



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.

Happy April! This month we celebrate **A Taste of Harmony**, Australia's largest celebration of cultural diversity that has been especially created for workplaces. There are many ways for workplaces to participate, from encouraging staff to bring in food that reflects their cultural origins to share with their colleagues to more elaborate events. The key is bringing people together and creating a fun, informal way for colleagues to share their cultural heritage through food and discover more about their co-workers.

Check out [page 3](#) to learn more and see activities that are open to the community. You can also **get inspired by [cultural dishes here](#)**.

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Jo and Vashti represented RCCRC at The 2024 Carer's Expo.



Photo courtesy of Cr Helen Healy



15 April - 19 April 2024

Mon 15th April: 10am - 12:30pm: Reddy, Set Cook - Pad Thai

Wed 17th April: 10am - 11:30am: Chatty Cafe - Coffee and international dish

Thurs 18th April: 10am - 1pm: Red Cliffs Men's Shed - Souvlaki and Anzac Biscuits

→ www.tasteofharmony.org.au/

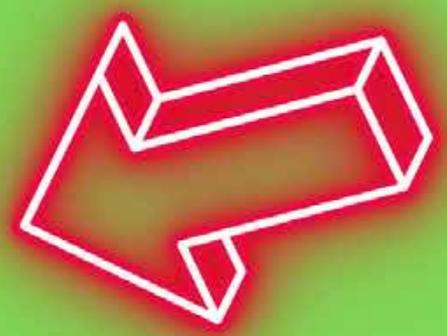
All information in this newsletter is subject to change.



Carer's Community Mosaic project

April 2024

with
"Murray
Mosaics"
Sandra
Burton



scan the QR
code to find
out more!!





18 March — 19 April — Bring people together



A Taste of Harmony 2024



#ATOH24
@tasteofharmony_au
tasteofharmony.org.au



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➔ www.tasteofharmony.org.au/

Reddy, Set, Cook



Cook and share a meal with us.

A TASTE OF HARMONY

Mon 15th April: 10am - 13:30pm: The international dish will be Pad Thai

Reddy Set Cook



On every Monday 10am - 12:30pm during school terms @ RCCRC

- ✓ Cook an amazing meal each week
- ✓ Learn new cooking skills
- ✓ Get the most out of your cooking



Only \$5 per class

Term 2 starts 15th April

APRIL THEME

INTERNATIONAL FIESTA





**Next Chatty
Cafe
Wednesday
17th April
10 am to
11.30 am**

**AT THE
RED CLIFF'S
COMMUNITY
RESOURCE CENTRE ,
23 INDI AVENUE
RED CLIFFS**



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

- 🌐 CHATTYCAFEAUSTRALIA.ORG.AU
- 📘 FACEBOOK.COM/CHATTYCAFEAUSTRALIA
- 🐦 @CHATTYAU5
- 📷 @CHATTYCAFEAU5



MEN'S SHED COOKING PROGRAM



Thursday 18th 10am - 1 pm.
Open to Men's Shed Members only.



This months theme:
Souvlaki &
Anzac Cookies



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.

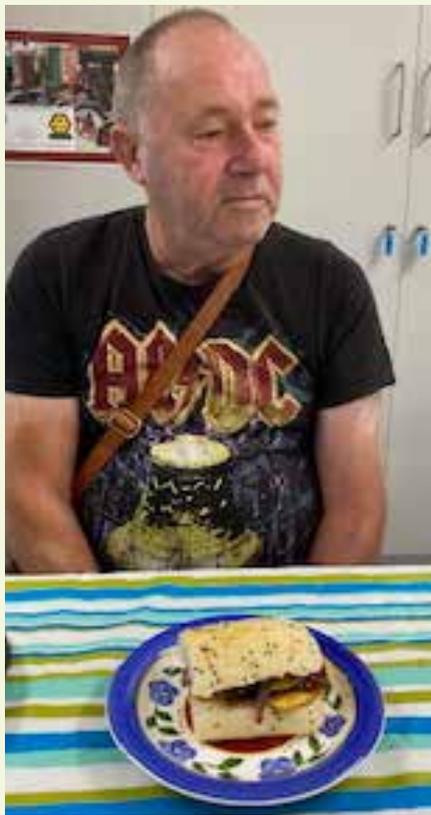
Come and visit The Shed Thursdays 10am - 3pm

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





Dished up in March:
Rice paper rolls
Halloumi burgers
Spaghetti Bolognese



FREE* PROGRAM

Move
Forward in
your career!



DIGITAL ESSENTIALS CLASSES

Wednesday mornings 10.00am to 12noon.



Become confident in:

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

Only operates during Victorian School terms.

Bookings are a must. Ph: 03 5024 3455

or email: rcresource.reception@gmail.com



COMMUNITY
RESOURCE
CENTRE

LOW IMPACT CLASSES

*WOMENS ONLY
LOW IMPACT FITNESS
SESSION'S WITH
VICTORIA BOWEN PT

\$40* FOR UPDATED
TOTAL PROGRAM

FRIDAY'S FOR A 4
WEEK PROGRAM

FRIDAY

11AM TO 12PM

AT 23 INDI AVENUE

RED CLIFFS

VERY LIMITED SPACES.

BOOK TODAY ON

03 50243455

NEXT
DATES

DATES ARE

19TH 26TH

APRIL

3RD AND 10TH

MAY

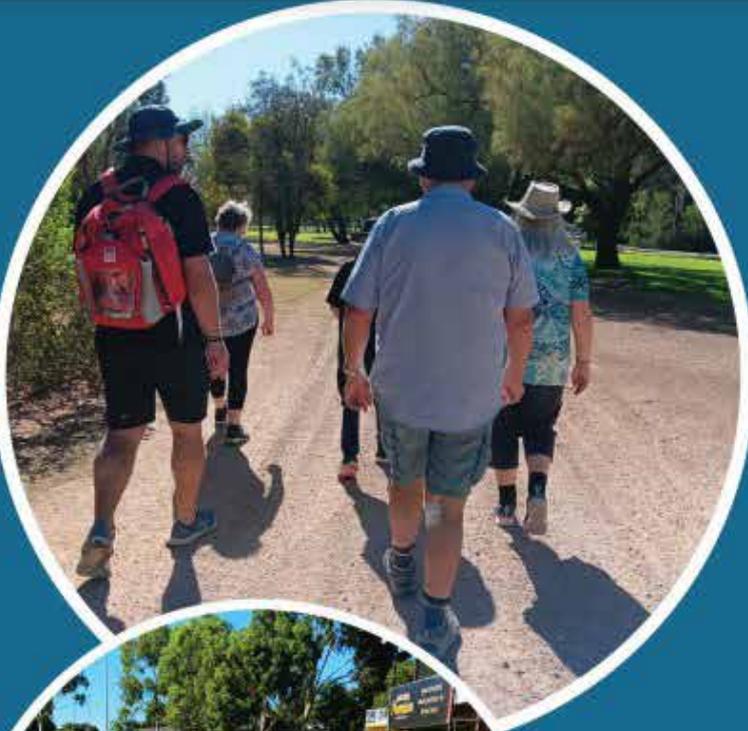




SCHS
Sunraysia Community
Health Services

FREE

Walking Groups



RED CLIFFS

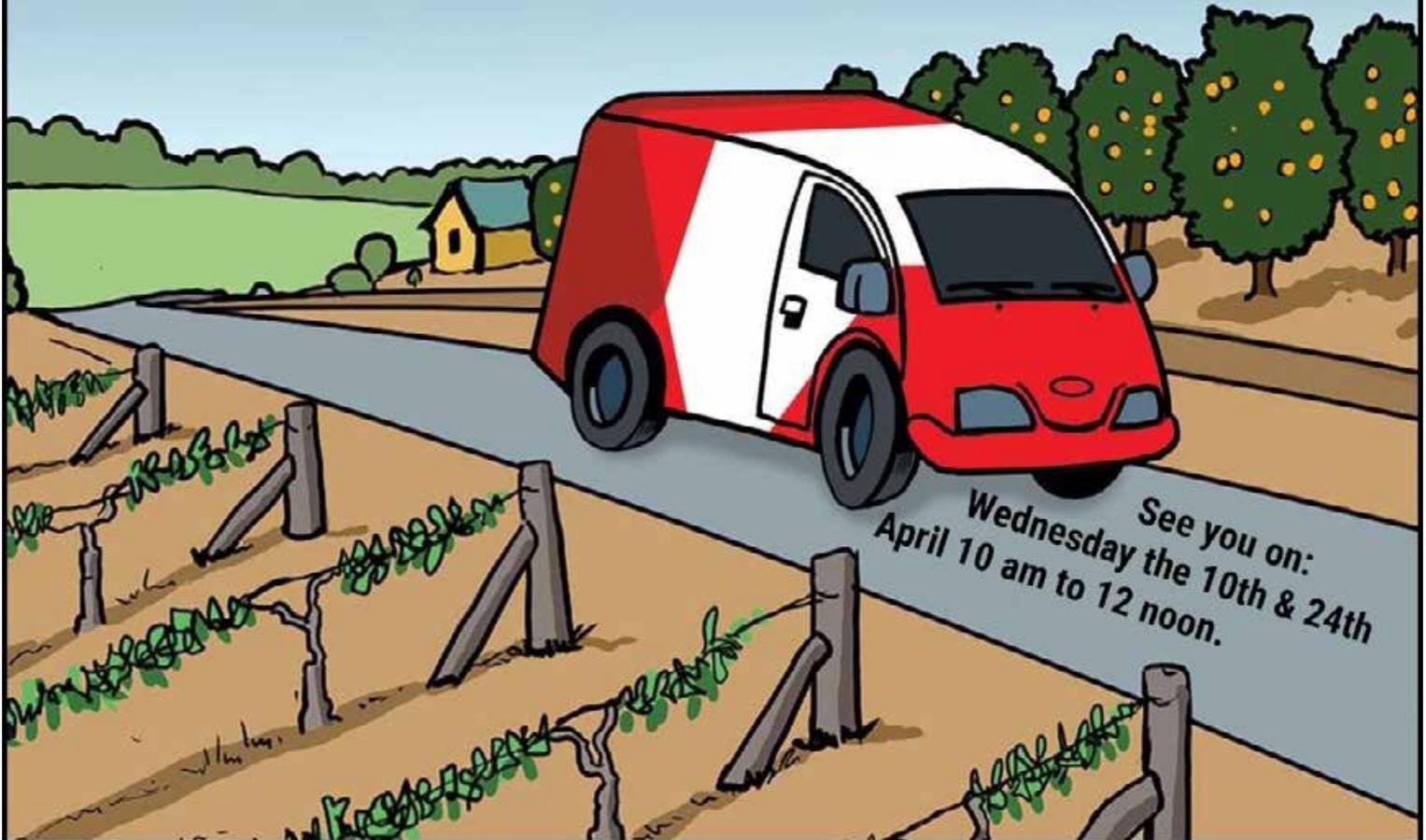
RED CLIFFS RESOURCE
CENTRE WEDNESDAY'S
9:00 – 10:00 AM

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 Hollie:
hlock@schs.com.au or
call: 0458 642 035
or
SCHS: 5022 5444

Skills and Jobs Centre Mobile Service is heading your way



See you on:
Wednesday the 10th & 24th
April 10 am to 12 noon.

**SKILLS AND
JOBS
CENTRE**



**Victorian
Skills Authority**



**THE
EDUCATION
STATE**



VICTORIA
State
Government

Education
and Training



SuniTAFE

FIREARM SAFETY COURSE



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

Book your place at the Mildura Police Station.



FRESH FOOD DONATIONS WELCOME

Help feed those in need. We are gratefully accepting fresh food including fruit, vegetables & bread.

Bring your donations into the Resource Centre during opening hours.

Many thanks to our donors:



Please bring your own bag or box for transportation of goods.

Sorry, there will be no Food Relief on the Easter public holidays.

Fresh vegetables, frozen meals, bread and eggs are available NOW. Open 9 to 3.30 pm closed for lunch at 12.30 to 1pm * please note these are for Red Cliffs Residents ID required.



2024 Scrapbooking, Card Making Workshops Red Cliffs Community Resource Centre

Tuesday
9th April
1pm
Cards \$25
Scrapping \$30



Tuesday April 23rd
1pm
Cards \$25
Scrapping \$30



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

Expression of Interest **Creative Skill Sharing**

We are looking for community members who are interested in sharing their art & craft skills by running a community workshop at The Red Cliffs Community Resource Centre.

Contact us for more information.



Some ideas are:

- Bead making • Jewellery making
- Macrame • Flower arranging
- Doll making • Origami • Cultural crafts
- Weaving • Flower arranging
- Crocheting • Sustainable crafts



SEWING & CRAFT GROUP



Bring your sewing projects along.



Discuss all things craft & sewing

SEWING & CRAFT GROUP

WHEN: Wednesday 10 am to 2 pm

For the intermediate and advanced sewer and quilter.

Need help with a project you are working on?

Come along and have a chat to the group.

RED CLIFFS grow & share GARDEN



Grow food to share
Learn gardening tips
Connect with community



Register your
interest now

Snaps from the GARDEN

Friday 15th March the Grow & Share Garden hosted a Compost Workshop. Participants discovered how to get the best out of your compost at this workshop. They also Met Larry, our new "Grow and Share" garden guru.

The next Workshops will be:

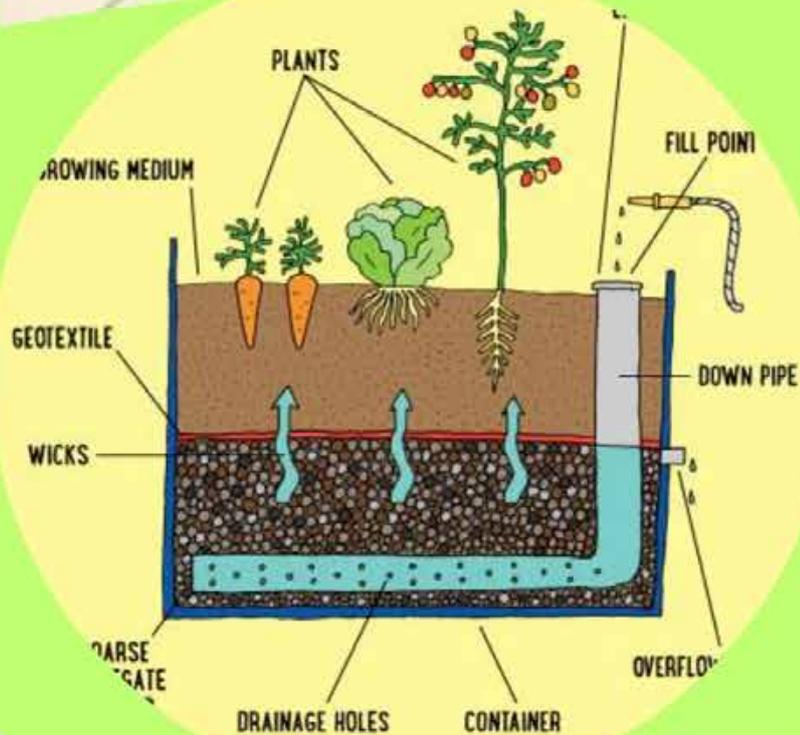
Friday 19th & 26th April - Learn how to grow your own Wicking Bed.

3rd May - DIY Worm Farm



LEARN HOW TO GROW YOUR OWN VEGIE GARDEN

WICKING BED WITH LARRY



**OVER TWO WEEKS.
FRIDAY THE 19TH AND
26TH OF APRIL**

scan the QR code
to find out more



RED CLIFFS
grow & share
GARDEN





DIY WORM FARM

Making organic fertilizer

WITH LARRY

FRIDAY | START
3RD MAY | AT
10.00AM

SCAN CODE FOR MORE INFORMATION



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



Chemical Users Course

NATIONALLY RECOGNISED
TRAINING

- AHCCHM304 Transport and store chemicals
- AHCCHM307 Prepare and apply chemicals to control pest, weeds and disease

RED CLIFFS COMMUNITY RESOURCE CENTRE

23 Indi Ave Red Cliffs

4th and 5th of July 2024

Fully Funded!

meaning no cost to you.

contact us to check your eligibility today.

This is an essential course for all users of chemicals used in a range of environments including farms, horticultural operations, parks and gardens and related industry, including handling chemical merchandise.

Participants who successfully complete this two-day course and assessment receive a Certificate of Attainment and are listed with the Farm Chemical User's Secretariat of Victoria.

- identify the standard required to correctly maintain and use personal protective equipment (PPE) according to label
- follow emergency procedures for chemical spillage
- follow legislative requirements for the safe transport of chemicals
- maintain storage area and chemical manifest
- preparing and applying chemicals
- define the standard required to assess the need for chemical use, comply with safety, chemical label and MSDS requirements
- prepare an application/ spray plan
- prepare and apply chemicals
- calibrate application equipment and maintain chemical records

0357 210 200
www.thecentre.vic.edu.au

Full program non funded
cost \$425
Chemical User Refresher course also available
cost \$299

Be Connected

Every Australian online.

Check out this great resource:
<https://www.esafety.gov.au/>

Now
taking
bookings

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



NAVIGATING THE AGED CARE SYSTEM

Do you want to learn more about the Aged Care System?

Come along to a free information session.

You will learn about:

- My Aged Care.
- Commonwealth Home Support Program.
- The processes to get services in the home.
- What type of services are available.
- Home Care packages
- Assessments
- Access and Support and Care Finder Programs
- The future of the Aged Care system.

Where: Red Cliffs Community Resource Centre

23 Indi Avenue Red Cliffs

When: Wednesday 3rd April 10.30AM.

Book your place on 0350243455, for catering purposes.





Community Paramedic Clinic

Blood Pressure & Health Assessments

Where: Red Cliffs Community Resource Centre

When: Every Monday from 9.30 am to 12.30 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.



**Please park your
Mobility Scooter
outside.**



Thank you for understanding

• Red Cliffs Community Resource Centre •

JUSTICE OF THE PEACE

Sorry, there will be no JP during April and May at RCCRC
JP services are available at Mildura Police Station
between 1pm- 4pm on weekdays.



No Interest Loans

For essentials you need now.

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



Good Shepherd
No Interest Loans

No fees. No interest. Ever.

No Interest Loans

For essential vehicles you need now.

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



**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>



Encouraging children to read and treasure books.



Each year the Red Cliffs boomerang bag ladies make book bags for the Red Cliffs Kindergarten children. This year we are also made them for the Nangilock Kindergarten.



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



Make bags to reuse and share.

Tuesdays 9.20am to 11.30am @ RCCRC

Operating every Tuesday in April



The Boomerang Bags sewing ladies have been busy making Easter Bunting as part of our sustainability program.

They are also planning to make Christmas bunting.

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



Sustainability tips

ASK YOURSELF THESE QUESTIONS BEFORE BUYING!

- DO I ALREADY OWN SOMETHING SIMILAR?
- CAN I BUY THIS LOCALLY INSTEAD OF ONLINE?
- COULD I BUY THIS SUSTAINABLY?
- IS IT A MICRO TREND?
- DO I REALLY NEED IT?
- WILL I WEAR THIS MORE THAN 20 TIMES?
- AM I BUYING ON IMPULSE?
- IS IT ETHICALLY MADE?
- AM I BUYING THIS BECAUSE IT'S ON SALE, NOT BECAUSE I NEED IT?
- COULD I BORROW OR RENT THIS INSTEAD?
- AM I GOING TO LOOK AFTER THIS TO MAKE IT LAST?

© SOPHIEKATHLEENN

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



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](#)

Bunnings battery recycling program

Our national battery recycling program is free and easy to use. All our **stores** have battery recycling units, making it convenient for customers and tradies to drop off used batteries with confidence, knowing they'll be recycled. That means less waste, keeping harmful substances out of the environment and recovering and reusing valuable natural resources.



What kind of batteries can be recycled

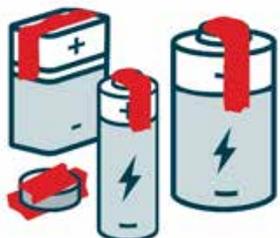
Our battery recycling units are designed to accept household single use and rechargeable batteries, such as:

- AA, AAA, C, D, 9V, 6V
- Power tool batteries
- Button cell batteries
- Other handheld-sized batteries that fit into the collection unit slot

We cannot accept lead acid batteries, car batteries, products with embedded batteries or other batteries that do not fit into the battery collection unit slot.

Contamination from unaccepted battery types or other forms of waste in our recycling unit can be a hazard for our Team and customers. Please ask our Team if you're unsure whether your batteries can be accepted in the unit.

The national battery recycling program provides the largest network of power tool battery retailer recycling locations in Australia, making it easy and convenient for all customers.



It's recommended to tape your batteries before placing them in your local collection unit, as used batteries may still contain residual charge that can create a spark, leading to a potential fire hazard. Preventing this is as simple as using clear sticky tape, non-conductive electrical tape, or duct tape over the exposed battery terminal, or on the top and bottom face for button cell batteries. Please be mindful to keep the battery label information visible if you're not using clear tape.

VICTORIA'S CONTAINER DEPOSIT SCHEME

cdsvic.org.au



Every eligible drink container returned contributes to our circular economy. By participating, Victorians are:

- 1** Creating clean streams of recycling
- 2** Reducing litter
- 3** Earning change for themselves, their communities and charities

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.



Find your nearest drop off point.

Around Again Mildura 13 Scherger Drive, Mildura, VIC 3500

CDS Vic Depot Mildura operated by Exchange Depot 2 Byrne Court, Mildura, VIC 3500

SRS Benetook Farm Mildura 1022 Benetook Avenue, Mildura, VIC 3500

For more information visit: cdsvic.org.au





1st & 2nd June 2024
Red Cliffs Civic Centre, Jamieson Ave

Get ready to unleash your creativity!
We're excited to announce that we're now
accepting expressions of interest.

Whether you're a painter, sculptor, or a master creator in any form, we want to hear from you. If you're interested in conducting a workshop or showcasing your talents through a performance, simply fill out the EOI.

Scan me



Let your artistic spirit shine!

Email info@workspace3496.com for more info
www.facebook.com/MurrayMalleeMakersArtFair





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

Have you ever wondered how a 3D PRINTER WORKS?

on
Wednesday 24th April 2024
10:30 – 12noon

The SKILLS and JOBS CENTRE
will be demonstrating a working 3D Printer
come along for a look
at the
Red Cliffs Community Resource Centre
23 Indi Avenue, Red Cliffs

SKILLS AND
JOBS
CENTRE



**3D
PRINTER ACTION**

