

Your Pain Kete



This is a picture of my kete. It was given to me many years ago by a good friend.

It came to me filled with a beautiful arrangement of cut flowers and foliage, including ferns, and shells. The stems were pushed into floral foam in a plastic container inside the kete and I diligently watered it to keep the arrangement alive as long as possible. The flowers were the first to go but the ferns just seemed to keep going and finally I realised that they were actually growing and forming new fronds. When I examined the container more closely the floral foam had broken down into rich dark soil (don't ask me how) and I had a fern pot plant!

We hope to fill your kete to overflowing with knowledge, shared experiences and practical tools and strategies to help you manage your pain. Each week we will add our knowledge to the kete symbolised by a new frond. Our hope is that your kete will contain a healthy, growing fern at the end of the twelve weeks that will continue to flourish.

Ngā manaakitanga | Wellington Pain Management Service