



Located:
23 Indi Avenue Red Cliffs

Open Weekdays:
9am - 3:30pm

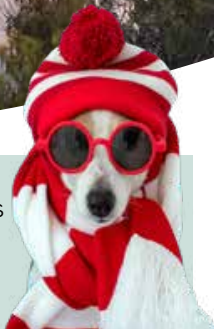
Phone: (03) 5024 3455
Email: rcresource@smartchat.net.au

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.

During May we will celebrate Neighbourhood and Community Houses and Centres (NCHC) Week with the empowering theme "Stronger Together"! This week is a tribute to the incredible strength that blossoms when diverse individuals unite for a common purpose. As Helen Keller wisely said, "Alone we can do so little; together we can do so much." Neighbourhood and Community Houses and Centres (NCHCs) all throughout Australia are the heart of the local community. We strive to embody the essence of togetherness. We bring people from all walks of life together to connect, learn, and play. Through collaborative initiatives, inclusive programs, and shared spaces, we cultivate an environment where every voice is heard, every story is valued, and every member contributes to the vibrant mosaic of our shared community. During the week on the 13th - 19th May, join us in simple acts of togetherness - See page 4 for calendar of activities.

Enjoy knitting? We are now looking for donations of knitted beanies to be given to hospital patients to brighten their stay.



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Many thanks to our wonderful volunteers! You help make the RC Community Centre a Community.



All information in this newsletter is subject to change.



Murray & Mallee Makers Art Fair

1st & 2nd June, Red Cliffs

A curated line up of creatives and handmade goods, also featuring book-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 1 June
10am - 4pm

Sunday 2 June
9am-3pm



Gold Coin Entry
Under 16 FREE

Art Fair
Live Entertainment
Workshops
Art & craft demonstrations

Red Cliffs Civic Centre
10 Jamieson Ave, Red Cliffs

To keep up to date with bookings and updates follow our FB

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



For further information please email info@workspace3496.com
Follow us on facebook <https://www.facebook.com/MurrayMalleeMakersArtFair>



Gold Sponsors

Bendigo Bank

Community Bank
Merbein & District



Bronze Sponsors



MILDURA
WORKING MAN'S
CLUB



Supporting Partners





Call out for
VOLUNTEERS



HELD 1ST AND 2ND JUNE 2024

Be a part of this Community event

Contact: rcresource.reception@gmail.com
or call 0350 243455

During Neighbourhood House Week, Red Cliffs Community Resource Centre is hosting activities outlined on the calendar below.

Let's celebrate community, weaving stronger bonds that make our neighborhood a wonderful place to call home.



Neighbourhood House Week 13 - 19 MAY '24

STRONGER Together!

Monday

Reddy, Set Cook.
Heart House Biscuits.
See pg.5

Chair Yoga with Melanie
Wellness. *See pg.6*

Community Paramedics.
Blood Pressure & Health Assessments.
See pg.7

Tuesday

Boomerang Bags.
Make bags to reuse & share. See pg.8

Scrapbooking & Card Making Workshop with Caroline. *See pg.9*

Wednesday

Red Cliffs Walking Group. *See pg.10*

Chatty Cafe @ RC Community Centre.
Enjoy a free cuppa and biccyy. See pg.11*

Sewing & Craft Group.
See pg.12

Thursday

Telco 3g Shutdown. *Will this affect you? Bring your phone in and see if it will still work. See pg.13*

Red Cliffs Mens Shed.
See pg.14

Friday

Ladies Low impact Fitness Sessions - *With Victoria Bowen. See pg.15*

Red Cliffs Grow & Share Garden Open Day. *See pg.16*

Bookings are essential for all activities

At the RC Community Resource Centre, experiencing such vibrant activities is just a typical week! We encourage you to get involved—feeling connected to your community is crucial for your health and wellbeing. It also lays the groundwork for a thriving, sustainable community.

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

Cook and
share
a meal

On the menu in may
LATINO CUISINE



Only \$5 per session to be paid on the day.

 **Neighbourhood
House Week** 13 - 19
MAY '24

**STRONGER
Together!**



CHAIR YOGA

come and try for 4 weeks
with Melanie Wellness

BOOKINGS REQUIRED*

This program is for Men and women*

Starts Monday
the 13th May
for 4 weeks

10.30 am
at 23 Indi Avenue
Red Cliffs



MELANIE WELLNESS

contact 0350243455 or
rcresource.reception@gmail.com





Community Paramedic Clinic

Blood Pressure & Health Assessments

Where: Red Cliffs Community Resource Centre

When: Every Monday from 1 - 3 pm. **New Time.**

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.





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



We would appreciate donations of high quality material.

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



2024 Scrapbooking, Card Making Workshops Red Cliffs Community Resource Centre

Tuesday 7th May
1pm
Cards \$25
Scrapping \$30



Tuesday 14th May
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**

Are you interested in running a workshop?

Get in touch as we'd love to hear from you!



Some ideas are:

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



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



RED CLIFFS COMMUNITY
RESOURCE CENTRE



At the
Red Cliff's
Community
Resource
Centre ,
23 Indi Avenue
Red Cliffs

Next
Chatty Cafe
Wednesday
15th May
10 am to
11.30 am



Neighbourhood
House Week **13 - 19**
MAY '24

STRONGER
Together!



IF YOU'D LIKE TO
LEARN MORE,
SCAN HERE



CHATTYCAFEAUSTRALIA.ORG.AU
FACEBOOK.COM/CHATTYCAFEAUSTRALIA
@CHATTYUS
@CHATTYCAFEUS

have
a
chat

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.



TELCO 3G SHUTDOWN



**BRING YOUR MOBILE
IN AND FIND OUT IF IT
WILL STILL WORK !!!!**

Thursday 16th May

**10AM TO
12AM NOON .**

**More info call
0350243455**

 **Neighbourhood
House Week** 13 - 19
MAY '24

**STRONGER
Together!**



Be Connected

Every Australian online.

**23 INDI AVENUE
RED CLIFFS**

MEN'S SHED COOKING PROGRAM

*Next Cooking Day - Thursday 30th May
Open to Men's Shed Members only.*



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.



*Bruce Penny painting in
a frame put together by
Bruce & "The Men" at RC
Men's Shed.*



RED CLIFFS



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



RED CLIFFS
grow & share
GARDEN



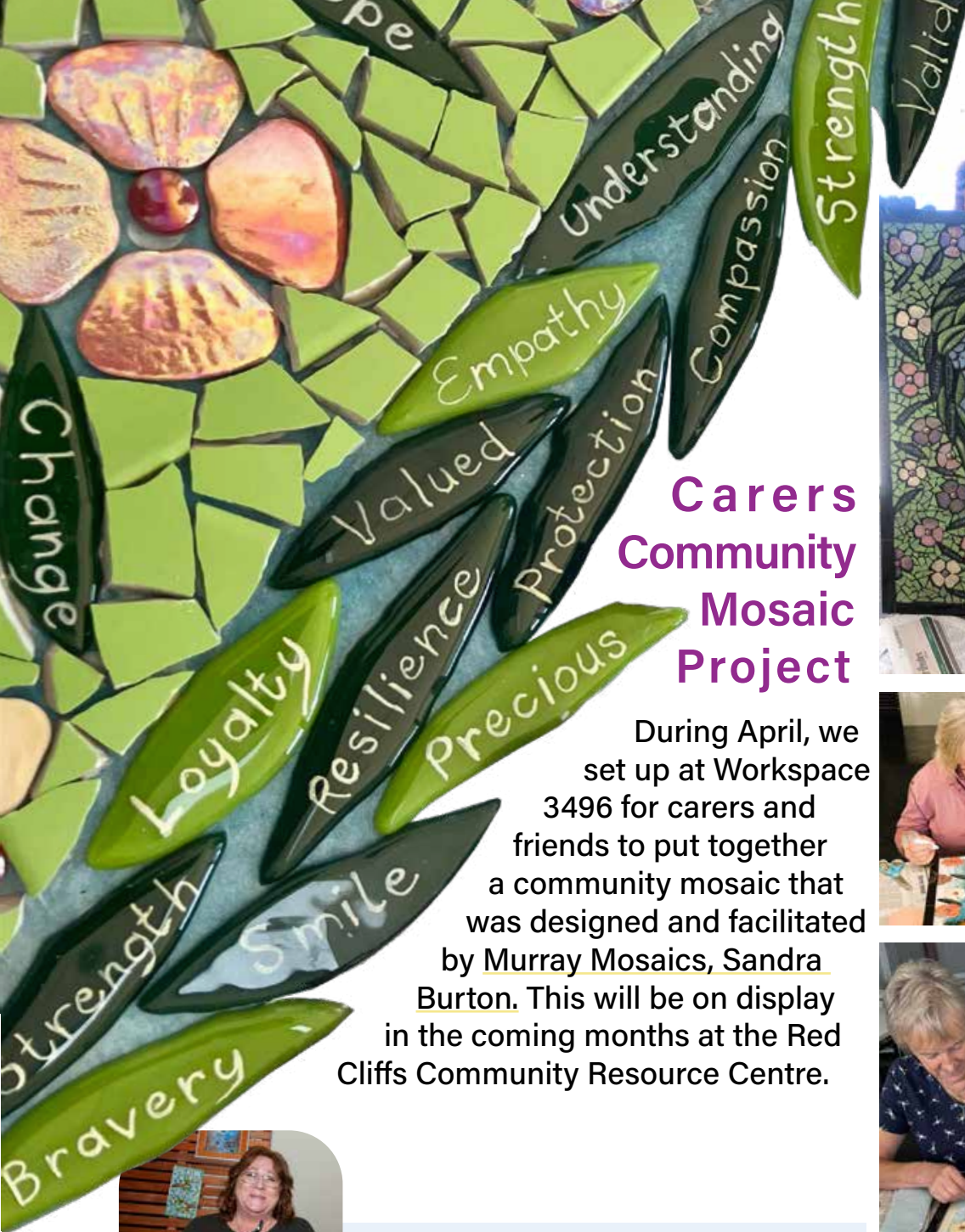
Open Day



Drop in and
say hello!

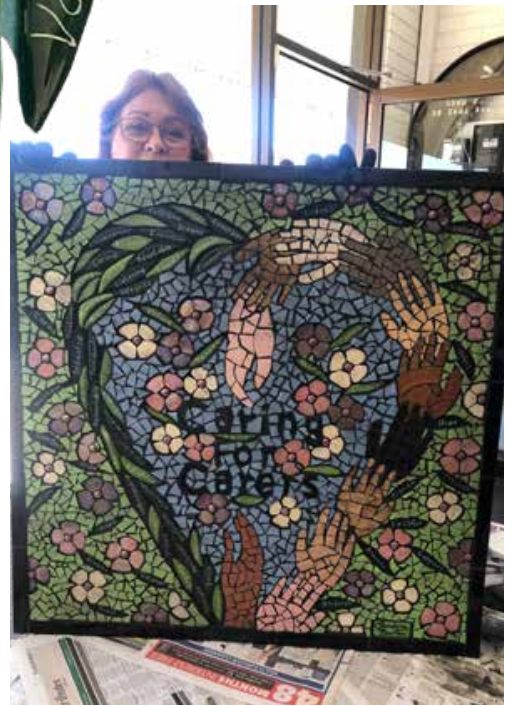
17th May 10am - 12pm
@ RC Grow & Share Garden
16 Kiewa Avenue, Red Cliffs





Carers Community Mosaic Project

During April, we set up at Workspace 3496 for carers and friends to put together a community mosaic that was designed and facilitated by Murray Mosaics, Sandra Burton. This will be on display in the coming months at the Red Cliffs Community Resource Centre.



Come and see Mosaic Artist and Workshop facilitator, Sandra Burton at the Murray & Mallee Makers Art Fair.



National 20-26 MAY 2024 Volunteer Something for Everyone 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.redcliffscommunity.org.au



Neighbourhood Houses
The Heart of Our Community™

A TASTE OF HARMONY

In April, during the week of the 15th to the 19th, we celebrated "A Taste of Harmony" by engaging the community with a diverse array of cultural cuisines.

Mon 15th April: Reddy, Set Cook - Pad Thai



Wed 17th April: Chatty Cafe - Coffee and international dish



THURS 18TH APRIL: RED CLIFFS MEN'S SHED - SOUVLAKI AND ANZAC BISCUITS



FREE* PROGRAM

Move Forward in your career!



DIGITAL ESSENTIALS CLASSES

Wednesday mornings 10.00am to 12noon.



Become confident in:

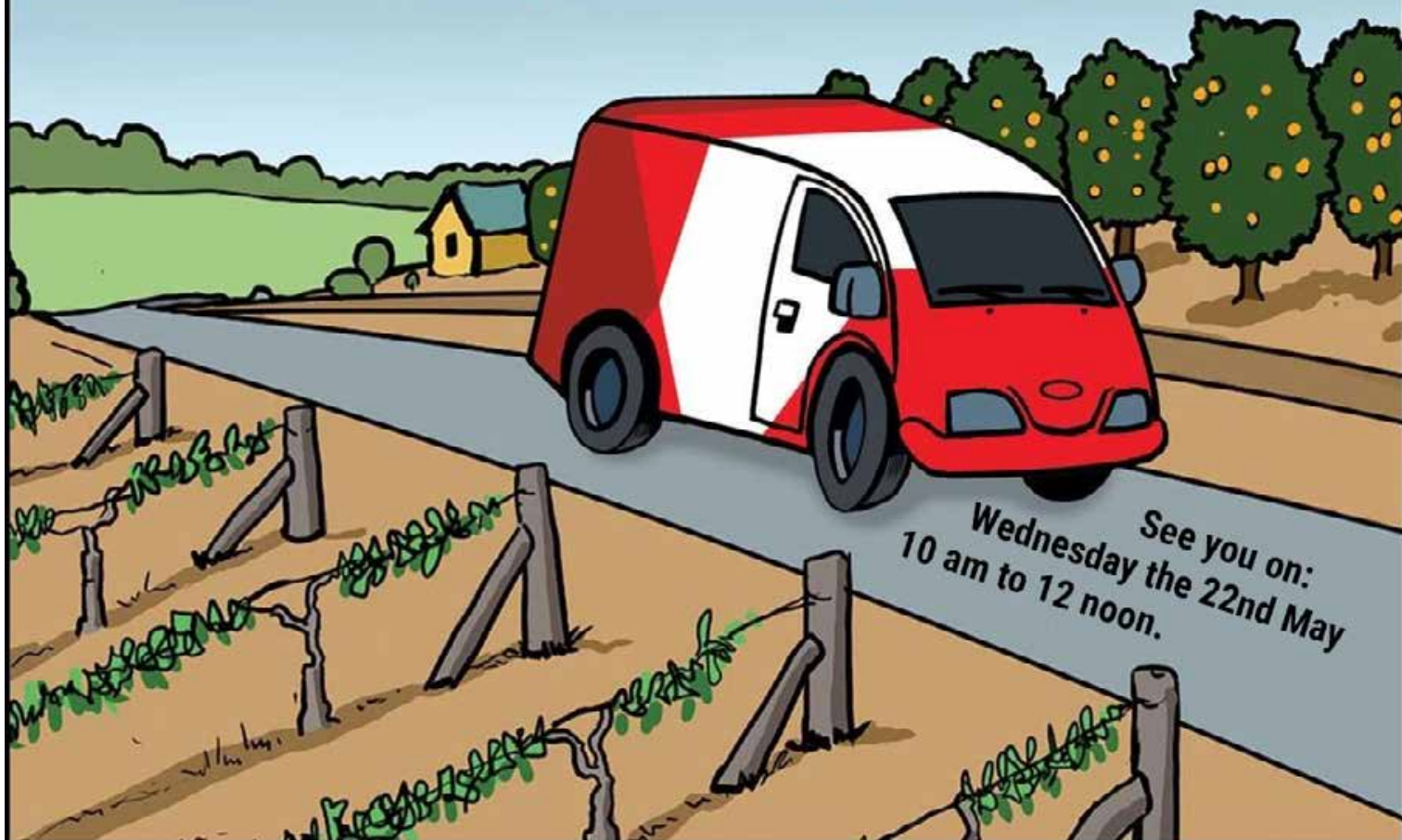
- Using online platforms
- Using different digital devices
- Applying for jobs online
- Using Apps and digital communication pathways

Only operates during Victorian School terms.

Bookings are a must. Ph: 03 5024 3455

or email: rcresource.reception@gmail.com

Skills and Jobs Centre Mobile Service is heading your way



See you on:
Wednesday the 22nd May
10 am to 12 noon.

SKILLS AND
JOBS
CENTRE



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.

Write an
IMPRESSIVE COVERLETTER

To keep the potential employer reading!

Join our free – COVERLETTER WRITING WORKSHOP – where we will
HELP YOU STAND OUT FROM THE CROWD

Wednesday 8th May 2024
10:30am sharp – 12 noon

Red Cliffs Community Resource Centre
23 Indi Avenue Red Cliffs

Numbers are limited, so please register prior to the day
by phoning (03) 5024 3455

SKILLS AND
JOBS
CENTRE

Christmas Bunting, sustainable sewing



**WEDNESDAY THE 5TH
OF JUNE 2024**

MEET THE BOSS



**Meet Bosses and Managers from
different Industries in our region.
Have a chat and some lunch to
find out what jobs are out there.
Time : 10 to 1 pm, QR code to book**

RED CLIFFS COMMUNITY RESOURCE CENTRE

23 Indi Avenue, Red Cliff's, 3496



For More Information contact
[**rcresource.reception@gmail.com**](mailto:rcresource.reception@gmail.com)





Snaps from the GARDEN

Friday 19th April the Grow & Share Garden hosted a Learn how to make your own Wicking Bed. Throughout the workshop, participants learned how to grow all their veggies in one bed.

The next Workshops will be:
3rd May - DIY Worm Farm





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



FRESH FOOD DONATIONS WELCOME

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

Bring your donations into the Red Cliffs Community Resource Centre during opening hours.



Food relief will be open from 9 to 3 pm weekdays.
Closed for lunch at 12.30pm to 1pm*.

Only available for Red Cliffs Residents.
ID required.

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



Frozen meal packs, fresh vegetables, bread & eggs are available.



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

**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 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>

Sustainability tips

ASK YOURSELF THESE QUESTIONS BEFORE BUYING!

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

Help Your Community Centre To Thrive!

Recycle & donate your return 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



Snaps from the 3D PRINTER workshop

Hosted by
The SKILLS and JOBS
CENTRE

On the 24 April 2024







NOMINATE US TODAY

AS PART OF THE RITCHIES COMMUNITY BENEFIT PROGRAM

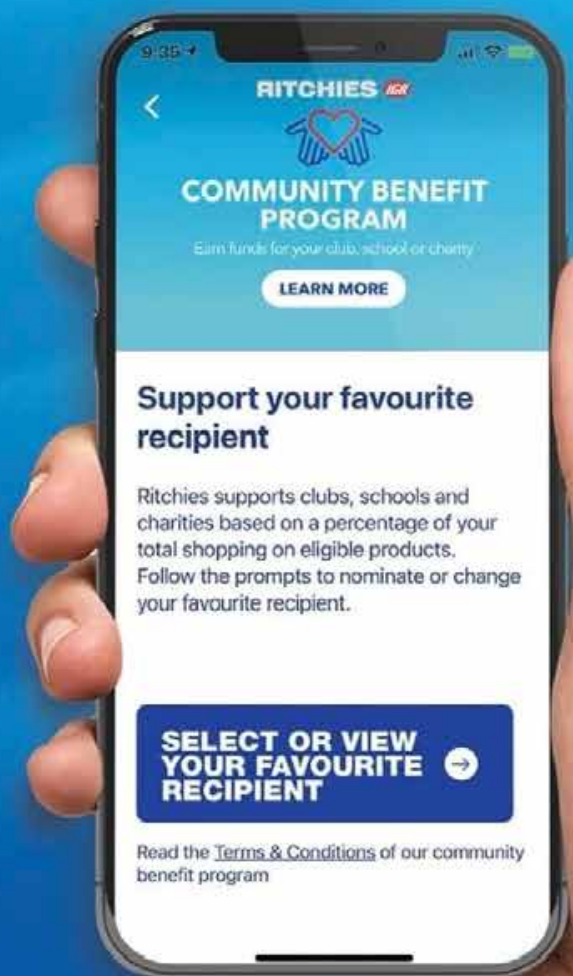
and help us generate extra funds.

- 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)