

## Daniel Fransson at Bear Cottage

Helping out at Bear Cottage removes all stress and anxiety I normally accumulate during a normal work week. Furthermore, aiding the diligent nurses and families at Bear Cottage with a few hours of work once in a while helps me keep my feet on the ground and appreciate what I have. Suddenly the need for that new motorbike that I have had my eyes on for a while does not feel so critical.



I walk up to the gates at Bear Cottage, located just around the corner from ICMS, and press the door bell. After a couple of moments I hear Michelle Pearse, the head of volunteers at Bear Cottage. Her cheerful voice welcomes me in for my dinner volunteer shift. I sign in at the entrance and walk through the Cottage, to the kitchen where dinner is served. I am greeted by warm smiles and kids laughing by the families around the table. Staying at Bear Cottage is appreciated by the families, since it gives them a break from their normal stressful life. After enjoying the dinner together with the families I start to pack up the remaining food and clean up after the dinner. Usually some of the children, from the families that are staying at Bear Cottage, come into the kitchen after dinner and ask me everything between heaven and earth, but the questions usually relate to how they can become as big as me. After the kitchen and the dining room are spotless I sign out and all of a sudden 1.5 hours have passed.

**If you feel that you have the time help out don't hesitate to email Michelle Pearse on [MichelP5@chw.edu.au](mailto:MichelP5@chw.edu.au) or contact me at [dfransson@icms.edu.au](mailto:dfransson@icms.edu.au) if you have any questions.**