Red Cliffs Connections

A newsletter for the Red Cliffs Community Resource Centre

October 2026 - Volume 50

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.



Tuesday 6th October — Join us in painting a tree blue for Mental Health Awareness



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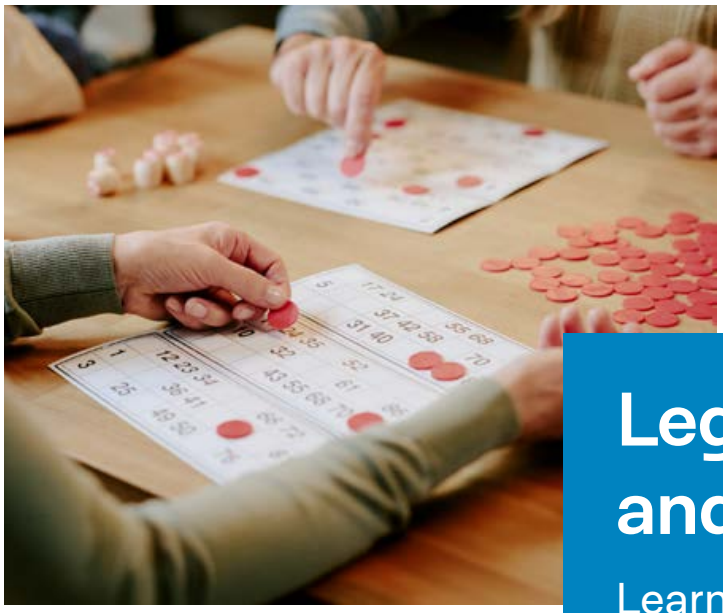
All information in this newsletter is subject to change.



malleefamilycare community legal centre

Legal Lingo Bingo and Information Day

Learn about your rights, legal services and support

As part of the Victorian Seniors Festival, Red Cliffs Community Resource Centre, Mallee Family Care and Mildura Rural City Council invite you to a fun and informative day covering legal support, scam protection, planning for the future and wellbeing.

10am - Morning tea

10.30am 11.30am - Legal Lingo Bingo
A fun and informative BINGO session with Mallee Family Care Community Legal Centre.

11.30am Light lunch

12pm–2pm- Connect with local services and enjoy:

- *Legal, financial counselling and tenancy support*
- *Free health checks from Mildura Ambulance*
- *Red Cliffs Men's Shed information*
- *Free legal health checks*

Tuesday, 20 October

10 am - 2 pm

Red Cliffs Community Resource Centre
23 Indi Ave, Red Cliffs VIC 3496

Morning tea and refreshments will be available from 10 am, followed by a light lunch at 12 pm.



For more information
Allie - 03 5023 5966

Mildura Rural City Council

RED CLIFFS COMMUNITY RESOURCE CENTRE

Happy Snaps



In August & September we offered 40 free planter boxes



A refresh for the town garden beds







R U OK? Day 2026 - Thanks to Red Cliffs Lions Club who cooked the BBQ









Craft & Sewing Group participants - Maureen, Brenda, Jan & Janet.

COFFEE WITH A COP





WEDNESDAY 14TH OCTOBER

9.30 AM TO 12.30 PM

23 INDI AVENUE RED CLIFFS

Come along and have a chat with the local police and have a **FREE**! coffee and Snack

RED CLIFFS COMMUNITY RESOURCE CENTRE

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

RED CLIFFS
COMMUNITY
RESOURCE
CENTRE

SORRY, WE ARE CLOSED

Thursday 15th of October
from 12.30 pm
for staff and Volunteer
Training



New Second Session



CHAIR YOGA

SECOND SESSION

With Melanie Wellness

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

Scan the QR code to book

https://socialplanet.com.au/activity/view?id=55141

Next program starts

Monday 5th October for 4 weeks.

5th, 12th , 19th Oct and 2nd November.

11.10am 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

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

Nominations for the Committee are open until the 23rd of October 2026

Email the Commitee of Managment with your nomination on

mel@malleearts.com.au

BLUE TREE PROJECT

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

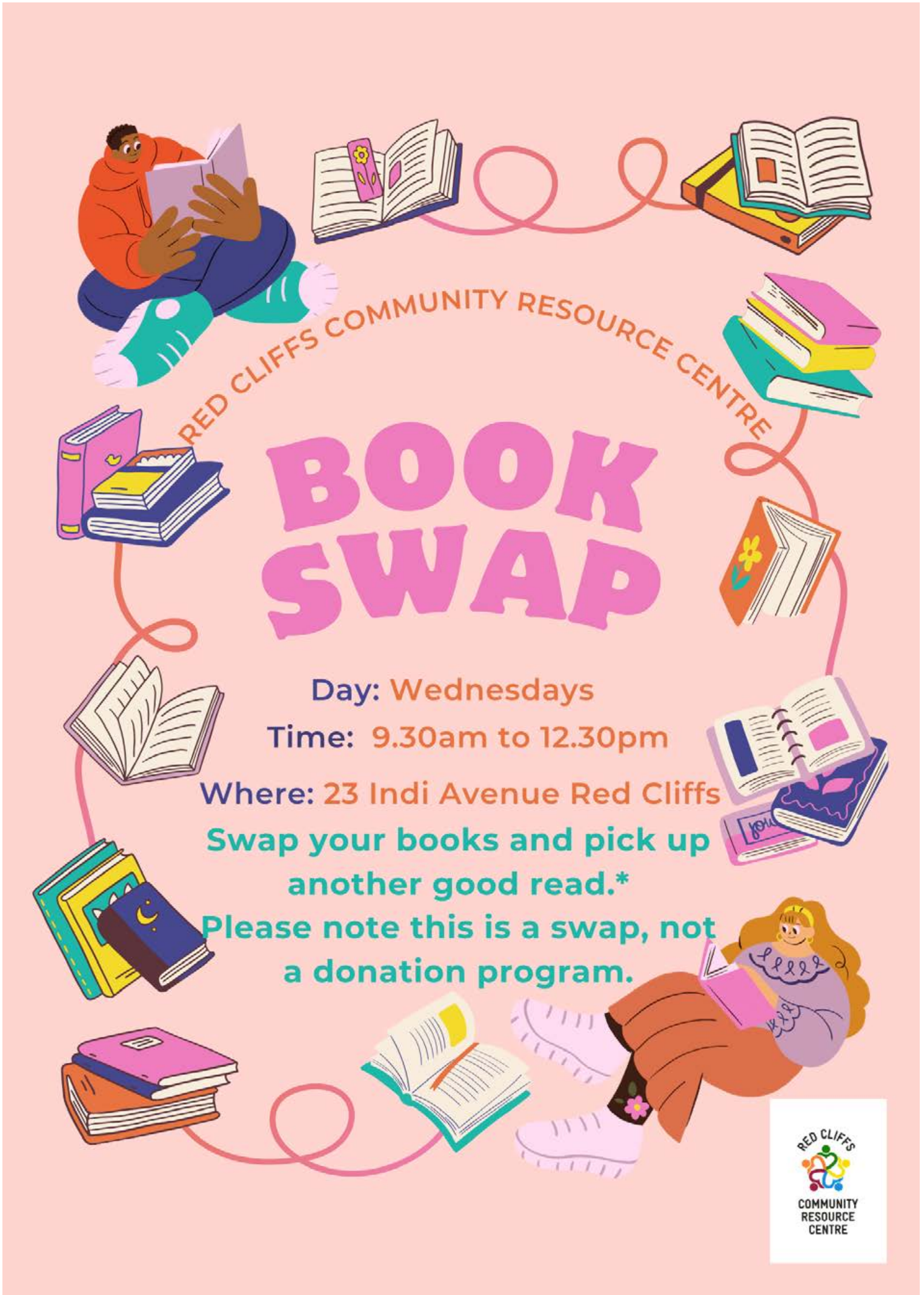
Behind each blue tree lies a story
Blue Tree Project was founded with a mission to help spark important conversations and encourage people to speak up when experiencing mental health concerns. We believe help is never as far away as it feels.
Blue trees dotted across every continent of the world (minus 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

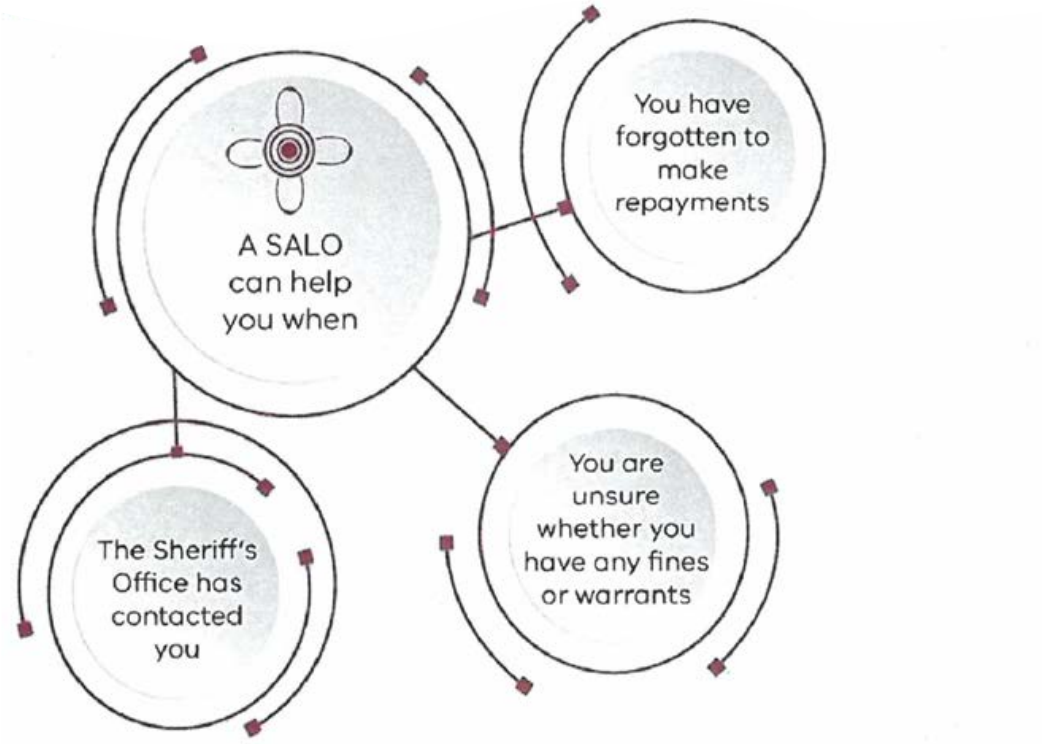
more info call 0350243455

RED CLIFFS COMMUNITY RESOURCE CENTRE


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

A Sheriff Aboriginal Liaison Officer Mallee Region will be at The Red Cliffs Community Resource Centre

Thursday 29th October 10am - 12 noon



A Sheriff's Aboriginal Liaison Officer (SALO) works with the community to provide advice and help Aboriginal and Torres Strait Islander people in a culturally safe manner with:

- Infringement fines and payment arrangements
- Options available to resolve outstanding fines
- Outstanding Sheriff's warrants

A SALO is not a Sheriff Officer.

More information on fines is available from: www.fines.vic.gov.au

Contact: Roberta Atkinson
Mobile: 0458 157 589 **Email:** roberta.atkinson@justice.vic.gov.au



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

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 21ST OCTOBER

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.

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

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

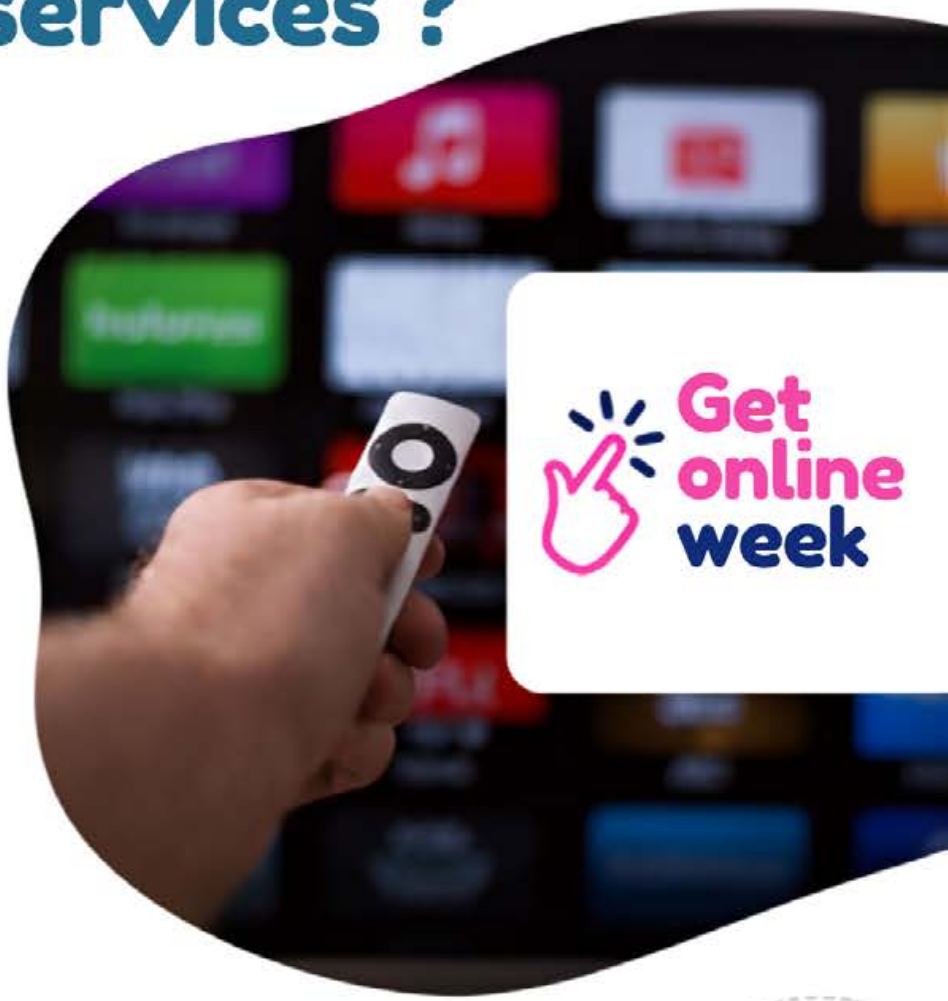
Red Cliffs Community Resource Centre
23 Indi Avenue, Red Cliffs

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

Soft Pastel Workshop.

work-space 3496

Gallery 3496

RED CLIFFS COMMUNITY RESOURCE CENTRE

Red Cliffs CARERS Support Group

THURSDAY 15 OCTOBER 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.



Mildura Seniors Festival 2026
Thursday, 01 October 2026 | 12:00 AM - Saturday, 31 October 2026

The Victorian Seniors Festival is a statewide initiative that celebrates ageing positively throughout the month of October and recognises the important contribution older people make to our community.

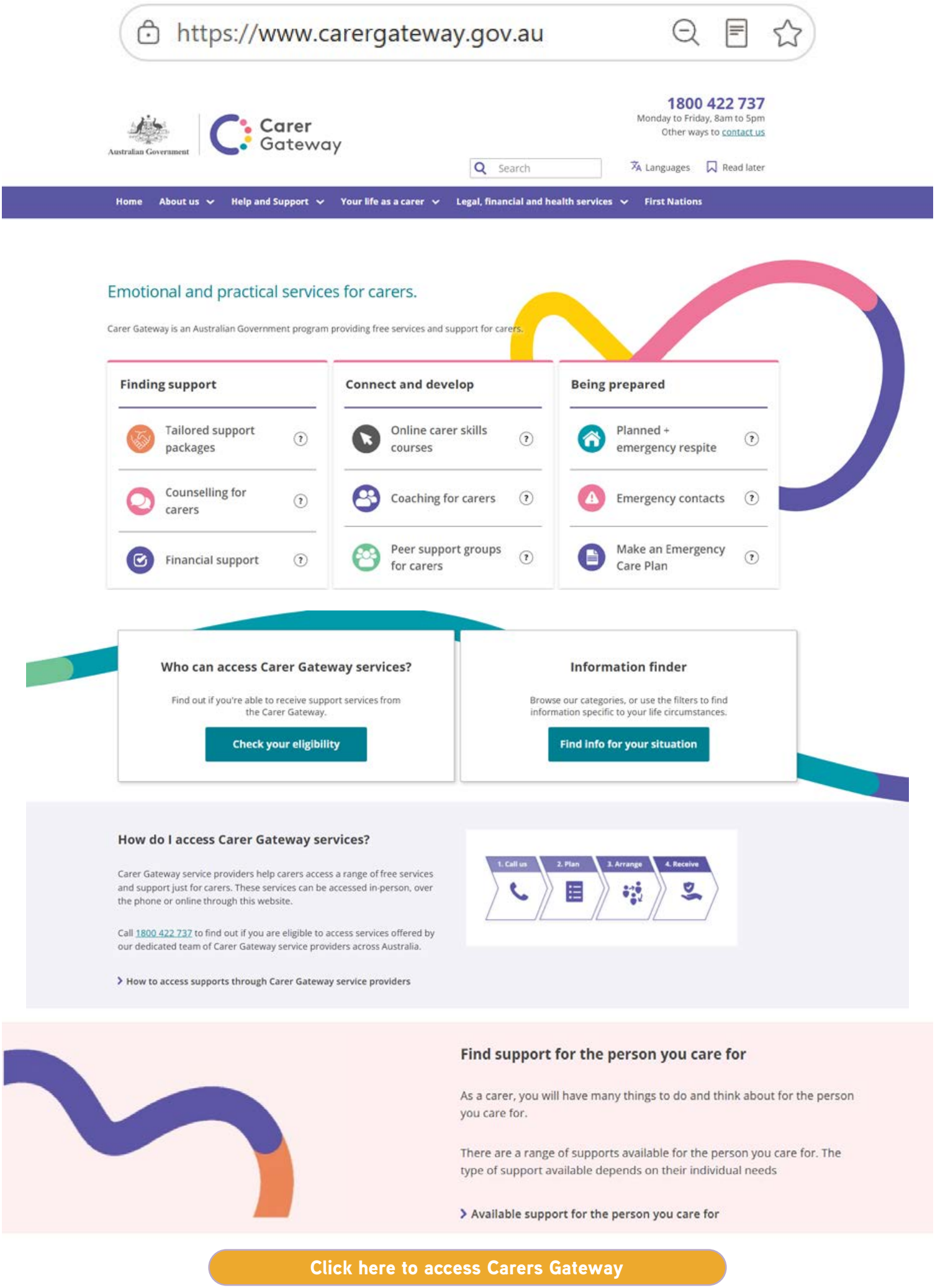
The Festival is an annual event and is an opportunity for people over 55 to learn about the different activities, clubs and groups that are available to them in the local community.

Mildura Rural City Council proudly presents a local program of events to mark the festival each year that embraces the theme Connect, Create, Celebrate.

Download our printable program guide here: www.mildura.vic.gov.au/SeniorsFestival

You can also pick up a hard copy at the following locations from Thursday, 24 September 2026:

- Deakin Service Centre
- Madden Service Centre
- Ouyen Service Centre
- Your local library
- Mildura Arts Centre
- Mildura Visitor Information 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


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

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

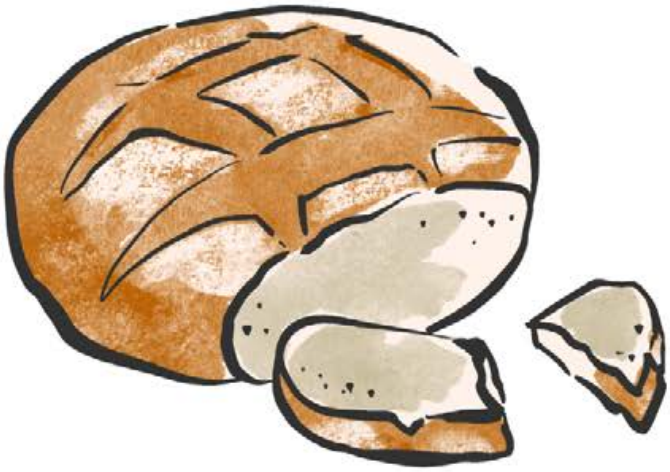
Operating every Tuesday in School Terms

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

October
Sustainability tips

Now is the time to start planning
your homemade, sustainable Christmas gifts.
Save money, waste less and get creative.

Simple Homemade Christmas Gift Ideas

Make homemade soaps — give them time to cure before Christmas.

Dehydrate fruit — apple rings, citrus slices, strawberries or other seasonal produce.

Dry herbs — package them as cooking blends or herbal teas.

Make jams and preserves — use surplus fruit instead of letting it go to waste.

Create dried citrus decorations — use them for garlands, gift wrapping or ornaments.

Propagate plants — start cuttings now so they're established by December.

Make candles — reuse suitable jars or containers for gifting.

Create soup or baking jars — layer dry ingredients in reused glass jars.

Make potpourri — combine dried citrus, herbs, flowers and spices.

Handmade jewellery — use polymer clay, beads or repurposed materials to create one-of-a-kind pieces.

Start photo gifts — calendars, framed prints or family recipe books using photos you already have.

Plan Ahead and Waste Less

Start a Christmas Gift Jar Stash
Save clean jars, tins, boxes and baskets now for homemade gifts and packaging.

Collect Reusable Gift Wrapping
Put aside ribbons, fabric, gift bags, brown paper and attractive packaging you can reuse at Christmas.

Start a Second-Hand Gift Hunt
Begin checking op shops, markets and online marketplaces now for unique books, toys, homewares and collectibles instead of buying everything new.

EVERYTHING THAT'S ON MY 'DON'T BUY' LIST!



Things I already own.



Things I can repair instead of replace.



Things I can repurpose.



Things I don't really need.



Things I can borrow.



Things I can make myself.



Things I can live without.



Things I know will only bring me a moment of joy.



Things I know will end up in landill.



Things I only want because they're trending.



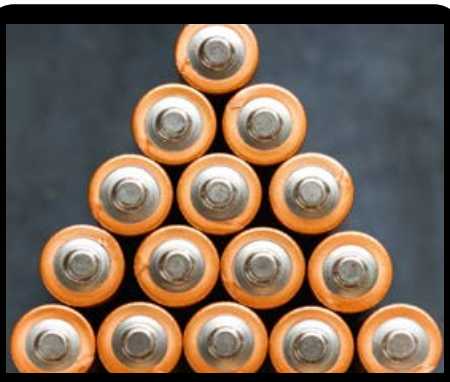
Things I only want because they're cheap.



Things I know are just things!

1M♀

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

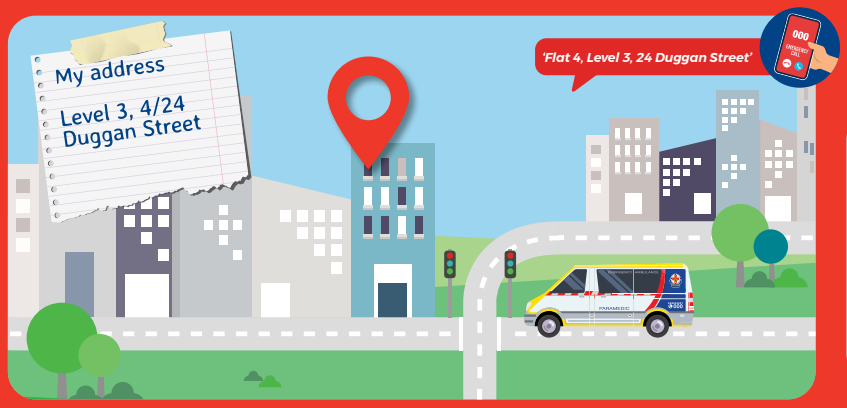

Difficulty breathing


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