



Located:  
23 Indi Avenue Red Cliffs

Open Weekdays:  
9am - 3:30pm

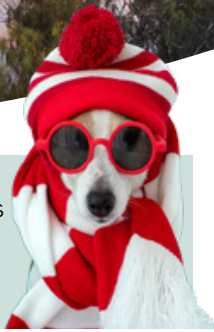
Phone: (03) 5024 3455  
Email: [rcresource@smartchat.net.au](mailto:rcresource@smartchat.net.au)

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.

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](mailto: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



work-  
space  
3496



Supporting Partners



Call out for  
**VOLUNTEERS**



HELD 1ST AND 2ND JUNE 2024

**Be a part of this Community event**

Contact: [rcresource.reception@gmail.com](mailto: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 biccys.* [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](mailto: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](http://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.





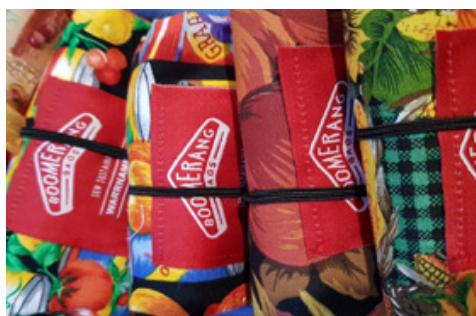
Encouraging children to read and treasure books.



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 7<sup>th</sup> May  
1pm  
Cards \$25  
Scrapping \$30



Tuesday 14<sup>th</sup> 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](mailto: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



IF YOU'D LIKE TO  
LEARN MORE,  
SCAN HERE



🌐 CHATTYCAFEAUSTRALIA.ORG.AU  
📘 FACEBOOK.COM/CHATTYCAFEAUSTRALIA  
🐦 @CHATTYAU  
📷 @CHATTYCAFEAUS

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](mailto: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



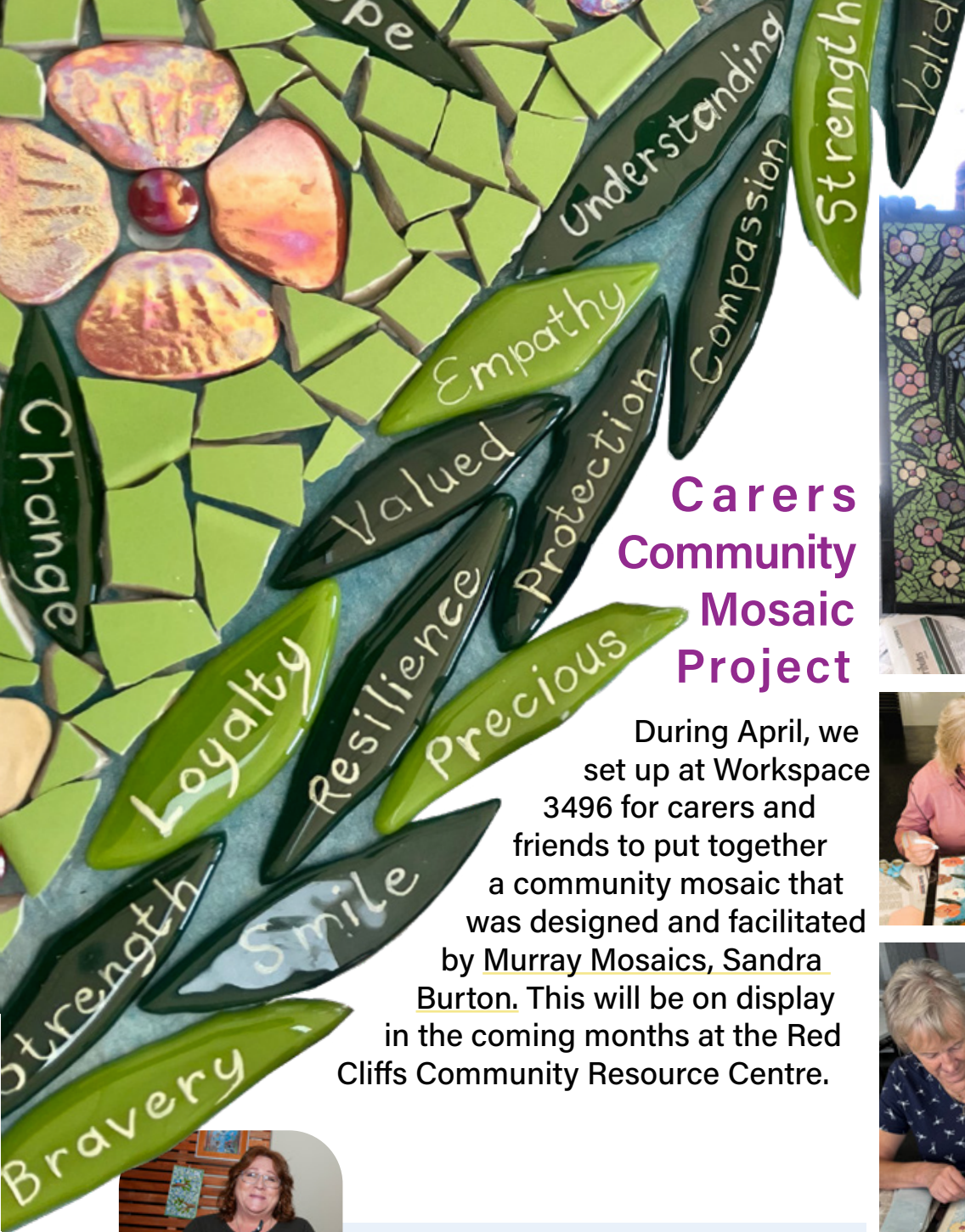
Drop in and  
say hello!



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

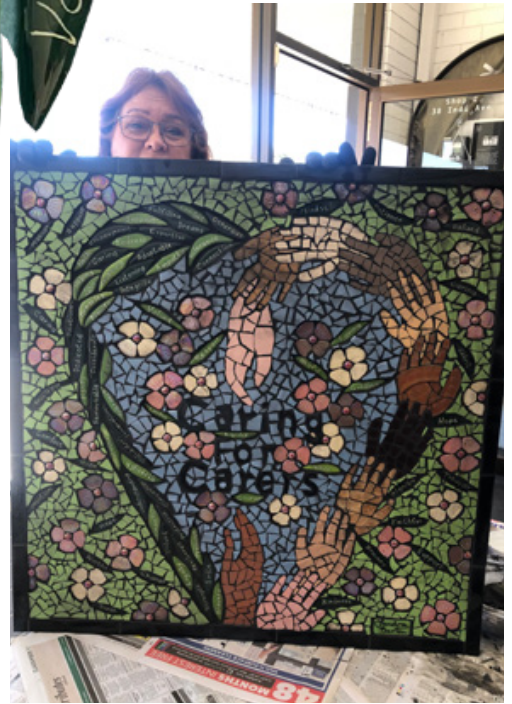






## Carers Community Mosaic Project

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](http://www.redcliffscommunity.org.au)



Neighbourhood Houses  
The Heart of Our Community™

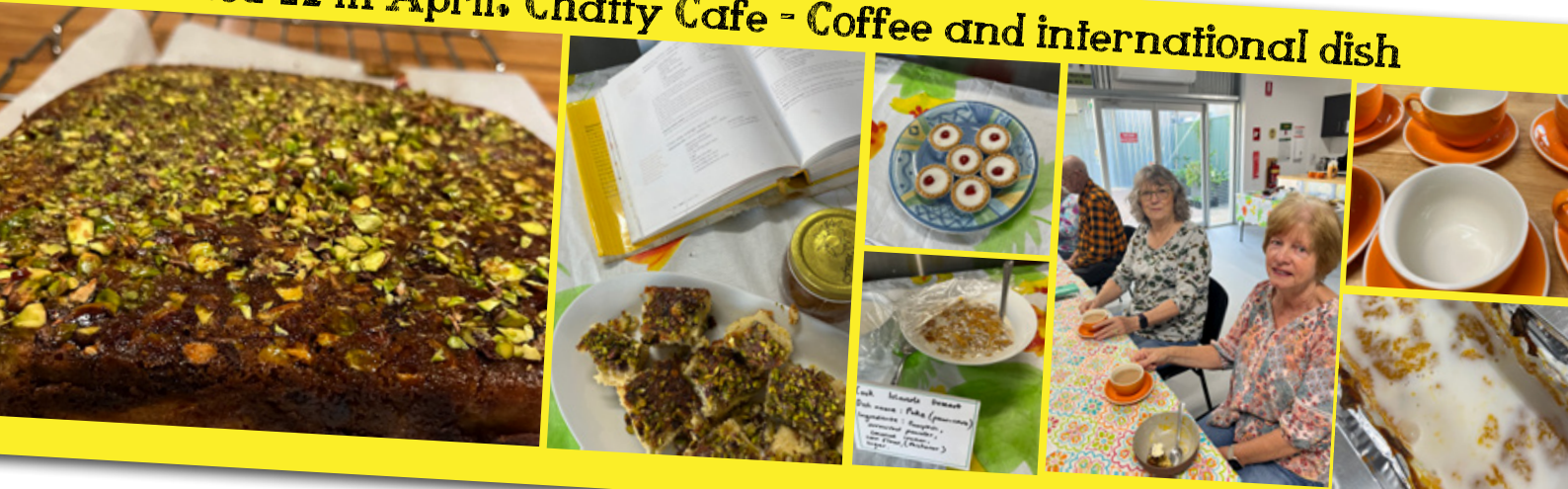
# A TASTE OF HARMONY

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:

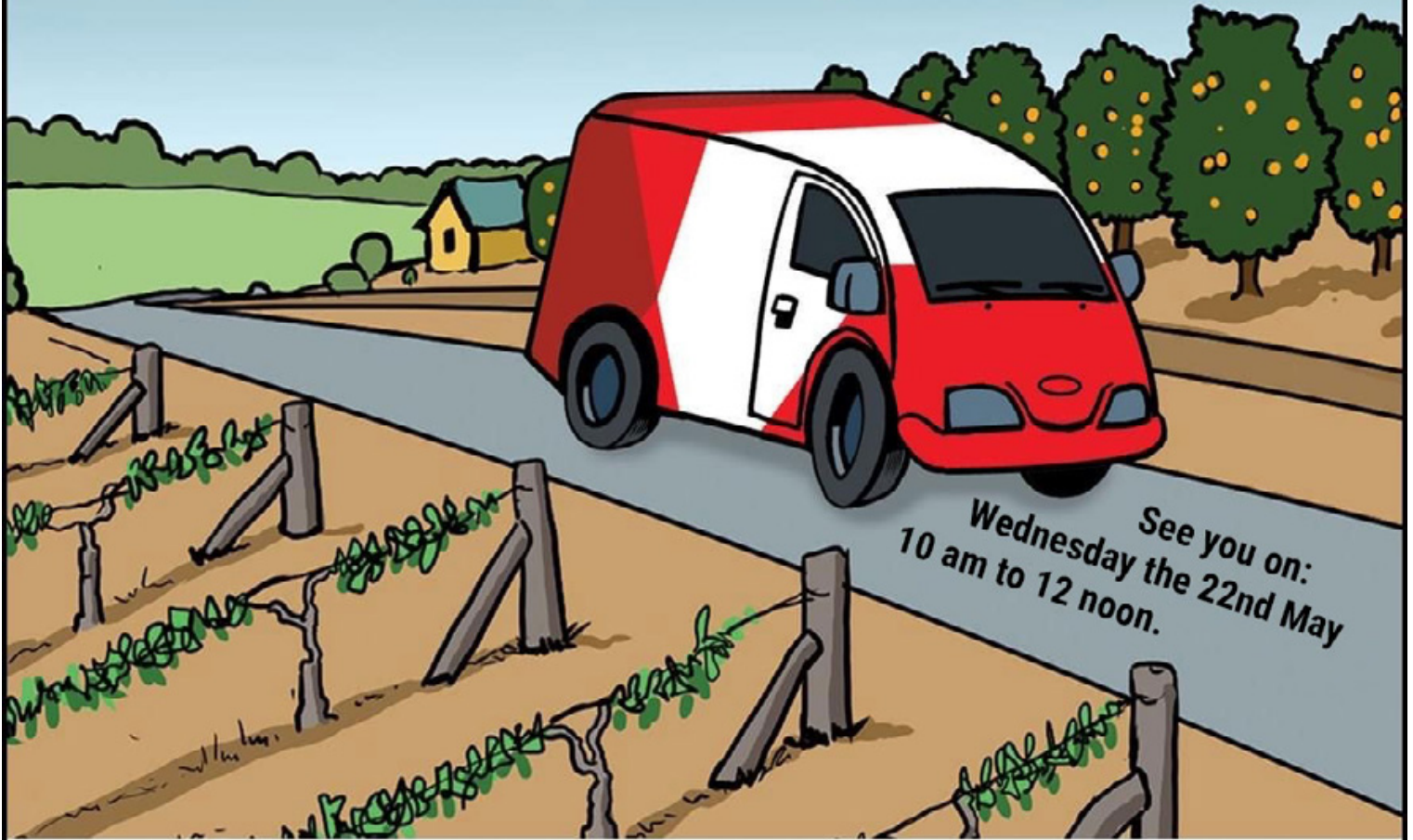
- Using online platforms
- Using different digital devices
- Applying for jobs online
- Using Apps and digital communication pathways

Only operates during Victorian School terms.

Bookings are a must. Ph: 03 5024 3455

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



**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.**

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 8<sup>th</sup> 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

*New Date* Friday  
10th of May  
10am start

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](mailto:rcresource.reception@gmail.com)

# JUSTICE OF THE PEACE

Service available at RCCRC on  
Friday 10th of May  
from 9:30 am to 12:30 pm



Please park your  
Mobility Scooter  
outside.



Thank you for understanding

## 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 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



# 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](#)



# 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.

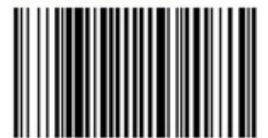


## How to donate at your nearest refund point:

- Show this barcode, or
- Quote the code: **C2000009812**, or
- Ask to donate to "Red Cliffs Community Resource Centre"



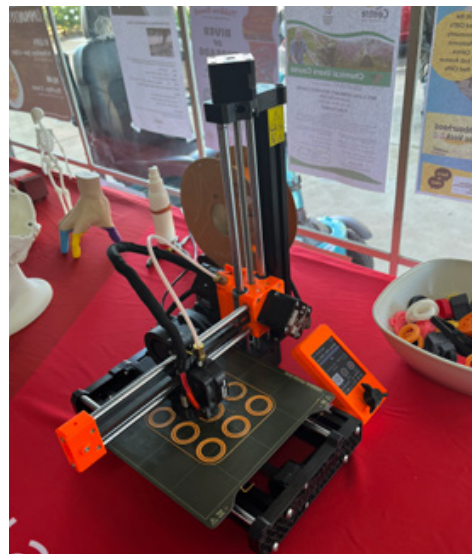
**C2000009812**



Snaps from  
the **3D**  
PRINTER  
workshop

Hosted by  
The **SKILLS and JOBS**  
CENTRE

On the 24 April 2024





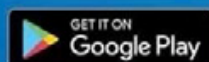


# NOMINATE US TODAY

## AS PART OF THE RITCHIES COMMUNITY BENEFIT PROGRAM

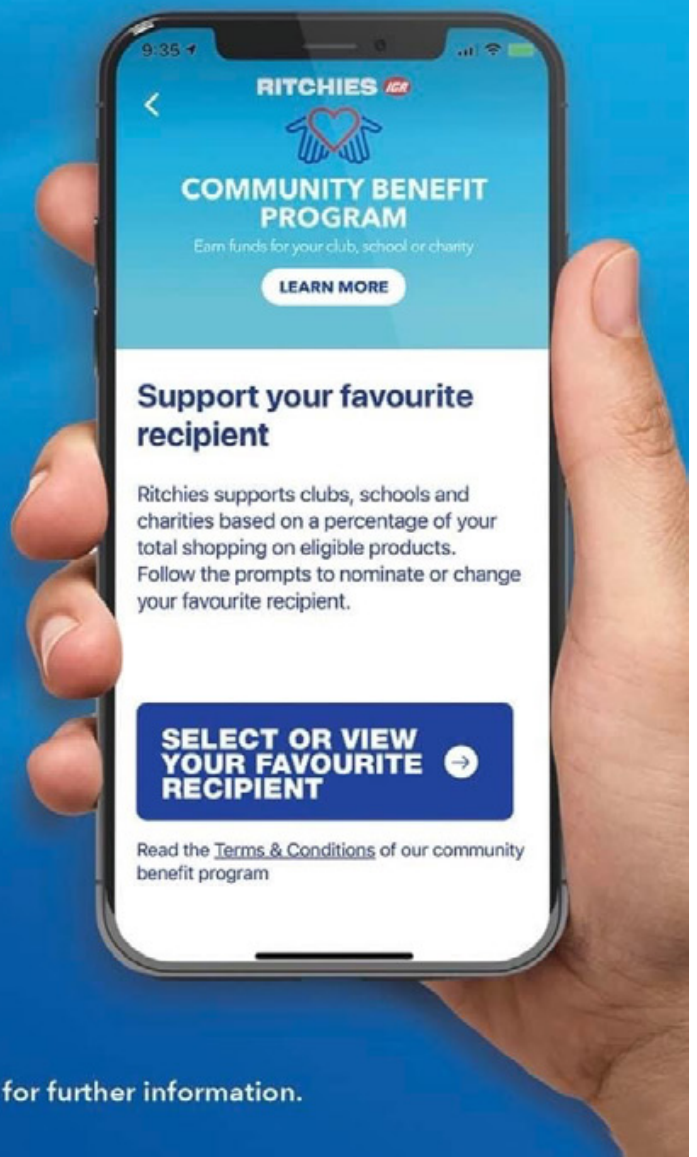
and help us generate extra funds.

- 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](https://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://facebook.com/group/redcliffcommunitybillboard)