

Located:  
23 Indi Avenue Red Cliffs

Open Weekdays:  
9am - 3:30pm

Phone: (03) 5024 3455  
Email: [rcresource@smartchat.net.au](mailto:rcresource@smartchat.net.au)

visit our website: [www.redcliffscommunity.org.au](http://www.redcliffscommunity.org.au) or stay connected via our Facebook: [www.facebook.com/redcliffsresource](http://www.facebook.com/redcliffsresource)

Red Cliffs Community Resource Centre acknowledges the Latji Latji & Barkindji people as the traditional owners and custodians of this land and pays respect to their elders past and present.

Welcome to our newsletter for April,  
to receive more updates and first-round offers for  
events & activities go to [www.redcliffscommunity.org.au](http://www.redcliffscommunity.org.au) and sign up to our email list.

This month we wish everyone a safe & happy Easter and remember the fallen on ANZAC day later in the month.

We also wish to thank to all the people that knitted beanies! We have donated them to the Mildura Base Hospital and the Peter MacCallum Cancer Centre for people that are receiving treatment. Keep on knitting. They are required to be made from new yarn.



RCCRC will be closed Good Friday and Easter Monday and ANZAC day.

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RED CLIFFS COMMUNITY  
RESOURCE CENTRE



During April  
RCCRC will be  
open Saturdays  
10am to 12pm\*

\*Not open  
Easter Saturday



All information in this newsletter is subject to change.



COFFEE & EATS

### Have a Chat at Chatty Cafe!

Date: Wednesday 19th of April

Time: 10am to 11.30am

Place: Good Golly Cafe

41 Ilex St, Red Cliffs



THECHATTYCAFESHEME.COM/AUSTRALIA  
FACEBOOK.COM/CHATTYCAFEAUSTRALIA  
@CHATTYAUS  
@CHATTYCAFEAUS





OPENING  
HOURS OVER  
*Easter*

THE RED CLIFFS COMMUNITY  
RESOURCE CENTRE  
WILL BE CLOSED

GOOD FRIDAY THE 7TH AND  
EASTER MONDAY THE 10TH OF APRIL

Have a Safe and enjoyable Easter and see  
you back on Tuesday the 11th of April





COMMUNITY  
RESOURCE  
CENTRE

# LOW IMPACT CLASSES FOR APRIL

**\*WOMENS ONLY**

**LOW IMPACT FITNESS  
SESSION'S WITH**

**VICTORIA BOWEN PT**

**\$20 FOR TOTAL  
PROGRAM**

**VERY LIMITED SPACES.  
BOOK TODAY ON  
03 50243455**

**FRIDAY'S FOR A 4 WEEK  
PROGRAM**

**STARTING ON THE  
FRIDAY 28TH APRIL  
11AM TO 12PM**

**AT 23 INDI AVENUE  
RED CLIFFS**



# “Move it or Lose it”.



## In Reddy



## Let's get active!!!

The Red Cliffs Community Resource Centre is Sponsoring  
An 8-week program, to get active over winter in a  
functional and fun movement class.

*\*Required to be over 18-year-old.*

At **CLUB AQUARIUS RED CLIFFS.**

Indoors in an Inclusive, Safe and Local environment.

Start Date: Friday the 28<sup>th</sup> of April.

Program: 8 weeks.

Times: 10.00 am to 11.00 am.

Feel  
Good

**\$40.00** to be paid upfront (\$5 a session) *\*places are extremely limited.*

Required to Book and pay at the **Red Cliffs Community Resource Centre** before the start of the program.

On 50 243455 or email [rcresource.reception@gmail.com](mailto:rcresource.reception@gmail.com)

*\* Required to fill out a participating register form and an enrolment form to be part of this program. Arrive 10 minutes before the class starts and please do not attend if you feel unwell. Version 2 23/2/2023*

FREE\* PROGRAM

Program  
finishes on the  
5th April and will  
recommence on  
the 26th April.

## DIGITAL ESSENTIALS CLASSES

Wednesday mornings 2023 at 10.00am to 12noon.

**NOW TAKING BOOKINGS**

Become confident in:

- Using online platforms.
- Using different digital devices
- Applying for jobs online
- Using Apps and digital communication pathways.

**Only operating during school terms.**

COVID restrictions apply, bookings are a must.



Register here to secure your spot:

<https://socialplanet.com.au/activity/view?id=10846>



# SEEDBANK

## SHARE SWAP GROW ENJOY

Share or Swap your seeds  
with others.

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 Community Resource Centre  
23 Indi Avenue Red Cliffs



Free\* connecting up to the internet, advice and assistance for the over 50's

Resources on everything from how to use your smartphone or tablet to cyber safety tips.

Term 2 starts  
4th of May.



Make your booking for one on one help now on 03 5024 3455  
or email: [rcresource.reception@gmail.com](mailto:rcresource.reception@gmail.com)





# Be Connected morning tea

Be Connected morning tea was held in March on where are the QR codes and how to use them.

Next morning tea will be on [Scamwatch the Authorised\\* government site](#) to report and find out about scams.

**Date: Thurs 27th April**

**Time: 10 am - 11:30am**

**Place: RCCRC**

**R.S.V.P: Wednesday 26 April**



**Australian Government**

**Be Connected**

**Every Australian online.**



# Community Paramedic Clinic

## Blood Pressure & Health Assessments

**Where:** Red Cliffs Community Resource Centre

**When:** Every Monday from 9.30 am to 12.30 pm.

**For more information call:  
Travis or Ebonee on: 0447 067 865**

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.





Our eggs are supplied by SRS. Pictured: Corey Douglass

Red Cliffs Food Share is a project to assist in coordinating food relief, so the people that really require it, can access it in their own local community.

\*Available to Red Cliffs residents only. ID required.



We are in need of fresh food donations.

Contact the Red Cliffs Community Resource Centre to find out more on: 03 50 243 455

or email: [rcresource.reception@gmail.com.au](mailto:rcresource.reception@gmail.com.au)

Above: Fresh apples donated  
Below: Food hampers are available to Red Cliffs residents.





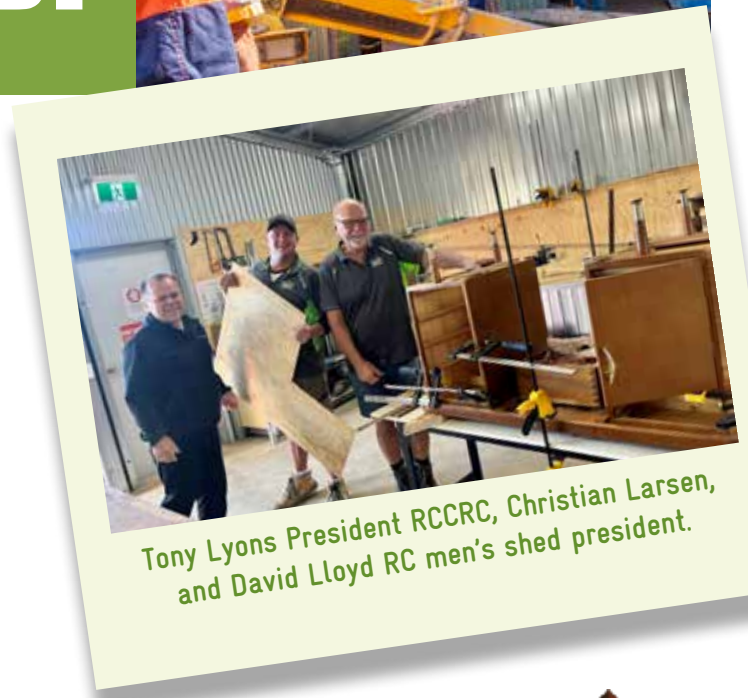
Red Cliffs Men's Shed is located at Red Cliffs Community Resource Centre, 23 Indi Avenue Red Cliffs.

Feel free to visit the Shed  
Thursdays 10am - 3pm

Ph: 50 243 455 or email [redcliffsmensshed@gmail.com](mailto:redcliffsmensshed@gmail.com) to book before coming or to get more information.

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.

Discover a place to connect, a community to belong to & mates that make it all worthwhile.



Tony Lyons President RCCRC, Christian Larsen, and David Lloyd RC men's shed president.



Australian Men's Shed Association  
SHOULD BE TO SHOULD BE

Click here to check out the Mens shed magazine:

<https://mensshed.org/wp-content/uploads/2023/03/The-Shedder-Autumn-2023.pdf>

The Australian Men's Shed Association is funded by the Federal Department of Health to provide practical support to Men's Sheds and deliver a wide range of services. It aims to improve the health and wellbeing of members and reduce the number of men who are at risk from preventable health issues that may emanate from isolation.

Through collaboration and strategic partnerships with national, state, territory and health related community services such as beyondblue, Heart Foundation, Department of Veteran Affairs, Cancer Council, AMSA has developed a range of resources and delivered a variety of national initiatives such as 'Spanner in the Works?', a men's health project.



## BEGINNERS ENGLISH CLASSES

Tuesdays 2023 5pm to 7pm.

**NOW TAKING ENROLLMENTS**

You will learn:

- Talking in English
- Reading and writing
- Numbers/time/money
- Work skills

**Only operating during school terms.**

Inquiries are welcome.

Please contact Evelyn at SMECC (03)50 221 006  
or [acfe@smecc.org.au](mailto:acfe@smecc.org.au)

# Reddy, Set, Cook

Facilitated by Elena who is renowned for the most amazing Italian cuisine.



**Cook and share a healthy meal together**

**When: Mondays 10:00am - 12:30pm**

**Where: Red Cliffs Community Resource Centre.**

**Cost: \$5 per class.**

**Last day for term 1 - Monday April 4**

**Term 2 starts - Monday April 28**

**April 28th isn't a formal lesson day, on this day we will be cooking meals for our Red Cliffs Food Share program.**

**On May 1st we will be making homemade pasta.**



# WALKING GROUP



## Red Cliffs Community and Resource Centre

Every Wednesday

All levels of ability are welcome.

Walk alongside trained health professionals for an hour each Wednesday at 8:30am

Register at Red Cliffs Community and Resource Centre at 8:15am

Contact Ebonee or Travis on: 0447 067 865 for further details.



Photo of our digital literacy students on a International Women's Day Zoom about Financial Empowerment.



Wednesday walking group. Leaving at 8:30am sharp on Wednesdays.

**Be safe at home.  
Move to safety.  
Rebuild your life.**

**Government-funded No Interest Loans for women affected by family and domestic violence.**

Brought to you by: Good Shepherd No Interest Loans

Funded by: Australian Government Department of Social Services

In partnership with: nab

[www.nhvic.org.au/nils](http://www.nhvic.org.au/nils)



# Receive up to \$800 worth of plumbing works for FREE\*

You may be eligible for the Victorian Government's Community Rebate Program.

Eligible customers will receive a free water efficiency audit from a licensed plumber, contracted by Lower Murray Water, to assist in reducing your water use.

Eligible customers may then receive assistance of up to \$800 from the program for agreed products or services.\*

If this is of interest, contact us on 03 5051 0740 to determine if you are eligible for an initial water audit.

\*The program does not provide subsidies for bills, but assists customers to reduce water use and utility costs. Offer available until 30 June 2023 (while funds available).

E [rebateadmin@lmw.vic.gov.au](mailto:rebateadmin@lmw.vic.gov.au)

[lmw.vic.gov.au](http://lmw.vic.gov.au)



LOWER MURRAY WATER



## Testimonial

*“A lady who was given a flyer regarding \$800 worth of free plumbing works, had her toilet taps replaced for free this week and was very happy with the services.*

*Was very appreciative with the information given from us as she didn't have the money to fix a leaking toilet that she had for over 6 months and was costing her water bill”*

A resident from Red Cliffs





# Are you a Carer?



Do you or someone you know provide care for a partner, family member or friend with a:

- disability
- mental illness
- addiction
- chronic health issue

or an older person with care needs?



Are you looking to re-enter the work force, upskill, or wanting to find a group of like-minded people?



We've got you covered. Talk to **Red Cliffs Community Resource Centre** today to find support available.



## SENIOR & CARERS RESOURCES

You may be eligible for the following cards.



For More Information

<https://www.carercard.vic.gov.au/>

or call

1800 901 958



For More Information

<https://www.seniorsonline.vic.gov.au/seniors-card>

or call

1300 797 210



For More Information

[www.companioncard.vic.gov.au](http://www.companioncard.vic.gov.au)

or email

[companioncard@dffh.vic.gov.au](mailto:companioncard@dffh.vic.gov.au)

If you need assistance in finding out if you are eligible give RCCRC a call and we will book you in for an appointment.

# Ask an Expert: Webinar Series for Unpaid Carers



Neighbourhood Houses Victoria have worked with Carers Victoria, with support from the Victorian State Government, to present a series of webinars to help unpaid carers in Victoria get more support. This Ask an Expert series is free to attend, with a helpful new topic each week.

Click the links below to register:

19 April 2023: [How can I return to The Workforce?](#)

# 2023 Scrapbooking, Card Making Workshops Red Cliffs Community Resource Centre

Tuesday 4<sup>th</sup> April  
12 noon  
Cards \$25  
Scrapping \$30



Tuesday April 11<sup>th</sup>  
12 noon  
Cards \$25  
Scrapping \$30

Tuesday 18<sup>th</sup> April  
12 noon  
Cards \$25  
Scrapping \$30



Tuesday 25<sup>th</sup> April Anzac Day no workshop

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

# SWAP OR NOT book library



Feel free to take or leave a good book at our little library for others to swap or not.

We currently have a large selection to choose from - for young and old.

Our little library located out the front of the centre is for young children and our book swap inside the centre is full of books for older minds.

Available during normal open hours.



THE RED CLIFFS COMMUNITY RESOURCE CENTRE

FOR A LIMITED TIME

OPEN ON  
SATURDAYS  
IN APRIL  
\*NOT OPEN OVER  
THE EASTER BREAK

10:00 AM - 12:00 PM  
23 Indi Avenue, Red Cliffs



For More Information:

Phone Number  
0350243455

Email  
rcresource.reception@gmail.com

# POWER SAVING BONUS

*is back!*



GET ANOTHER  
\$250

NEXT ROUND OF  
THE PSB STARTS  
24 MARCH 2023



COMMUNITY  
RESOURCE  
CENTRE

**Appointments Essential - Call us on 5024 3455 to book**

[www.nhvic.org.au/power-saving-bonus-outreach-program](http://www.nhvic.org.au/power-saving-bonus-outreach-program)



# BusABLE Program

AN EDUCATION PROGRAM ABOUT TRAVELLING ON BUSES

CDC Mildura brings you **BusAble** - a community education program to enable anyone to practice traveling safely on buses, and help them feel comfortable and confident using Mildura's bus service network.

## Who can benefit from this program?

- Seniors who want to become re-acquainted with using public transport,
- CALD or refugee communities, and/or
- People with accessibility needs and their carers (NDIS, community groups)

To find out more, register your expression of interest with the Red Cliffs Community Resource Centre today!

**REGISTER VIA RED CLIFFS**

FOR ANY QUESTIONS, CONTACT  
rcresource@reception@gmail.com or call 03 50243455



# No Interest Loans

**For essentials you need now.**

Borrow up to \$1500. Pay back what you borrow.



**Good Shepherd**  
No Interest Loans

# No Interest Loans

**For essential vehicles you need now.**

Borrow up to \$5000. Pay back what you borrow.



**NEIGHBOURHOOD HOUSES VICTORIA**

**No fees. No interest. Ever.**

Neighbourhood Houses Victoria and Good Shepherd are working together to provide the NILS program. Follow the link to find out more and see if you are eligible: <https://www.nhvic.org.au/nils>



# CARERS EXPO



**SAVE THE DATE: Friday July the 14th**



Boomerang bags will be having a break and return on May 2nd.



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

Make bags to reuse and share.

WHEN: Tuesdays 9.20am to 11.30am @ RCCRC

During school terms only.



Boomerang bags are now available to buy from Gio's Bread - 61 Indi Avenue Red Cliffs



# SEWING & CRAFT GROUP



*Bring your sewing projects along.*



*Discuss all things craft & sewing*

## SEWING & CRAFT GROUP

**WHEN:** Wednesday 10 am to 2 pm

**Not on the first Wednesday of the month**

For the intermediate and advanced sewer and quilter.

Got question on a project you are doing? Come along and have a chat to the group.





**Safe Seats  
Safe Kids**

**IS YOUR CHILD  
TRAVELLING SAFELY?**

**FREE CHILD CAR RESTRAINT  
FITTINGS & SAFETY CHECKS**



**Red Cliffs Community Resource  
Centre invites local parents and  
carers to book in for a free child car  
restraint fitting or safety check!**

**WHERE** 23 Indi Street, RED CLIFFS

**WHEN** **NEXT SESSION - FRIDAY 21ST OF APRIL 10AM - 3PM**

**HOW** Bookings are essential. Parents and carers (including grandparents!) can book in a free child car restraint fitting or check by registering via:

<https://safeseatssafekids.com.au/venues-mec/>

Please note, if you need to have more than 1 child car restraint fitted/checked, you will need to book multiple appointments.

**WHY** 70% of child car restraints are incorrectly installed or used, posing a serious safety risk to children travelling in those restraints. For peace of mind, have a professional fitter check your restraints so you know your child is safe. For more information about the program, please visit [kidsafevic.com.au/road-safety/free-child-car-restraint-checking-program](https://kidsafevic.com.au/road-safety/free-child-car-restraint-checking-program)



**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**





# 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

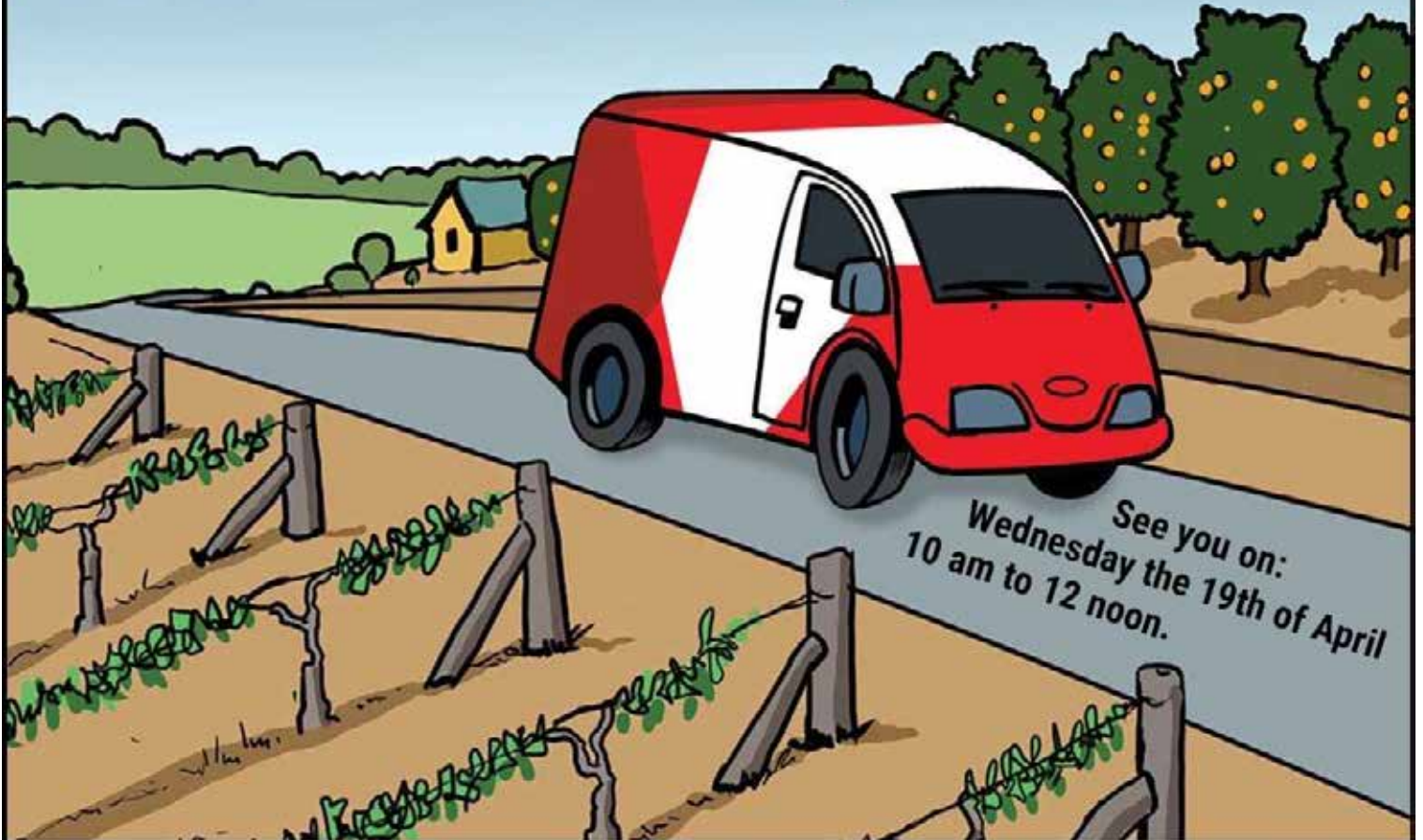
- 3 Every time you shop at Ritchies and scan your app or card, Ritchies will contribute a percentage of the total to us\*



\*CONDITIONS APPLY. Go to [ritchies.com.au/loyalty](https://ritchies.com.au/loyalty) for further information.

Checkout the Jobs & Skills Centre mobile service out the front of the Red Cliffs Community Resource Centre. Details below:

# Skills and Jobs Centre Mobile Service is heading your way



See you on:  
Wednesday the 19th of April  
10 am to 12 noon.

**SKILLS AND  
JOBS  
CENTRE**



**Victorian  
Skills Authority**



**THE  
EDUCATION  
STATE**



**VICTORIA  
State  
Government**

Education  
and Training



**SunTAFE**

# NEIGHBOURHOOD HOUSE WEEK

**8 - 14  
MAY 23**

*Locals connecting Locals*

# Recycling in Red Cliffs & surrounds.



**Small Batteries**  
Red Cliffs Library,  
Foodworks, Richie's IGA.



**Car Batteries**  
Battery World (Mildura)



**Prescription Glasses**  
Lions Club of Red Cliffs  
Drop off at the RCCRC



**Blister Packs**  
Red Cliffs Community Resource  
Centre

EXCITING  
NEW DROP  
OFF POINT!



**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](#)



# Lest We Forget

**ANZAC DAY  
APRIL 25  
WE WILL  
BE CLOSED**