



Cittamani Newsletter | Autumn 2026

No one Walks Alone: The Power of Connection In Palliative Care

You may have heard this quote often attributed to the Buddha: “Nothing ever exists entirely alone; everything is in relation to everything else”. It is a gentle reminder that none of us walk alone. No matter how independent we feel, we are all supported and connected by people, systems and community.

Caring for someone at home brings this sense of connection into sharp focus. When supporting a loved one through serious illness, it quickly becomes clear that providing care alone is almost impossible.

Cittamani clients and carers rely on our service to provide specialist palliative care in the familiarity and comfort of home.

Our nurses help monitor and manage symptoms such as pain and nausea, ensuring comfort and safe care.

Our social work and spiritual care team offer emotional and spiritual support, to clients, their carers, and loved ones.

Our admin team quietly keeps everything moving behind the scenes, being the first friendly voice you hear when you call our office.

Our organisation aims to work collaboratively with healthcare teams, to ensure individuals receive care that is supportive and reflective their choices. We work alongside GPs and Queensland Health’s Specialist Palliative Care Service for medical guidance, as well as other community organisations that provide essential services such as personal care and respite support for clients and carers.

Many of our clients are also supported by local hospitals including Sunshine Coast University Hospital, Selangor Private Hospital, Sunshine Coast University Private Hospital, and Dove Cottage, where care focuses on comfort and quality of life. None of us can do this work alone – and we wouldn’t want to.

“As the carer, the team felt like wonderful support. Just knowing I could call for help. We were pretty particular about how we wanted things to go, preferably home-based, but also needing to roll with what got dealt to us in the journey. I will always remember feeling understood, and what was being offered was flexible as needed. Thank you, thank you, thank you.” – Anonymous Carer, February 2026



At Cittamani, collaboration sits at the heart of what we do. When we work together, families feel held, carers feel supported, and our clients receive the compassionate care they deserve. This is how we serve our community.

Dr Matthew Cooper – Board Member and Palliative Care Specialist, captures Cittamani’s essence perfectly:

“Cittamani is a nurturing organisation that’s understanding of the bigger picture that all of us exist within, and that we all have a place in providing care and kindness..”

Written by Meg, Cittamani’s Family Support Manager

Save the Date:

Cittamani Conference 2026
Sustaining Hope, Staying Connected
Friday 31st July 2026
Being held at Novotel Twin Waters Resort

Palliative Care Week 2026
Getting to the heart of it: Big Questions. Real Answers.
10th – 16th May

Community Supporting Community

Nambour RSL is well known for its commitment to supporting local communities, assisting many sporting groups and not-for-profit organisations across the Sunshine Coast.

Cittamani Hospice Service is grateful to be among those supported. Over time, Nambour RSL has provided assistance to Cittamani through grants, vehicle sponsorship, and the use of space for local events. Most recently, they have extended their generosity by sponsoring essential medical supplies and consumables for our clients.

In a generous commitment, Nambour RSL will provide \$10,000 per year for three years to support medical supply kits for Cittamani clients. These kits ensure timely access to medical supplies that support comfort and quality of life.

We extend our sincere gratitude to Nambour RSL for their ongoing support and for helping make compassionate care at home possible.



Our Sponsors

June Canavan Foundation

Lions Club of Caloundra

Lions Club of Coolum Beach

Nambour Heights Bowls Club

Nambour Orchid Society

Nambour RSL

Nambour Uniting Church

Quota Club of Coolum Beach



"Generous Sweet Treats"

A sweet Christmas surprise!

As part of Kenilworth Bakery's **12 days of Christmas** initiative supporting local charities and services, Cittamani received a generous delivery of decadent donuts.

Thank you Kenilworth Bakery, our team were very satisfied...Just delicious!

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

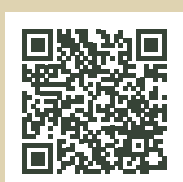
Cittamani is now on social media! Find us on Facebook and Instagram. Follow us to discover heartfelt stories, useful tips, and behind the scenes glimpses of our community. Connect with us, share your thoughts, and celebrate the people and moments that make our work meaningful.



How can you help

Donations can be made using the QR code to the right from your phone or tablet

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

