



Friends of F.I.C.E Newsletter ~ June - July 2022

Hello and Welcome to our Winter Edition

It's hard to believe we are just about to hit the half way mark of the year and head into winter ! We have had a very busy couple of months, welcoming new volunteers, having record sales and hosting our very popular make-up master class.

I'm excited to let you know we have also extended our opening hours at FICE Mooroolbark, opening Tuesday to Friday 10 - 4pm, so there's even more reason to come and shop with us and get a FICE bargain!

We have also hosted our job search workshops at our Mooroolbark store, these will continue every 6 weeks throughout the year, so you can join any time.

We also hosted The Upper Yarra " Get back to work " event at our YJ store, this free information session provided local community members with the opportunity to learn about employment services available to them. Industry experts from Jobs Victoria and Cire services were on hand to help those who attended feel empowered to meet their personal career goals.

Friday the 20th of July saw us host our makeup master class at FICE Mooroolbark, The Terrace came alive with approximately 30 women attending. The event facilitated by Kylie Beaton from Edge Cosmetics & skincare guided the women through skincare, prepping and makeup techniques. All the participants received a complimentary makeup and skin care pack valued at \$75 each. Thankyou Kylie for offering your services and we cant wait to do this again in the next semester.

As the days get colder we are always looking for donations of warmer items such as coats/jackets/knits and cardigans. Donations can be dropped off at one of our 5 locations, we appreciate the incredible support our community provides us with their generous donations and thank you for making FICE your donation of choice.

Stay tuned for a donation drive campaign that we will launch in the coming weeks, for those interested we will be offering a donation drive that you may be able to do at your work or local organisation's such as kinder/mother's group etc.

Now that we have opened on a Tuesday at Mooroolbark , we have opportunities for women to join or volunteering program, please send us a message via the socials or email firstimpressions@cire.org.au, we still have places on the other days at both locations, so for anyone who needs mentorship or just wants to be community minded, please get in touch.

We look forward to planning more exciting events and community engagement opportunities in the coming months, thank you for your support, shopping with and spreading the word about FICE. Women empowering women for brighter futures.

Much love
The FICE Team



FICE Online

We have added new items to our online shop. Items can be delivered or picked up in store, we are also happy to offer exchanges if the purchased items don't fit. Plus you can also become a Friend of FICE through the online shop as well.

<https://ficestore.square.site>



Our Mooroolbark store is now open

Tuesday to Friday

10am - 4pm

Call:

1300 835 235

Email:

firstimpressions@cire.org.au

Address:

66/74 Brice Avenue,
Mooroolbark

Yarra Junction's Cire hosts info session for job seekers

By Callum Ludwig

Cire and Jobs Victoria are hosting a free information session called Back to Work in 2022 for jobseekers in the Upper Yarra at the Cire Community Hub, 2463 Warburton Hwy, Yarra Junction on Tuesday 24 May.

From 12.30pm to 2pm, Jobs Victoria's industry experts and job trainers from Cire Services will provide their assistance to those who are looking for new employment opportunities.

Jobs Victoria Advocate at the Box Hill Institute Annemarie Mulder said the session is aimed at people who are getting a job, changing careers, upskilling or getting back into the workforce after Covid-19.

"We want to connect people to local services, local jobs and local training that makes it really accessible. We connect them to jobs Victoria services, Cire, Box Hill Institute and local that are relevant for what they want to



The Yarra Junction Cire Community Hub will be hosting a free information session for Upper Yarra jobseekers. Picture: ON FILE

do," she said.

"The experience of searching for a job, or changing your career can be really daunting. Our message is you don't have to do this alone," First Impressions Clothing Exchange

Coordinator at Cire Services Renee Cooke said.

Ms Mulder and Ms Cooke will be joined at the session by Jobs Victoria Career Counselling Service Team Leader Giorgio Migliaccio and the Senior Manager of Training at Cire Services Nina Bekker to help create plans and goals for jobseekers on their journey into the workforce.

Ms Mulder said a lot of people struggle to find the right jobs, despite a multitude of job opportunities available.

"There are a lot of jobs out there in certain sectors and some people just don't know how to transfer or get into that sector," she said.

"They've got questions about what are the most in-demand industries in the local area, what jobs in the Yarra Ranges have the greatest demand and opportunity?"

The session will provide job seekers with a number of training programs such as Cire's reconnect program, which identifies train-

ing and employment pathways for people between the ages of 17 and 64 who have not worked or studied in the last 6 months and who work or study eight hours or less per week.

Ms Cooke said the free event simply hopes to at least provide free information from experts that will point people in the right direction.

"Just listening to the information, you can take what you want, walk out, and maybe follow up appointments with each of the speakers if you want a more personalised approach to your job search," she said.

"This is a starting point to show what's out there, and available to you. You don't have to do this alone, having guidance and support, people find they are much more successful."

For more information or help with any job-seeking inquiries, Annemarie Mulder can be contacted at 0459 944 855 or Cire at 1300 835 235.

On Tuesday 24th at our Yarra Junction hub, Cire Services Training and Jobs Victoria Advocates hosted a free information session to learn about the local employment services available to those living in the Upper Yarra area. This was the article which appeared in the Star Mail, which we thought would be of interest to you.



Maria's journey with FICE

When Maria first engaged with Cire Training's First Impressions Clothing Exchange (FICE) in 2019, she was seeking the confidence to return to work after spending more than a decade taking care of her young family.

Through Cire's volunteer and Reconnect programs, Maria wasn't only able to develop the confidence to start applying for jobs but the practical skills to work in a range of industries.

Maria is currently completing her Diploma of Community Services while being employed part-time at Cire's First Impressions Clothing Exchange. She now mentors women of all ages who sign up to the volunteer program and is helping them to achieve success.

If Maria's story resonates with you or anyone you know, please get in touch and learn how our team can support you to identify and achieve your personal and career goals.

Photo: Renee and Maria at the opening of FICE Yarra Junction

Call out for Donations

The FICE team would appreciate good quality ladies clothing, accessories, footwear and handbags. Everything from everyday wear to after 5 wear. We accept most women's clothing that is in good condition. Please let your family and friends know too.

They might know someone who is clearing out their wardrobe.

Donations drop off points are:



Mooroolbark FICE
Wednesday to Friday 10am - 3pm

Yarra Junction FICE
Monday to Friday 10am - 3pm

Lilydale Cire
Monday to Friday 9-5pm

Chirnside Park & Yarra Junction Community Hubs

from Monday to Friday 9-5pm

Seville Community House
Monday to Friday 9-5pm.



FICE is also seeking handbag donations. If you have any of the following items to donate, we would love to hear from you.

Handbags Satchels
Clutches Shoulder bags

Need support finding employment?

Call 1300 835 235

Email firstimpressions@cire.org.au

Visit www.cire.org.au



Emily's VCAL placement with FICE

Emily is currently completing her Victorian Certificate of Applied Learning (VCAL) Certificate II in Community Services and chose to complete her placement at FICE in Mooroolbark where she can connect with local women seeking support, connection and affordable clothing.

Emily's creativity and style has impressed us beyond words. The clothes never last long after her mannequins change-overs.

FICE offers placement opportunities to all VCAL students completing studies in either community services or business/retail.

Contact us today to find out more details.



Support to achieve your goals

Are you seeking support to help you identify and achieve a career or personal goal? The Taking it Step by Step mentorship program supports women of all ages by connecting them with a local mentor for regular one-on-one support.

For more information or to get involved, visit:

<http://ow.ly/1tgE50Jg9fw>

Or you may want to become a mentor

Do you want to feel proud of yourself by positively impacting others in your community? Join the Taking it Step by Step program and start providing valuable one-on-one support.

You will receive regular training and support from our expert team that will help you provide a high level of mentorship to your mentee.

The Taking it Step by Step program is supported by the following service providers: Cire Training, Yarra Ranges Council, Learn Local Eastern Health and Voices of Women



Our New Sponsors



We would like to acknowledge the **Croydon - Mooroolbark Lions Club** as our new bronze sponsor

Thank You to our FICE Volunteers



Volunteers are the backbone of our community. They give their time and energy to make a difference in the lives of others, and we are grateful for all they do.

National Volunteer Week is a time to celebrate. We invite everyone to join us in thanking volunteers for their vital work and pledging to support them in any way we can. Together, through volunteering, we are changing communities for the better.

We are, Better Together.

Click the link below if you would like to learn more about Cire's volunteer program. <http://ow.ly/RVZ50J9zOg>

Connect with us!



@firstimpressionsclothes

@cirefirstimpressions

Scan here to visit our website





Masterclass a success!

The FICE Makeup Masterclass was again another successful and fun filled day!

Kylie from @edgocosmeticsandskincare livened up The Terrace in Mooroolbark providing women of all ages with advice on how to select the right products for their individual skin needs.

Everyone was able to build their own personalised makeup and skincare packs to continue the days learnings in their own home. Kylie personally applied makeup to most of the ladies there.

They all went home feeling very glamorous and pampered.



	Platinum \$5000	Gold \$2000	Silver \$1000	Bronze Under \$1000
Acknowledgement on Cire social media and FICE newsletter	✓	✓	✓	✓
Acknowledgment in-store on the FICE community board	✓	✓	✓	✓
Invitation to all FICE events	✓	✓	✓	
Advertising in-store through display of business cards	✓	✓	✓	
Invitation to hold in store training/sessions at FICE	✓	✓		
Quarterly acknowledgement of sponsorship on social media. (Facebook and Instagram)	✓	✓		
Listed as sponsor in all FICE event marketing material	✓			
Listed as a sponsor on FICE's website	✓			

The FICE Sponsorship Program!

By becoming a FICE Sponsor you will support the ongoing delivery of our programs and services. We understand that goodwill should go both ways, which is why we have designed four sponsorship packages to support those who support us. If you are interested in becoming a FICE Sponsor please get in touch via our DMs or email firstimpressions@cire.org.au

All funds raised through sponsorship enable FICE to continue providing a range of services, programs and events designed to provide training, and empower women to achieve their employment goals.

We understand that goodwill should go both ways, which is why we have designed these sponsorship packages to support those who support us.

Download a flyer to learn more today: <http://ow.ly/IGCM50Fxcma>

Cire Services Inc. is a registered non-for-profit and charity. All donations over \$2 are tax deductible

Need support finding employment?

Call 1300 835 235

Email firstimpressions@cire.org.au

Visit www.cire.org.au



Please help us reach 100 Members!

We have close to 70 friends of FICE now and we have a goal of reaching 100 members. If you haven't renewed your membership or have been thinking of becoming a member, well there's lots of reasons why!

Become a friend of FICE today and enjoy benefits including:

- A FREE pamper pack valued at over \$75 \$5 voucher upon joining**
- 10% off all purchases instore and online**
- \$10 birthday voucher**
- Members-only promotions**
- First access to bi-monthly newsletters**



**One-off Annual Membership:
\$20 joining fee**

Join today: <http://ow.ly/eLUK50FPrSI>

Help us reach 100 Friends of FICE (FOF) and directly contribute to our efforts of empowering women in the community! All proceeds go directly into our mentorship programs / community events and supporting women in their personal goals

Friends of FICE Birthdays

We would like to wish our Friends of FICE all the best for their birthdays in the near future:



Donna F ~ 22 June

Julie B ~ 22 June

Sarah P ~ 24 June

Lesley J ~ 29 June

Janet D ~ 11 July

A member of our FICE Team will contact you regarding your \$10 voucher for your birthday!

Our Supporters

First Impressions Clothing Exchange supporters include:

Yarra Ranges Shire Council,

Voices of Women (VoW), a not-for-profit organisation based in the Yarra Valley that provides advocacy for women in the region,

Pinchapoo, Australia's number one NFP hygiene supplier,

Commonwealth Bank Mooroolbark,

The Australian Women Donors Network,

Selby and Seville Community Houses,

Healesville Living and Learning Centre,

The Rotary Club of Wandin

and **Good360** and its network of partners

including **L'Oreal, Big W** and **Yarra Trail.**



Job Seekers Workshop

FREE workshops supporting you to search for job opportunities and prepare for interviews

Proudly presented by:



FICE are delivering FREE workshops with your local Careers Support Advisor, Olivia McDougall from Swinburne Skills and Jobs Centre.

Our aim is to support women who are seeking employment by offering personalised advice and assistance to meet their career goals.

What these workshops offer:

- Job search and application assistance
- Career planning
- Resume and cover letter writing
- Interview preparation
- Support from like-minded local women

To find out more about the workshop dates and times and to book your FREE spot please email us at firstimpressions@cire.org.au

*BYO device or we can arrange one for you.
(Subject to availability)*



T&C's apply:
Voucher is valid until the end of July 2022
One use per voucher. One voucher FICE Member.



**Thank you for your support!
Friends of FICE members, this is your discount voucher for the shop.**

Also as a member you are entitled to get 10% off all your FICE purchases. You can use your code when shopping in the online store, to get your 10% discount.

Connect with us!



@firstimpressionsclothes

@cirefirstimpressions

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to visit our website



Try Our Sustainable Fashion Quiz

answers on the next page...

- 1. What percentage of total global greenhouse gas emissions are produced by the fashion industry?**
 a) Less than 1%
 b) 5%
 c) 10%
 d) 15%

- 2. The fashion industry contributes to environmental degradation in which of the following ways?**
 a) Deforestation
 b) Desertification and degradation of soil
 c) Loss of biodiversity
 d) All of the above

- 3. How many litres of water does it take to make 1 pair of jeans?**
 a) 52 litres
 b) 476 litres
 c) 1028 litres
 d) 3781 litres

- 4. What percentage of clothing is recycled?**
 a) 50%
 b) 33%
 c) 10%
 d) Less than 1%



- 5. What does greenwashing in fashion refer to?**
 a) Washing clothing in environmentally friendly ways
 b) Claims of environmental sustainability by a brand that are false or misleading
 c) Using natural fabric dyes
 d) Lying to people around you that something you bought was second-hand when it wasn't

- 6. Which of the following fabrics releases microplastics when it's washed?**
 a) Polyester
 b) Cotton
 c) Linen
 d) Silk

- 7. Which statistic about garment factory workers is incorrect?**
 a) Fashion is the 2nd biggest contributor to modern slavery
 b) Garment factory workers in Bangladesh earn approximately \$95 per month, yet the living wage is \$443
 c) 170 million children are engaged in child labour, much of which is textile and garment production
 d) All of the above

- 8. What is the average number of times a woman wears an article of clothing?**
 a) Over 30 times
 b) 20 - 30 times
 c) 7 - 10 times
 d) 2 - 5 times



- 9. Which of the following is not an example of shopping sustainably?**
 a) Buying new clothing to match seasonal trends
 b) Shopping at thrift stores
 c) Buying few, high-quality items that will last
 d) Picking garments made from natural fibres like cotton

- 10. Instead of throwing out unwanted clothing and contributing to textile waste, what can you do instead?**
 a) Donate them to charities and shelters
 b) Repurpose them as rags
 c) Repair or alter them into something wearable, like cutting jeans into shorts
 d) All of the above

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Email firstimpressions@cire.org.au

Visit www.cire.org.au



The answers to the Sustainable Fashion Quiz

1. What percentage of total global greenhouse gas emissions are produced by the fashion industry?

c) The fashion industry is responsible for 8-10% of global greenhouse gas emissions. If it does not accelerate its response to climate change, by 2030 it will produce twice the volume of emissions required to align with Paris Agreement global warming targets.

2. The fashion industry contributes to environmental degradation in which of the following ways?

d) The fashion industry contributes to all of the above. Deforestation occurs when land is cleared for grazing animals that produce leather, wool, and other animal products. Deforestation and overgrazing can cause desertification and soil degradation. With this habitat loss and pollution from production, the fashion industry causes a loss of biodiversity as well.

3. How many litres of water does it take to make 1 pair of jeans?

d) It takes 3,781 liters of water to make one pair of jeans, from the production of the cotton to the delivery of the finished garment to a store. Textile manufacturing uses 20% of the world's clean water each year.

4. What percentage of clothing is recycled?

d) Less than 1% of clothing is recycled. The repurposing of textiles is often incorrectly referred to as recycling. They are actually reused by being broken down and made into new products, often insulation or stuffing materials.

5. What does greenwashing in fashion refer to?

b) Greenwashing refers to claims of environmental sustainability by a brand that are false or misleading. The International Consumer Protection and Enforcement Network (ICPEN), a global network of consumer protection authorities, recently swept websites for greenwashing. They found that as many as 40% of environmental claims could be misleading customers.

6. Which of the following fabrics releases microplastics when it's washed?

a) Polyester, along with other synthetic fabrics, releases microplastics when it's washed. It is estimated that textiles produce 35% of the microplastic pollution in the oceans worldwide, which totals over 2 million tons of microfibers that enter the oceans each year.

7. Which statistic about garment factory workers is incorrect?

d) All of the above are correct statistics about garment factory workers. The 2018 Global Slavery index found that garment manufacturing was the 2nd biggest contributor to modern slavery, the first being the production of technology. In order to keep the fashion cheap for Western consumption, Bangladeshi garment factory workers earn a low wage of approximately \$95 per month, far lower than a living wage. Many workers are also victims of forced labour, estimated by the International Labor Organisation to be 170 million children.

8. What is the average number of times a woman wears an article of clothing?

c) According to a study of 2000 women by the UK charity Barnardo's, a garment is worn only 7 times on average before it is discarded. In the past 15 years, clothing utilization has decreased by 36%, creating more pollution and waste.

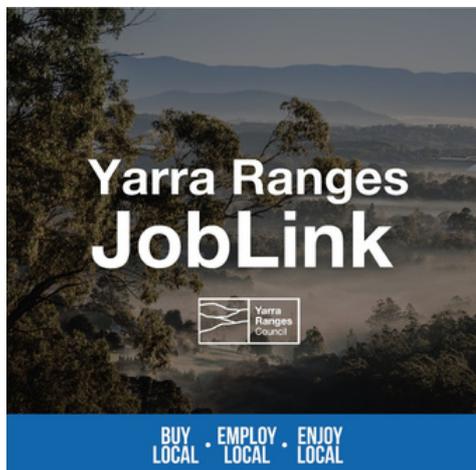
9. Which of the following is not an example of shopping sustainably?

a) Buying new clothing to match seasonal trends is not an example of shopping sustainably. Shopping at thrift stores, buying few, high-quality items, and picking garments made from natural fibres are all examples of ways to shop for clothing in a sustainable way.

10. Instead of throwing out unwanted clothing and contributing to textile waste, what can you do instead?

d) All of the above are good alternatives to throwing out unwanted clothing. Just because a piece is no longer your size or style doesn't mean it won't be someone else's, and there are so many ways to upcycle your old clothes into something new!

Supporting FICE also supports Sustainable Fashion - we would love to help recycle your clothes!



Yarra Ranges JobLink is a jobs search platform that connects local people to local jobs.

If you live in, or nearby, the Yarra Ranges, there are so many wonderful reasons to work here.

Sign up for free to Yarra Ranges JobLink and find jobs across a huge variety of industries – right on your doorstep.

It's also a terrific way to keep up to date with all the job seeker support out there from Council, training services, employment agencies, and other opportunities. Whether you're looking for work, or a change in career, visit Yarra Ranges JobLink today!

Local Jobs for Local People

Find your next job opportunity,
in your own Yarra Ranges backyard

joblink.yarraranges.vic.gov.au



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Scan here

to visit our
website



COMMUNITY SERVICES

JobTrainer
Available

NATIONALLY
ACCREDITED
QUALIFICATIONS

Whether you're just starting out in this rewarding sector or looking to enhance your existing skills, we have a career pathway that will get you there.

CHC52015 Diploma of Community Services



Course Overview

Community Services is a diverse sector with many different career pathways a couple of examples include Community Care Manager and Community Development worker. When you undergo this qualification you will gain the skills and knowledge required to successfully support clients within the community.

Who should enrol?

Anyone who wants to pursue a career in community services.

Delivery mode:



Online – Online delivery through comprehensive learning management platform. (First Aid and 195 hour work placement must be completed face to face).

Course duration

18 months (2 days classroom, 1 day online) This certificate has a full-time study component which includes, classroom sessions, online activities, and self-study. Students are required to undertake at least 240 hours of placement in a community services organisation

Fees and charges

For the fees and charges visit www.cire.org.au/course-fees-charges/

Career opportunities

- Community Care Manager
- Volunteer Coordinator
- Family Services Coordinator
- Community Development Worker
- Housing Manager
- Community Program Coordinator

Language, Literacy and Numeracy assistance

Students enrolling in a Cire Training accredited course will be required to undertake a Literacy, Language and Numeracy activity. This is to ensure that you have the required skills to complete the course successfully. Students who need assistance will be offered support through a class or individual support program.

Recognition of Prior Learning (RPL)

You may be eligible to apply for RPL if you have evidence of knowledge and skills achieved that meet the competency requirements of your chosen qualification. Applicants may be awarded full or partial qualifications based on their RPL assessment. If you have previous qualifications, work or life experiences be sure to mention them in your pre-enrolment interview.

Eligibility criteria and evidence

For eligibility criteria and evidence guidelines visit the Student Information Hub page at www.cire.org.au.

Learn more about our program or contact us:

www.cire.org.au | 1300 835 235 | training@cire.org.au

Campus location:

Online



Scan the QR code
to visit our website



Disclaimer - Information within this publication is correct as at December 2021. Cire Training reserves the right to cancel, modify or alter in any way the information contained within this document. Please note that courses run on demand and adequate numbers. Course duration may vary depending on individual circumstances. We recommend that you visit www.cire.org.au for the most up to date information. Cire Services Incorporated ABN 51 933 700 538 TOID 4150 - 211 Main St, Lilydale 3140