

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.

Click index item to go to page:

- | | |
|--|---|
| 2. Learn Local | 20. Low Impact Pilates |
| - Reddy, Set, Cook | 21. Free Walking Group |
| 3. Preserving Fruit Workshop | 22. JP Services |
| 4 - 7. Red Cliffs Carers Support Group | 23. Community Paramedic Program |
| 8. Chatty Cafe | 24. Boomerang Bags |
| 9. Happy Snaps | 25. Be Connected |
| 10. Food Swap | 26. Learn Local - Digital Literacy |
| 11. RC Grow & Share Garden | 27. Scrapbooking Workshop |
| 12. Seedbank | 28. Sustainable Shopping |
| 13. Board Games | 29. Sewing & Craft Group |
| 14. Volunteer Position | 30. Sustainable Sewing Class |
| 15. Jobs & Skills Centre | 31 - 34. Recycling |
| 16. Scam Watch | 35. Ritchies Community Benefit Program |
| 17. Renters Rights | 36. Red Cliffs Community Board Facebook Group |
| 18. Food Relief | |
| 19. Chair Yoga | |

New Monthly Event

Food Swap
22nd Feb



With thanks to funding from Mallee Network of Neighbourhood Houses, RCCRC participated in the Blue Tree Project.



Reddy, Set, Cook

Learn skills for work and life



Only \$5
per class*

February Theme: Sustainable Cooking

Mondays* during school terms

9.30am -12:30pm

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





Introduction to preserving fruit

With the Yips from environmental media



Saturday
15th February
9.30am to 12.30



Scan to book



- Red Cliffs Carers Pass activities in December were:
- Drawing with Pastels.
 - Bon Bon Making

The next activity in February will be: Creating Giving Cards
 If you are a carer, [click here to sign up for your pass](#)



Create giving cards for your family and friends.

With the talented
Carolyn Kowski

Tuesday 11th of February
1pm to 3pm

FREE *

***This class is for our RC
Carers pass participants.
Call reception to book on
0350243455**



Class to be held at
23 Indi Avenue
Red Cliffs



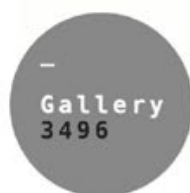
Intro to Watercolour Class: Painting Poppies.

THURSDAY 6 MARCH
10-12PM




CONTACT THE RED
CLIFFS COMMUNITY
RESOURCE CENTRE ON
50243455 OR EMAIL
RCRESOURCE.RECEPTION
@GMAIL.COM TO QUOTE
YOUR CARERS PASS
NUMBER & BOOK.



-
work-
space
3496
-



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>

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

The Chatty
Cafe Scheme



RED CLIFFS COMMUNITY
RESOURCE CENTRE



AT
23 Indi
Avenue,
Red Cliffs



Next
"Chatty Cafe"
Wednesday
19th of February
10am-11.30 am

February

- FREE Cuppa
and Cake

The Chatty
Cafe Scheme

IF YOU'D LIKE TO
LEARN MORE,
SCAN HERE



④ CHATTYCAFEAUSTRALIA.ORG.AU
f FACEBOOK.COM/CHATTYCAFEAUSTRALIA
t @CHATTYAUS
i @CHATTYCAFEAUS

have
a
chat

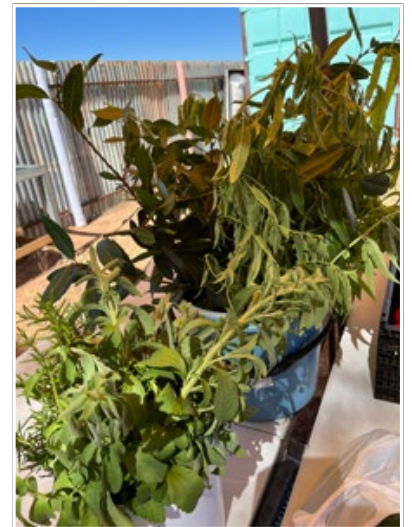
Christmas Meal Pack to be given out to those in need. Thank you to Mallee Network of Neighbourhood houses for funding the packs.



Christmas Cooking activity thanks to Funding from Mallee Network of Neighbourhood houses



Photos: RC Grow & Share Gardens first Food Swap Event



RED CLIFFS FOOD SWAP ONCE A MONTH

“FOOD SWAPS ARE
LOCAL
GATHERINGS
WHERE PEOPLE
SWAP
EXCESS
HOMEGROWN
PRODUCE”



Next month's date
Saturday the 22nd February
9.30 - 11.30 am
The Red Cliffs Grow and
Share Garden
16 Kiewa Avenue, Red Cliffs
SEE YOU THERE!



RED CLIFFS
grow
& share
GARDEN



RED CLIFFS grow & share GARDEN



2025 IN
THE
GARDEN
WITH
LARRY



16 KIEWA AVENUE, RED CLIFFS

MORE INFORMATION

CALL 03 50243455



RED CLIFFS
COMMUNITY
RESOURCE
CENTRE



Learn
Local

SATURDAY
22ND
FEBRUARY
2025

9.30 AM TO
11.30 AM





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 VOLUNTEER

WE CURRENTLY HAVE A
POSITION
FOR A
COMMUNITY VOLUNTEER



If you enjoy interacting with people in an inclusive environment.

Have competent digital skills and willing to learn.

This could be for you.

*Must be willing to have a Victorian police check and a Working with Children check.



Contact our Volunteer Coordinator
Vashti

rcresource.reception@gmail.com



Neighbourhood
Houses Victoria™

Mildura Skills and Jobs Centre
provides

FREE CAREER AND EMPLOYMENT ADVICE

- ✓ Helping you get on track with
 - ✓ Information on education & training
- Career pathways and job application support

📍 Red Cliffs Resource Centre | 23 Indi Avenue
10am - 12pm
on Wednesday's fortnightly



February Dates: Wednesday 6th & 26th

On February 26th Mildura Skills & Jobs Centre will also be hosting a

FIND MY CAREER WORKSHOP

Workshop held at Red Cliffs Community Resource Centre. Book by phoning 50 223 999



Red Cliffs Community Resource Centre offers Photocopying, printing and laminating during office hours. Charges apply.



STOP.



CHECK.



PROTECT.



Anybody can be scammed but there are 3 simple, memorable steps we can all take to stay safe from scams.

1

Stop

Don't give money or personal information to anyone if unsure.

2

Check

Consider who you're dealing with and ask yourself: could the message or call be fake?

3

Protect

Act quickly if something feels wrong and report scams to Scamwatch. Your report will help us protect others.

scamwatch.gov.au



Australian Government



National
Anti-Scam
Centre



ScamWatch
Stop. Better safe than scammed.



Know your rights as a renter

Free tenancy information sessions

Date Wednesday, 5th March

Time 10am - 12pm

Venue Red Cliffs Community Resource Centre, 23 Indi Avenue, Red Cliffs

Red Cliffs Community Resource Centre has partnered with Mallee Family Care to deliver a free tenancy information session

These sessions will empower people who rent privately through a rental provider (landlord) or real estate agent, to know their rights and advocate for themselves.

- Bonds
- Rental increases
- Lease breaking
- Repairs – urgent and non-urgent
- Minimum standards
- Notice to vacate
- Rent arrears
- VCAT
- Support for renters experiencing family violence
- Tenancy databases

For more information or to register to attend please contact:

Email rcresource.reception@gmail.com

Phone Number 03 5024 3455

*Morning tea will be provided





FOOD RELIEF



Limited fresh and packaged food items available.
Red Cliffs Community Resource Centre in open hours
***Available to Red Cliffs Residents. *ID required.**
23 Indi Avenue, Red Cliffs

**Red Cliffs
Residents only ***



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



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
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**





SCHS
Sunraysia Community
Health Services

FREE

Walking Groups



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

• Red Cliffs Community Resource Centre •



JUSTICE OF THE PEACE

Service available at RCCRC

Back again for 2025

Fridays* from 9:30 am to 12:30 pm



New automatic sliding door thanks to Grain Corp

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.

FIREARM SAFETY COURSE



Firearm safety courses are now being held at the Red Cliffs Community Resource Centre in 2024.

Book via link: <https://tinyurl.com/FirearmSafetyCourse>





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.



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

Make bags to reuse and share.

Tuesdays 9.20am to 11.30am @ RCCRC

Operating every Tuesday in School Terms

Recommencing on 4th February 2025

Be Connected

Every Australian online.



**COME AND
TRY DAY
Feb 27th 2025
Includes free*
morning tea**

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

Learn basic digital literacy that will help you *move forward in your career*



DIGITAL ESSENTIALS CLASSES

FREE* PROGRAM

Become confident in:

- Using online platforms
- Using different digital devices
- Applying for jobs online
- Using Applications
- Digital communication pathways

Wednesday mornings 10.00am to 12noon.
during Victorian School terms.

At Red Cliffs Community Resource Centre
23 Indi Avenue, Red Cliffs.

**Classes start
Wednesday
29th Jan.**



Bookings are a must. Ph: 03 5024 3455 or email: rcresource.reception@gmail.com

2025 Scrapbooking, Card Making Workshops Red Cliffs Community Resource Centre

Tuesday 4th Feb
12 noon
Cards \$25
Scrapping \$30



Tuesday 18th Feb
12 noon
Cards \$25
Scrapping \$30



Kaszazz
Handmade Cards



292285 Blue Waters Cards
Created by Beryl McLean

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

DO YOU SHOP WHEN YOU FEEL LOW?

HERE'S WHAT YOU CAN DO TO OPT OUT OF RETAIL THERAPY



Declutter your inbox – unsubscribe from marketing emails



Be honest- why do you shop? Is it about something deeper?



If shopping is a hobby – try to find another activity you enjoy!



Remind yourself of the impact of overconsumption – what does it do to our earth?



Ask a friend to hold you accountable



Pause! Step away from your cart to re-evaluate after a few days



Unfollow any content creators or media that encourage overconsumption



Delete shopping apps off your digital device

Source: Commons Earth



SEWING & CRAFT GROUP



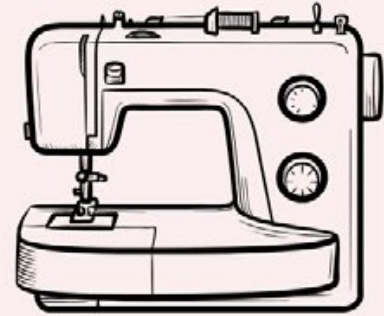
Bring your sewing projects along and discuss all things crafting.

10 am to 2 pm.

Every Wednesday except the first one of the month

For intermediate and advanced sewer and quilters.

Repurpose. Repair. Reuse.



With Elena

NEW Program***Starting in March 2025.



Workshops on sustainable sewing.
Expression of interest on 03 50243455 on
email rcresource.reception@gmail.com

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

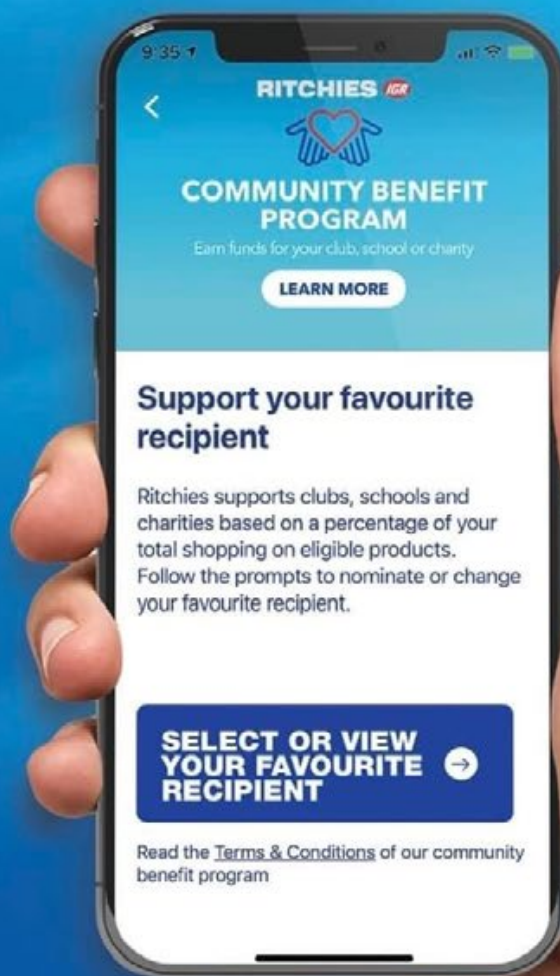
and help us generate extra funds.

- 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)