

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.

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This month in July, our Carers Expo is on - Our guest speaker will be Michelle Willoughby who is a project manager for Pathways for Carers.

Also on in July, is a figurative sculpturing workshop, a pastel workshop and a mindfulness relaxation session.

Mallee Makers Fair held in June and was a HUGE hit!!! There were over 1000 people through the door to see an incredible line up of artists and makers. We look forward to bringing more events like this to our region. If you have any suggestions, please get in touch.



Guest speakers | Giveaways | Resources | Support

Free Event*
Light lunch provided*

CARERS EXPO

Connecting carers with resources, support & opportunities.

Friday the 14th of July 2023

Guest speakers | Giveaways | Resources | Support



Free
Event*
Light lunch
provided*

CARERS EXPO



Connecting carers with resources,
support & opportunities.

Carer's, Family and Friends all welcome

Friday the 14th of July 2023

Time: 11.00am to 2pm

Venue: The Red Cliffs Club, an accessible site for all.

At 11 Heytesbury Avenue, Red Cliffs

The Red Cliffs Community Resource are proudly facilitating this event.

All bookings to go to the Red Cliffs Community Resource Centre.

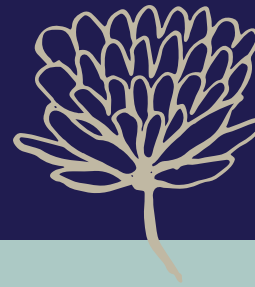
Ph: 03 50 24 3455 Email: rcresource.reception@gmail.com





CARERS EXPO

Guest speaker announcement



PROJECT MANAGER – PATHWAYS FOR CARERS

Michelle Willoughby

After years working in a corporate environment as a media analyst, Michelle decided it was time for a change. Coming onboard with the Pathways for Carers project as project manager was a dream come true as it combined her passions for helping others, the carer sector and project management.

It is difficult to describe the satisfaction of establishing and launching each carer support group in a new local government area. Michelle says that witnessing carers connect with one another as well as connecting carers with the appropriate services is a project she will always be proud to have been involved with.



Learn Local courses are government subsidised and are offered at low or no cost to eligible Victorian adults.

The courses on offer can assist you to gain valuable employment skills to help you enter the workforce, change careers or undertake further studies.

Learn Local courses at RCCRC include:

- [Digital Essential Classes](#)
- [Reddy, Set, Cook](#)



FREE* PROGRAM



DIGITAL ESSENTIALS CLASSES

Wednesday mornings 2023 at 10.00am to 12noon.

TERM 3 STARTS 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://www.socialplanet.com.au/activity/view?id=15009>



**COFFEE
&
EATS**

Have a Chat at Chatty Cafe!

Date: Wednesday* 19th July

Time: 10am to 11.30am

Place: Good Golly Cafe

41 Ilex St, Red Cliffs



**have
a
chat**

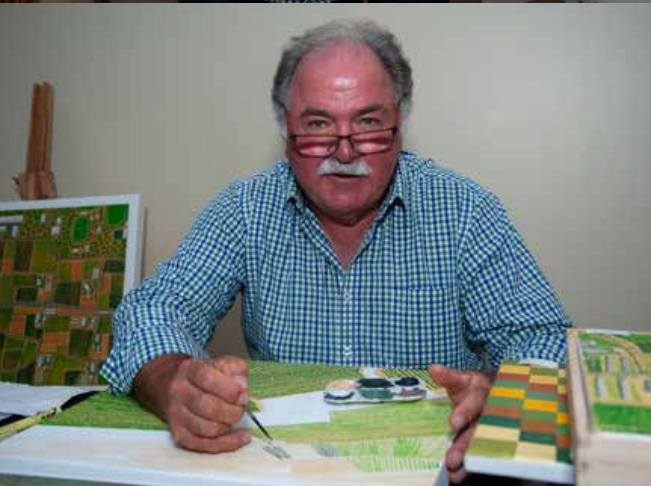


IF YOU'D LIKE TO
LEARN MORE,
SCAN HERE



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





Murray & Mallee Makers Art Fair 4-5 June.
 See Full Gallery here:
<https://redcliffscommunity.org.au/gallery-red-cliffs/>







Weaving workshop

WITH GOANNA OUTBACK

29 July | 11am | \$70 | Morning tea provided

At Workspace - 2/38 Indi Avenue, Red Cliffs

Learn how to weave your own basket!

Join Goanna Outback in this weaving workshop where you will learn the basic technique of various styles from coiling to matting, to create your own woven basket while developing an understanding of the cultural importance.

Weaving is a significant cultural practice and intricately woven baskets were traditionally highly valued for their practicality. Today cherished for their cultural awareness and aesthetics. This session is facilitated by artist Daniel Hills (Yorta Yorta) & Roxanne Hills from Goanna Outback. Morning tea provided.

Please bring your water bottle and lunch if required.



Happy snaps from our make a

Head planter Workshop



Reddy Set Cook

Cook an amazing meal each week. learn new skills and get the most out of your cooking.

Monday mornings in the Vic School terms*

To Book phone 0350243455 email [rcresource.reception@gmail](mailto:rcresource.reception@gmail.com)



Ready, Set Cook



Elana making up food packs for Foodshare



Spaghetti Bolognese

MEN'S HEALTH WEEK 2023

12TH JUNE - 18TH JUNE

Men's health talk with a local Doctor, Prostate nurse and a physiotherapist. All Men are welcome

Free* afternoon tea.

Day: Thursday 15th June

Time: 1pm to 2.30 pm

Where: Red Cliffs

Community Resource Centre, 23 Indi Avenue

Red Cliffs, Vic.

Phone 03 50243455



Kimberlee Howe & Dr. Medhi Sanati at RCCRC's Men's Health Week afternoon tea.



RCCRC's Men's Health Week afternoon tea.



Men's Health Week 2023
Theme is Healthy Habits



SUNRAYSIA
Medical Centre



Learn Local Pre-Accredited Training

SPADEWORKS

gardening lessons

Coming
Soon

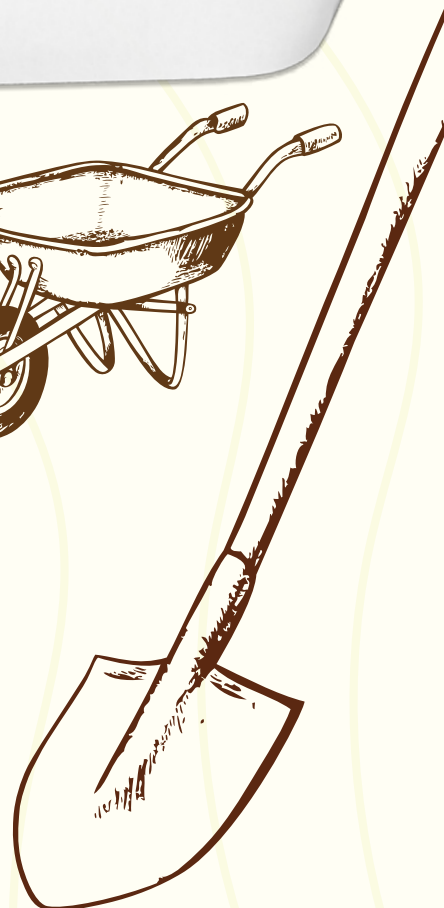
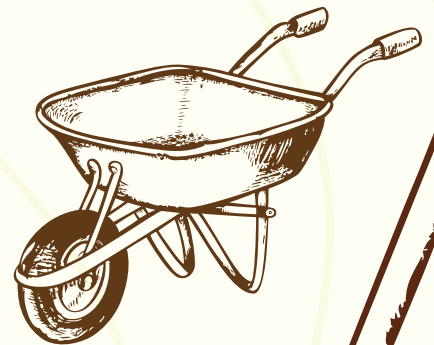


SPADEWORKS GARDENING LESSONS

- Learn gardening tricks
- Connect with community
- Grow food to share

Classes are pre-accredited and partially funded by Learn Local.

Register your interest now:
rcresource.reception@gmail.com



RED CLIFFS
grow & share
GARDEN



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

Be Connected

Every Australian online.



Bookings
essential

FREE*

Connecting up to the internet advice
& assistance for the over 50's



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

Drop in for a
FREE
cuppa and
light Lunch



Information Session Planning For The Future

Join our Mallee Family Care Community Legal Centre information session.

Learn how to designate someone you trust to make crucial financial and health decisions on your behalf.

Topics include

Enduring Powers of Attorney

Medical Treatment Decision Makers

Advance Care Directives

When

Wednesday 5th July
11:00am

Where

Red Cliffs Community
Resource Centre
23 Indi Ave, Red Cliffs

Light refreshments afterwards

Please note: this session is general information only and individual legal advice cannot be provided

2023 Scrapbooking, Card Making Workshops Red Cliffs Community Resource Centre

Tuesday 4th
July
12 noon
Cards \$25
Scrapping \$30



Tuesday 11th
July
12 noon
Cards \$25
Scrapping \$30

Tuesday 18th July
12 noon
Cards \$25
Scrapping \$30



Tuesday 25th July
12 noon
Cards \$25
Scrapping \$30

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

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://www.facebook.com/group/redcliffcommunitybillboard)

FIGURATIVE SCULPTURING



**With
Renaë.
To be held at
The Studio
Red Cliff's**

**Book and
pay by
scanning
the QR
code**



**Over 3 sessions
Saturday the 15th and 22nd of July
Glazing Saturday the 2nd of
September .**

Start time 10.00am for each session

**Cost
\$55***



**A partnership between The Red Cliffs Community
Resource Centre and The Studio**

scan

QR code
to book



FREE*
Class

Pastel **WORKSHOP**

Thursday 13th July
1.30- 3.00 pm
at Workspace 3496
Shop 2/38 Indi Ave
Red Cliffs



work-
space
3496

Gallery
3496



"Mindful Relaxation" with Cathy

In a safe and inclusive space, just for
the ladies.

Free*session, very limited spaces.

Tuesday the 11th of July

7pm for a 45-minute session.



*"Remember this :
Be kind to your
mind"*

*This program is on the floor or can be chair based.

*Dress comfortably and bring a cosy blanket .

Book via the QR code or via the link below.

<https://www.socialplanet.com.au/activity/view?id=14753>



COMMUNITY
RESOURCE
CENTRE

LOW IMPACT CLASSES

***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 14TH JULY**

11AM TO 12PM

**AT 23 INDI AVENUE
RED CLIFFS**

**DATES ARE
14TH, 21ST
AND 28TH
JULY AND 4TH
AUGUST**



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.





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.

Above: Our eggs are supplied by SRS. Pictured: Corey Douglass
 Below: Donations of shelf stable or refrigerated items are welcome.



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





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.

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

Come and visit The Shed
Thursdays 10am - 3pm

Ph: 50 243 455 or email redcliffsmensshed@gmail.com to book before coming or to get more information.

The men are now looking for community projects to complete.

If you have something in mind. Please get in touch.



Fixing a rocking chair.



Sharing a laugh.



Fixing a step for Red Cliffs Physio.



A new contraption.

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.



SCHS
Sunraysia Community
Health Services

Tips and reminders for when you're feeling anxious.

beyondblue.org.au 1300 22 4636

**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: Funded by: in partnership with:

www.nhvic.org.au/nils

Bread is available*
from Red Cliffs Community Resource Centre
23 Indi Avenue
Monday—Friday 9am-3:30pm
(closed for lunch 12:30pm-1pm)
*limited supplies

Correct as at 23/11/22

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.

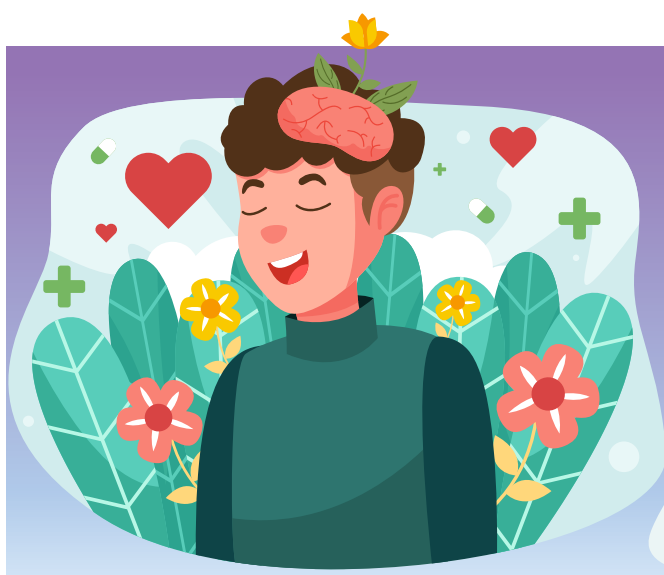
Ask an Expert: Webinar Series for Unpaid Carers



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:

5 July 2023: [Taking care of yourself](#)

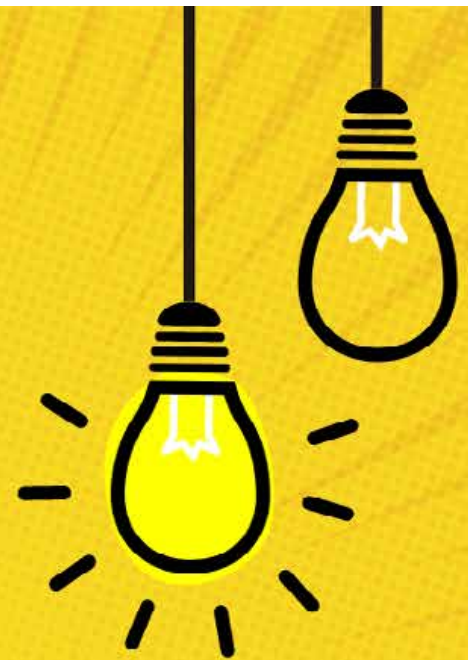


Save the date
*Health &
Wellness Day*

August 2nd 2023

DID YOU KNOW?

**THERE IS A NEW ROUND
OF THE VIC STATE GOV**



**\$250 POWER
SAVING
BONUS**

SCHEDULED TO REMAIN OPEN UNTIL 31 AUG 2023

Room Hire

Looking for a space to hold a meeting or an activity?

[Apply here](#)

We aim to promote community participation through the use of our facility. Our spaces are available for meetings, discussions, organising activities or running workshops. Our hire rates are affordable as we don't want cost to be a prohibitive factor if you have something to share with the community.

We ask our visitors to make use of the recycle bins provided and to conserve water as much as possible. We hire after hours & on weekends. A no alcohol policy in place.



Room Hire

Large Meeting Room

Fits large tables or up to 14 student tables or 20 chairs, includes disability access and disabled toilets, family change room and tea and coffee facilities. Has evaporative air conditioning and gas central heating.

Equipment available for hire: white board, projector, photocopying. Storage for long term bookings by prior arrangement.



Social Hub

Fits up to 15 people. Includes; kitchen facilities. 2 ovens, disability access and disabled toilets, and craft space.

Has reverse cycle air conditioner/ heater. Storage available for long term bookings by prior arrangement.



Room Hire



Room Hire

Consult Office

Private front office, suitable for up to 3 people, disability access and a disabled toilet.

By prior arrangement: reception services, evaporative air conditioned and gas central heating.



Digital Skill Zone

Upstairs room via stair access, suitable for a maximum of 10 people, separate upstairs toilet facilities, reverse cycle air conditioner. Tables and chairs can be configured to fit hirer. Projector and white board by prior arrangement.



Room Hire

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.



No fees. No interest. Ever.

NEIGHBOURHOOD HOUSES VICTORIA

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>



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 JULY 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:

BOOK HERE: <https://safeseatssafekids.com.au/>

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



**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

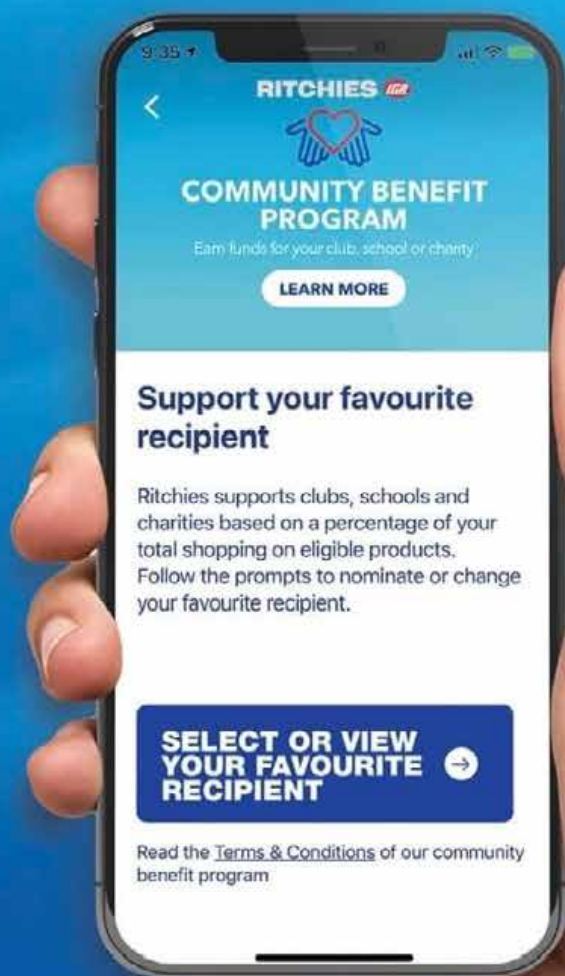
and help us generate extra funds.

- 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 for further information.

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](#)



RCCRC IS NOW ACCEPTING LDPE 4 LIDS FOR RECYCLING

Must have
LDPE 4
symbol



Please remove inserts
clean, dry and sort into
colours

We will be repurposing lids
into other items, such as keyrings!

The machine used
to repurpose lids.



Stay tuned for a
demonstration
event @ RCCRC.



As part of the Mallee Neighborhood
House Network recycling project we
are collecting LPDE 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.



Join us and plant a tree



NATIONAL
TREE DAY
30 JULY

SCHOOLS
TREE DAY
28 JULY

national
tree day 
PLANET ARK  TOYOTA 



RED CLIFFS
COMMUNITY
RESOURCE
CENTRE

Collect your free* native tree to take home and plant.

Collect on Friday the 28th of July from the Red Cliffs Community Resource Centre at 23 Indi Avenue, Red Cliffs Limited supplies*