

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.

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Christmas and New Year trading hours
Closed from 1pm on the 20th of December and reopen on Monday the 6th of January.

Have a Happy and Safe New Year from all of the team at the Red Cliffs Community Resource Centre



Red Cliffs Grow & Share Garden Upcoming Events



General Garden Day
Saturday the 7th December
10am to 12 pm



Water Wise Gardening
Friday 13th November
10am to 12 pm

XMAS BUNTING FOR SALE NOW AT RCCRC

All information in this newsletter is subject to change.



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

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.



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





We will recommence Chatty Cafe in 2025. Below is a great picture by RCCRC volunteer Leanne Jarvis of our November Chatty Cafe. Pictured: Pauline Klien, Janet Borradaile, Graeme Benson, Jill Larsen and Brenda Benson.



IF YOU'D LIKE TO
LEARN MORE,
SCAN HERE

- [THECHATTYCAFESHEME.COM/AUSTRALIA](https://www.thechattycafescheme.com/australia)
- [FACEBOOK.COM/CHATTYCAFEAUSTRALIA](https://www.facebook.com/chattycafeaustralia)
- [@CHATTYUS](https://twitter.com/CHATTYUS)
- [@CHATTYCAFEUS](https://www.instagram.com/CHATTYCAFEUS)



Launch of the Red Cliffs Carers Support Group

On the 15th November 2024, The Red Cliffs Carers Support Group had a launch event at The Red Cliffs Club.
See all the pictures and names at: <https://supportcarersredcliffs.org.au/launch-of-the-red-cliffs-carers-support-group>



Carers that join the Red Cliffs Carers Support Group receive a Red Cliffs Carers Pass, offering flexible access to activities that recognise their unique challenges while providing understanding and support. Information sessions will be held throughout 2025.

[Click here to sign up for your pass](#)



When you see the black Red Cliffs Carers Pass logo on activities, that means it is exclusively for unpaid carers. Our next activities are Bon Bon Making & Pastel Drawing.

Pastel workshop

work-
space
3496

Gallery
3496



Thursday the 5th of December
10 to 12pm
at

Workspace3496
38 Indi Avenue Red Cliffs

Bookings essential
50243455



RED CLIFFS
CARERS
PASS



COMMUNITY
RESOURCE
CENTRE

*Red Cliffs carers pass program






**Make Christmas Bon Bons
Wednesday, 4th December**

**1pm to 3 pm
with Carolyn
call 0350243455**



***Red Cliffs carers pass program**

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>	carerhelp.com.au
	<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>	www.carergateway.gov.au
	<p>Carers Victoria is the statewide voice for family carers, representing and providing support to carers in Victoria.</p>	www.carersvictoria.org.au

Red Cliffs Community Resource Centre will be holding information sessions to assist carers throughout 2025.



SCHS
Sunraysia Community
Health Services

FREE

Walking Groups

Walking groups will finish for 2024 on the 18th of December and be back on the 8th of January.

RED CLIFFS

**BUS STOP OPPOSITE 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 Yvonne:
ydingle@schs.com.au or
call SCHS: 5022 5444





CHAIR YOGA

With Melanie Wellness

BOOKINGS REQUIRED*

Total cost for 4 week program is \$40

This program is for men and women*

**Next program Starts
Monday the
3rd of February 2025
for 4 weeks**

10.30 am
at 23 Indi Avenue
Red Cliffs



MELANIE WELLNESS

contact 0350243455 or
rcresource.reception@gmail.com



RED CLIFFS
COMMUNITY
RESOURCE
CENTRE

LOW IMPACT PILATES

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

*****CHAIR BASED**

**START YOUR
HEALTH
JOURNEY
with Melanie**

**4 WEEK
PROGRAM
11.00 AM
FRIDAYS**

**BACK IN 2025
STARTS FRIDAY
7TH FEBRUARY
FOR 4 WEEKS**



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



The theme for
December will be:

Christmas Cooking

Monday 2nd
& 9th December
10:00am - 12:30pm
at RCCRC

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

✓ Learn new cooking skills

✓ Get the most out of your cooking

✓ Cook an amazing meal each week

Snaps from Reddy, Set, Cook November's theme: Sustainable cooking



RED CLIFFS
grow & share
GARDEN



Next Garden Day 10am to 12 pm
Saturday
7th December

With Larry



16 Kiewa Avenue
Red Cliffs
All welcome.

More Info phone 0350243455

RED CLIFFS
grow & share
GARDEN



Friday

13th December

**“Water wise
information
for gardens.”**

10am to 12 pm

16 Kiewa Avenue

Red Cliffs

All welcome.

More Info phone 0350243455



**COMMUNITY
RESOURCE
CENTRE**

Happy Snaps from the Garden

RED CLIFFS
grow
& share
GARDEN



Peter working on the garden



Gardening Guru, Larry



Participants making portable wicking beds

• Red Cliffs Community Resource Centre •



JUSTICE OF THE PEACE

Service available at RCCRC
Friday 6th & 20th of December
from 9:30 am to 12:30 pm



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



Community Paramedic Clinic

Blood Pressure & Health Assessments

Where: Red Cliffs Community Resource Centre

When: Every Monday from 1pm - 3 pm.

**Last day - Monday 16th December 2024
to return Monday 6th January 2-25**

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.



Last day for 2024: 10th December



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



Xmas Bunting For Sale at RCCRC

Make bags to reuse and share.

Tuesdays 9.20am to 11.30am @ RCCRC

Operating every Tuesday in School Terms



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





Members of the Men's Shed will be having their break up on the 19th December.

Sessions will be again on the 16th January 2025.

Thanks to all the supporters of The Red Cliffs Mens Shed in 2024.

We look forward to building and connecting in 2025.



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.

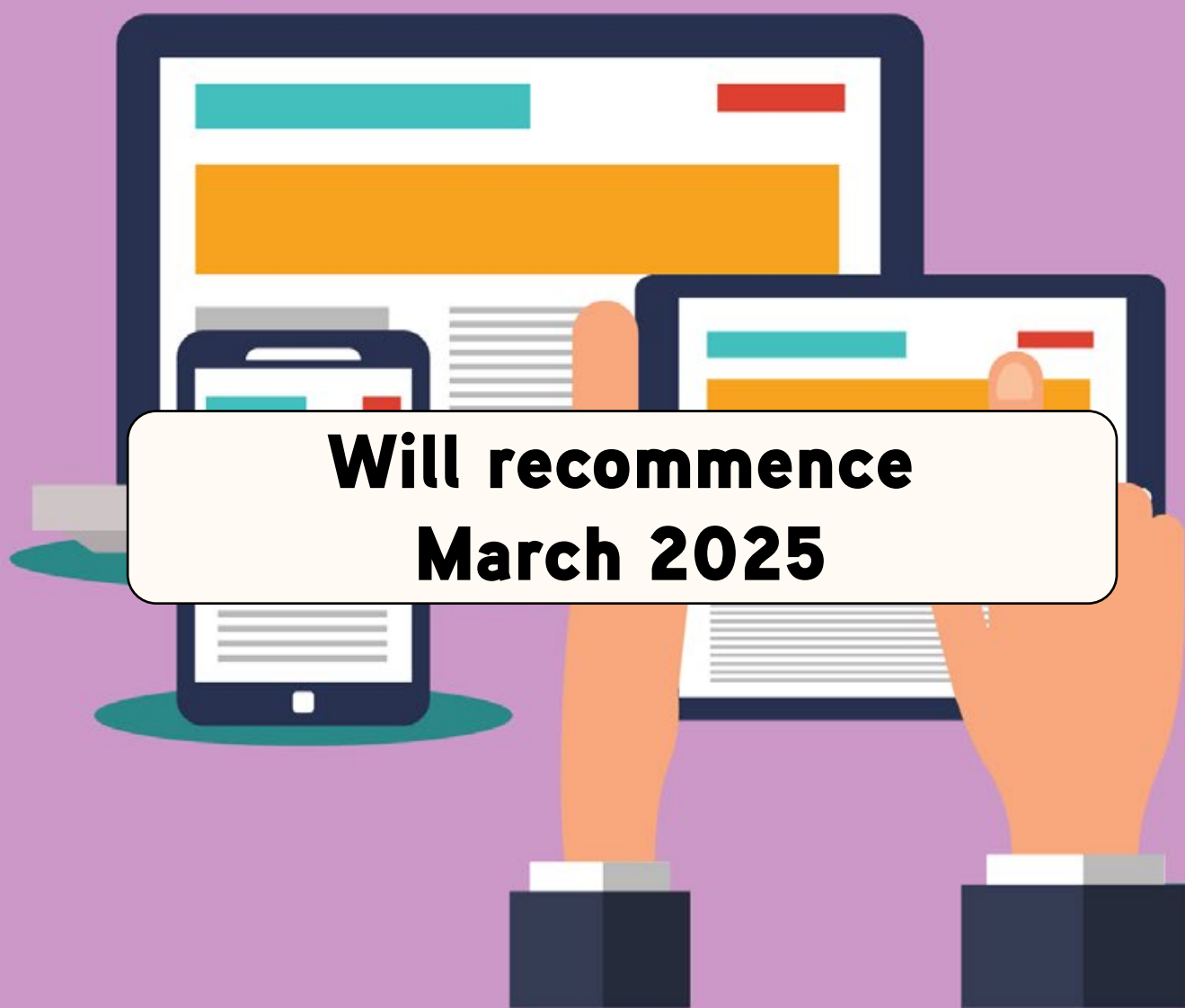
Come and visit The Shed Thursdays 10am - 3pm

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



Be Connected

Every Australian online.



**Will recommence
March 2025**

**Thursdays in
Victorian school terms.
BOOK TODAY!! 50243455**

FREE* PROGRAM

Move
Forward in
your career!

Now taking
enrolments for 2025



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

Keep your eyes open for 2025 dates.

**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)



2024 Scrapbooking, Card Making Workshops Red Cliffs Community Resource Centre

Tuesday 3rd
December
12 noon
Cards \$25
Scrapping
\$30



2H1338 Village Santa Embossed Foil Cards
Created by Cheryl Peters

Tuesday 10th Dec
12 noon
Cards \$25
Scrapping \$30



**Tuesday 17th December lunch at the Red Cliffs Club at 12 noon,
RSVP by Monday 16th for booking numbers.
BYO a kris kringle gift to share value up to \$20**

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

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)
Red Cliffs Rotary Club



Prescription Glasses
Lions Club of Red Cliffs
Drop off at the RCCRC



Blister Packs
Chemist Warehouse,
My Chemist Mildura



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](#)

Blister Pack Recycling

Blister packs are made from a combination of materials like plastic and aluminium which cannot be separated through household kerbside recycling.

Pharmacycle is the solution to this wicked problem.

Welcome to the largest and only end-to-end recycling program for blister packs in Australia.

Click on the following videos to explore how a blister pack is broken down into key parts that can be used by our partners, allowing us to give each blister pack a second life.



Episode 1- The Journey of a Blister Pack



Episode 2- Breaking down the Blister Pack



Episode 3- A new life for Blister Packs

Drop off locations in Mildura

**Chemist Warehouse
Mildura
114a-118 Langtree
Avenue Mildura**

**My Chemist Mildura
69 Langtree Avenue
Mildura**

**Chemist Warehouse
Shop G002
Mildura Central
Shopping Centre, Cnr
Deakin Ave & Fifteenth
Street, Mildura**

**Chemist Warehouse
Mildura Homemaker
Centre, Cnr Fifteenth
Street and Benetook
Avenue, Mildura**



Rotary Club of Red Cliffs

Used Battery Collection



**Donate your used car/tractor/truck batteries - we will pick them up.
Phone 0417 349 461 for more details.**

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.

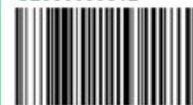


How to donate at your nearest refund point:

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



C2000009812





NOMINATE US TODAY

AS PART OF THE RITCHIES COMMUNITY BENEFIT PROGRAM

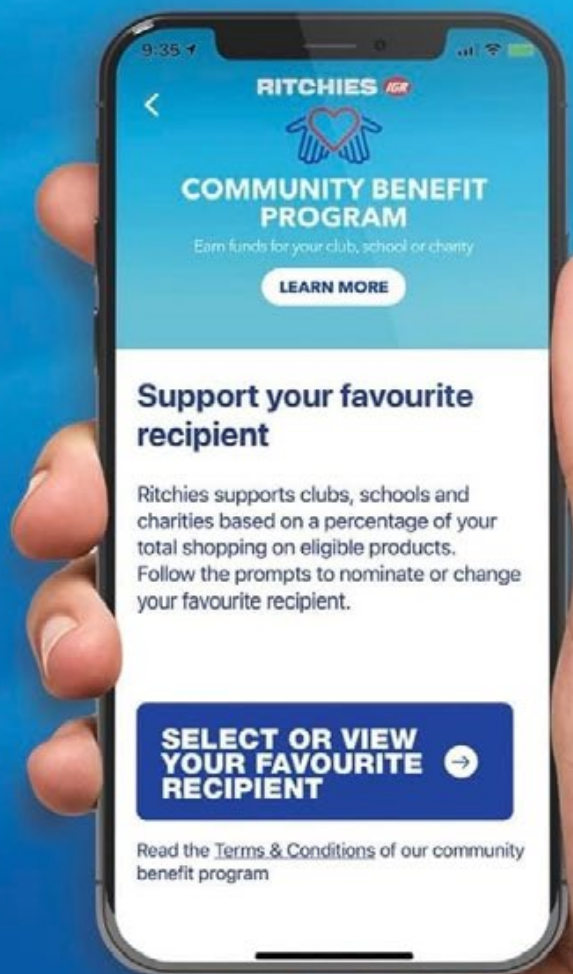
and help us generate extra funds.

- 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)

Thank you to all our staff and volunteers for the incredible work they have done throughout the year.





Christmas and New Year trading hours

Closed from 1pm on the 20th of
December and reopen on
Monday the 6th of January.

Have a Happy and Safe New Year
from all of the team at the Red Cliffs
Community Resource Centre

Have a safe and happy
Christmas.



Thank you to everyone for
your support in 2024..
I'm sure you all made it
to the nice list!