Red Cliffs Connections

A newsletter for the Red Cliffs Community Resource Centre

November 2026 - Volume 51

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.





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COMMUNITY FESTIVE LUNCH

Bookings open Wednesday 4th November



All information in this newsletter is subject to change.

RED CLIFFS COMMUNITY RESOURCE CENTRE

RED CLIFFS FOOD SHARE



FREE*

THE FIRST WEDNESDAY OF THE DECEMBER

COMMUNITY FESTIVE LUNCH

WHEN	TIME
WEDNESDAY 2ND DECEMBER	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

The Chatty Cafe Scheme



Next Chatty Cafe

October 18th November

10am-11.30am

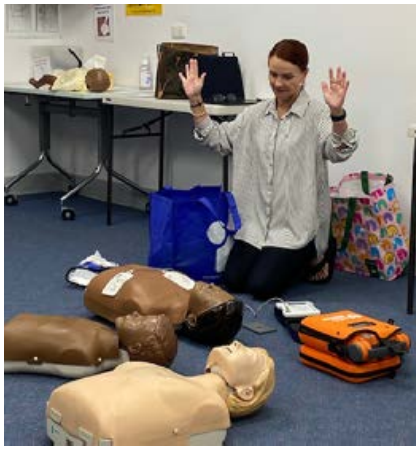
23 Indi Avenue, Red Cliffs

The Chatty Cafe Scheme

have a chat

Happy snaps





RCCRC staff & volunteer CPR Training







Handmade items for sale at RCCRC



Elizabeth Pearce, winner of the RCCRC survey participation prize



Legal Lingo Bingo & Information Day.
Mallee Family Care Community Legal Centre as part of The Seniors Festival.



Jill, volunteer at Chatty Cafe



Lions Club of Red Cliffs provided lunch for the Red Cliffs Seniors Festival Day



Red Cliffs Secondary College Year 11 VCAL students visited the centre in October



Blue Tree Project







Happy snaps from the garden





10.30 am session



CHAIR YOGA

10.30AM SESSION

With Melanie Wellness

Total cost for 4 week program is **$45**

Scan the QR code to book

Next program starts

Monday 9th November for 4 weeks.

9th, 16th , 23rd Nov **and 7th December .**

10.30 am at 23 Indi Avenue Red Cliffs

This program is for men and women*

MELANIE WELLNESS

contact 0350243455 or

rcresource.reception@gmail.com

RED CLIFFS COMMUNITY RESOURCE CENTRE

11.10 am Session



CHAIR YOGA

11.10AM SESSION

With Melanie Wellness

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Scan the QR code to book

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MELANIE WELLNESS

contact 0350243455 or

rresource.reception@gmail.com

RED CLIFFS COMMUNITY RESOURCE CENTRE

Announcing our Committee of Management 2026 - 2027

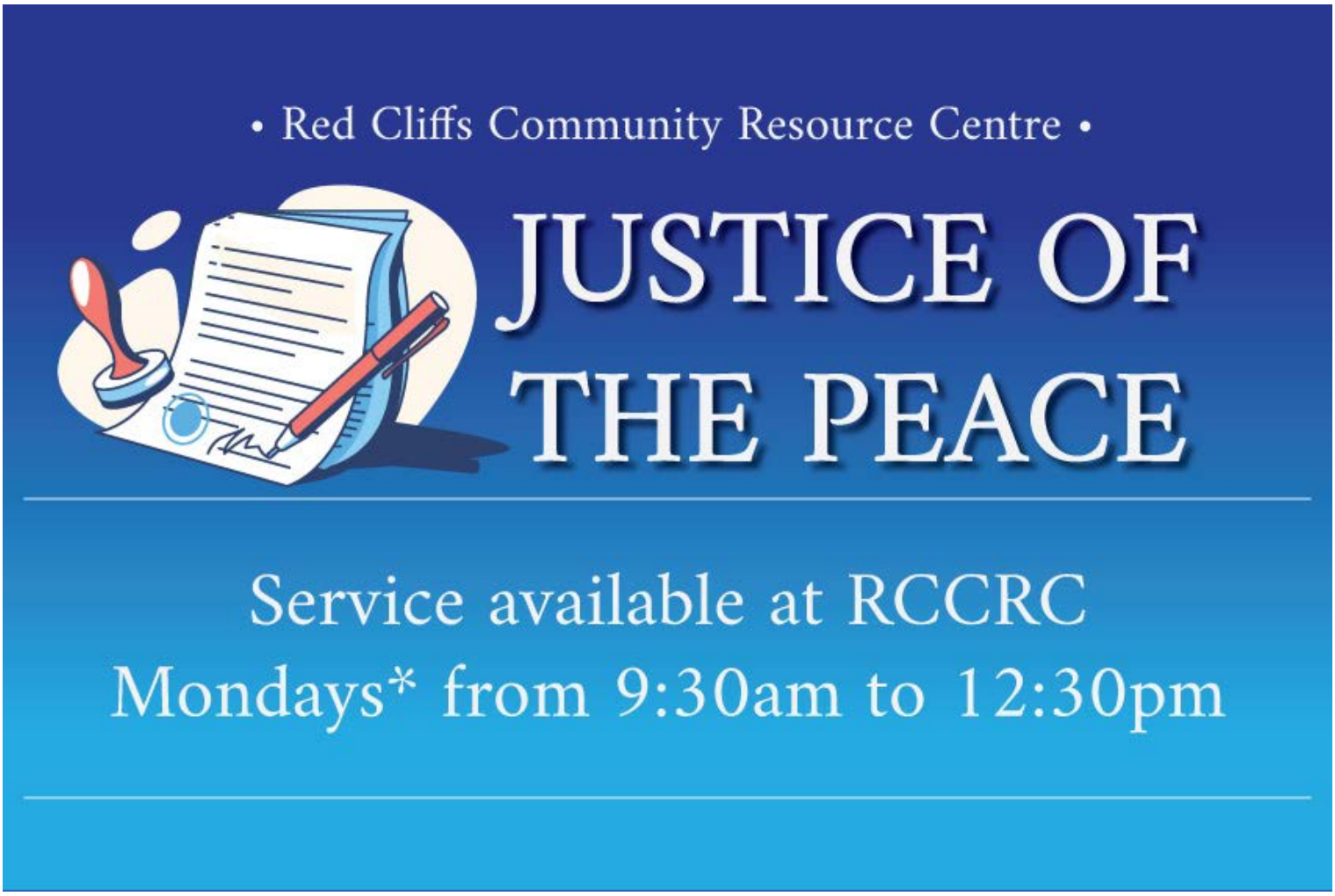
President: Mel Van Reymersdael

Vice President: Rohan Morris

Treasurer: Leanne Jarvis

Secretary / Public Officer: Tracey Slorach

Committee Members: James Jarvis, Jo Balog & David Lloyd – RC Men's Shed Representative.









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.

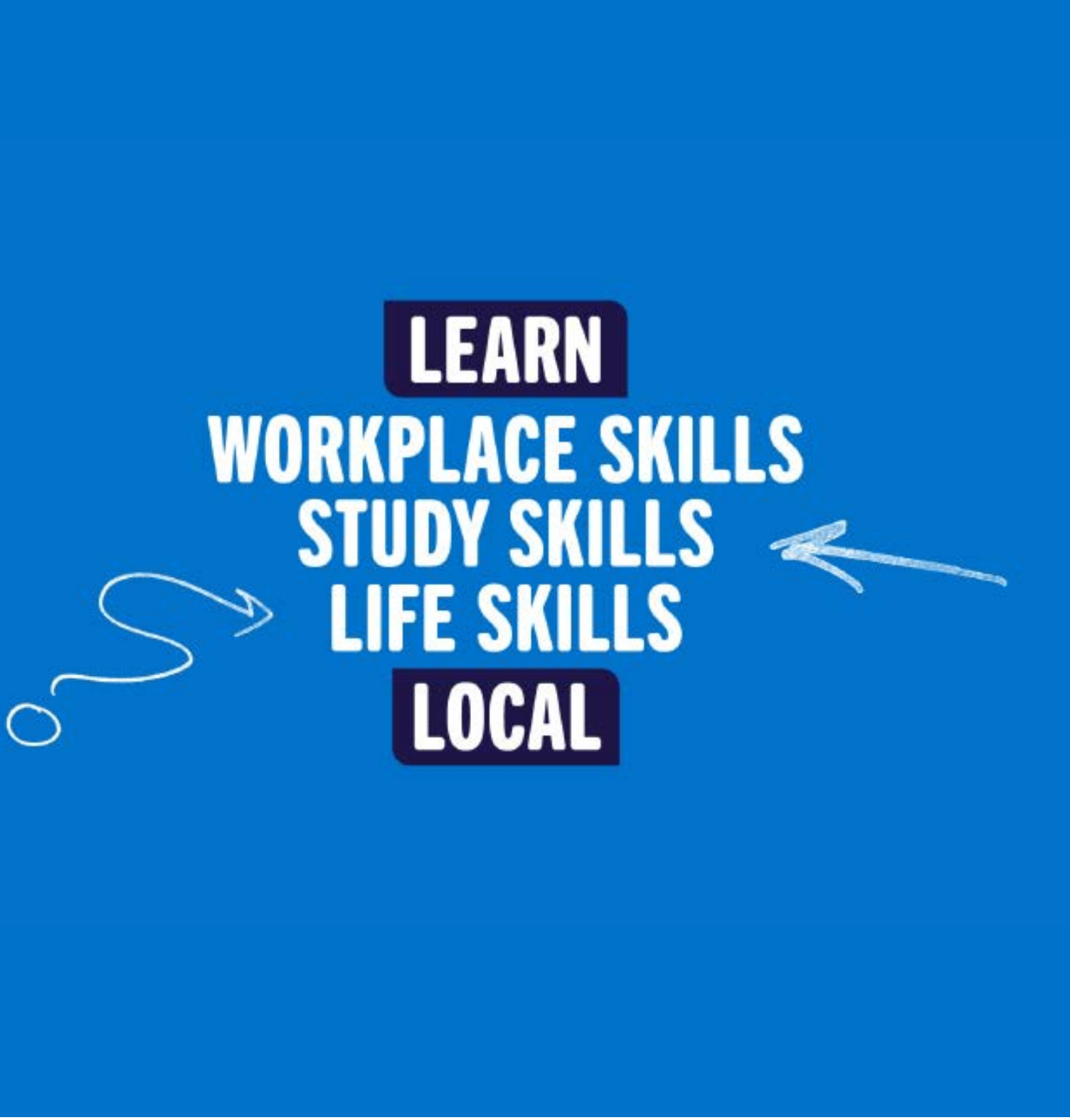








RED CLIFFS COMMUNITY RESOURCE CENTRE



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



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

BOOKED OUT



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

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.

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

CHANGE OF DATE

Soft Pastel Workshop.

work-space 3496

Gallery 3496

RED CLIFFS COMMUNITY RESOURCE CENTRE

Red Cliffs CARERS Support Group

THURSDAY 12 NOVEMBER 10AM-12PM

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



CONNECTING CARERS IN THEIR COMMUNITY

VICTORIA State Government

Carers VIC Australia



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

RED CLIFFS COMMUNITY RESOURCE CENTRE



Red Cliffs CARERS Support Group

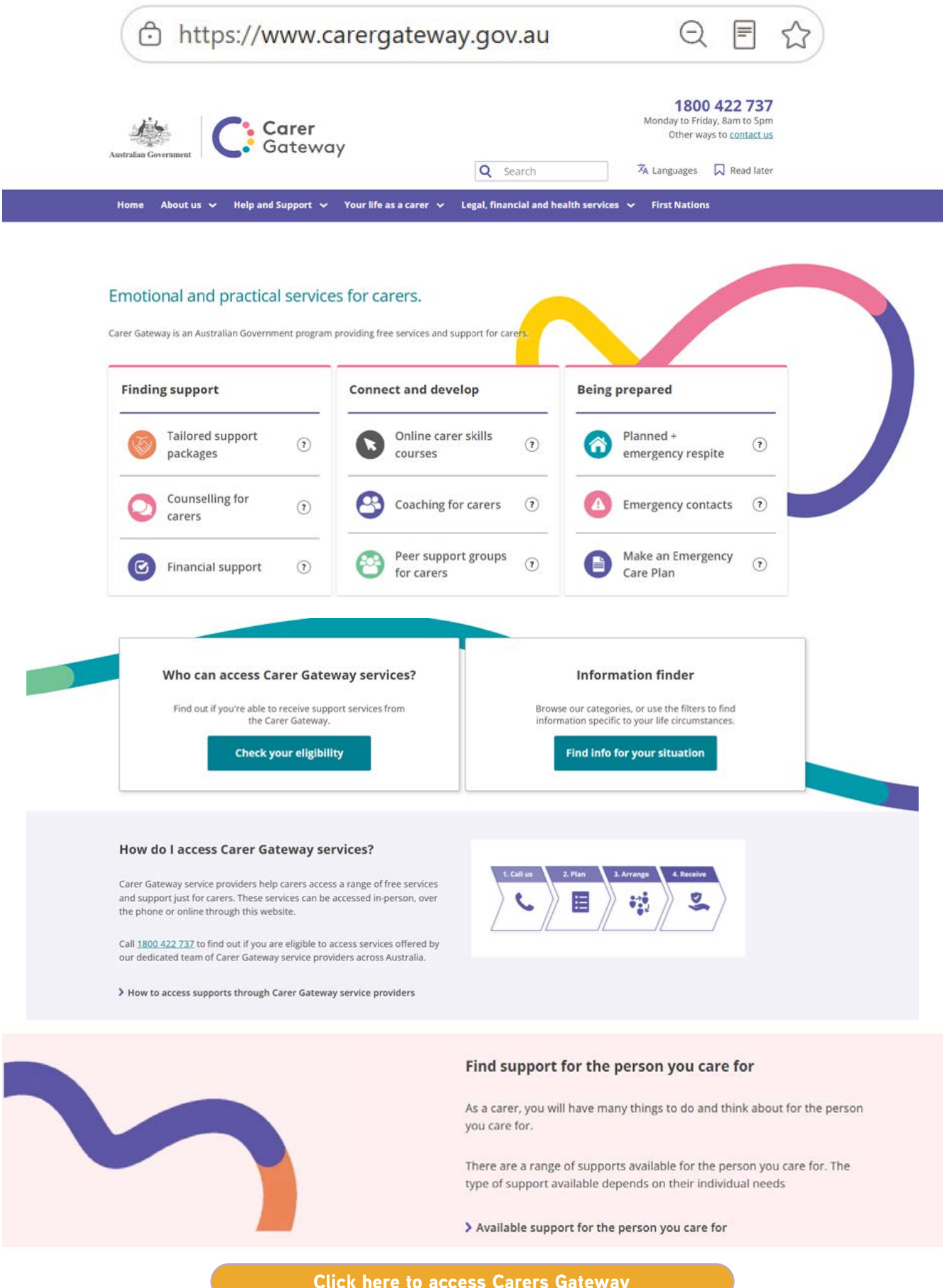
Tuesday 10th November

Free* cuppa and catch up

1pm to 2.30 pm

at 23 Indi Avenue Red Cliffs





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

CLOSED FOR MELBOURNE CUP


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

Dear Red Cliffs Community Resource Centre,

Thank you so much for your incredibly thoughtful donations of knitted beanies for our headwear program

We are truly touched by your kindness in using your crafting skills to provide our patients with a warm experience at Peter Mac.

Hair loss can be a very emotional part of the cancer journey and your donation provides our patients dignity, confidence and a sense of control over what is happening to them. These items are very much appreciated by our patients and their families.

Additionally, we took some of these items to patients during the winter months in the chemo units and the Wellbeing Centre to keep them warm and cosy.

Thank you again for your generosity, your thoughtfulness, and for thinking of others in such a meaningful way.

Warm Regards,

Angela Zhou She/her

Volunteer Services - Manager

Peter Mac
Peter MacCallum Cancer Centre
Victoria Australia

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

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 at their Ladies Day to support Food Share.

FOOD FOR CHANGE
GROW | RESCUE | SUPPORT

Shout-out to Food For Change, which grows fresh, nutritious fruit and vegetables, leads food rescue initiatives with IGA and other retailers, and supports food relief agencies across the country by donating this food

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.

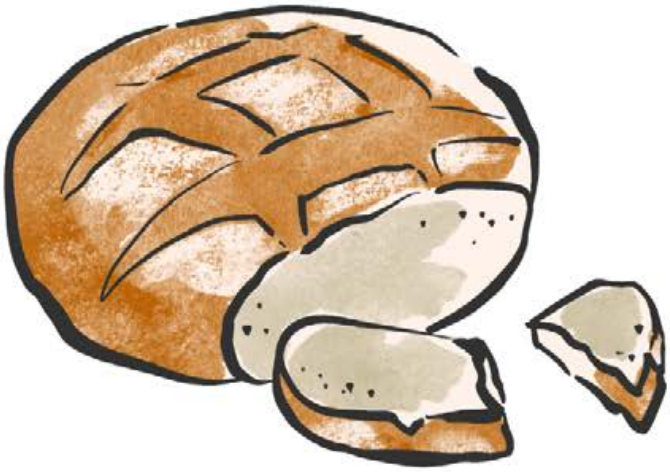
Tuesdays 9.30am to 11.30am @ RCCRC

Operating every Tuesday in School Terms

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

November
Sustainability tips

Make the most of the last month of spring with creative ways to reduce waste, reuse everyday items and prepare for warmer days in Sunraysia.

Make the Most of the Last Month of Spring
Before Sunraysia's summer heat arrives, make the most of November's milder days by planting a few native flowers or herbs in your garden. Choose drought-tolerant varieties that attract bees and butterflies, and give them time to establish before the hotter weather sets in.

Turn Old Sheets Into Garden Shade
Have some old cotton sheets lying around? Repurpose them into temporary shade for vulnerable plants during unexpectedly hot spring days. Keep the fabric above the plants to allow air to circulate and prevent heat from becoming trapped.

Make Your Own Citrus Cleaner
Don't throw away those orange and lemon peels! Soak them in white vinegar for a couple of weeks, strain and dilute with water to make a simple household cleaner. Avoid using it on natural stone surfaces.

Create a Wildlife Water Station
Place a shallow dish of fresh water in a shady spot for birds and other local wildlife. Add a few stones so insects can land safely, and remember to clean and refill it regularly.

Give Your Rose Petals a Second Life
As spring roses finish flowering, collect clean, unsprayed petals and dry them to make homemade potpourri. Add a little dried lavender or rosemary for a natural fragrance without artificial air fresheners.

Don't Waste Your Herb Flowers
When herbs such as thyme, chives and oregano begin flowering, leave a few blooms for bees and other pollinators rather than cutting everything back. Your herb garden can help feed local wildlife too.

Make Natural Fire Starters
Save dry citrus peels, pinecones and cardboard egg cartons to create homemade fire starters for your next winter campfire. Store them somewhere dry until the cooler months return.

Create a Butterfly Rest Stop
Fill a shallow dish with damp sand and a few flat stones to create a butterfly-friendly watering spot. Place it near flowering plants and keep the sand moist during hot weather.

HOW TO BUY CLOTHES THAT ACTUALLY LAST!



Remember quality over quantity!

1M♀



Choose natural fibres like cotton, linen and wool.



Feel the quality of the fabric in your hands.



Inspect inside garments for construction.



See how the item moves in real life.



Read reviews when shopping online.



Avoid micro-trends.



Don't purchase polyester, nylon, acrylic, elastane – it's plastic!



Select pieces that can be worn again and again.



Check the tag and follow the care instructions.

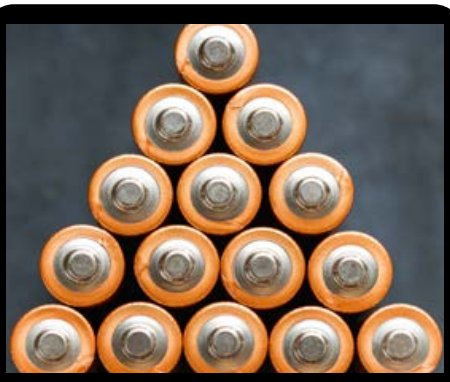


Make note of brands you trust.



Buy less!

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)



Scrap Meta
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

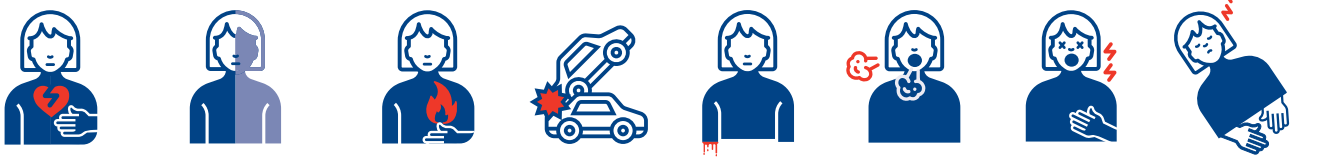
Authorised by Victoria Police

What to do in a health emergency



When should I call an ambulance?

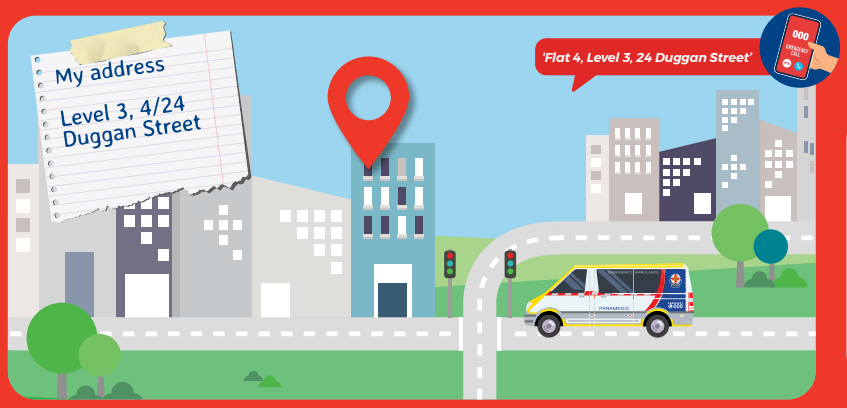
In an immediate, life-threatening emergency such as:



- 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