

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.

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We Are
CLOSED



**TUESDAY
4TH NOVEMBER**



**MELBOURNE
CUP PUBLIC
HOLIDAY**



AT
23 Indi
Avenue,
Red Cliffs



Next
"Chatty Cafe"
Wednesday
19th November
10am-11.30 am

November

- **FREE Cuppa and Cake**



have
a
chat

\$100 POWER SAVING BONUS

FOR ELIGIBLE CONCESSION CARD HOLDERS

VISIT US FOR ASSISTANCE:

For more information and

bookings contact the

Red Cliffs Community Resource Centre
on 03 50243455



KEEP OUR DOORS OPEN



**PICK UP A POSTCARD AT
OUR NEIGHBOURHOOD
HOUSE ASKING FOR THE
MINISTER'S SUPPORT**

Every week, 185,000 people
access Neighbourhood Houses in Victoria.
Around half of all Neighbourhood Houses in
Victoria are running at a loss.

This cannot continue.

**We are asking the Victorian Government to
urgently restore funding for Neighbourhood
Houses with a 25% increase.**



**COMMUNITY
RESOURCE
CENTRE**

[See campaign details here](#)



**STRONG
COMMUNITIES
START HERE**



Announcing our 2025 Committee of Management:

Chairperson

Joanne Balog

Vice Chairperson

Carolyn Kowski

Treasurer

Leanne Jarvis

Secretary / Public Officer

Amber Byrnes

Committee Members

David Lloyd

Mel Van Reyersdael

Rohan Morris



Keep Our Doors Open Campaign Action

see more about the campaign here: <https://www.nhvic.org.au/post/keep-our-doors-open-campaign>



Red Cliffs Carers Support Catch up

Catch up events will continue to happen once a month. Keep your eyes open for guest speaker events in 2026.



Get Online Week. Learning about AI.

Blue Tree Project Update

World Mental Health Day today.

We revisited the Red Cliffs Blue Tree project in October and gave the tree a fresh lick of paint.. A reminder that not everyone is going ok. Help is never as far away as it seems.

If you need someone to talk to call Lifeline 13 11 14

This project has been supported by the Mallee Network of Neighbourhood houses Victoria.



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



DIGITAL ESSENTIALS CLASSES

FREE* PROGRAM

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.

Enrol Now



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

LEARN TO COOK A MEAL

Reddy Set Cook

\$5 * PER
SESSION

Starts back in Term 4,
Monday 6th of October
Start 10.00 Am to 1pm

No Classes on 24th November



With
Elena

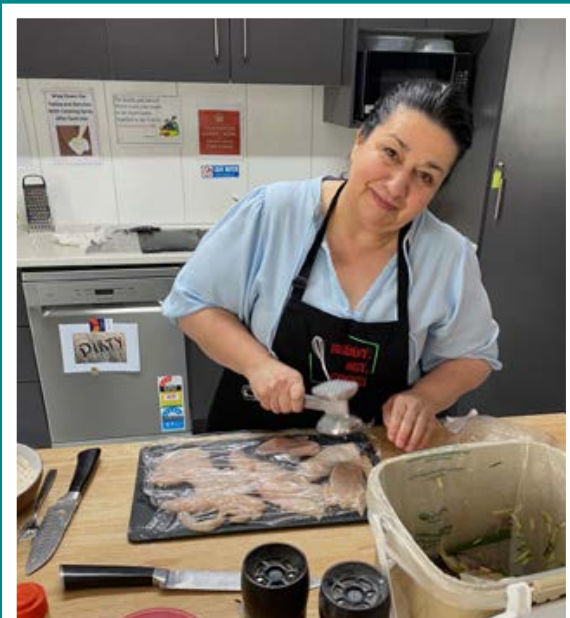


23 Indi Avenue
Red Cliffs

email rcresource.reception@gmail.com

or call 03 50243455





Happy Snaps
from October
Reddy, Set, Cook

2025 Scrapbooking, Card Making Workshops Red Cliffs Community Resource Centre

Tuesday 11th
Nov 12 noon
Cards \$25
Scrapping \$30



Tuesday 18th Nov
12 noon
Cards \$25
Scrapping \$30

Tuesday 25th Nov
12 noon
Cards \$25
Scrapping \$30



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

SEWING & CRAFT GROUP



Bring your sewing projects along and discuss all things crafting.

10 am to 2 pm.

Held every Wednesday, except the first Wednesday of the month.

For intermediate and advanced sewers and quilters.

Happy Snaps from our craft & sewing group



Our clever sewing group members made their own shoes!! They all look fabulous!





Join our

Social Inclusion Action Group

We're starting a new Social Inclusion Action Group to help make our towns and communities more welcoming, connected and inclusive for everyone - no matter their background, culture, language, age, ability or identity.

We're looking for people who live, work or study in the Mildura Rural City Council area to get involved. We want this group to reflect the real demographics of our community.

You don't need any special experience – just your ideas and lived experience. We especially want to hear from people whose voices aren't often heard in community spaces, or who may feel left out of local conversations and activities.



Mildura Rural City Council

Come to a Community Workshop

Learn more about the group and how to apply

Two workshops will be held in the region on Friday 21 November and Saturday 22 November 2025. Locations and times will be based on who is interested and available.

We'll also talk about what support people might need to attend.

Interested in joining?

Leave your name and contact details to become a Social Inclusion Action Group supporter and we'll contact you to provide more information on the upcoming workshop



**Scan here to become a
Social Inclusion Action Group Supporter**

Melissa and Jaimi
Social Inclusion, Community Wellbeing team
(03) 5018 8254
SIAG@mildura.vic.gov.au



**Next round
of classes**



CHAIR YOGA

With Melanie Wellness

Total cost for 4 week program is \$40

This program is for men and women*

**Next program Starts
Monday the 3rd of
November 2025
for 4 weeks**

**10.30 am
at 23 Indi Avenue
Red Cliffs**



contact 0350243455 or
rcresource.reception@gmail.com





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





**Catch ups will occur
once a month.**

**Keep your eyes out
for more events with
special guest speakers
in 2026**



**Tuesday
11th November**

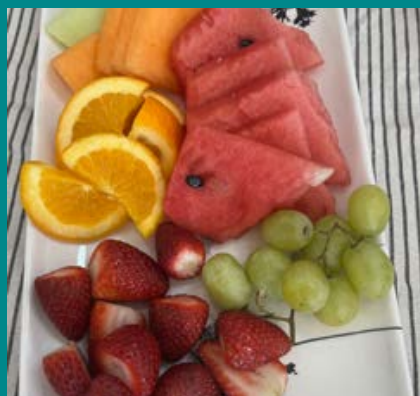
Free* cuppa and
catch up
2nd Tuesday
of the month.
1pm to 2.30 pm
at 23 Indi Avenue
Red Cliffs



COMMUNITY
RESOURCE
CENTRE



Carers Lunch Event Happy Snaps



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



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

HAPPY SNAPS

from our gel printing workshop for carers.





RED CLIFFS grow & share GARDEN "SPADEWORK" TERM 4 2025

**FRIDAY'S
9.30 TO 12 NOON**

16 Kiewa Avenue, Red Cliffs
TO ENROL CALL 0350243455
Email rcresource.reception@gmail.com

FREE PROGRAM



Please welcome Paul, our new Garden Guru!
Last day for term 4 is 19th December – 9:30am – 12:00pm

Happy Snaps from the Garden



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 15th of November

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



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***

Justice of the Peace Resumes 21st November

23 Indi Avenue, Red Cliffs



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.





TO CHANGE THE FACE OF MEN'S HEALTH

OUR VISION

MOVEMBER 101

Well known for the moustache growing campaign in November, Movember Foundation is the only global charity focused solely on men's health. Everything the Movember Foundation does is to stop men dying too young. Movember wants to help men live happier, healthier, longer lives.

From a group of friends in a bar to now the world's only charity recognised as a cult brand, Movember has grown into the largest men's health organisation in the world, funding over 1200 game changing projects. But we're not stopping there.

THE CAUSES WE FUND

- Prostate cancer
- Testicular cancer
- Male mental health and suicide prevention

DOING THINGS DIFFERENTLY

Being completely global means we're doing what others can't.

We bring leading experts together from around the world to collaborate on solutions that will fundamentally change the way men are treated and supported.

On top of that, we're not only funding to find a cure, we're looking at life after diagnosis and what that means for men and their loved ones.

This includes getting men to open up. Too many men are toughing it out, suffering in silence and not talking when things get tough.

THE FACTS

- On average, men die six years earlier than women
- Every minute, somewhere in the world, a man takes his own life
- 3 out of 4 suicides are men
- 380,000 men die from prostate cancer every year around the world
- Testicular cancer is the most common cancer for young men under 40

OUR 2030 GOALS:

- Reduce the number of men dying prematurely by 25%
- Halve the number of deaths from prostate cancer and testicular cancer.
- Reduce the number of men taking their own lives by 25%

**TALKING SAVES LIVES.
YOU HAVE ALL THE
EXPERIENCE YOU NEED.**



Get Conversation Tips

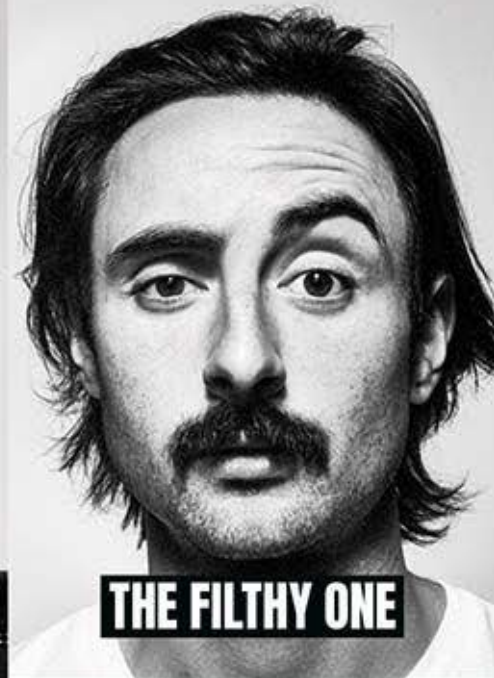
**WHATEVER
YOU GROW
WILL SAVE
A BRO**



MOVEMBER.COM
SIGN UP OR DONATE



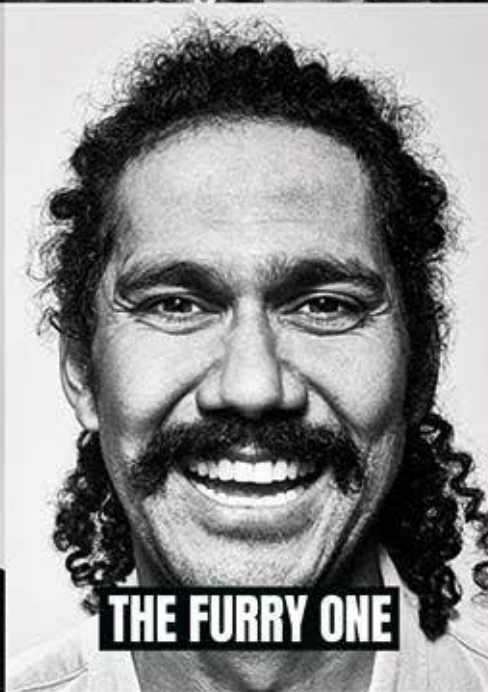
THE SCRUFFY ONE



THE FILTHY ONE



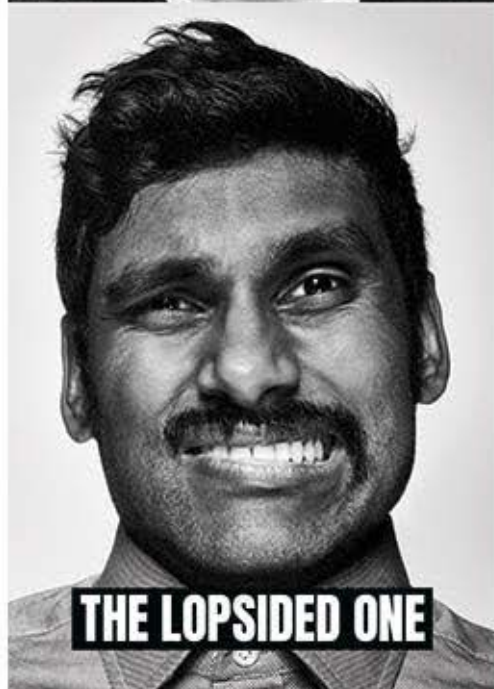
THE PATCHY ONE



THE FURRY ONE



MOVEMBER.COM
SIGN UP OR DONATE

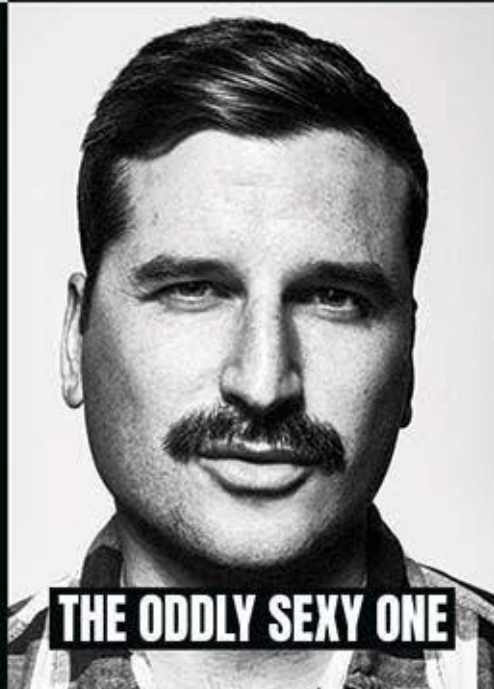


THE LOPSIDED ONE

**CHANGE
THE FACE
OF MEN'S
HEALTH**



MOVEMBER.COM
SIGN UP OR DONATE



THE ODDLY SEXY ONE

SPANNER IN THE WORKS?

GENERAL SERVICE AND MAINTENANCE

Knowing when to have your car checked is no different than keeping your body in peak condition.

Life can get busy and health can become a low priority without us even realising. Take the time to check in regularly. It's important to keep up a regular maintenance and service schedule. There are things you can do yourself (DIY) and things you should check with your mechanic (your GP). When you visit your GP for preventative maintenance, book a long appointment so you have plenty of time to go through your full health check. Your GP will know to focus on things specific to your age and stage of life.

We suggest yearly checks, or more often if you're concerned about anything.

Most importantly, regardless of your age, make good choices. Eat well, stay physically active, stay socially connected and check in with your mates. A Men's Shed can be a great place to connect socially, learn new skills, and get tips from others on wellbeing.



HEALTHY MALE
ANDROLOGY AUSTRALIA



**Australian
Men's Shed
Association**
SHOULDER TO SHOULDER

Maintenance Schedule — DIY

Here's a list of things you can do yourself:

- + Build healthy relationships and manage your mental health by socialising and participating in activities with others. Join a sports team, a local community group and make time with family and friends
- + Protect your ears if you're entering loud places like noisy workshops
- + Aim for no more than ten standard drinks per week and no more than four standard drinks on any one day
- + If you're struggling with drugs (prescription or otherwise) talk to your GP
- + If gambling is impacting your life, seek some help.
- + Your body is better without the smokes
- + Check your skin after a shower for any new markings, freckles or moles
- + Examine your testicles for any unusual lumps or bumps
- + Work up a sweat for 30 minutes each day and make healthy food choices.

Service Schedule — Help from a professional or GP

A good general maintenance schedule keeps your wheels fine-tuned.

Our service schedule provides you with a list of things to bring up with your mechanic (GP). Check these annually, or more often if you have any concerns.

- + Visit your dentist for a mouth and teeth check.
- + Discuss mental health or relationship challenges.
- + Weight and waist measurement.
- + Blood pressure and cholesterol.
- + Discuss any reproductive and sexual health concerns.
- + Constipation that doesn't get better with lifestyle changes.



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**



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



Frozen xmas meal packs will be available for Red Cliffs Residents, pick up for these meals in Monday 8th December. Biscuits will also be available.



CALL OUT FOR **FOOD** DONATIONS



**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



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.

No community paramedic on the 3rd November

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.

Pictured: Angela happily sewing a Boomerang Bag.



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



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

HAVE A SUSTAINABLE CHRISTMAS

Christmas Boomerang Bags



FROM
\$5



**ONLY 9% OF PLASTICS GET RECYCLED.
HERE'S HOW YOU CAN REDUCE YOUR
PERSONAL PLASTIC CONSUMPTION!**



Wooden
toothbrush



Reusable
water bottle



Paper
straw



Shampoo or
soap bar



Reusable
coffee cup



Stainless steel
cutlery



Tote bag



Cloth gift
wrapping



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



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.)

Sustainable Spring Cleaning Tips



1. Declutter mindfully.

Sort items into donate, reuse and recycle piles. Sell or give away what you no longer need through local marketplaces or “buy nothing” groups. Repurpose old clothes into rags or craft materials to keep waste out of landfill.

2. Rethink cleaning supplies.

Swap single-use products for reusable cloths and compostable brushes. Make DIY cleaners using vinegar, baking soda and lemon, and store them in glass jars or spray bottles. Refill products where possible to cut packaging waste.



3. Add native plants.

Native species need less water and fertiliser while supporting local wildlife and biodiversity. They're a low-maintenance, eco-friendly way to refresh your garden or balcony.

4. Recycle the tricky stuff.

Drop off e-waste, batteries, coffee capsules, and old glasses at collection points. Use services like TerraCycle or check Recycling Near You for more options.

5. Green your garden.

Compost food scraps and leaves to enrich your soil. Reuse old containers as planters and clean garden tools with vinegar or lemon to give them new life.



You're already participating in the Circular Economy if you...



Borrow books at the library



Swap clothes with a friend



Donate toys to libraries



Compost food waste for community gardens



Repurpose unused household items (that milk bottle could become a herb pot!)



Rent instead of buying items



Repair things before throwing them away



Donate and recycle electronic waste



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



Victorian Longarms Firearm Safety course

Book via
QR code or type
in hyperlink



<https://tinyurl.com/FirearmSafetyCourse>



Authorised by
Victoria
Police



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

YOUR COMMUNITY
BILLBOARD

Scan me



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)