



Located: 23 Indi Avenue Red Cliffs

Email: rcresource.reception@gmail.com

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.

Red Cliffs Grow & Share Garden Upcoming Events



Building portable wicking beds
Saturday the 16th November
10am to 12 pm



Worm farms and composting
Friday 22nd November
10am to 12 pm

Launch of the Red Cliffs Carers Support Group

Friday, 15th November 2024

A funded initiative to connect unpaid carers with activities, resources, support & opportunities

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| 8. Learn Local - Reddy, Set, Cook | 21. Firearm Safety Course |
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| 10. Worm Farm/ Composting Workshop | 23. Kindling for sale |
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XMAS BUNTING FOR SALE NOW AT RCCRC



**Tuesday the 5th of November
The Centre will be
Closed due to the Public Holiday**

All information in this newsletter is subject to change.

Happy snaps from October



Northern Mallee Leaders Visit RCCRC.



As part of Seniors Festival Events 2024, RC Mens Shed members visited other sheds and went out to lunch. A big thank you to Mildura Rural City Council for funding this.



Vashti helping a Be Connected client.



Rita and Leslie Making Christmas bunting



New automatic sliding door to be installed in November.

Through a Community Infrastructure Projects Grant, GrainCorp have provided funds to help RCCRC install an automatic sliding front door. This addition will improve accessibility, especially for wheelchair users and individuals with limited mobility. We are grateful to GrainCorp for supporting our community's efforts to develop, renew, recover, and thrive.

Launch of the Red Cliffs Carers Support Group

Free Event*
Light lunch
provided*

Friday, 15th November 2024

A funded initiative to connect unpaid carers with activities, resources, support & opportunities

***Exclusively for unpaid CARERS
in Red Cliffs & the surrounding district**

Time: 12:00 pm to 2:00 pm

Venue: The Red Cliffs Club, an accessible site for all.
At 11 Heytesbury Avenue, Red Cliffs

Free Entertainment by *Carly Maher*
SINGER/GUITARIST



BOOKING ESSENTIAL VIA QR CODE.

For assistance or more information, contact

Ph: 03 50 24 3455




Email: rcresource.reception@gmail.com

RSVP: WEDNESDAY 13TH NOVEMBER

A project of the Red Cliffs Community Resource Centre



Carers Resources

Organisation	Description	Link
	<p>Caring for someone at the end of their life is a very important role. People who do this help the person they care for and that person's family and friends. They also help the community by reducing the pressure on our health care system. Carers are vital members of the Australian community and we are so thankful for what they do.</p> <p>Caring for someone who is dying can be very difficult. Often, people are caring for someone who is very close to them. This makes the end of life very emotional, which can be hard to cope with. Relationships can change significantly, and the caring role can become much more intense at this end of the caring journey.</p> <p>The Australian Government has funded three CarerHelp projects.</p> <p>The third CarerHelp Rural Connect project started in 2023 and will be completed in 2026. The aim of this funding is to develop resources for rural carers and offer rural carers a once off online education and support sessions with a health professional.</p>	<p>carerhelp.com.au</p>
	<p>Carer Gateway is an Australian Government program providing free services and support for carers.</p> <p>The Australian Government works with a range of health and carer organisations across Australia, known as Carer Gateway service providers, to deliver services to carers no matter where they live in Australia.</p>	<p>www.carergateway.gov.au</p>
	<p>Carers Victoria is the statewide voice for family carers, representing and providing support to carers in Victoria.</p>	<p>www.carersvictoria.org.au</p>



Tell us about your Neighbourhood House experience!

We'd love to hear about your personal experience in our Neighbourhood House. Please complete this short survey when you visit our Neighbourhood House during the survey period.



SURVEY DATES:

NOVEMBER

**18TH TO THE
24TH**



info@nhvic.org.au | www.nhvic.org.au



59
Jacaranda
Street
Red Cliffs



Next
Chatty Cafe
Wednesday
20th November
10 am to
11.30 am

November



IF YOU'D LIKE TO
LEARN MORE,
SCAN HERE

+ CHATTYCAFEAUSTRALIA.ORG.AU
f FACEBOOK.COM/CHATTYCAFEAUSTRALIA
t [@CHATTYCAFEAUSTRALIA](https://TWITTER.COM/CHATTYCAFEAUSTRALIA)
@ [@CHATTYCAFEAUSTRALIA](https://INSTAGRAM.COM/CHATTYCAFEAUSTRALIA)



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



Cook and
share
a meal

The theme for
November will be:
**Sustainable
cooking**

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

On every Monday 10:00am -12:30pm
during school terms @ RCCRC

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

RED CLIFFS
grow
& share
GARDEN



Saturday the
16th November
“Building portable
wicking beds”

10am to 12 pm

With Larry



16 Kiewa Avenue
Red Cliffs
All welcome.

More Info phone 0350243455

RED CLIFFS
grow
& share
GARDEN



Friday

22nd November

**“Worm farms and
composting”**



10am to 12 pm

16 Kiewa Avenue

Red Cliffs

All welcome.

More Info phone 0350243455



Happy Snaps from the Garden

The RC Grow & Share garden was buzzing with conversations and excitement at our Open Day in October.



Helen Pretchel



Shirley Tanner



Bob Walton & Leanne Jarvis



Tony Lyons



Gardening Guru Larry



Henry and Darius Taruia



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:

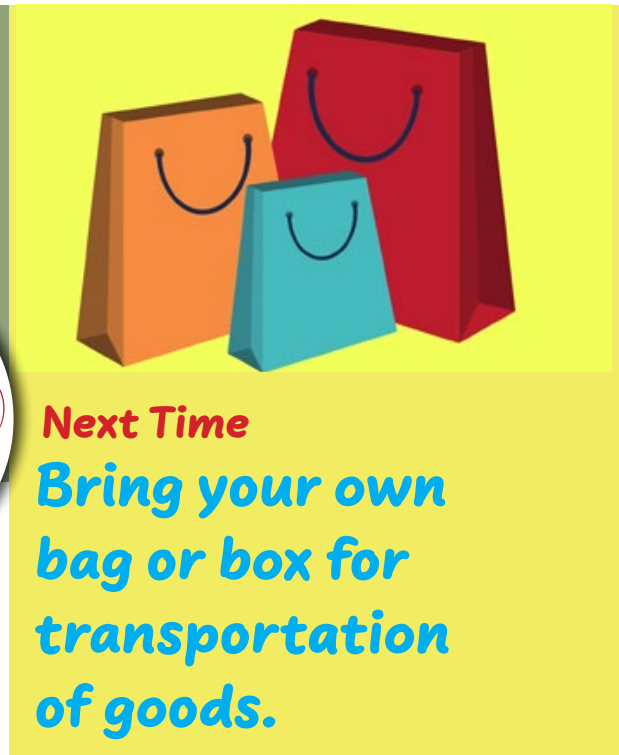


Food relief will be available during open hours.

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 1pm - 3 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.






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

Xmas Bunting For Sale at RCCRC



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.



Next Cooking Day is the Thursday the 28th.

We'll be cooking: Rice paper rolls,
sustainable Pizza & tiramisu.

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.

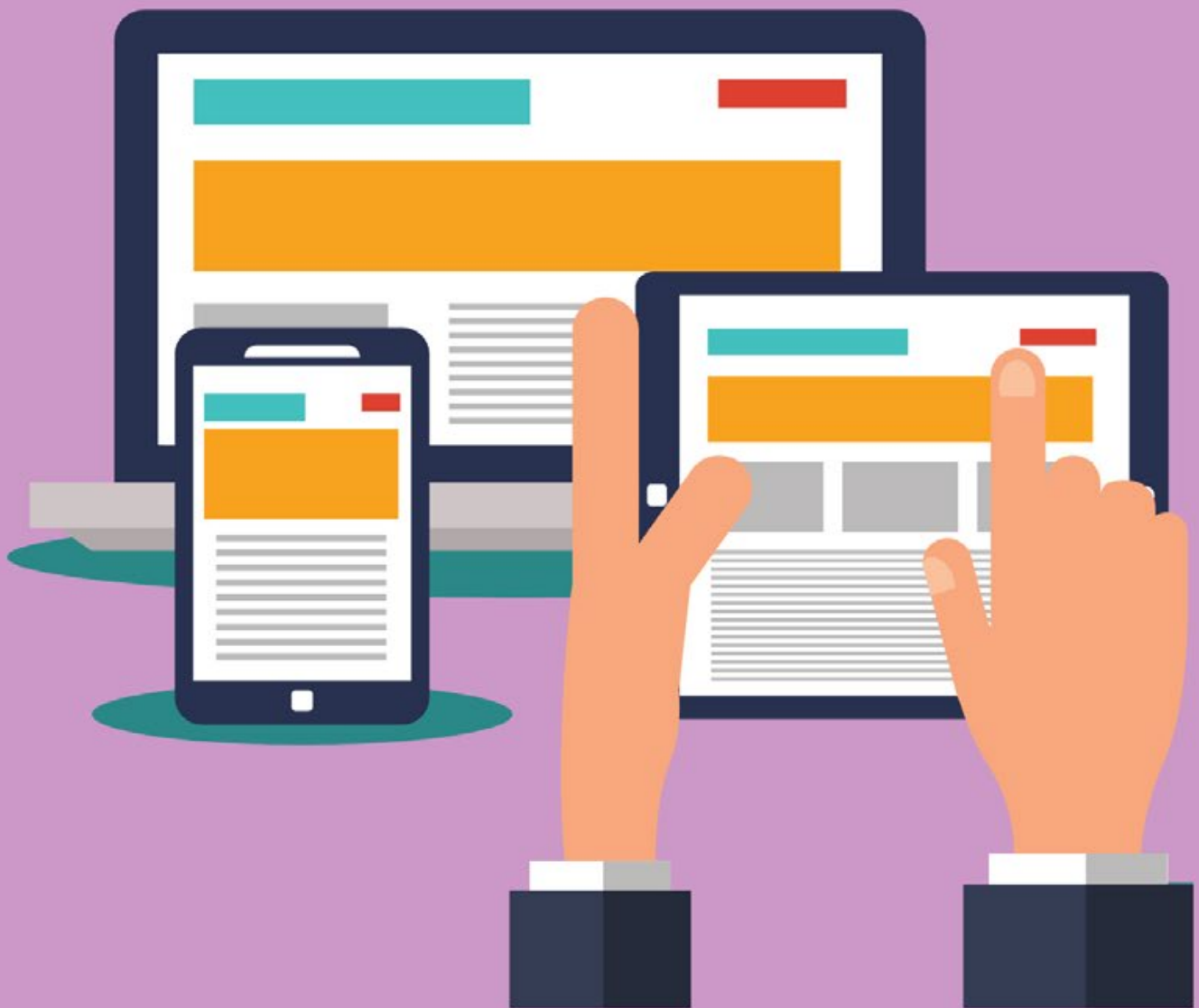
Come and visit The Shed Thursdays 10am - 3pm

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



Be Connected

Every Australian online.



Thursdays in
Victorian school terms.
BOOK TODAY!! 50243455

FREE* PROGRAM

Move
Forward in
your career!



DIGITAL ESSENTIALS CLASSES

Wednesday mornings 10.00am to 12noon.



Become confident in:

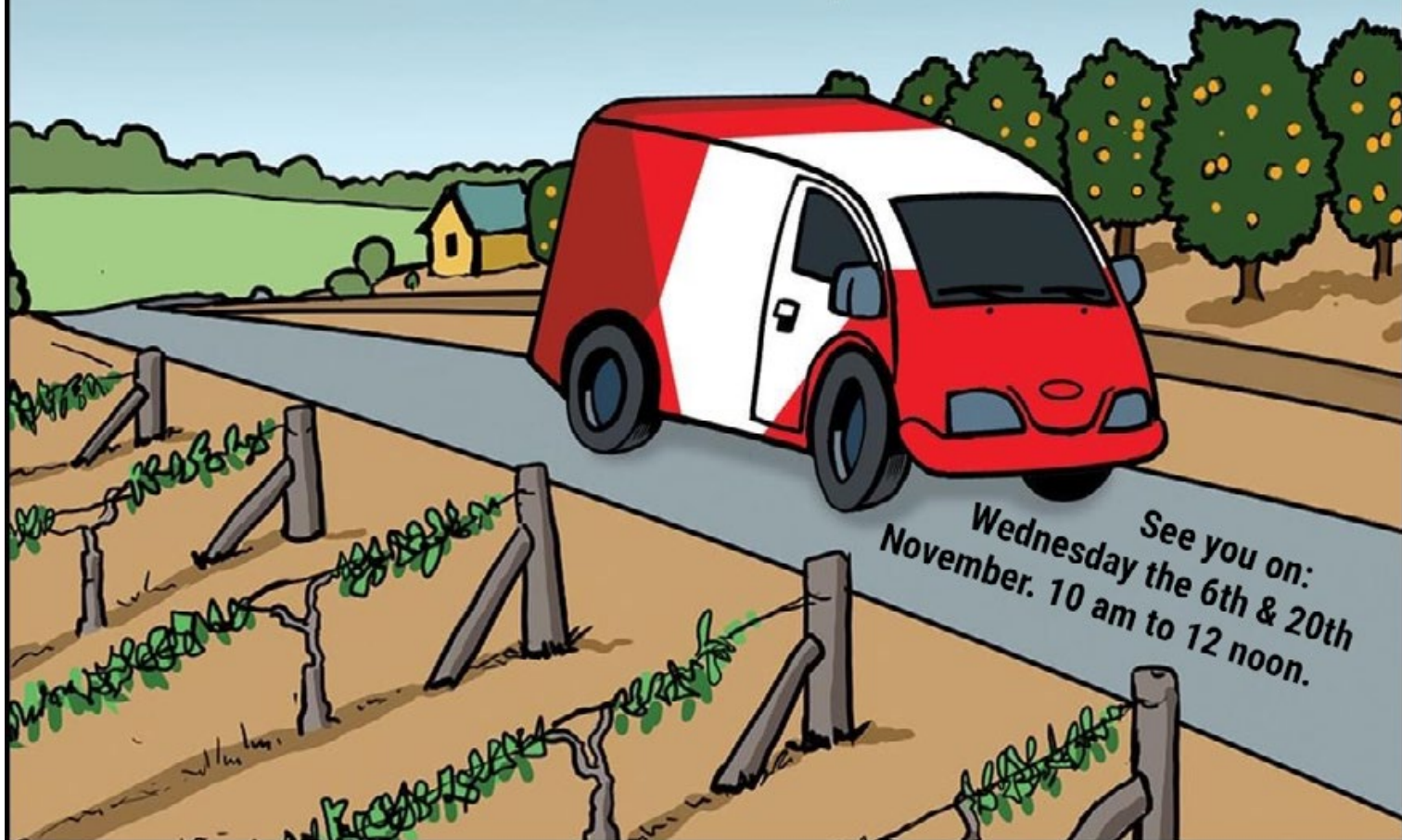
- Using online platforms
- Using different digital devices
- Applying for jobs online
- Using Apps and digital communication pathways

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 6th & 20th
November. 10 am to 12 noon.

SKILLS AND
JOBS
CENTRE



Victorian
Skills Authority



THE
EDUCATION
STATE



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)



2024 Scrapbooking, Card Making Workshops Red Cliffs Community Resource Centre



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

Tuesday 19th Nov
12 noon
Cards \$25
Scrapping \$30



Kaszazz



2H2017 Elegant Christmas Morning Cards
Created by Margaret Crawford

Tuesday 26th Nov
12 noon
Cards \$25
Scrapping \$30

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

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**

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>



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



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





WE'RE HEADING INTO THE MOST WASTEFUL TIME OF THE YEAR.

WE WASTE 25% MORE DURING THE HOLIDAY SEASON THAN AT ANY OTHER TIME!

WE HAVE THE POWER TO CHANGE THIS!



Shop to a list to avoid food waste



Avoid layers of plastic packaging whenever you can



Use fabric to wrap presents



Use reusable cutlery instead of single-use



Gift experiences instead of items



Avoid last minute shopping to prevent overconsumption



Share or serve leftovers (watch portion sizes too!)



Regift gifts or make your own instead of buying new





NOMINATE US TODAY

AS PART OF THE RITCHIES COMMUNITY BENEFIT PROGRAM

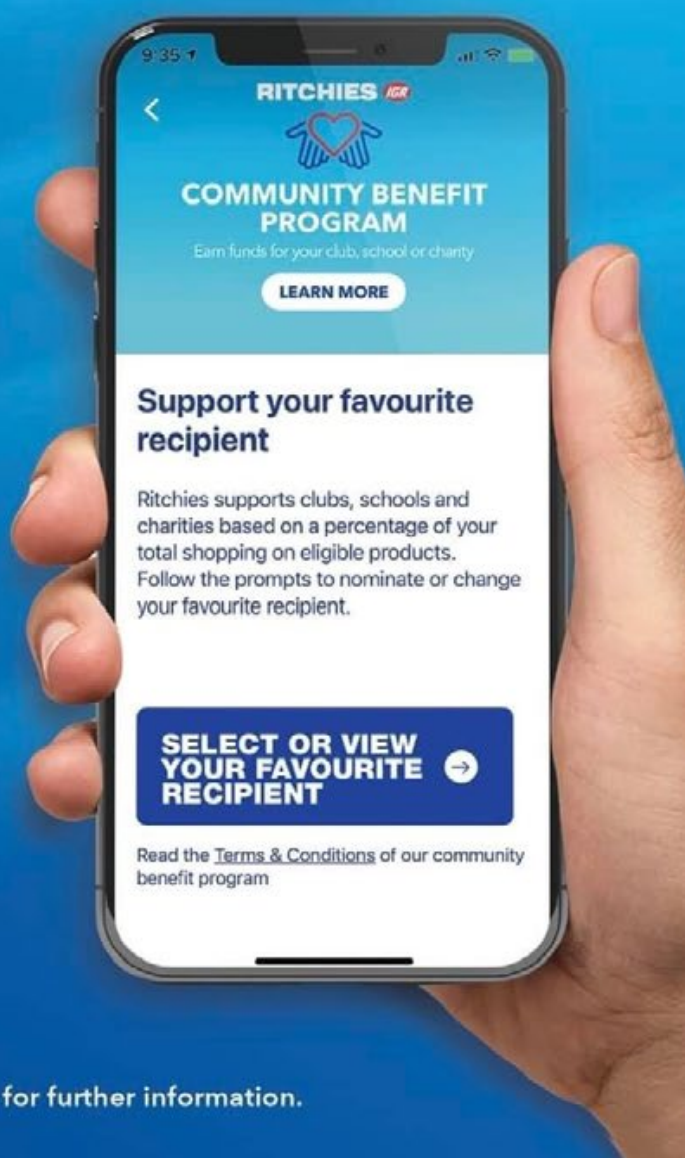
and help us generate extra funds.

- 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)



Behind each blue tree lies a story. The 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.

**We are painting
a tree
Blue for
Red Cliffs**



**Thursday the 5th
of December
Meet 9am at the
23 Indi Avenue ,
Red Cliffs**

