



# CITTAMANI

CITTAMANI HOSPICE SERVICE LTD

PO BOX 324

PALMWOODS QLD 4555

Phone 5445 0822

## CITTAMANI NEWSLETTER — MARCH 2023

### HOW CAN I HELP? — THE POWER OF COMMUNITY

At Cittamani we are privileged to provide care to people at a very challenging time of their lives. We are inspired and supported in our work by witnessing the myriad ways in which our community is committed to caring for those facing end-of-life. In fact our Service would not have come into existence or continued to provide care for the past 27 years without the support of our community.

*Cittamani has cared for over 4500 local people and their families during its years of operation.*

In 1995 a group of around forty committed individuals attended a community meeting to gather support for the idea of an in-home hospice service here on the Sunshine Coast. The aim was to create a community service based on the value of compassion that fostered the positive qualities and potential in us all — staff, volunteers, clients — and supported members of the community in caring for one another.

From that small group, and with the continuous community support received over the years, the organisation known as Cittamani Hospice Service has emerged as a leader in home based palliative care here on the Coast.

Cittamani has cared for over 4500 local people and their families during its years of operation. Feedback from clients confirms that we are providing a service which brings support, care and compassion to people during difficult times. Knowing they have the support of others within their community enables families to find their own inner strength to cope with what they are experiencing. Through education, our service also actively fosters the development of skills and knowledge within the Coast community about death, dying and bereavement.

People often ask us 'How can I help?' So we thought we would reflect on the very many ways people have helped and supported us over the years and continue to do so. Cittamani is so grateful for the generous support we receive from our community, and we are reliant on it in so many ways to be able to serve our community as we do.

From the very beginning we have relied on the generosity of our friends and supporters. Even in terms of the roof over our heads. During our first five years we occupied three premises provided by members of the community free of charge. The first two were in private homes in Palmwoods, and then the old Nambour Blood Bank building, provided by Maroochy Shire Council. Our current premises, that we have occupied since 2000, was purchased with funds from a bequest from a young client in Nambour, funding from local Rotary Clubs and a grant from a charitable trust.

In terms of the cost of providing the service, we have consistently received around 60-70% of our funds from a contract with Queensland Health for which we are very grateful. However the balance, totalling in the hundreds of thousands of dollars annually, has been provided through donations, grants, and bequests. We have received great support from service clubs such as Rotary, Lions, Freemasons, Probus and the RSL. *(continues overleaf)*



*A gift in your will can make a difference to how we can continue to provide compassionate palliative care to others. Please see our website for details or ring 5445 0822 to speak to one of our staff.*

## VALE SUZANNE & PETER

We would like to acknowledge the passing of two inspirational people who have supported the work of Cittamani over many years — Suzanne White and Peter Kerridge.

Both were keen gardeners, and both lived life to the full, with a generosity of spirit and great personal integrity. Both had worked in developing countries in Asia and the Pacific.

Suzanne joined the Cittamani team as a volunteer in early 1997. Initially she worked as a respite volunteer in clients' homes and later became a valuable member of our Bereavement Support Team. As a bereavement volunteer, Suzanne was in the office every Monday to telephone her clients and offer support. She also brightened our Mondays with her dry sense of humour and great fashion sense.



Peter Kerridge 1935 -2022

Peter was an agronomist who worked in many developing countries and in recent years used his skills and love of Australian natives to develop a native foliage business, the profits from which he donated to charities. He initially supported Cittamani financially with the proceeds of his business, and later helped to develop Cittamani's gardens. Over those years he became a friend.

Our team at Cittamani will miss both Peter and Suzanne greatly. We felt honoured to be able to support them both at the end of their lives as a small token of our appreciation and an acknowledgement of all they have contributed to others over their well-lived lives.



Suzanne White 1941-2022  
pictured below left with members  
of the 2013 bereavement team.



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Many individuals and groups fundraise for us either by holding events to benefit us or participating in individual sporting events to raise sponsorship funding. These include craft groups, garden and flower societies, choral groups and so many more. People have danced, swum, run, bicycled, bowled, played golf, produced plays and held concerts, trivia nights, card games and raffles for us. Such a varied and imaginative array of events continues to support our ability to provide our care.

We have received grants over the years to purchase vehicles, nursing equipment, IT equipment and office equipment. These are all vital for delivery of our service to our clients.

A major contributor to the continued existence of the Service has been bequests. Gifts left in peoples' wills have contributed very significantly to our ability to provide our service over the years, giving us an injection of funds to help keep the organisation afloat. They have often come at just the right time when our finances were in a perilous condition and have made

the difference to our ability to respond to a growing need and increasing costs.

We are solidly supported by our wonderful regular donors, many of whom have continued to support us over very many years. They are often the families of people we have cared for who want to give back to Cittamani to help ensure the care that their loved one received will be available to others. The response to our biannual fundraising appeals, the latest one raising \$34,000 from around 140 donors, is always very heart-warming.

Then of course there are the many, many individuals who have volunteered their time, providing hours of care and support to clients and families. Other volunteers have assisted with office administration, with transforming and working in our gardens, building and equipment maintenance, and even making beautiful heat packs for our clients. In addition, we have our wonderful Board who have volunteered their time and considerable skills to support and guide the organisation over so many years.

All the people who support us in so many ways show us the value of commitment – being there for one another in good times and bad. They show us the importance of caring, kindness and compassion and the amazing power of community. Perhaps there is recognition that, in the words of St Francis of Assisi — ***It is in giving that we receive.***

Whitehouse  
FOUNDATION

**CITTAMANI THANKS THE WHITEHOUSE FOUNDATION  
FOR GENEROUS ONGOING SUPPORT.**



## FROM THE DIRECTOR

Well, here we are in 2023. The past few years have seen some very significant changes in our lives haven't they? I am proud that, despite the challenges of the pandemic, Cittamani has found ways to continue to provide our care and support to our community.

Hopefully 2023 may see a return to 'normal' — but it would be a waste if we fail to benefit from the experiences of the past few years. We have learnt about what is really important in our lives going forward as individuals and as a community, and we need to hold onto this.

One thing that the pandemic has brought home for me is how interdependent our lives are. *'We are all in this together'* as the song says. We face many common challenges and joys in our lives. We sometimes feel that we are separate and independent, but actually we rely on one another and our wider community in so many ways to live our lives.

The valuing of community connection for one another is evident in Cittamani's history as outlined in our lead article. For the past 27 years Cittamani has relied on

the generosity of people who have been committed to ensuring that compassionate, at-home end of life care is available for local families. This generosity comes from the people who initially saw the need for the Service and took on the task of making it happen, to the thousands of people who have supported this dream in so many ways.

I would like to take this opportunity to thank everyone who has helped support Cittamani since our beginning in 1995. Without you the Service would not exist and thousands of local families would not have had our care at this challenging and difficult part of their lives.

At Cittamani we are always reluctant to put ourselves forward and ask for money. However, on behalf of all the people who will benefit from our care in the future, who may well be people dear to you, I request that you do continue to support Cittamani's work whenever you are able. The costs of providing our care have increased significantly and we struggle to find the funds to meet the increasing need.

**Alex Moore** — Director, Cittamani Hospice Service

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*"The true measure of any society can be found in how it treats its most vulnerable."*

— Mahatma Gandhi

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Garry and Sue from Order of St John with members of Cittamani's team and our new vehicle.

We are very grateful to the Order of Saint John of Jerusalem on the Sunshine Coast for their amazing efforts in raising funds at their 'Soiree' in May to purchase a new Toyota Corolla Hybrid vehicle for Cittamani nurses to visit clients at home.

There is an interesting connection between our two organisations. The Order of St John was established almost 1000 years ago to provide care for the sick and poor,

including the establishment of hospices. Their Order is based on the principle of putting others before self, which is shared with the Buddhist values of Cittamani.

As a home-based palliative care service, safe and reliable vehicles are vital. This new hybrid vehicle will be much more cost-efficient as well as being environmentally friendly.

***A huge thank you from all the team at Cittamani!***



*"Love and compassion are necessities  
not luxuries. Without them humanity  
cannot survive."*

— His Holiness the 14th Dalai Lama



CITTAMANI THANKS THE BUDERIM FOUNDATION  
FOR GENEROUS ONGOING SUPPORT.

Cittamani Hospice Service is proudly supported by the Heritage Bank Community Branch Palmwoods. Mel is pictured accepting a cheque at a sponsorship evening with Sophia DiFernando, Manager of Heritage Palmwoods Branch and Wayne Atkinson, HO Representative.



**Heritage** | Palmwoods  
Community Branch

I wish to make a tax deductible gift to Cittamani's FREE 24-hour home hospice service.

- Click '**DONATE NOW**' on our SECURE WEBSITE: [www.cittamanihospice.com.au](http://www.cittamanihospice.com.au)
- **DIRECT DEBIT:** Cittamani Hospice Service BSB: 484799 Account No: 160888044  
PLEASE QUOTE the code above your name OR the initial of your first name, surname,  
and postcode.
- For **CHEQUES** (payable to Cittamani Hospice Service),  
or **CREDIT CARD** (Visa or Mastercard)

Please complete the following: AMOUNT \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone No: \_\_\_\_\_ Email: \_\_\_\_\_

Card Details: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Expiry: \_\_\_\_ / \_\_\_\_ ccv (3 digit) \_\_\_\_\_

If you are interested in becoming a regular  
monthly donor, please send an email to:

[finance@cittamanihospice.com.au](mailto:finance@cittamanihospice.com.au)

REGISTERED CHARITY ABN 67 110 865 560 — ALL DONATIONS OVER \$2 ARE TAX DEDUCTIBLE.



**Thank you!**

**Cittamani Hospice Service Ltd,  
PO Box 324 Palmwoods Qld 4555**

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from Cittamani Hospice Service, please contact our office  
(07) 5445 0822 to advise our staff.

Would you like to receive this newsletter electronically?  
It will help save postage and paper costs. Please email  
us and let us know — [news@cittamanihospice.com.au](mailto:news@cittamanihospice.com.au)

**CITTAMANI HOSPICE SERVICE APPRECIATES THE SUPPORT OF QUEENSLAND HEALTH**