

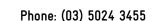
Red Cliffs Connections

A newsletter for the Red Cliffs Community Resource Centre



August 2025 - Volume 38

ABN: 36 345 726 854 Inc. A0028520U



Located: 23 Indi Avenue Red Cliffs

Email: rcresource.reception@gmail.com

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.



Click index item to go to page:

- 2. Office closed for staff training
- 3. Learn Local Digital Literacy
- 4. Chair Yoga
- 5. Be Connected
- 6. Grow & Share Mosaic Project
- 7 Food Swap
- 8 Seedbank
- 9 Introduction to preserving citrus, kimchi and sauerkraut
- 10 Reddy, Set, Cook pics
- 11 July happy snaps
- 12 Knitting beanies
- 13 Chatty Cafe
- 14-15 Loneliness Awareness Week
- 16 Men's Shed
- 17 Red Cliffs Carers Support Group
- Coffee Catch up
- Soft Pastel Workshop
- Gel Printing Workshop
- 20 SCHS Carer support services
- 21 Carers Resources

- 22 MvTime Mildura
- 23 Home Care Packages Information Session
- 24 Jobs & Skills
- 24 JP Services
- 25-28 Food Relief
- 29 Low-Impact Pilates
- 30 Free Walking Group
- 31 Community Paramedic Program
- 32 Boomerang Bags
- 33 Long-arm Firearm Safety Course
- 34 Sewing & Craft Group
- 35 Scrapbook and Card Making Workshops
- 36 42 Sustainability & Recycling
- 43 Richies Community Benefit Program
- 44 Community Billboard
- 45 AGM





Upcoming Red Cliffs Carers Pass activities will be:

- 12 August Coffee Catch Up
- 7 August Soft Pastel Workshop

If you are a carer and want to attend, click here to sign up for your pass.



Stay safe and warm.

RCCRC welcomes the community to drop in for a cuppa and a chat* in the warmth.

(During open hours only)

Red Cliffs Community
Resource Centre will be
closed for
Staff/Volunteer Training
on

Wednesday August 6th



Sorry for Any Inconvenience

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





DIGITAL ESSENTIALS CLASSES



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







CHAIR YOGA

With Melanie Wellness

YOU CAN PREBOOK YOUR PLACE

Total cost for 4 week program is \$40

This program is for men and women*

Next program Starts
Monday the 6th of
October 2025
for 4 weeks

10.30 am
at 23 Indi Avenue
Red Cliffs



contact 0350243455 or rcresource.reception@gmail.com





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

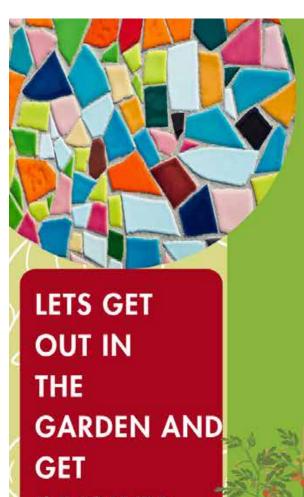






Red Cliffs Community Resource Centre 23 Indi Avenue, Red Cliffs





THE
GARDEN A
GET
INVOLVED
IN OUR
"GARDEN
MOSAIC
PROJECT"







16 KIEWA AVENUE, RED CLIFFS

MORE INFORMATION

CALL 03 50243455

RED CLIFFS

SATURDAY 16TH AUGUST 2025

9.30 AM TO 11.30 AM



RED CLIFFS ONCE A MONTH



"FOOD SWAPS ARE LOCAL
GATHERINGS
WHERE PEOPLE
SWAP
EXCESS
HOMEGROWN
PRODUCE"

SWAP CUTTING AND SEEDS

Next month's date <u>Saturday the 16th of August</u>

10am to 11 am

The Red Cliffs Grow and Share Garden 16 Kiewa Avenue, Red Cliffs

SEE YOU THERE!

RED CLIFFS

GYOW

GARDEN



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.







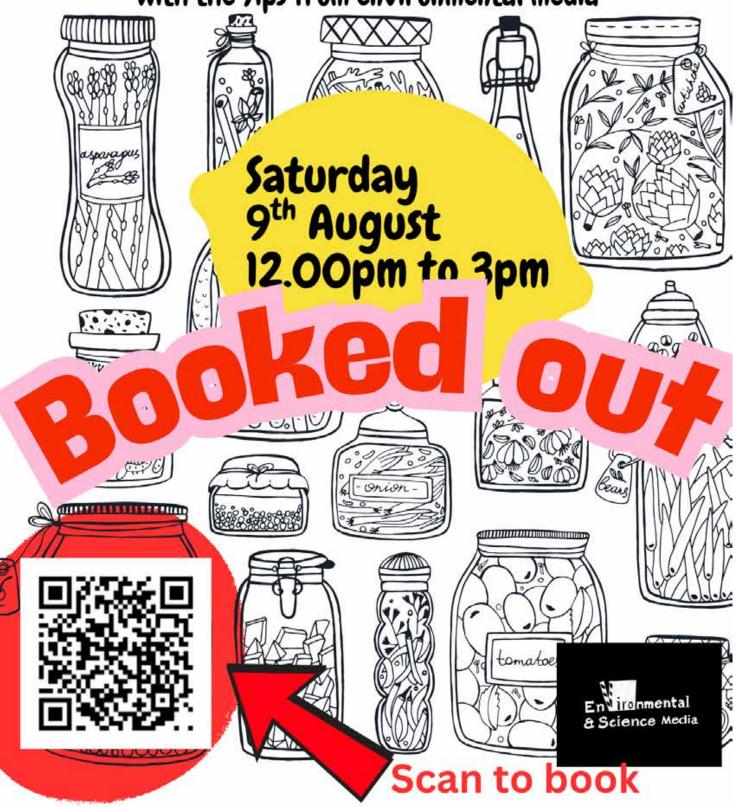


Red Cliffs Grow and Share Garden 6 Kiewa Avenue, Red Cliffs



Introduction to preserving citrus, kimchi and sauerkraut

With the Yips from environmental media





Join our Committee of Management Expression of interest

We have an opportunity for a position in our Committee of Management at the Red Cliffs Community Resource Centre.

If you are interested, please send your correspondence to our president Mr Tony Lyons: awlyons@live.com.au

July Happy Snaps





Our Food Swaps are thriving



Annetta at our drop in Be Connected Day



Liam our Be Connected Tutor



Over 100 beanies have been donated this Winter.



Next "Chatty Cafe" Wednesday 20^{th} August 10am-11.30 am

August

FREE Cuppa
 and Cake





have a chat

CONVERSATION STARTERS

Neighbours Every Day Relationships Australia.

TAKE THE AWKS OUT OF SMALL TALK

We get it! Small talk can feel slightly cringy and awkward, especially in person. It may seem like there is no purpose to it, but it's often the spring board for deeper conversations and stronger bonds.

STARTING A CONVERSATION

- Nice to meet you. How has your day been?
- You up to much today?
- What's been the highlight of your day so far?
- What's the most interesting thing that's happened this week?
- Are you listening to any podcasts or reading a good book?
- Are there any Netflix/ television series you'd recommend?
- Do you have any holidays planned?
- What's your favourite part about living in [city/ suburb/ town]?

SHARING PERSONAL STORIES

- I recently tried a new recipe, do you enjoy cooking?
- I saw a great movie last night, have you seen anything good lately?
- I'm planning a trip to [insert city], have you been?
- I started a new book, are you reading anything interesting?
- I've started running recently, do you have any outdoor hobbies?

THE POWER OF SMALL TALK

- Builds trust: Casual exchanges signal safety
 "I'm here, I'm friendly, this is a soft entry."
- Opens doors: Small talk is the warm-up—the stretch before the sprint.
- Creates familiarity:
 Repetition of small
 moments (like daily
 "morning!"s at work) turn
 strangers into
 acquaintances, then
 maybe even friends.

TIP 1

Try to find common interests and build from there.



TIP 3

Ask follow up questions to show you're listening.



TIP 2

Share a personal story to encourage more questions.



TIP 4

Save this as an image on your phone for easy access.



5 WAYS TO BE IN THE MOMENT



Building and strengthening connections involves more than being in the presence of someone – you also need to be present!

BE CURIOUS

Instead of trying to impress, flip the script: ask a genuine question that shows you're curious about people, not just trying to get them to like you.



TUNE IN

Pay attention to how they say things - tone, expressions, pauses, body language. It's often in the subtleties that connection blossoms.

REMOVE DISTRACTIONS

It's hard to be in the moment and connect with someone when your phone is firing with notifications. Put it away, look up and tune in!





LISTEN TO UNDERSTAND, NOT RESPOND

Focus on what they're saying and less so about what you need to say next.

MIRROR WITHOUT MIMICKING

Match their energy and take their lead. E.g. if they're shy, don't pressure them to open up.





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.au to book before coming or to get more information.





Pictured Below: Ebonee from Livcor hosted a first aid training day for the Red Cliffs Men's shed. This was funded by the AMSA grant.











Red Cliffs CARERS Support Group



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

Next Date

12th August



Soft Pastel Workshop.









THURSDAY 7 AUGUST 10AM-12PM

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

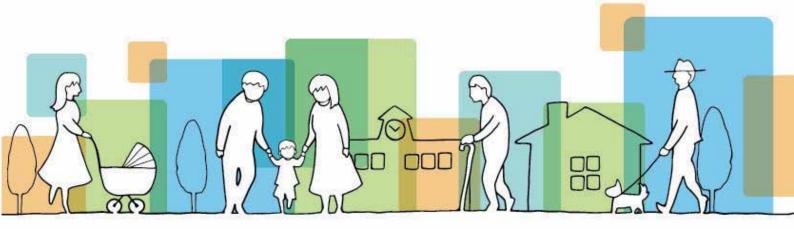
MAKE SURE TO QUOTE YOUR CARERS PASS NUMBER.



CONNECTING CARERS IN THEIR COMMUNITY





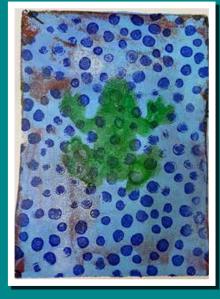






Happy Snaps from the Gel Printing Workshop for the RC Carers Support Group on the 10th July.













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



137 Thirteenth Street, Mildura, 3500

Save the Date October 17

Free Carers Week Event

More info to come

Carers Resources

Organisation	Description	Link
carerhelp	Caring for someone at the end of their life is a very important role. People who do this help the person they care for and that person's family and friends. They also help the community by reducing the pressure on our health care system. Carers are vital members of the Australian community and we are so thankful for what they do.	carerhelp.com.au
	Caring for someone who is dying can be very difficult. Often, people are caring for someone who is very close to them. This makes the end of life very emotional, which can be hard to cope with. Relationships can change significantly, and the caring role can become much more intense at this end of the caring journey.	
	The Australian Government has funded three CarerHelp projects.	
	The third CarerHelp Rural Connect project started in 2023 and will be completed in 2026. The aim of this funding is to develop resources for rural carers and offer rural carers a once off online education and support sessions with a health professional.	
Carer Gateway	Carer Gateway is an Australian Government program providing free services and support for carers.	www.carergateway.gov.au
	The Australian Government works with a range of health and carer organisations across Australia, known as Carer Gateway service providers, to deliver services to carers no matter where they live in Australia.	
5	Carers Victoria is the statewide voice for family carers, representing and providing support to carers in Victoria.	www.carersvictoria.org.au
Australia		



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

Changes to Home Care Packages for the Aged Care Sector Community Participants Information session



This important community session will be facilitated by Bendigo Health BOOKINGS essential call 03 50243455



Wednesday the 3rd of September



10am to 12 noon



23 Indi Avenue Red Cliffs



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











Jobs, Skills, Industry

• Red Cliffs Community Resource Centre •



Service available at RCCRC
Friday mornings*
from 9:30 am to 12:00 pm only*

23 Indi Avenue, Red Cliffs



Limited fresh and packaged food Items avalible.

Red Cliffs Community Resource Centre in open hours

*Available to Red Cliffs Residents. *ID required.

23 Indi Avenue, Red Cliffs



Nourish Sunraysia Social Supermarket

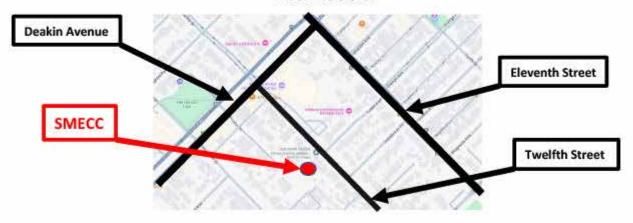


\$25 support fee per visit*
Open Wednesday–Friday | 10:00am–1:00pm
Pick and choose what you require of food and hygiene supplies*

Located at SMECC

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





VICTORIA











CALLOUT FOR FOOD DONATIONS



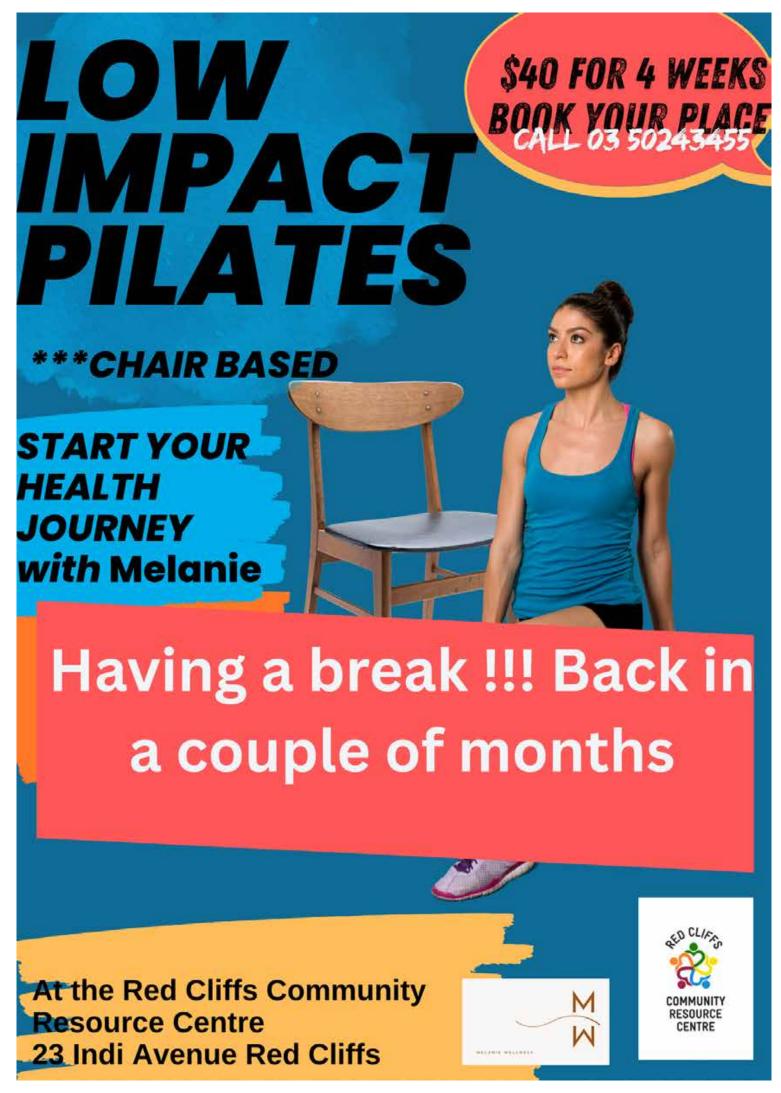


NON-PERISHABE
TINNED FOOD
WITH A
RING PULL
E.G
BAKED BEANS,
TINNED FRUIT

UNEXPIRED &



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

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.









Make bags to reuse and share.

Tuesdays 9.30am to 11.30am @ RCCRC Operating every Tuesday in School Terms

Victorian Longarms Firearm Safety course

Book via QR code or type in hyperlink





https://tinyurl.com/FirearmSafetyCourse



Authorised by Victoria
Police



2025 Scrapbooking, Card Making Workshops Red Cliffs Community Resource Centre

Tuesday 19th Aug 12 noon Cards \$25 Scrapping \$30





Tuesday 26th Aug 12 noon Cards \$25 Scrapping \$30



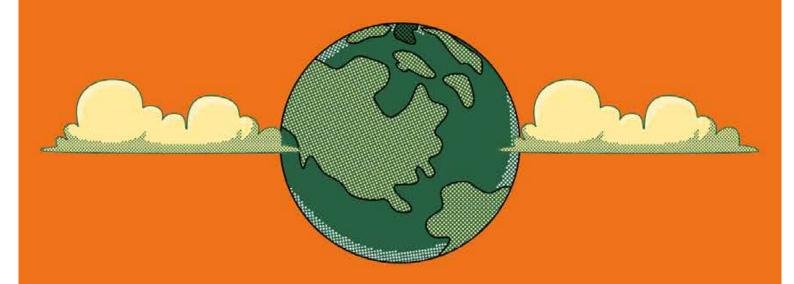




Bookings essential, by Friday before workshop so kits can be made up, Call Carolyn on 0412868447

Think

BEFORE YOU THROW



LET'S ALL HAVE A GO AT REDUCING OUR WASTE

Before rushing to discard or replace items, consider reusing or repurposing what you already have.

Small changes, like fixing a broken item or getting creative with its use, can extend its life and reduce waste.



WHEN WE GET AROUND WITHOUT CARS, IT LEAVES ROOM FOR



Stopping to smell the flowers



Running into a friend



Getting some exercise



Getting to know the neighbourhood better



Saving money



Getting to pat a dog



Speaking to a neighbour



Living life in the 'slower lane'



Having a chance encouter with a stranger

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



- 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





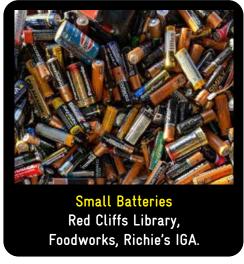


Plastic bags or packaging, loose lids and caps from bottles or jars, corks, pumps, sprays, droppers, cardboard, crockery such as plates, dishes, mugs, drinking glasses, glass cookware, vases, light bulbs.

Purple bins are emptied monthly - To find your collection day visit:

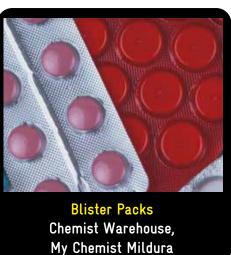
https://www.mildura.vic.gov.au/Services/Waste-and-Recycling/My-bins/Find-your-bin-day

Recycling in Red Cliffs & surrounds.









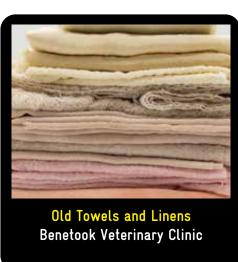












Other recycling places.
AS & CO accept a wide range of items for recycling - Check out their list on their website



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.)

Blister Pack Recycling

Blister packs are made from a combination of materials like plastic and aluminium which cannot be separated through household kerbside recycling.

Pharmacycle is the solution to this wicked problem.

Welcome to the largest and only end-to-end recycling program for blister packs in Australia.

Click on the following videos to explore how a blister pack is broken down into key parts that can be used by our partners, allowing us to give each blister pack a second life.



Episode 1- The Journey of a Blister Pack



Episode 2- Breaking down the Blister Pack



Episode 3- A new life for Blister Packs

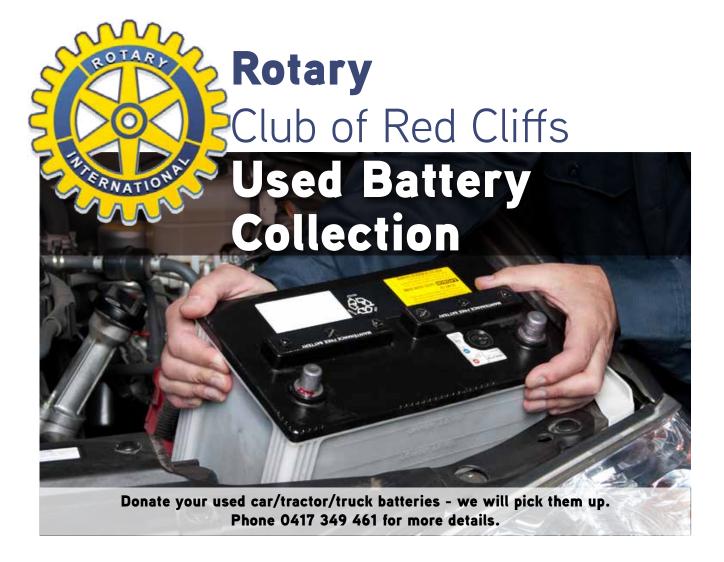
Drop off locations in Mildura

Chemist Warehouse
Mildura
114a-118 Langtree
Avenue Mildura

My Chemist Mildura 69 Langtree Avenue Mildura

Chemist Warehouse
Shop G002
Mildura Central
Shopping Centre, Cnr
Deakin Ave & Fifteenth
Street, Mildura

Chemist Warehouse
Mildura Homemaker
Centre, Cnr Fifteenth
Street and Benetook
Avenue, Mildura









NOMINATE US TODAY

AS PART OF THE RITCHIES COMMUNITY BENEFIT PROGRAM

and help us generate extra funds.

Download or update the Ritchies Card App









- 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.







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

Red Cliffs Community Resource Centre. Inc.

23 Indi Ave RED CLIFFS VIC 3496

Ph.: 03 5024 3455

Email: rcresource@smartchat.net.au

ABN: 36 345 726 854

Inc. A0028520U



AGM

Red Cliffs Community Resource Centre Annual General Meeting 2025

Monday the 27th of October 2025 At 6.00pm.

At the Red Cliffs Community Resource Centre 23 Indi Avenue Red Cliffs

Interested people are invited to attend Contact the Executive Officer on Email

rcresource@smartchat.net.au









