

Quiet room & multi-faith prayer room  
consultancy and design service.

Clients include Guardian News & Media, Marie  
Curie Cancer Care, Ministry of Justice and the NHS.



Quiet and prayer rooms create  
space to think, rest, contemplate,  
connect, reflect or pray.

They promote wellbeing and  
meet equality and diversity  
regulations and initiatives.

## Case Study: Marie Curie Reflection Room

Quiet Room Designs created an inspirational new room for Marie Curie's hospice in Newcastle to support care of their patients, relatives, staff and volunteers.

The room provides a private space for families to find quiet time and reflection, so they can best manage the stress and grief brought about by the challenges of life limiting illness.

By replacing the existing chapel, the room was designed to better reflect the diverse religious and spiritual needs in the surrounding area.



*"We are very pleased with the changes to the room. The combination of water, light and glass is very effective and contributes to a very peaceful and contemplative space,"*

Gill White, Facilities Manager, Marie Curie Cancer Care

*"This room should be classed as one of the 8 wonders of the world. To visually embrace an atmosphere of peace and tranquillity and relaxation is immense. To offer patients and families a place to relax is amazing."*

Family member

*"Excellent room - love the chairs! Money well spent!"*

Karl Benn, Grants Manager, Help The Hospices

*"Amazing new space that can be enjoyed by all!"*

Declan Ryan, Marie Curie Corporate Fundraising





## Case Study: Guardian News & Media - Multi-Use Quiet Room

The Guardian head offices wanted to meet both staff needs and legislation, by creating a multi-use quiet room for prayer, non-religious contemplation, meditation and relaxation.

The designer used a theme of stillness and simplicity, inspired by the Japanese tea ceremony, to create a natural, calm atmosphere with an added illusion of space.

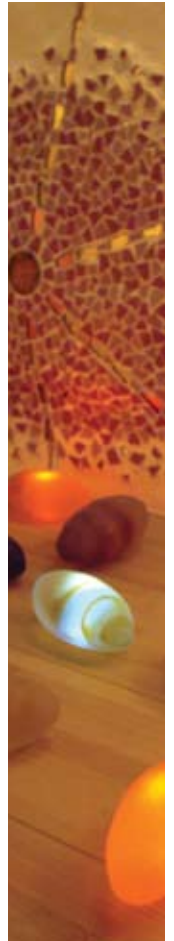
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*"The room exceeded the brief and is a beautiful and welcoming space for our staff."*

Emma Kiwanuka, Equality and Diversity Manager,  
Guardian News & Media

*"Helen's design completely transformed what was a drab, redundant office corner into an inviting, ambient and calming sanctuary. Her innovative recommendations for lighting and furniture were especially effective."*

Naomi Lever, Head of HR, Guardian News & Media

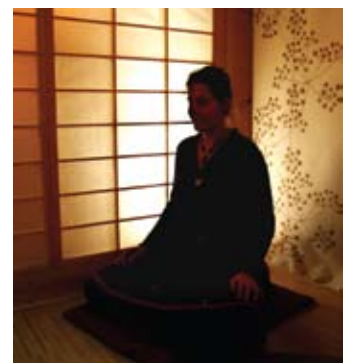
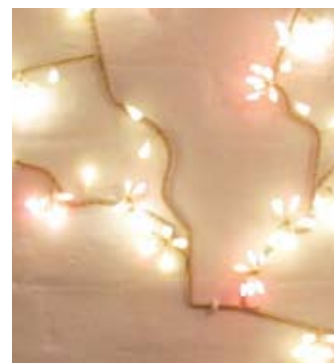


*"Most prayer or quiet rooms are cold, uninviting and austere, like hospital waiting rooms. These do not really foster a feeling of inspiration or reverence.*

*If you look at churches, mosques or synagogues, they are often architecturally innovative and impressive buildings, designed with that explicit purpose in mind.*

*I am not suggesting we build a church, but if a quiet room is designed well, it can evoke those similar qualities."*

Helen Sanderson, Quiet Rooms Design, Creative Director



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## About Helen Sanderson

Helen is the founder and Creative Director of Quiet Room Designs.

### Background

Helen trained with The Interfaith Foundation as an Interfaith minister, offering a broad understanding and appreciation of all faiths and traditions.

She has an Honours degree in Fine Art, extensive interior design expertise, and has trained in integrative arts, psychotherapy and psychodrama.

Helen has an exceptional talent for creating space that is calming and peaceful, whilst understanding the needs of vulnerable people. She uses colour, texture and design to create the most beautifully unique environments that in turn, help people to find a connection, whether that be in prayer or meditation, or through simple relaxation.

### Recent highlights

**Recovering the Calm:** Best practice guide to prayer space at work, produced by St. Ethelburga's and the Employers Forum for Belief. Helen was a major contributor to this project.

### People Management Magazine.

Recent article featuring her work:

[Quiet Rooms: seek out an oasis of calm \(http://ow.ly/896kg\)](http://ow.ly/896kg)

**Multi-Faith Spaces: Symptoms and Agents of Religious & Social Change Exhibition and Conference.** Helen presented her Marie Curie Hospice case study at the Multi-faith Space Conference at Manchester University in March 2012.



Quiet Room Designs offer a full design or consultancy service. Please call for a free discussion of your project.

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