGA + LIQUOR

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

Download on the App Store

GET IT ON Google Play

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

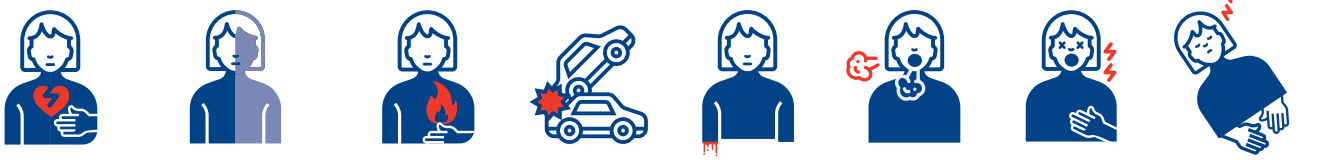
Authorised by Victoria Police

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

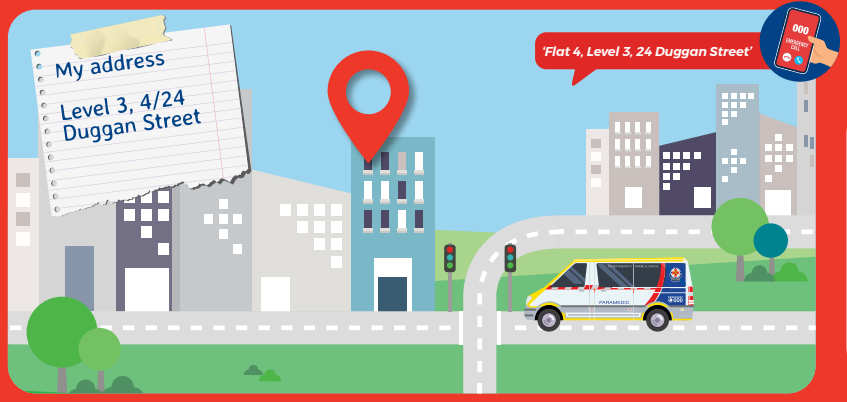
Difficulty breathing

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

Red Cliffs COMMUNITY BILLBOARD

VICTORIA 3496

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