

Located:
23 Indi Avenue Red Cliffs

Open Weekdays:
9am - 3:30pm

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

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

May is an exciting month at RCCRC. To launch neighbourhood house week we are hosting a Teddies Mad Hatter Picnic on the 7th May 10am - 12pm at Barklay Square. Bring your picnic rug and teddy along for some free* family fun!

The following week is Volunteer Week where we acknowledge volunteers as change makers in the community!

Then save the date for an exciting creative collaboration called Murray & Mallee Makers Art Fair that will be happening in June.

If you want to stay in the loop for updates first-round offers for events & activities go to www.redcliffscommunity.org.au and sign up to our email list.

NEIGHBOURHOOD
HOUSE WEEK 8 - 14
MAY 23

Locals connecting Locals

NATIONAL 15-21 MAY 2023
VOLUNTEER
THE CHANGE MAKERS WEEK

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All information in this newsletter is subject to change.

SAVE THE DATE



Murray & Mallee Makers Art Fair 3rd & 4th June, Red Cliffs Civic Centre

A curated line up of creatives and handmade goods, also featuring crafty drop-in workshops where you can learn new skills and tap into your creativity. The art fair is a great time out for people who appreciate how things are made and who made them.

Saturday 3 June
4-8pm

Night Market
Live Entertainment
Displays
Workshops

Sunday 4 June
9am-1pm

Art Fair
Live Entertainment
Craft Displays
Workshops & Tutorials



See it, learn it, buy it, make it at the Art Fair!



Happy Snaps
from our pasta
making day.



Reddy, Set, Cook

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



Learn new skills

Cook as a group

Have fun!

Reddy Set Cook

Cook and share a healthy meal together

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

Where: Red Cliffs Community Resource Centre.

Cost: \$5 per class.



FREE* PROGRAM



DIGITAL ESSENTIALS CLASSES

Wednesday mornings 2023 at 10.00am to 12noon.

TERM 2 CLASSES FULL.

TAKING BOOKINGS FOR TERM 3 STARTING 12TH JULY

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>

NATIONAL 15-21 MAY 2023 VOLUNTEER THE CHANGE MAKERS WEEK

National Volunteer Week (NVW) is Australia's largest annual celebration of volunteering and will be held on 15 - 21 May 2023.

We are pleased to announce the theme for National Volunteer Week 2023 is The Change Makers.

The week-long event recognises the vital support that the millions of volunteers in our country provide to their communities and encourages people to consider volunteering.

National Volunteer Week 2023 is a celebration of our power to drive change and ensure volunteering is inclusive of all members of the Australian community.

Our vision is for volunteering to be at the heart of Australian communities. We are the Change Makers.

NATIONAL 15-21 MAY 2023
VOLUNTEER
THE CHANGE MAKERS WEEK

What is a Change Maker?

A Change Maker is someone who takes action to make the world a better place

Change makers are:

- Driven to contribute to the greater good
- Passionate about causes they care about
- Turn their passions into purpose
- The force behind social change
- Give their time and energy to make a difference

Volunteers are Change Makers

We are the Change Makers

INQUIRER



The **Inquirer** investigates problems and looks for solutions. They are keen researchers and make a difference through education and knowledge.

#NVW2023 #TheChangeMakers
volunteeringaustralia.org

NATIONAL 15-21 MAY 2023
VOLUNTEER
THE CHANGE MAKERS WEEK

We are the Change Makers

DEFENDER



The **Defender** stands up in the face of emergencies. They are vigilant and act in times of need to protect and serve the community.

#NVW2023 #TheChangeMakers
volunteeringaustralia.org

NATIONAL 15-21 MAY 2023
VOLUNTEER
THE CHANGE MAKERS WEEK

We are the Change Makers

GUARDIAN



The **Guardian** is a caretaker of the natural world. They look after the earth and are passionate about the environment.

#NVW2023 #TheChangeMakers
volunteeringaustralia.org

NATIONAL 15-21 MAY 2023
VOLUNTEER
THE CHANGE MAKERS WEEK

We are the Change Makers

COMMUNICATOR



The **Communicator** speaks up and challenges systemic injustices. They are leading movements and advocating for social change.

#NVW2023 #TheChangeMakers
volunteeringaustralia.org

NATIONAL 15-21 MAY 2023
VOLUNTEER
THE CHANGE MAKERS WEEK

We are the Change Makers

ENERGISER



The **Energiser** is passionate about community. They channel their energy into teaching new skills and building enduring collaborations.

#NVW2023 #TheChangeMakers
volunteeringaustralia.org

NATIONAL 15-21 MAY 2023
VOLUNTEER
THE CHANGE MAKERS WEEK

We are the Change Makers

CAREGIVER



The **Caregiver** supports and empowers others. They are caring, nurturing and make a difference in people's lives and communities.

#NVW2023 #TheChangeMakers
volunteeringaustralia.org

NATIONAL 15-21 MAY 2023
VOLUNTEER
THE CHANGE MAKERS WEEK

RED CLIFFS COMMUNITY RESOURCE CENTRE

Sharing Skills & Resources

Transforming a Vibrant, Sustainable Community



Creating Social Inclusion

Empowering People Through Adult Education

Building Community Connections

Our centre is run by the community for the community



To get involved visit: www.redcliffcommunity.org.au



Neighbourhood Houses
The Heart of Our Community™



**The Chatty Cafe.
Next Cafe:::
Wednesday*
18th May 2023**

**At "Good Golly Cafe"
10.00 to 11.30 am
41 Ilex Street
Red Cliffs**

**NATIONAL 15-21 MAY 2023
VOLUNTEER
THE CHANGE MAKERS WEEK**



IF YOU'D LIKE TO LEARN MORE, SCAN HERE



CHATTYCAFEAUSTRALIA.ORG.AU
 FACEBOOK.COM/CHATTYCAFEAUSTRALIA
 @CHATTYAUUS
 @CHATTYCAFEAUS





MACRAME WORKSHOP




Join us and I
make your own
macrame
plant hanger.
Pot is extra.



work shop
facilitator

SANDRA
BURTON

cost \$10

Monday the 15th
of May.
 12.30 to 3.30 pm

Red Cliffs Community
Resource Centre
23 Indi Avenue Red Cliffs



For more information, call 50242993 or
email rcresource@smartchat.net.au

WOW!



MAKE A HEAD PLANTER

2 SESSIONS TO COMPLETE THE PLANTER
DATES

THURSDAY THE 4TH OF MAY AND
1ST OF JUNE

10.00 AM START .

AT THE STUDIO RED CLIFFS

TOTAL COST \$20.00*

BOOK TODAY ON 0350243455

THIS IS IS A PROJECT OF
THE RED CLIFFS COMMUNITY REOURCE CENTRE





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.

Bookings essential



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

Be Connected morning tea

Date: Thurs 25th May

Time: 10 am - 11:30am

Place: RCCRC

R.S.V.P: Monday 22nd May

May Topic: HOW TO CHOOSE
MOBILE PHONES FOR SENIORS



Make your booking for one on one help ph: 03 5024 3455
or email: rcresource.reception@gmail.com



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.





MAY WALKS

MILDURA
17 MAY 9:45AM

Bobby and Me Café, Hugh King Dr, Mildura Riverfront

BALLARAT
18 MAY 10AM

Pipers by the Lake restaurant, Lake Wendouree

KINGSTON
18 MAY 9:45AM

Mordialloc Life Saving Club, walk along the Mordialloc Bay Trail

BOROONDARA
18 MAY 9:45AM

Hawthorn Community House, 32 Henry Street, Hawthorn

BASS (WONTHAGGI)
23 MAY 10AM

Wonthaggi Wetlands South Dudley entrance carpark

PORT PHILLIP
23 MAY 9:45AM

Victorian Pride Centre, 79-81 Fitzroy Street, St Kilda



How can we help you today?

All Categories

Plan Help

Families

Social

Everyday



Advocacy



Plan management



Support coordination



Family support

* SAVE THE DATE *
On the 7th June an event by Lifely who provide inclusive high-quality services for people living with disability in regional Victoria, New South Wales, and South Australia.

more info to follow.



Ask an Expert: Webinar Series for Unpaid Carers

Taking care of yourself

Presented by HMS Community Paramedics
WEDNESDAY 24 MAY 2023 | 12:30PM - 1:30PM



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:

24 May 2023: [Taking care of yourself](#)

Ask an Expert: Webinar Series for Unpaid Carers





CARERS EXPO



SAVE THE DATE: Friday July the 14th

There will be specialists there to talk to about your special needs & training opportunity.



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

or email

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.

POWER
SAVING
BONUS
is back!



GET ANOTHER
\$250

NEXT ROUND OF
THE PSB STARTS
24 MARCH 2023



Appointments Essential - Call us on 5024 3455 to book

www.nhvic.org.au/power-saving-bonus-outreach-program



“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 28th of April.



Program: 8 weeks.

Times: 10.00 am to 11.00 am.

\$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

** 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*

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.



Low impact exercise group with personal trainer Victoria Bowen.



Women's health talk held in April with Sunraysia Community Health. Big thanks to Ebonee for facilitating the day.

An advertisement with a colorful background of a woman's silhouette in profile, facing right. The background is composed of various colored triangles (yellow, orange, pink, purple, blue). A white heart with a female symbol is inside a yellow circle on the right. The text reads: 'Be safe at home. Move to safety. Rebuild your life.' Below this, it says 'Government-funded No Interest Loans for women affected by family and domestic violence.' At the bottom, there are logos for 'Good Shepherd No Interest Loans', 'Australian Government Department of Social Services', and 'nab'.

**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



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



Above: The Reddy, Set, Cook team preparing frozen meals for people in need.
Below: Many thanks to SMECC's involvement in the Food Share program.





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 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.



Men's Shed members sharing a conversation and a laugh.



Australian Men's Shed Association
SHOULDER TO SHOULDER

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.

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>

Learn to drive with our support!



Do you dream of getting your driver's licence but don't have the support or the means to do so?

Take advantage of this exciting opportunity to pass your P's or convert your overseas licence!

Learn to drive with professional driving lessons and mentorship!

We provide:

- ✓ Up to 10 hours with a professional driving instructor
- ✓ Payment of all VicRoads testing fees
- ✓ Option to link with a driver mentor volunteer

Selection criteria: Participants must identify as female, have a culturally and linguistically diverse background, be at least 23 years old, and reside in Bendigo, Mildura, Maribyrnong or Dandenong.



Register your interest at:
www.womencanaustralia.org

Supported by the Department of Transport



Contact

Wennie van Riet - Project Manager

✉ wennie.vanriet@womencanaustralia.org

☎ 0401 071 227



WE'RE BACK FROM 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

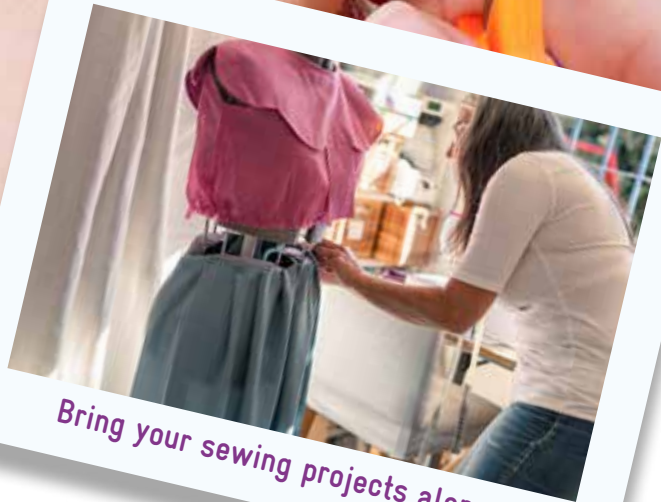
During school terms only.



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.



**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



**RED CLIFFS
COMMUNITY
RESOURCE
CENTRE**

**more information contact
rcresource.reception@gmail.com**



NOMINATE US TODAY

AS PART OF THE RITCHIES COMMUNITY BENEFIT PROGRAM

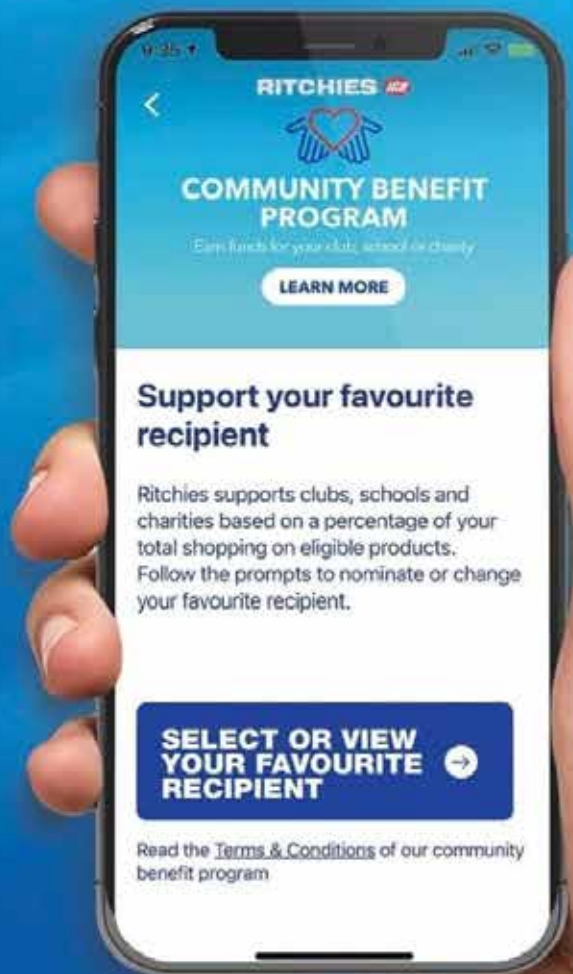
and help us generate extra funds.

- 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.



Fire extinguisher training was held in April, many thanks to Tom from Sunraysia Fire Brigade for facilitating on the day.



On Friday 31st March 2023, the Sunraysia VIEW Club did a Mystery Tour that included a talk at RCCRC. 30 members were present on the day.



Learn Local Digital term 1 class members.



As part of our Memories Quilt project for the Red Cliffs Centenary 2021, we asked people to make a quilt square on their memories of Red Cliffs. The squares were displayed in April 2022. The lovely Denise Ferguson offered to put the quilt together. Some of the panels are photos of the originals put onto fabric, as a few of the participants wanted to have their quilt panels back after the centenary celebrations. The Quilt is now on display in reception at the Centre.

2023 Scrapbooking, Card Making Workshops Red Cliffs Community Resource Centre

Tuesday 2nd May
12 noon
Cards \$25
Scrapping \$25



Tuesday 9th May
12 noon
Cards \$25
Scrapping \$30

Tuesday 16th May
12 noon
Cards \$25
Scrapping \$30



May 23rd to June 10th holidays

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



**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 MAY 10AM - 2PM

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

Financial Information Session



Learn how to manage your money.

FREE Session

Date : Wednesday 3rd of May 2023

Time : 11.00 am to 1pm for a **Free** Light Lunch and **Free** financial information session

Place : At the Red Cliffs Community Resource Centre,
23 Indi Avenue Red Cliffs

With Allie Collyer, From Mallee Family Care

Where does all my money go to ????

- Learn how to manage your money better and get back in financial control.
- Banking
- Budgeting
- Mobile phone contracts
- Interest free deals, credit cards and payday loans
- Afterpay
- No interest Loan Scheme
- Where to get help if you are struggling.

Call or email to book

Phone 0350243455 or email rcresource.reception@gmail.com

mfc
mallee family care

community
legal centre

RED CLIFFS

**COMMUNITY
RESOURCE
CENTRE**



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

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.

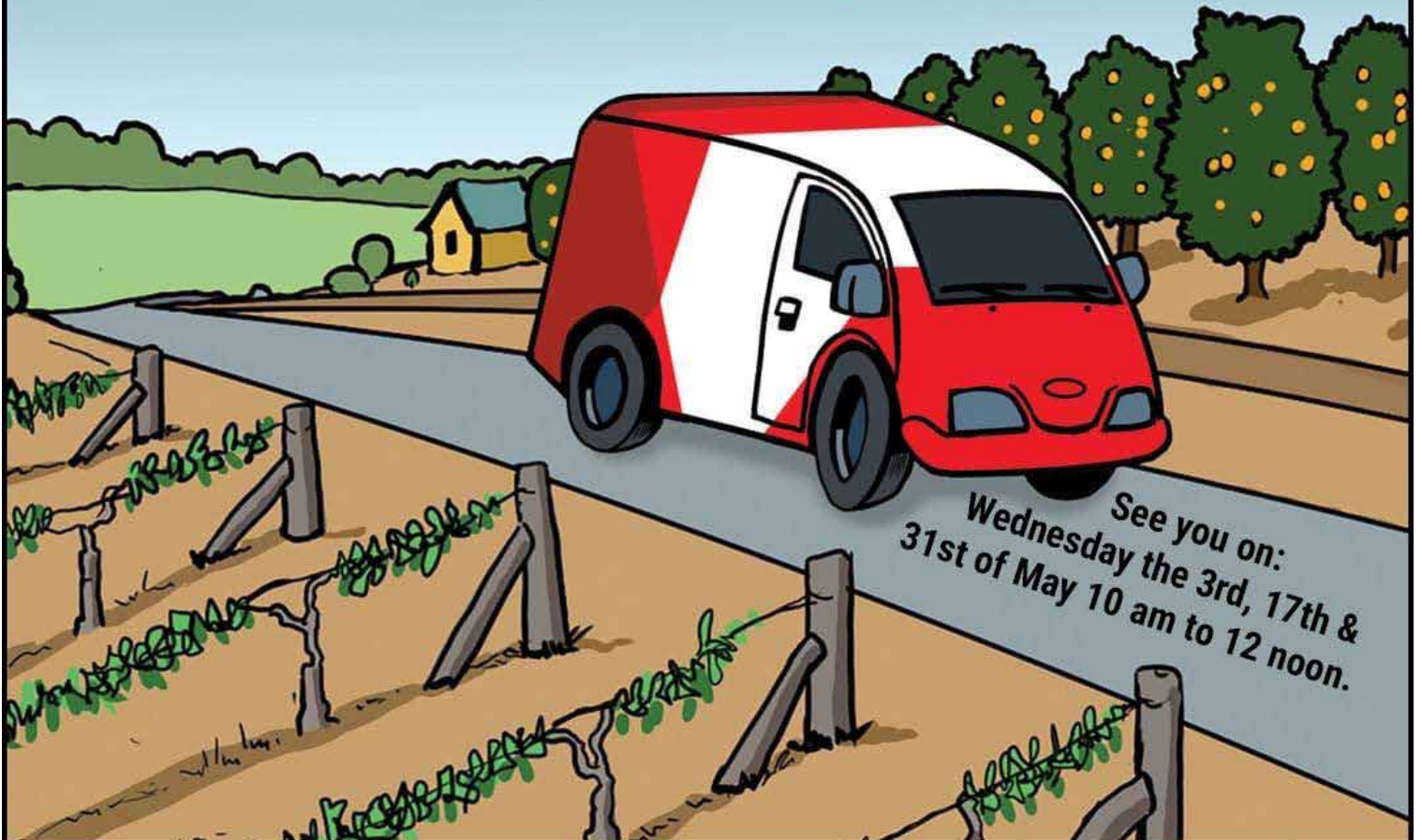
Was very appreciative with the information given from us as she didn't have the money to fix a leaking toilet that she had for over 6 months and was costing her water bill”

A resident from Red Cliffs



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 3rd, 17th &
31st of May 10 am to 12 noon.

**SKILLS AND
JOBS
CENTRE**



**Victorian
Skills Authority**



**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
Tully Workwear (Mildura)

EXCITING
NEW DROP OFF
POINT!



Metal Scraps
Simmons Scrap Metal recyclers



Old Towels and Linens
Benetook Veterinary Clinic



LDPE 4 Plastic lids
Red Cliffs Community Resource
Centre

Make A
Difference



RED CLIFFS



COMMUNITY
RESOURCE
CENTRE

RCCRC is Now Accepting

LDPE 4 Plastic lids for recycling



Please ensure lids have the LDPE 4 symbol.

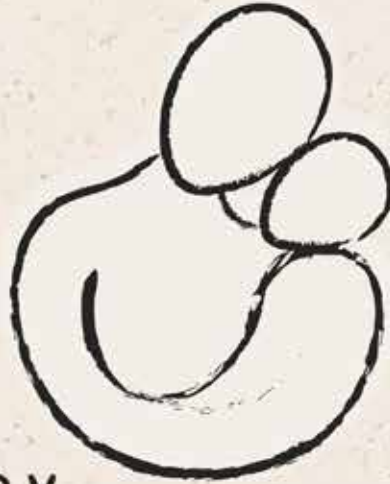
Lids must have insert removed, be clean, dry & sorted into colour.

For more information contact us:

Phone 0350243455 or email: rcresource.reception@gmail.com.



As part of the Mallee Neighbourhood House Network recycling project we are collecting LDPE 4 lids to be remade into other items. The machines pictured will be used to re-purpose the lids into other items. A demonstration will be held at RCCRC in the near future.



HAPPY
Mother's
Day

SUNDAY 14 MAY

HONORING MOTHERS THAT ARE WITH US
& REMEMBERING MOTHERS THAT HAVE PASSED