

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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Information Session on the



If you care for a family member or friend with disability, a medical condition, mental illness, or who is frail due to age, then Carer Gateway can help you.

Carer Gateway provides many services to support carers in their caring role, including:

- In-person and online peer support groups
- Tailored support packages to help with accessing planned respite, transport services, and more
- In-person and phone counselling
- In-person and online self-guided coaching
- Online skills courses to support your wellbeing and understanding of legal responsibilities relating to the caring role
- Access to emergency respite if you suddenly find you can't provide care, for example if you become ill or injured

See page 15 for more info

OFFICE CLOSURES:

RCCRC will be closed on **Tuesday 15th** April from 12:30 (Staff Training) **Friday 18th** April (Good Friday) **Monday 21st** (Easter) and **Friday 25th** April (Anzac Day) .

All information in this newsletter is subject to change.



***FREE Q & A Community Health Information session**

with Sunraysia Community Health



Monday 14th April



1pm to 2.30 pm



23 Indi Avenue Red Cliffs

“

**Afternoon
tea
provided**

”



SCHS

Sunraysia Community
Health Services



**RED CLIFFS
COMMUNITY
RESOURCE
CENTRE**

RED CLIFFS grow & share GARDEN



**2025 IN
THE
GARDEN
WITH
LARRY**



16 KIEWA AVENUE, RED CLIFFS
MORE INFORMATION
CALL 03 50243455



**RED CLIFFS
COMMUNITY
RESOURCE
CENTRE**



**SATURDAY
12TH APRIL
2025**

**9.30 AM TO
11.30 AM**



RED CLIFFS FOOD SWAP ONCE A MONTH

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



Next month's date

Saturday the 12th April

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





Picture from our Renters Rights session in March facilitated by Mallee Family Care



Pics from the Red Cliffs Grow & Share Food swap and Garden Day on March the 22nd



RED CLIFFS
grow
& share
GARDEN



Above:
Pictures from Wednesdays
Craft & Sewing Group.
Ann-Marie, Sue & Cheryl

Below: Pictures Red Cliffs
Mens Shed "fellas"



Thank you to MP Jade Benham for visiting the Red Cliffs Mens Shed



Reddy, Set, Cook

Learn skills for work and life



Only \$5
per class*

February Theme: Sustainable Cooking

Mondays* during school terms

9.30am - 12:30pm

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



**We are now taking enrolments
for Term 2, which starts on
28th April 2025.**



malleefamilycare

community
legal centre

Plan for the future with confidence

Wednesday 2nd April

Making decisions about your future can feel overwhelming, but being prepared brings peace of mind for you and your loved ones.

Our Community Legal Centre is here to guide you through the process, offering a free information session designed to help you understand and plan for crucial financial, medical, and personal decisions.

This session will provide practical advice on important tools to ensure your wishes are respected, even if you're unable to express them yourself.

Morning tea provided

**This session is for general information purposes only and does not include individual legal advice.*

Topics include:

- Enduring Powers of Attorney
- Medical Treatment Decision Makers
- Advance Care Directives
- Wills: why it's important to have one

Time

10am - 12pm

Where:

Red Cliffs Community Resource Centre
23 Indi Ave, Red Cliffs



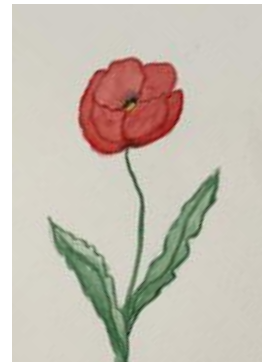
For more information or to register contact:

Red Cliffs Resource Centre
E: rcresource@smartchat.net.au
P: 5024 3455

mfc
malleefamilycare

Red Cliffs Carers Pass activities in March were:
1. Painting Poppies. 2. Making Plant Pots.
The next activity in April is: Easter Flower Arranging.

If you are a carer and want to attend, [click here to sign up for your pass.](#)



Create your own
Floral
Easter
Arrangement with Paige
Tuesday 1st April
1pm to 3pm

*FREE to for our RC Carers Pass members
Limited spaces : Call 0350243455

INFORMATION SESSION ON THE



<https://www.carergateway.gov.au/>



THURSDAY 10TH APRIL



10.30 AM TO 12.20 PM



23 INDI AVENUE RED CLIFFS

*CARER GATEWAY SERVICE
PROVIDERS HELP CARERS
ACCESS A RANGE OF FREE
SERVICES AND SUPPORT
JUST FOR CARERS.*

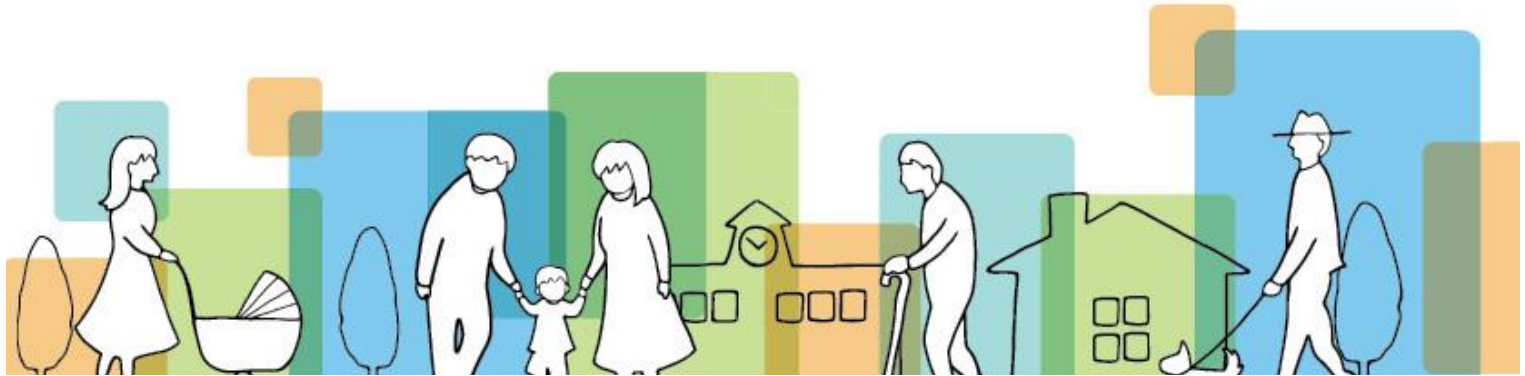
rcresource.reception@gmail.com



Australian Government






CONNECTING CARERS IN THEIR COMMUNITY



Thank you to Vic Gov & Carers Victoria for helping us fund the Red Cliffs Carers Support Group.

Carers Resources

Organisation	Description	Link
	<p>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.</p> <p>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.</p> <p>The Australian Government has funded three CarerHelp projects.</p> <p>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.</p>	carerhelp.com.au
	<p>Carer Gateway is an Australian Government program providing free services and support for carers.</p> <p>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.</p>	www.carergateway.gov.au
	<p>Carers Victoria is the statewide voice for family carers, representing and providing support to carers in Victoria.</p>	www.carersvictoria.org.au



Why MyTime?

MyTime is for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

FIND US AT:

Trinity Lutheran Church Hall
Cnr Olive Ave & Ninth St

Wednesdays, Weekly 9:30am –11am

CONTACT:

Jo Pegus –Facilitator

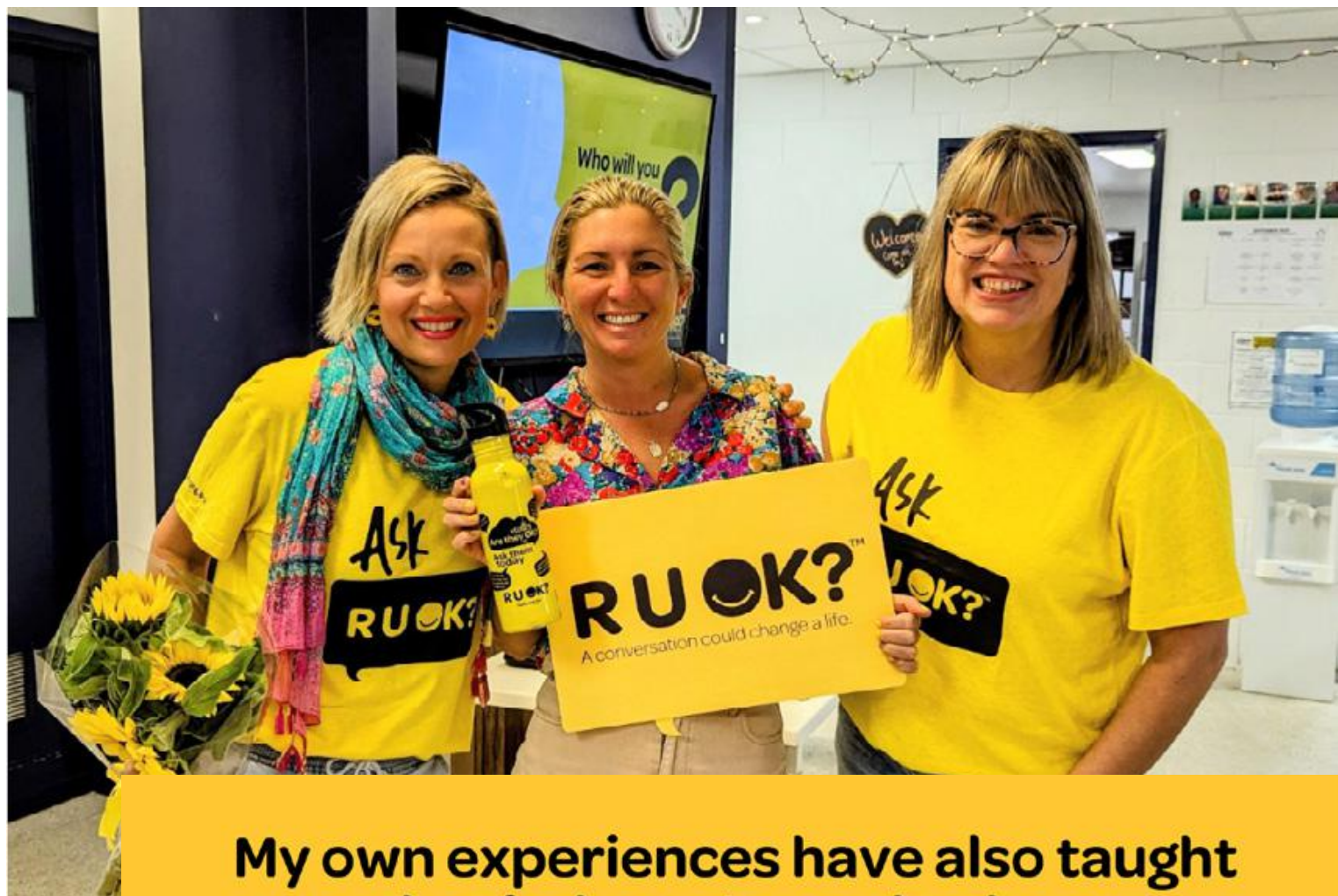
Email: jpegus@malleefamilycare.com.au

Mobile: 0437 077 689

Unwind and
share experiences
with others who
understand



mytime.net.au



My own experiences have also taught me that it doesn't need to be your partner, parent or sibling checking in, it can be someone a little more removed such as a neighbour, family friend or colleague.



**AT
23 Indi
Avenue,
Red Cliffs**



**Next
"Chatty Cafe"
Wednesday
16th April
10am-11.30 am**

April

- **FREE Cuppa and Cake**



**IF YOU'D LIKE TO
LEARN MORE,
SCAN HERE**



• CHATTYCAFEAUSTRALIA.ORG.AU
• [FACEBOOK.COM/CHATTYCAFEAUSTRALIA](https://www.facebook.com/CHATTYCAFEAUSTRALIA)
• [@CHATTYAUS](https://twitter.com/CHATTYAUS)
• [@CHATTYCAFEAUS](https://www.instagram.com/CHATTYCAFEAUS)

**have
a
chat**

FREE WORKSHOP

with the Mildura Skills and Jobs Centre

Red Cliffs Community Resource Centre

📍 23 Indi Avenue Red Cliffs



Wednesday 23rd April
10am - 12pm
CREATING COVER LETTERS

Please register at the RCCRC

☎ or phone 5022 3999

to speak to the Skills and Jobs Centre directly



SKILLS
AND JOBS
CENTRES



Victorian
Skills Authority

VICTORIA
State Government

Jobs, Skills,
Industry
and Regions

SKILLS AND
JOBS
CENTRES

Mildura Skills and Jobs Centre
provides

FREE CAREER AND EMPLOYMENT ADVICE

- ✓ Helping you get on track with
 - ✓ Information on education & training
- Career pathways and job application support

📍 **Red Cliffs Resource Centre | 23 Indi Avenue**
10am - 12pm
on Wednesday's fortnightly

April Dates:
Wednesday __ and
__.

 **SuniTAFE**
RTO 4693 CRICOS 01895A



STOP.



CHECK.



PROTECT.



Anybody can be scammed but there are 3 simple, memorable steps we can all take to stay safe from scams.

1

Stop

Don't give money or personal information to anyone if unsure.

2

Check

Consider who you're dealing with and ask yourself: could the message or call be fake?

3

Protect

Act quickly if something feels wrong and report scams to Scamwatch. Your report will help us protect others.

scamwatch.gov.au



Australian Government



National
Anti-Scam
Centre



ScamWatch
Stop. Better safe than scammed.



FOOD RELIEF



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

Red Cliffs
Residents only *



*A big
Thank You*



CALL OUT FOR **FOOD** DONATIONS



**WHAT
WE NEED?**

**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



CHAIR YOGA

With Melanie Wellness

BOOKINGS REQUIRED*

Total cost for 4 week program is \$40

This program is for men and women*

**Next program Starts
Monday the
28th April 2025
for 4 weeks**

10.30 am
at 23 Indi Avenue
Red Cliffs



contact 0350243455 or
rcresource.reception@gmail.com



LOW IMPACT PILATES

\$40 FOR 4 WEEKS
BOOK YOUR PLACE
CALL 03 50243455

*****CHAIR BASED**

**START YOUR
HEALTH
JOURNEY
with Melanie**

**4 WEEK
PROGRAM
11.00 AM
FRIDAYS**

**NEXT PROGRAM
FRIDAY 2ND MAY
FOR 4 WEEKS**

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





SCHS
Sunraysia Community
Health Services

FREE

Walking Groups



RED CLIFFS

BUS STOP OPPOSITE RED
CLIFFS RESOURCE CENTRE
WEDNESDAY'S
9:00 – 10:00 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

• Red Cliffs Community Resource Centre •



JUSTICE OF THE PEACE

Service available at RCCRC
Fridays* from 9:30 am to 12:30 pm



FIREARM SAFETY COURSE

Firearm safety courses are now being held at the
Red Cliffs Community Resource Centre in 2024.

Book via link: [https://tinyurl.com/
FirearmSafetyCourse](https://tinyurl.com/FirearmSafetyCourse)





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.





Connecting and empowering local communities to tackle plastic pollution at its source.

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



Seeking donations of material to make book bags for kinders

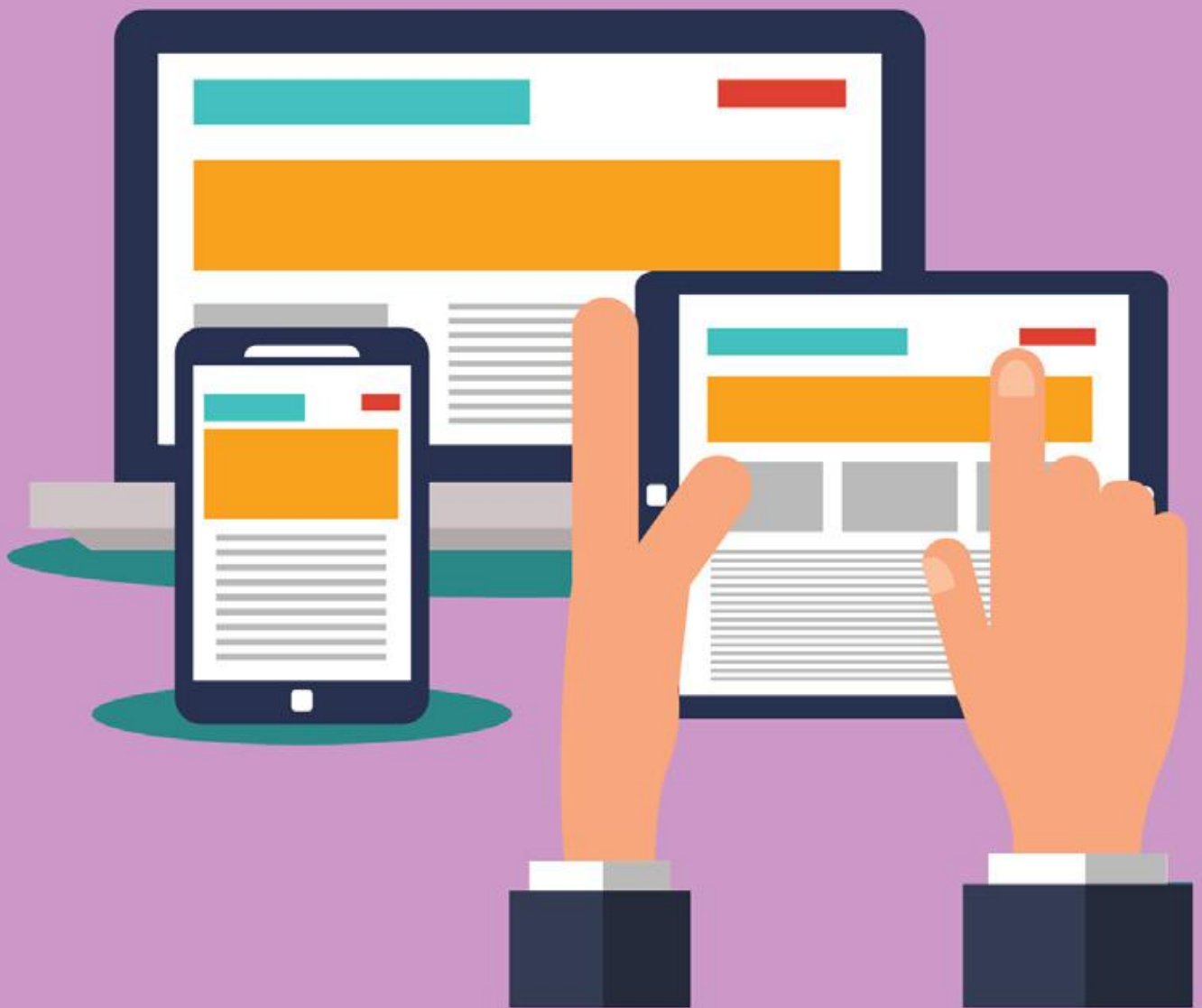
Make bags to reuse and share.

Tuesdays 9.30am to 11.30am @ RCCRC

Operating every Tuesday in School Terms

Be Connected

Every Australian online.



Thursdays in
Victorian school terms.
BOOK TODAY!! 50243455

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

SEWING & CRAFT GROUP



Bring your sewing projects along and discuss all things crafting.

10 am to 2 pm.

Every Wednesday except the first one of the month

For intermediate and advanced sewer and quilters.

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](#)

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**



Rotary

Club of Red Cliffs

Used Battery Collection



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





NOMINATE US TODAY

AS PART OF THE RITCHIES COMMUNITY BENEFIT PROGRAM

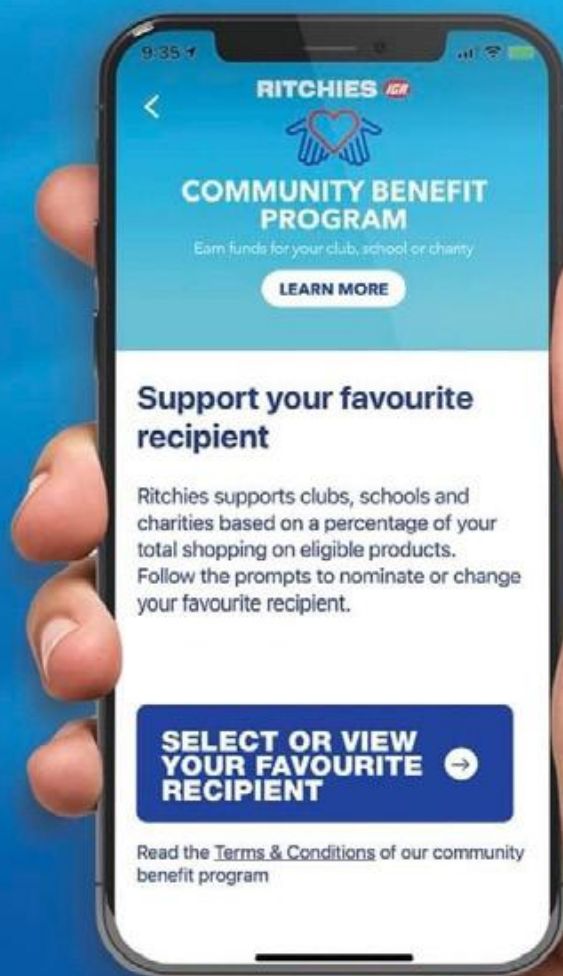
and help us generate extra funds.

- 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

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)

2025 Scrapbooking, Card Making Workshops Red Cliffs Community Resource Centre

Tuesday 29th Apr
12 noon
Cards \$25
Scrapping \$30



Kaszazz



290288 Blue Waters Cards
Created by Beryl McLean

Tuesday 6th May
12 noon
Cards \$25
Scrapping \$30



Kaszazz



291293 Butterfly Stencil and Ezy-Free Cards
Created by Kathryn Dowling

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

Coming in May



This year, from 12 to 18 May 2025, we're making waves with the theme
"Ripples of Change"!

Every action, no matter how small, has the power to create a ripple effect – spreading kindness, sparking ideas, and strengthening communities. At Neighbourhood and Community Houses and Centres (NCHCs) across Australia, we see it happen every day! A friendly smile, a shared story, a new skill – these small moments add up to something big, sending waves of meaningful change that extends far beyond our local neighbourhoods.

From community projects to everyday conversations, these ripples of change build momentum, shaping stronger, more connected communities. Whether it's volunteering, learning something new, or simply reaching out to someone in need, every action helps build a stronger, more connected community.

This Neighbourhood House Week, join us in celebrating the power of small actions that lead to big impacts. Get involved – have a chat, lend a hand, try a new class, or be part of a local event. Share your stories on the theme 'From small ripples grow big waves of change!'

Whether it's a moment of kindness, a new connection, or a community initiative, every story inspires others to take action. Together, let's turn **little ripples into big waves of change!**



neighbourhood
HOUSE WEEK 12 - 18
MAY '25