

Located: 23 Indi Avenue Red Cliffs

Email: rcresource@smartchat.net.au

Phone: (03) 5024 3455

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.



GARAGE SALE

Sunday
6th
October

9am - 1pm @ RCCRC

On the same day as Red Cliffs Country Market

ASK RUOK? ANY DAY

A conversation could change a life.

Pictured: Volunteer Kassie with her R U OK Chalkboard creation.

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We will be participating in the Blue Tree Project.



Watch this space

The Centre will be closed on Friday 27th September for the Grand Final Public Holiday

All information in this newsletter is subject to change.

LOW IMPACT PILATES

FREE*
please book
0350243455

*****CHAIR BASED**

**START YOUR
HEALTH
JOURNEY
with Melanie**

**COME AND
TRY DAY
12 PM
ON**

**FRIDAY
20TH SEPTEMBER**

**At the Red Cliffs Community
Resource Centre
23 Indi Avenue Red Cliffs**



Happy snaps from August



Digital student Charm with Vashti



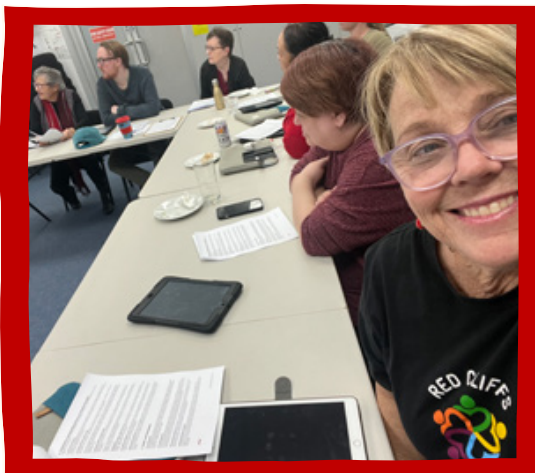
Carers Community Consultation Focus Group



Jobs & Skills Training



Kristine, Rohan, Alan & Anthony at the Community Consultation Focus Group



RCCRC Staff & Volunteer training.



Mallee Network of Neighbourhood Houses supporting RU OK?

Happy snaps from August's Reddy, Set, Cook Italian Cuisine.



Join our R U OK? *event*



Ask

R U OK?™ ANY DAY

R U OK? is encouraging all Australians to create space for meaningful conversations, any day of the year. Join us to learn how you can start more life-changing conversations.

Date: Thursday 12th of september

Time: 10 am to 1pm

Free BBQ Sausage sizzle at the Red Cliffs Community Resource Centre. Check out the Red Cliffs Mens shed while you are there and have a cuppa and a chat.

A big thank you to the Lions Club of Red Cliffs for providing the BBQ lunch

Find conversation tips and resources at
ruok.org.au

ASK RUOK?™ ANY DAY

A conversation could change a life.

High TEA



**Wednesday
18th September**
10 am to
12 noon

**Chatty Cafe is
having a High Tea
Cakes and Coffee
on us.**



**23 Indi Avenue
Red Cliffs
call 50243455**



Blue Yarn Bombing of Red Cliffs

Behind each blue tree lies a story

Blue Tree Project was founded with a mission to help spark important conversations and encourage people to speak up when experiencing mental health concerns. We believe help is never as far away as it feels. Blue trees dotted across every continent of the world (minus Antarctica) are both beacons of hope, and conversation starters. Something that began out of tragedy now offers a positive way for people to connect and help change the way we view and talk about mental health

Blue Yarn available.

So lets get knitting or crocheting



Justice of the Peace



**Now
Back**



**A Justice of the Peace is available at the
Red Cliffs Community Resource Centre.
Friday Mornings**

9.30am to 12.30 pm ONLY *



23 Indi Avenue , Red Cliffs, 3496





CHAIR YOGA

With Melanie Wellness

BOOKINGS REQUIRED*

Total cost for 4 week program is \$40

This program is for men and women*

**Starts Monday the
2nd September
for 4 weeks**

10.30 am
at 23 Indi Avenue
Red Cliffs



contact 0350243455 or
rcresource.reception@gmail.com



LOW IMPACT PILATES

\$40 FOR 4 WEEKS
BOOK YOUR PLACE
CALL 03 50243455

*****CHAIR BASED**

**START YOUR
HEALTH
JOURNEY
with Melanie**

**4 WEEK
PROGRAM
12.00 PM
FRIDAYS
STARTS ON FRIDAY
4TH OCTOBER,
12 NOON**

**At the Red Cliffs Community
Resource Centre
23 Indi Avenue Red Cliffs**



Red Cliffs Community Resource Centre. Inc.
23 Indi Ave RED CLIFFS VIC 3496
Ph.: 03 5024 3455
Email: rcresource@smartchat.net.au
ABN: 36 345 726 854
Inc. A0028520U



AGM

Red Cliffs Community Resource Centre Annual General Meeting 2024

Monday the 28th of October

At 6.00pm.

At the Red Cliffs Community Resource Centre
23 Indi Avenue
Red Cliffs

Interested people are invited to attend
Contact the Executive Officer on
Email

rcresource@smartchat.net.au



Reddy, Set, Cook

This September we'll
be cooking:

French

Cook and
share
a meal



Learn
Local



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

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

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

RED CLIFFS
grow
& share
GARDEN



**Garden
open day**
16 Kiewa Avenue

New Date
Saturday
12th October

Red Cliffs 10 to 12 am

All welcome.
More Info phone 0350243455



Happy Snaps from the Garden

Pictured: Wicking Bed
Workshop participants
Fran and Gayle with
facilitator Larry Cavallo.



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



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



FRESH FOOD & FINANCIAL DONATIONS WELCOME

For financial donation talk to Jo or go to:
<https://www.givenow.com.au/redcliffscommunity>

For food donations: bring them into RCCRC during open hours. We are gratefully accepting fresh food including fruit, vegetables & bread.

Many thanks to our donors:



Food relief will be available during open hours.

Only available for Red Cliffs Residents.
 ID required.



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



Next Time
Bring your own bag or box for transportation of goods.



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.






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 School Terms

We would appreciate donations of festive material.

X-mas bunting making will be starting soon!

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

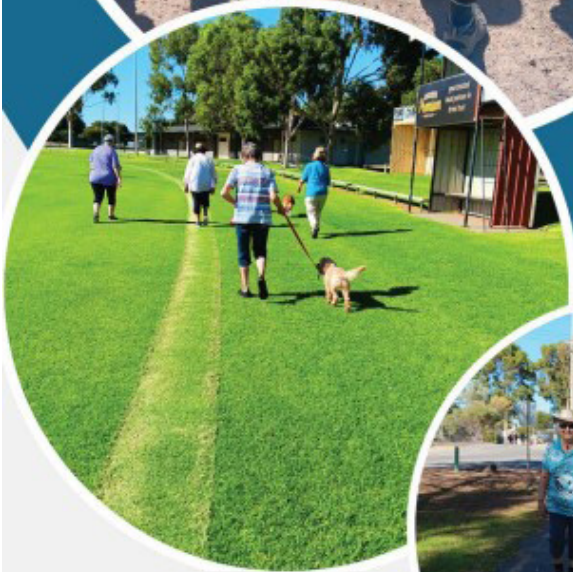




SCHS
Sunraysia Community
Health Services

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

SEWING & CRAFT GROUP



Bring your sewing projects along.



Discuss all things craft & sewing

SEWING & CRAFT GROUP

WHEN: Wednesday 10 am to 2 pm.

On every Wednesday except the first one of the month
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 MEN'S SHED



Pictured: Making mud
kitchens for Red Cliffs
East Primary School

Next Cooking Day is the Thursday the 26th of September. We'll be cooking Shepherds Pie.
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.



Men's Shed Cooking Pics



Be Connected

Every Australian online.



Thursdays in
Victorian school terms.
BOOK TODAY!! 50243455

FREE* PROGRAM

Move
Forward in
your career!

Now taking enrolments
for term 4
- Starting Oct 9th



DIGITAL ESSENTIALS CLASSES

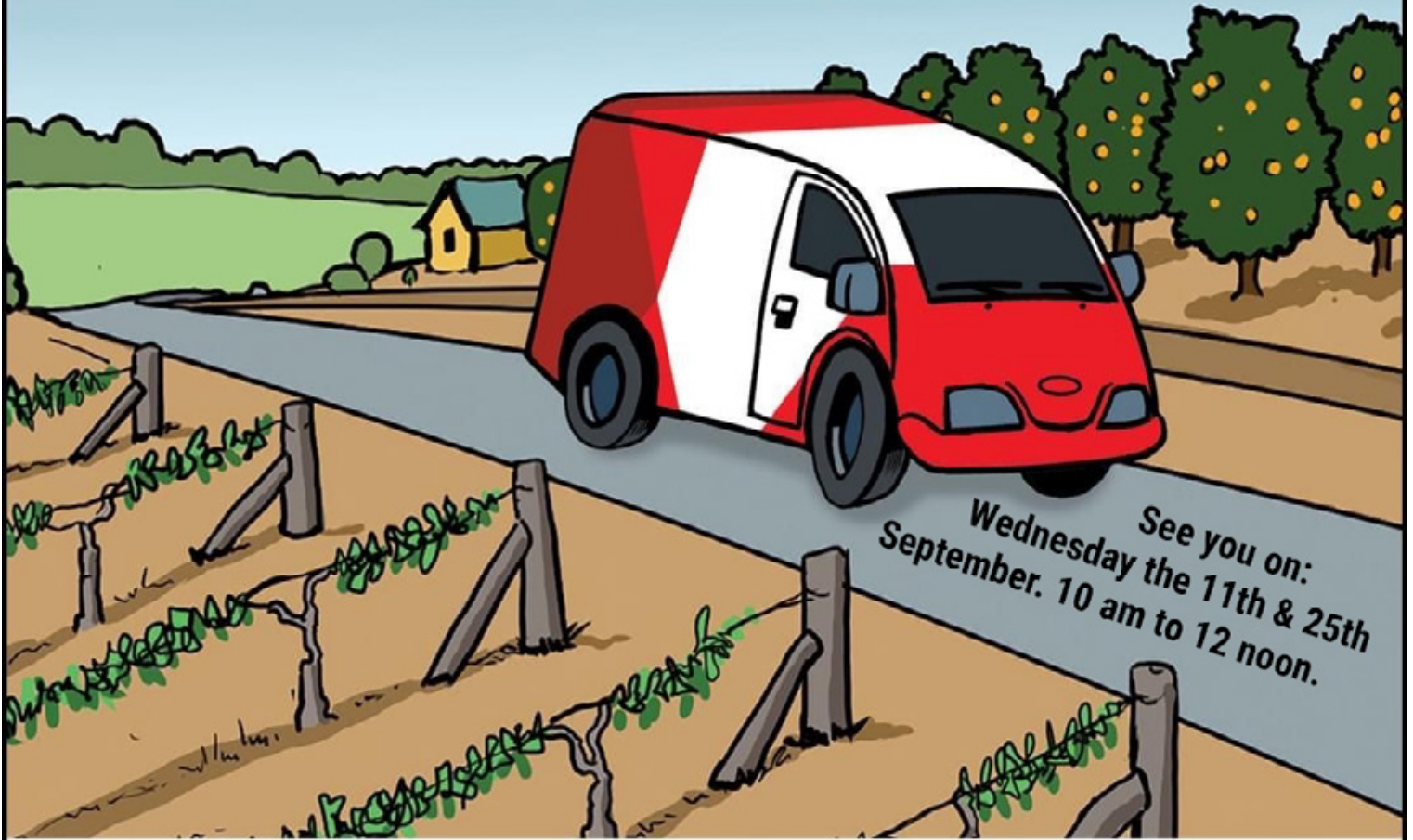
Wednesday mornings 10.00am to 12noon.



- 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 11th & 25th
September. 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 via link: [https://tinyurl.com/
FirearmSafetyCourse](https://tinyurl.com/FirearmSafetyCourse)



There will be no scrapbooking, card making in September - Workshops will resume in October

2024 Scrapbooking, Card Making Workshops Red Cliffs Community Resource Centre



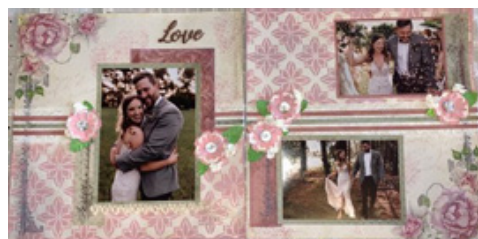
Tuesday 1 October
12 noon
Cards \$25
Scrapping \$30

Tuesday 8th October
12 noon
Cards \$25
Scrapping \$25



Tuesday 15th October
12 noon
Cards \$25
Scrapping \$30

Tuesday 22nd October
12 noon
Cards \$25
Scrapping \$30



Tuesday 29st October
12 noon
Cards \$25
Scrapping \$30

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

**WE REGULARLY
HAVE BEEN SENDING
BOXES FULL OF
BEANIES
OFF TO HOSPITALS**



**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**

Please park your
Mobility Scooter
outside.



Thank you for understanding

Kindling For Sale



**We have kindling for sale.
\$5 per bag.
All proceeds go towards
supporting the
Red Cliffs Mens Shed**

**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.



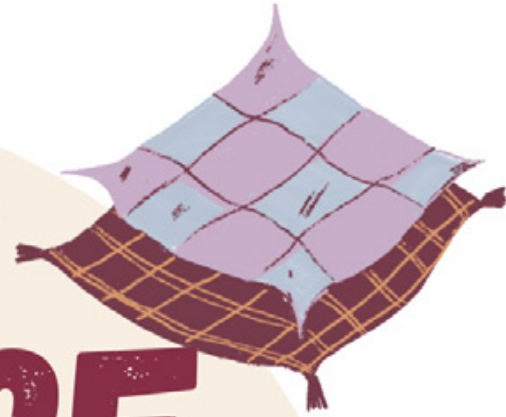
**No
Interest
Loans**

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>



GARAGE SALE

SUNDAY THE 6TH
OF OCTOBER

AT THE
RED CLIFFS
COMMUNITY
RESOURCE CENTRE
23 INDI AVENUE RC

9AM TO
1PM



Glass recycling

Put lightly rinsed, empty glass bottles and jars into the bin loose, not in bags.

Lids to be removed, plastic lids disposed of in the general rubbish bin. Metal lids recycled in the mixed recycling

✓ Yes

- ✓ Glass bottles including beer, wine and olive oil bottles
- ✓ Glass jars including pasta sauce and condiment jars
- ✓ Glass bottles and jars for medicine
- ✓ Broken glass jars and bottles accepted



⊘ No

Plastic bags or packaging, loose lids and caps from bottles or jars, corks, pumps, sprays, droppers, cardboard, crockery such as plates, dishes, mugs, drinking glasses, glass cookware, vases, light bulbs.

Purple bins are emptied monthly - To find your collection day visit:

<https://www.mildura.vic.gov.au/Services/Waste-and-Recycling/My-bins/Find-your-bin-day>

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
**Sorry, RCCRC is no longer
accepting blister packs**



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 refund 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



LESS THAN 1% OF USED CLOTHING GETS MADE INTO NEW CLOTHING.

WE NEED A CIRCULAR FASHION INDUSTRY!

REPAIR

SWAP

RECYCLE

RENT



SOURCE: ELLENMACARTHARFOUNDATION.ORG



NOMINATE US TODAY

AS PART OF THE RITCHIES COMMUNITY BENEFIT PROGRAM

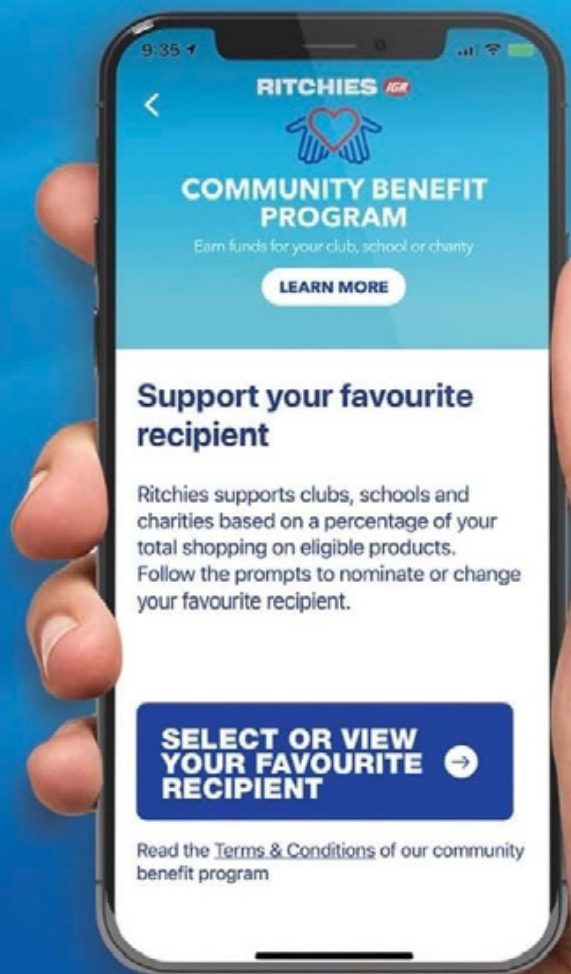
and help us generate extra funds.

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