

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

Click an index item to go to page:

- | | |
|--|---|
| 3 – Community Lunch | 24 – SCHS Support Group For Unpaid Carers |
| 4-5 – Happy Snaps | 25 – Mental Health & Wellbeing Connect |
| 6-7 – Chatty Café - Biggest Morning Tea | 26 – Mytime Mildura |
| 8 – Love Your Sister | 27 – Free Career & Employment Advice |
| 9 – Book Swap | 28 – Justice of The Peace |
| 10 – Chair Yoga | 29 – Knitting Beanies for Hospitals |
| 11 – Community Paramedic Clinic | 30 – Food Relief |
| 12 – Family Violence Awareness | 31 – Nourish Sunraysia Social Supermarket |
| 13 – Learn Local | 32 – Food Donations |
| 14 – Digital Essentials Classes | 33 – Walking Group |
| 15 – Reddy, Set, Cook | 34-35 – Boomerang Bags |
| 16 – Spadeworks | 36 – Grow Your Own Vegetable Kits Program |
| 17 – Seedbank | 37 – 20% off Car Rego |
| 18 – Food Swap | 38-42 – Sustainability |
| 19 – Red Cliffs Men's Shed | 43 – Ritchies Community Benefit Program |
| 20 – Internations Men's Health Week | 44 – Firearm Safety Course |
| 21 – Sewing & Craft Group | 45 – Community Billboard |
| 22 – Be Connected | |
| 23 – Greenconnect Dementia Respite Project | |



Australia's
Biggest Morning Tea

Wednesday 17th June 10am - 11:30am
at Red Cliffs Community Resource Centre



MONTHLY COMMUNITY LUNCH

Wednesday 1st July @RCCRC



Closed

Monday June 8th

Kings birthday
public holiday

FREE*

COMMUNITY LUNCH

*First Wednesday of every
Month in 2026*

Next Date: Wednesday 1st of July

Times: 11.30am to 1pm

Place: Red Cliffs

Community Resource Centre

For more info call

03 5024 3455



**Last Day to
book is the
Monday
before the
Lunch.***

**Scan
QR code**



COMMUNITY
RESOURCE
CENTRE



Happy Snaps





Chatty Cafe

Each month, Chatty Café brings people together for a relaxed cuppa and a chat.

No need to book — just come along.

Join us on Wednesday 17th June at 10am.

Pictured above: Brenda and Janet at the Chatty Cafe.





AT
23 Indi
Avenue,
Red Cliffs



Next
"Chatty Cafe"
Wednesday
17th June
10am-11.30 am



June

- gold coin donation



How your cup helps.



Can help pay for the collection and ongoing storage of a tumour sample used in studies to improve the way we prevent and detect cancers.



Provides up to one week of scholarship funding for a PhD research student. Can pay for a lab assistant for a day to support a researcher with vital laboratory testing.



Helps provide training to leaders of cancer support groups where people can meet and share their experiences in an emotionally supportive environment.



Makes it possible for our 13 11 20 health professionals to help 15 people affected by cancer who need information or emotional and practical support.



Helps provide the community with information about breast, bowel and cervical cancer screening, helping to save more lives.

Turn over to read about the people you're supporting.

biggestmorningtea.com.au

#biggestmorningtea



Cancer Council
Australia's Biggest
Morning Tea



Knit for a Cause

We're excited to support a wonderful initiative led by Samuel Johnson OAM from Love Your Sister — turning leftover wool into fingerless gloves to help raise funds for cancer research.

Got spare wool at home? This is your chance to put it to good use. Knit a pair (or a few!) of fingerless gloves — no need to match colours, the funkier the better.

Why get involved?

- Use up leftover wool and reduce waste
- Support cancer research at no cost
- Be part of a meaningful community effort
- Help keep people warm this winter

It's a simple way to make a real difference — one stitch at a time

Visit the Love Your Sister Website

Once you've made your gloves,
send them to:
Samuel Johnson
PO Box 286
Tallarook VIC 3659

Love Your Gloves Pattern

4mm needles
Cast on 50 stitches
6cm 2 plain 2 purl rib
16 rows
22cm Stocking stitch from beginning on all
rows knit
last stitch
3cm 2 plain 2 purl rib
Cast off in rib
Sew up 3cm band
Leave 3cm hole for thumb
Sew up side





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.

Start June
22nd 2026



CHAIR YOGA

With Melanie Wellness

Total cost for 4 week program is \$40

This program is for men and women*

**Next program Starts
Monday 22nd June
2026
for 4 weeks**

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



contact 0350243455 or
rcresource.reception@gmail.com





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.

You don't need to be an expert.

**ASK.
LISTEN.
BELIEVE.**



**ARE YOU
SAFE AT
HOME?**

A CAMPAIGN BY
**SAFE+
EQUAL**

This May, start the conversation
to help end family violence.

www.areyousafeathome.org.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](#)

RCCRC Learn Local. Testimonial

When Sally* first joined the Digital Learn Local program at Red Cliffs Community Resource Centre, she had little to no experience with computers and very low confidence in her digital skills.

Even simple tasks felt overwhelming. What stood out immediately, however, was her determination to learn and her willingness to keep trying, even when things felt challenging.

Through the support, encouragement and practical learning offered by the program, she gradually built her skills and confidence. She learned how to use technology for everyday tasks, study, and communication, and began to believe in her own ability to succeed. Each small achievement became a stepping stone to something bigger.

Today, she is preparing to begin a Diploma of Nursing — a goal that once felt out of reach. Her journey is a powerful example of how access to the right learning environment can change lives. The Digital Learn Local program didn't just teach her computer skills; it helped her rediscover her confidence, set new goals, and take meaningful steps toward a rewarding career in healthcare.

Her story is an inspiration to anyone who feels it's "too late" or that they're "not good with technology." With support, patience and belief, incredible progress is possible.

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

Eligibility:

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

Date: Term 2 2026

Wednesday mornings
10:00am – 12:00pm
During Victorian school terms

Location

Red Cliffs Community Resource Centre
23 Indi Avenue, Red Cliffs

Cost

Fully Funded by Learn Local

Bookings / enquiries

Bookings are essential.

✉ rcresource.reception@gmail.com

☎ 03 50 243 455

Scan to enrol



Endorsed Learn Local course.



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 with low confidence with cooking and kitchen skills.
No prior cooking experience required.

Location

Red Cliffs Community Resource Centre
23 Indi Avenue, Red Cliffs

Cost

\$5 Per Class

Booking & Enquiries

Bookings are essential.

✉ rcresource.reception@gmail.com

☎ 03 50 243 455

Scan to enrol



Endorsed Learn Local course.



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 2 2026 starts June

10.00am - 12.00pm

Thursday's 2025

In Victorian School Terms

Location

16 Kiewa Avenue
Red Cliffs

Cost

Fully Funded by Learn Local

Bookings / enquiries

RSVP today

✉ rcresource.reception@gmail.com

☎ 03 50 243 455

Scan to enrol



Endorsed Learn Local course.





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

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 20th June
10am to 11 am

The Red Cliffs Grow and
Share Garden
16 Kiewa Avenue, Red Cliffs
SEE YOU THERE!

RED CLIFFS
grow
& share
GARDEN





Building...a community

Come and visit The Shed Thursdays 10am - 3pm

Ph: 5024 3455 or email redcliffsmensshed@gmail.com.
to book before coming or to get 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



**2026 INTERNATIONAL
MEN'S HEALTH WEEK**
#menshealthweek

**Free
Event**

The Red Cliffs Men's shed
and the Sunraysia Medical Clinic
will be holding a
Men's Health Week event
on men's health issues.

Date: 11th June 2026

Time: 1 to 3.00 pm

Where: 23 Indi Avenue, Red Cliffs.
more info, call 0350242993



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.



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.

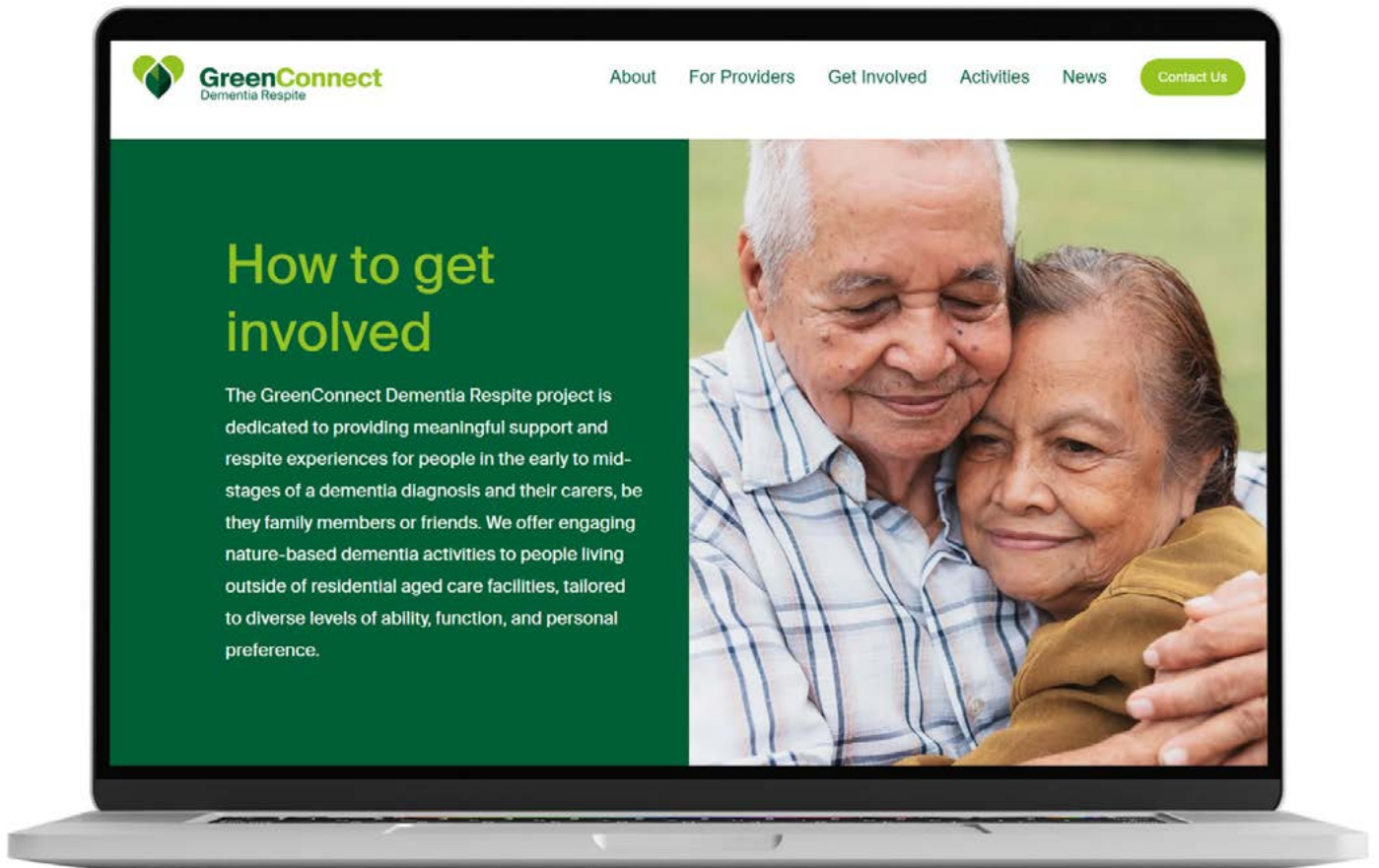
Red Cliffs Community Resource Centre
23 Indi Avenue, Red Cliffs





GreenConnect

Dementia Respite



[Click here to learn more about the GreenConnect Dementia Respite project](#)

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



About Mental Health and Wellbeing Connect

Mental Health and Wellbeing Connect is dedicated to those who are supporting people living with mental health issues or psychological distress, with or without substance use challenges.

This could include family, carers, supporters, or anyone else who has someone in their life experiencing mental health challenges.

We know that being there for people facing mental health challenges plays an important role in their recovery. We also recognise you as someone with your own wellbeing needs.

Mental Health and Wellbeing Connect centres provide a warm and welcoming space to improve your health and wellbeing and are open to all ages in Victoria.

Contact us

Mildura



122 Ninth Street,
Mildura VIC 3500



MentalHealthAndWellbeingConnect@malleefamilycare.com.au



<https://www.malleefamilycare.org.au/Our-Services/Mental-Health.aspx>



(03) 5023 5966 or 1800 979 730

Open for walk-ins or call for support.
Outreach available.

Location and contact details for other Mental Health and Wellbeing centres currently open are listed on the Better Health Channel website.

Scan the QR code or visit the URL below to find out more.



[<https://www.betterhealth.vic.gov.au/mental-health-and-wellbeing-connect>](https://www.betterhealth.vic.gov.au/mental-health-and-wellbeing-connect)

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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

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

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 *



23 Indi Avenue , Red Cliffs, 3496





**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 AVAILABLE AT THE
CENTRE TO KNIT OR CROCHET BEANIES**



more information contact
rcresource.reception@gmail.com



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**



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

Program has been canceled

RED CLIFFS

BUS STOP AT THE RED
CLIFFS RESOURCE CENTRE
WEDNESDAY'S
8:30 - 10:30 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:
ydingle@schs.com.au or
call SCHS: 5022 5444



Operating every Tuesday in School Terms

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



Bread Bags

To keep your bread fresh



Made by the volunteers at
the Red Cliffs Community
Resource Centre

\$5 each



Coming Soon

GROW YOUR OWN VEGETABLE KITS



**A new program designed
to empower people to be healthy
and grow food in small spaces.**



Visit: www.service.vic.gov.au

You are required to have the following:

- **Registration Number (up to 2 vehicles registered in your name)**
- **Driver's Licence Number**
- **Bank Account details: BSB & Account Number**
- **Email Address**
- **Phone Number**

No Smart Phone? No Email?

Call 132 842

Be prepared to wait over half an hour.

Red Cliffs Connections **SUSTAINABILITY**



Tips for a greener planet



Sustainability tips for June

Winter Food Habits That Save Money, Energy & Waste.

Winter Meals Bring People Together

Sharing soups, casseroles or baked meals with others is a simple way to reduce waste and build community during colder months.

One-Pot Meals Save More Than Time

Less cooking appliances means less power, less washing and less water use.

Consider a Rainwater Tank

Water is a precious resource, and rainwater tanks are a simple way to collect and store seasonal winter rainfall for later use. Even homes connected to town water can benefit from using stored rainwater.

Eat the Fridge Before Shopping

Challenge yourself to make meals from what's already at home before buying more groceries.

Winter Is Perfect for Batch Cooking

Cooking larger portions saves time, energy and money across the week.

Keep a 'Use Me First' Shelf

Place foods nearing expiry together in your fridge so nothing gets forgotten.

Grow Herbs Near the Kitchen

Easy access means you'll actually use them — and waste less.

Slow Cookers Use Less Energy

They use surprisingly little electricity compared to ovens and create hearty winter meals.

June Is Great for Leafy Greens

Spinach, lettuce and herbs thrive in cooler weather.

Recycling in Red Cliffs & surrounds.



Small Batteries
Red Cliffs Library,
Foodworks, Ritchie's 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](#)

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.)

SIGNS YOU'RE PARTICIPATING IN THE CIRCULAR ECONOMY WITHOUT EVEN REALISING!



Borrow
books from
the library



Swap and
share with a
friend



Donate items
carefully
where they're
needed



Refuse to
buy new



Reimagine a new
purpose instead
of throwing it
away



Compost food
waste for
gardens



Repair something
instead of
throwing it away



Support local
growers and
purchase
locally made



Cook food for
a neighbour



Collect
materials
from tips
or
roadside



Engage in your
community



Set up your
own street
library





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.

Victorian Longarms Firearm Safety course

Book via
QR code or type
in hyperlink



<https://tinyurl.com/FirearmSafetyCourse>



Authorised by
Victoria
Police

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)