



# FIRST IMPRESSIONS CLOTHING EXCHANGE

*Friends of F.I.C.E Newsletter ~ December 2022 - January 2023*

*Welcome!*

There has been a lot happening with FICE over the last few weeks and some exciting weeks ahead as we settle into our new premises at Lilydale. We have had a FICE 50% off moving sale, which has enabled us to reduce our stock levels for the impending move. We officially closed our doors on Friday 18th November at our Mooroolbark site and will reopen to the public and community on Monday 28th November.

The support for our Mooroolbark site has been overwhelming and it was lovely to see so many of our customers and the local community pop in and visit, pick up a bargain and enquire about our new location. We will be forever grateful for the wonderful support the Mooroolbark community has provided us and look forward to moving to our new premises in Lilydale, which will allow us to expand our training and volunteer program while still providing an excellent retail experience for our valued customers.

We want to take this opportunity to thank the Mooroolbark community for their incredible support over the last four years, and we look forward to inviting you all to our new premises on level 1, 7-9 John St, Lilydale. FICE will still offer the same affordable women's wear, support and training, and is conveniently located minutes from the Lilydale Railway Station.

In other news we have wrapped up our Job seeker workshops for 2022, these will recommence in 2023, but please feel free to refer or pop into FICE for any assistance regarding the job seeking/application process as we are always there to help.

In upcoming events FICE will be having their usual stall at our Cire twilight market on Friday 2nd December from 4pm and will also be at the Lilydale Street fair Saturday 3rd December 11-5pm. Be sure to look out for the bright pink FICE marquee. We will also be having an official launch for FICE in the new year so stay tuned for details.

Our volunteer and mentor program continues to grow and we will have opportunities for volunteers at our new Lilydale site. If you know of anyone who will benefit from our program, whether it's for friendship, self-confidence, work skills or just to be community minded, we would love to hear from them.

Our friends of FICE program continues to grow and we cherish the support from the community, the small membership fee goes towards supporting what we do and assisting women in the community, so thank you to all those new members, we value your support.

Lilydale will commence taking donations from the 28th November, please be mindful that we take excellent quality, new items from smart casual through to formal wear, shoes handbags and accessories.

Once again looking forward to welcoming everyone to our new space, we will have an amazing gift with purchase for those purchases over \$20

See you in Lilydale

Much love the FICE Team



## Packing up brings back memories...



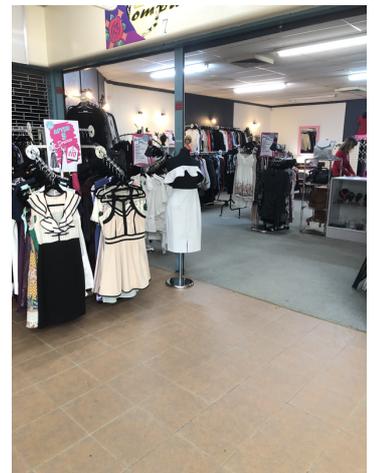
First Impressions Clothing Exchange (FICE) has been a much-loved staple in the Mooroolbark community for the past four years.

We are now moving to our new premises in Lilydale, which will allow us to expand our training and volunteer program while still providing an excellent retail experience for our valued customers.



We want to take this opportunity to thank the Mooroolbark community for their incredible support over the last four years, and we look forward to inviting you all to our new premises on level 1, 7-9 John St, Lilydale.

FICE will still offer the same affordable women's wear, support and training, and is conveniently located minutes from the Lilydale Railway Station. Thank you again for your support, and we hope to see you soon at our new location!



## We are moving!

**Closing**  
Friday 18th November at 4pm

**Reopening**  
Monday 28th November at 9am



On our last day at First Impressions Clothing Exchange Mooroolbark, I had a surprise visit from Sue and Nina, from the original FICE team and lots of customers stopping by to pick up a bargain and say goodbye.

I would just personally like to thank the Mooroolbark community, the amazing team of volunteers who do an awesome job and the wonderful customers and friends that I have met along the way. Looking forward to welcoming everyone to Lilydale on the 28th November.

**We're open 9am to 5pm, Monday to Friday  
Level 1, 7-9 John St, Lilydale. Enter via Cire Services.**

**\*Free gift packs are available with every purchase over \$20 at FICE in Lilydale. Items may vary. While stocks last.**

Connect  
with us!



@firstimpressionsclothes  
@cirefirstimpressions

Scan here  
to visit our  
website



## *Interview with Bella - FICE Participant*

### **How did you first become involved with Cire and (FICE) First Impressions clothing exchange?**

I was at the Women in Trades Expo at Box hill Institute and I approached the Cire stall where I met Naomi Taylor, Business development Officer with Cire Training and learnt about the Reconnect program and decided to sign up. Through Reconnect I enrolled in Cire Training's Everyday Learners' Program, which is designed to provide participants with opportunities in a safe and inclusive setting to develop everyday skills for a more independent lifestyle. I attend classes such as Kitchen Chaos, Future4me, English 101, Everyday Money and Explore the World Around You. I had heard about FICE and as my confidence grew, I decided I wanted to get some hands-on work experience and support in learning new skills. I now volunteer on a Wednesday and am supported by Maria.

### **What makes this program special?**

The FICE program is special as it's inclusive, supportive and very welcoming. Maria, my mentor was so welcoming, friendly and supportive. I have made lots of friends and have genuine conversations, which is very important. I feel safe, valued and supported and really enjoy my day in the shop.

### **How has the program supported you with your personal goals?**

This program has supported my personal goals by helping me gain confidence and belief in myself. Not only have my retail skills improved, but I have pushed myself out of my comfort zone and participated in many of the FICE events. These include fashion parades at the local libraries for Adult Learner Week, pamper days and the FICE stalls at the Cire Winter and Xmas markets. I would never have thought I would be a part of such a big community and participated in these sorts of things.

I've enjoyed it so much, it's been lots of fun and laughter.

### **How important was this additional support in your success?**

The additional support has been very important as it has allowed me to have the confidence to enrol in Cire Training's Certificate III in Business which is supported by FICE. So now I get to work towards having a qualification and continue to learn in the shop and work towards my personal career goals.

### **Any last words on the FICE program?**

When you walk into FICE, and maybe you aren't feeling great, the FICE mentors really help lift you up by listening to you and giving you good advice. They tell you that you are good enough and worth it, even if you don't see that in yourself and have low self-esteem. I recommend and tell a lot of people about FICE and what I do there and what FICE has done for me. I'm so very happy that I took the leap which has opened up so many opportunities.



## *Our Bronze Sponsors Croydon-Mooroolbark Lions Club*

The Lions Club of Croydon-Mooroolbark has been doing extraordinary things in our community for over 50 years. They support people with disabilities, the underprivileged and those in need.

The club raises funds for worthwhile local causes and we are pleased to share that they recently became a sponsor of the First Impressions Clothing Exchange. We are incredibly grateful for the generous support as all funds raised through FICE sponsorships enable us to continue providing services, programs and events designed to provide training and empower women to achieve their goals.

To learn more about the Lions Club please visit their website: <http://ow.ly/a55J50JKb5B>

Did you know that all FICE Sponsorships are tax deductible?

Learn more about our packages and how you or your business can support FICE?

Visit <http://ow.ly/M3TN50JKb5C>





## Job Seekers Workshops to continue in 2023

FICE hosted the last Job Seekers Workshop in November for 2022. Over the last 12 months, we have supported hundreds of locals in achieving their personal and employment goals.

We're looking forward to welcoming Olivia back next year at our brand-new location in Lilydale.

We have some very exciting plans for 2023 - Stay tuned for full details of what's on at FICE.

Olivia is a Careers Support Advisor at Swinburne Skills and Jobs Centre



## Maria obtains a Diploma in Community Services

Congratulations to Maria on completing her Diploma in Community Services. Since participating in both the FICE and Reconnect programs, Maria has gone from strength to strength.

We are so proud of all of her accomplishments and her most recent appointment at Cire Services as a peer support worker for reconnect and FICE.



## Are you interested in training with Cire and FICE?

Cire Training is excited to be offering the BSB30120 Certificate III in Business through our First Impressions Clothing Exchange, which has helped many women gain the confidence and skills to re-enter the workforce. Enrolments can be made through Workforce Australia providers or, if not registered directly with Cire training, via the link. Starting 7th November Lilydale campus.

**<https://www.cire.org.au/course/bsb30120-certificate-iii-in-business-fice/>**

Would you like to work in business, administration or retail? Gain the fundamental skills to confidently apply for jobs in office administration or customer services roles. This qualification gives you the skills to work in a variety of businesses, including administration and retail. The broad scope allows you to look for flexible employment options that may be based locally and suit your current lifestyle and needs.

The qualification is delivered in collaboration with Cire Trainings First Impressions Clothing Exchange (FICE), where work experience could be just one of your options to get involved. Finished over a 6-month timeframe, this program supports you to complete two planned 3-week blocks of flexible work experience in a workplace that is relevant to you and your future employment aspirations.

Register your interest now! Positions in this exciting, innovative local program will be limited and will fill fast. This is a great opportunity to get the skills and experience you need to start your career!

Exciting additional student benefits:

Personalised styling and clothing coordination session hosted by (FICE) staff/volunteers

Complimentary customised outfit supplied by FICE

Pamper pack (luxury cosmetic products such as face, hand, and body creams)

Make-up pack (combined value of over \$200)

Be supported to achieve success in your studies with small class sizes

**Need support finding employment?**

**Call** 1300 835 235

**Email** [firstimpressions@cire.org.au](mailto:firstimpressions@cire.org.au)

**Visit** [www.cire.org.au](http://www.cire.org.au)



## Upcycling with FICE - a new project in 2023

Upcycling with FICE – Exciting news is happening in 2023 with Cire Services First Impressions Clothing Exchange (FICE) securing a sustainability grant to repurpose and upcycle clothing not fit for purpose donated to FICE. The upcycling with FICE project is supported by the Circular Economy Communities Fund delivered by Sustainability Victoria under the Victorian Government’s circular economy plan, *Recycling Victoria: a new economy*.



FICE will be running a series of facilitated workshops at our Yarra Junction Community Hub throughout the course of next year. Participants will be involved in projects where they will learn skills with textiles, such as embellishing on textile, textile printing, and create products that enhance sustainability in daily life. It is an opportunity for community connection, to learn, grow and explore by learning from the natural environment, whilst learning new skills in a friendly and supportive environment. Approximately 40%, more than a tonne of clothing donated to FICE ends up in landfill. We hope our project will encourage participants to be more mindful of the unsustainable volumes of materials going into landfill, overall. They may even initiate their own projects at a family, community level to help reduce what goes into landfill and to make better choices in their purchases and packaging.

**Upcycling with FICE - Intro to Textiles** In this this 5-week workshop, you'll learn how to upcycle and re-purpose unwanted clothing into useful items in a social and supportive environment. Learn how to print onto fabrics, create cushion covers, prayer flags, pouches & more. We'll teach you to hand carve a stamp to make your own textile patterns. Term 1, 5 week workshop commences Thursday 2nd Feb and concludes on Thursday March 2nd. Cost is \$25 and all materials are supplied. <https://www.trybooking.com/CELOQ>

**Upcycling with FICE - Soft Toys & Winter Woolies** In this this 5-week workshop, you'll learn how to upcycle and repurpose unwanted clothing into useful items in a social and supportive environment. Learn how to repurpose woolen jumpers into soft toys, fingerless gloves, hats, easter crafts and native animal toys to celebrate our wonderful local wildlife. Term 1, 5 week workshop commences Thursday 9th March and concludes on Thursday 6th April. Cost is \$25 and all materials are supplied. <https://www.trybooking.com/CELPW> workshop 2



The volunteer program at FICE offers women an opportunity to gain on-the-spot retail and customer services experience in a safe and welcoming environment.

Women can also volunteer to connect with community and mentor other likeminded women and as a place to seek friendship and support.

The FICE retail volunteer program can help increase participants self-esteem and wellbeing by developing transferable skills suitable for a range of settings and re-connecting with the community.

## Friends of FICE Birthdays

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

**Erin W - 2 December**

**Michelle T - 4 December**

**Colleen A - 11 December**

**Audrey Pe - 20 December**

**Stella M - 20 December**

**Sam N - 21 December**

**Nina B - 22 December**

**Renata P - 25 December**

**Lorraine S - 30 December**

**Lucy D - 2 January**

**Denette B - 15 January**

**Sarah F - 18 January**

**Lola L - 24 January**

**Eve G - 24 January**

**Debbie L - 30 January**

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



## *We are now accepting donations at our new Lilydale store...*

It's not hard to make a difference. FICE wants your unwanted women's clothing, accessories, shoes and handbags. Your donations not only help women afford good quality products but also helps the environment.

### **Donation locations:**

- First Impressions Clothing Exchange -  
Level 1, 7 - 9 John Street, Lilydale
- First Impressions Clothing Exchange -  
2463 Warburton Hwy, Yarra Junction
  - Chirnside Park Community Hub -  
33 Kimberley Dr, Chirnside Park
  - Seville Community House -  
8 Railway Rd, Seville

To find out more about FICE or to get involved,  
contact 1300 835 235,  
visit <http://ow.ly/cvyU50JUwty>  
or email [fristimpressions@cire.org.au](mailto:fristimpressions@cire.org.au)



The First Impressions Clothing Exchange (FICE) aims to empower women for brighter futures by providing a range of safe and inclusive events, affordable clothing and training opportunities.

Become a Friend of FICE today!

Annual membership

 **\$20**

### HOW IT WORKS

- Sign up in-store or online and receive:
- a complimentary self-care bundle (valued at \$75)
  - a \$5 FICE voucher.

Your FICE membership card will be posted to you within 30 days of signing up.

FICE members will be notified of members-only sales, activities and events via email.

### THE BENEFITS

Along with feeling amazing about supporting FICE, members can expect:

- priority access to the FICE newsletter and all events
- members exclusive FICE sales
- a \$10 FICE birthday voucher
- 10% off all purchases at FICE in store (upon presentation of your membership card) and online (using a unique promo code provided).

## *Australians buy almost 15kg of clothes every year and most of it ends up in landfill, report finds*

*The Guardian - July 2022*

Fashion council reveals more than a billion items arrive in Australia each year and calls for levy on clothing imports to reduce textile waste. Australians buy 14.8kg of clothing, or 56 new items, every year, a new report has found, making

Australia one of the highest consumers of textiles per capita in the world. There are 1.42bn pieces of clothing – amounting to 373,000 tonnes of fabric – arriving in Australia each year, the report by the Australian Fashion Council (AFC) has revealed. The report, funded by the Australian government, said the annual cost to consumers was \$9.2bn, meaning Australians were paying on average just \$6.50 for each item of clothing. The AFC has used the findings to call for a levy on clothing imports to reduce textile waste. The volume of clothing imports dwarfs local production, which sits at 38m units of clothing a year – or 3% of the import market. At the other end of the fashion cycle, roughly 260,000 tonnes, or 10kg a person, reaches landfill each year, the lead author of the report, Peter Allan, said. “And in addition, all that we export, which is around four kilos per person, eventually reaches the same end of life,” he said.

The report was launched by the AFC at the second town hall for the National Clothing Product Stewardship Scheme – which is tasked with halving national textile waste by 2030. On top of the huge amount of landfill, the textile industry also relies heavily on fossil fuels and other chemicals. Globally, 98m tonnes of non-renewable resources are used in the fashion industry, including oil to produce synthetic fibres, fertilisers to grow cotton, and chemicals to produce dye. In Australia, two-thirds of clothing is made up of synthetic fibres, which are often derived from petroleum.

The report will guide the product stewardship scheme, which will then recommend a levy on all clothing imports, the chief executive of Charitable Recycling Australia, Omer Soker, said. It is unclear how much the suggested levy will be, but it will be structured by unit weight, value and the size of the clothing brand importing the product. “The scheme when its co-designed will raise a small levy on every item of new clothing put on to the market,” Soker said. “Which collectively will raise the many millions of dollars required for the interventions across the waste hierarchy.” The fashion industry is one of the biggest emitters in the world, and Soker said the task of curbing waste in Australia would be hard. Only 7,000 tonnes of textiles are recycled in Australia.

On top of a levy, more consumers need to be encouraged to donate their old clothes to charities, Soker said. “Australia's reuse charities are already the biggest network diverting clothing from landfill and currently extend the life of \$527m worth of preloved clothes,” he said. “With data and evidence-informed reuse interventions, the [scheme] can further encourage consumers to donate and reuse clothing, and provide automated sorting and disassembly infrastructure needed to scale domestic onshore solutions, with better tracking and accreditation for clothing reuse overseas.”

## 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](mailto: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



T&C's apply.  
Voucher is valid for Friends Of FICE members, until the 31<sup>st</sup> of January 2023  
One use per voucher  
One voucher per Friends Of FICE members



## Thank you for your support!

**Friends of FICE members, this is your discount voucher**

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.

## 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.**

	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	✓			

## Online Shopping

**Please be patient, our FICE online shop will not be updated until we have settled in to our new store at Lilydale.**

If you can't make it to the Exchange during open hours? Shop online! New items drop regularly, like this leopard print smock dress. Perfect for layering on these wintery days.

Delivery or pick-up from the FICE can be arranged.

Visit our online store today, <https://ficastore.square.site>

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.

Connect with us!



@firstimpressionsclothes

@cirefirstimpressions

Scan here

to visit our website



Cire Training's

# First Impressions Clothing Exchange

Empowering women for brighter futures through training, support, affordable clothing and now a qualification in Business.

First Impressions Clothing Exchange (FICE) is a retail training space that offers much more than a traditional shop, by mentoring women and preparing them for pathways such as personal development, study and employment.

Experienced trainers provide ongoing support and personalised programs aimed to instil confidence, boost self-esteem and assist in developing the skills necessary to enter the paid workforce.

Our team focuses on reconnecting women with the community, building pathways that are individualised and tailored to needs such as:

- Identifying transferable skills to succeed in new industries
  - Interview preparation and job readiness
  - Future independence and goal setting
  - Empowerment and confidence building
  - Financial literacy
  - Making community connections
- Retail operations
  - Marketing
  - Merchandising and presentation
  - Customer service and selling
  - Communication in the workplace
  - Safe work practices
  - Administration and point-of-sale
  - Job application process including resume and cover letter writing
  - Community events

The FICE program has been designed to assist women develop independent life skills, move forward into the wider community, access further training opportunities, volunteer, and to secure paid employment opportunities.

The program focuses on up-skilling the learner's employability skills through practical hands-on activities and learning opportunities that build on and strengthen life skills. Women who participate can gain knowledge in:

This course is delivered in partnership with the Cire Training First Impressions Clothing Exchange retail training space.

Perfect for women seeking work experience and connection to community.

BSB30120

## Certificate III in Business



Needing to update your skills and wanting to increase your confidence before entering, or re-entering the workforce? The delivery of this qualification as part of our FICE program provides students with a supportive and understanding learning environment, as well as practical experience in both retail and business. Students will be invited to access the wide range of supports available within the FICE community to ensure their success.

### Who should enrol?

People wanting to start at an entry level in a business or retail space. People who are looking to gain confidence and skills before entering, or re-entering the workforce.

### Career opportunities

- Customer service roles
- Office Assistant
- Receptionist
- Retail Assistant

### Delivery mode and Duration

Classroom | 6 months

2 days a week – one day in the classroom and one day work experience in the FICE retail space. Learning is complemented with eLearning resources and additional study support groups.

Intake: February and July – based at Lilydale



For more information or to shop the FICE range visit:

Our websites:  
[www.cire.org.au](http://www.cire.org.au)  
<https://fcestore.square.site> | (e-store)

### Lilydale Location

Cire Services Head Office  
7-9 John St, Lilydale  
Open - Mon to Fri, 9am to 5pm

### Yarra Junction Location

Cire Community Hub  
2463 Warburton Hwy, Yarra Junction  
Open - Mon to Fri, 9am to 5pm



The FICE volunteer program has helped me find my purpose. I've challenged and pushed myself and have felt so supported along the way."

- Trish, FICE 2022  
Yarra Junction Volunteer



Scan the QR code to learn more or visit [www.cire.org.au](http://www.cire.org.au)

Stay updated

