

Melanie on
Kopan Trip



Anniversary of Lama
Zopa Rinpoche



Global Connections in Compassionate Care

Cittamani is part of the Foundation for the Preservation of the Mahayana Tradition (FPMT) - a global network of education and meditation centres, and social services, all inspired by an attitude of universal responsibility. FPMT was founded in 1975 by Tibetan Buddhist teachers Lama Thubten Yeshe and Lama Zopa Rinpoche, whose vision continues to guide the work of so many around the world today.

This April, I had the privilege of representing Cittamani at the CPMT Summit at Kopan Monastery in Kathmandu, Nepal. It was the first time in over 10 years that the Council for the Preservation of the Mahayana Tradition (CPMT) had gathered, bringing together nearly 200 FPMT representatives from 25 countries. Together, with input from the 70 teaching centres, we shared in strategic planning and heartfelt dialogue about how our centres, projects, and services can continue to flourish in the years ahead.

I was fortunate to be part of a panel representing FPMT hospices, where we explored the vital role of palliative and hospice care, particularly in meeting the needs of an ageing population within FPMT centres.

There were many memorable moments - visiting the sacred Boudha Stupa, attending the anniversary of Lama Zopa Rinpoche, and connecting with fellow FPMT centres from around the world.

It was both a professional highlight and a deeply personal experience, reminding me how connected Cittamani is to a worldwide community of compassion and care. With Gratitude,
Melanie Bruhn
Executive Director

Support The Evolution

Cittamani has always been devoted to walking alongside people at one of the most meaningful times in life, offering care and support to clients and their families. Over the years, the way we provide that care has gently evolved to reflect the changing needs of our community.

Our service is accessible to people of all ages: while 75% of our clients in recent months have been over 65, around 25% are younger, often balancing treatment, work, and family life. This makes a flexible model of care essential. With varied visit times, telehealth, and phone support, clients can choose the type of contact that suits them best - whether that's a nursing visit at home or a check-in from our family support team. Sometimes, a simple phone call on a quiet day at home is just what's needed.

This directly translates and is reflective of us supporting more people with an earlier referral to our service, which supports research that earlier referral to palliative care improves outcomes and quality of life. Today, the average length of time in our service is 68 days, compared to 41 in 2014. While within the last year we have only discharged 27 people, compared to two and a half times that 10 years ago.

More people are staying with us for longer, and our service continues to grow and evolve, not just through new insights, but through a profound respect for everyone's unique journey. What matters most is that no one has to face this time alone. With every person we care for, we're reminded of the strength of compassion and the deep connections that make our community so special.



Jude with Phyllis

Growth in Action

This September, Cittamani team headed to Brisbane for the 2025 Oceanic Palliative Care Conference, the biggest palliative care event in the southern hemisphere. Held 10th – 12th September, the theme surrounding this year's event was "Connecting systems for better care". The conference brought together health professionals, researchers, and service providers from across Australia, New Zealand and the Pacific.

For us, it's not just a conference, it's an opportunity for growth. By learning from international experts, exploring new research, and sharing experiences, we are returning with new insights and a deeper focus to fortify the compassionate, person-centred care we provide. Sessions covered everything from community-based care to mental health, rural access, ethics, and the role of technology in shaping the future.

We are deeply grateful to the June Canavan Foundation for making this professional growth possible through generous donation, investing in the future of palliative care in our community.



"We're now on socials... Come say hi!"

Cittamani is now on social media! Find us on Facebook and Instagram. Follow us to discover heartfelt stories, useful tips, and behind the scenes glimpses of our community. Connect with us, share your thoughts, and celebrate the people and moments that make our work meaningful. Let's grow, learn, and support each other in this digital space! We are just getting started. See you there!



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Or via our website

www.cittamanihospice.com.au then click on "Donate Now"



Fundraise – if you have a fundraising event or activity and would like to support Cittamani, we look forward to hearing from you – please contact us to discuss on (07) 5445 0822
We would love to hear from you!

Any feedback or suggestions for future newsletters are welcome and can be emailed to info@cittamanihospice.com.au

