

NURSE OF





**MAGIC
MINUTES !!!**



DREAMS !!



THE PATIENT AND THE SIBLINGS





THE PARENTS

NOTHING IS IMBOSSIBLE -
IT`S JUST TAKE LONGER TIME
TO DO IT !!





“

A timeout place for me, is a place where I can be myself, without taking into account others. When you are parents/ caregivers to a child with a serious illness which is also prolonged, you become a subject of an enormous pressure. You try not to let your own fear affect the child and must at any time straighten up not to show despair, frustration, fear and anger. You can of course leave the room so your child not will get “influenced” by your fear. But in the halls at the hospital it’s always a lot of other peoples. Whether there are other relatives and patients, nurses and doctors, etc. To be at a hospital over larger periods, exposes you to very little privacy. “Everyone” knows “everything” about you and it doesn’t always feel right or good to expose your whole range of emotions. TIMEout could have helped me with exactly what I describe above. To be “safe” when you feel like yell out or scream and let the tears flow freely.

mother of a girl suffering from cancer

“ Safe surroundings affects the ability to find safe places in ourselves
Gerd-Ragna Blokh-Thomsen, playwright





Our surroundings affect us, and they affect people in vulnerable situations even more.

What is FRIrom /


/ **FRIrom** is an independent, conditioned 9 sqm wooden pavilion, located on a roof terrace of the Women and Children's clinic at St. Olav's Hospital, Trondheim. The project is funded by Gjensidigestiftelsen, while the non-profit organisation FRIrom accounts for operation and maintenance.

/ **FRIrom** seeks to be a place with a good atmosphere, where relatives can find peace and feel safe in a vulnerable situation, a place where one can enjoy the silence and act without being restricted by the surroundings. No obligations, no expectations, no interference.

/ **FRIrom** opened the 7th of June 2013. We see that the pavilion has been well used during the first year and that the users have made it their own. Friend visits, physical treatment, alone time and timeouts for employees are just some examples of how the space has been used.

Our wish for the future is to obtain funding to build additional FRIrom.



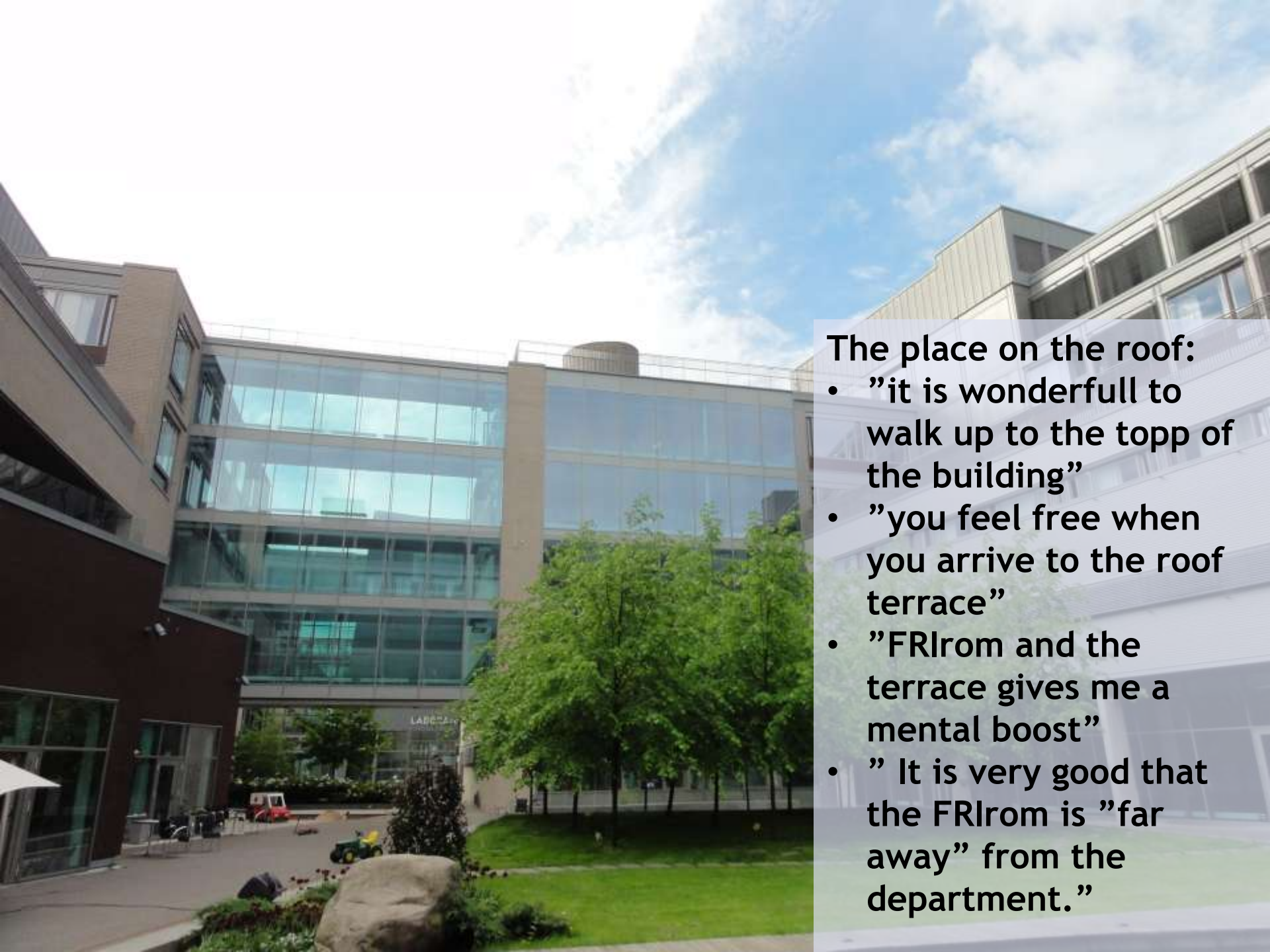
The image features three origami cranes made of gold-colored paper, suspended from a light-colored wooden ceiling by thin black wires. The cranes are illuminated from below, casting a warm glow. The background is a clear blue sky. The text is overlaid on the right side of the image.

"Origami is more than a simple piece of paper"

SYMBOLISM / origami

Origami is an ancient Japanese art form associated with happiness and hope. An old Japanese legend says that anyone who folds 1000 cranes will have a wish fulfilled. The story is the basis for the famous story of Sadako Sasaki, a young girl from Hiroshima who was diagnosed with leukemia and was trying to fold cranes for recovery. The touching story is about hope and strength, and the use of origami in this sense is given to others who need strength and support.

Children, relatives and collaborators have folded the cranes in FRI from as a symbol of planting a hope in FRI from.



The place on the roof:

- "it is wonderfull to walk up to the topp of the building"
- "you feel free when you arrive to the roof terrace"
- "FRlrom and the terrace gives me a mental boost"
- " It is very good that the FRlrom is "far away" from the department."



Childrens thought`s:

- " very good to chil out here, when evrything is chaos"
- "it`s a wonderful place to be"
- " the room gives me peace"
- "I feel safe here"
- " I get away from the nurse and the hospital"
- " the birds and the wall are so peacefully"
- " I don`t want to leave FRlrom"
- " I realy relaxed completely here together with the physioterapist."

A teachers thought:

- **” I am really impressed the way FRIrom is designed and built”**
- **”I love that the room and the wood surrounds me ”**
- **”It`s a positiv location”**
- **” a boy felt really safe there”**
- **” everybody needs to touch and feel the walls”**
- **” when i was talking with the parents outside FRIrom, the boy where listen to his own music inside, he wouldnt leave the room”**
- **”FRIrom has become the storefront of St.Olavs Hospital”**









[HJEM](#)
[SISTE NYTT](#)
[OM FRIROM](#)
[FRIROM-STIFTELSEN](#)
[HVEM ER V](#)
[ARKIV](#)

FRIrom er et sted der man kan finne ro og trygghet i en sårbar situasjon, et sted hvor man kan agere uten å begrenses av omgivelsene og personene rundt seg. Mest av alt skal FRIrom være et godt sted å komme til. Et sted som kan være med på å gi mot og krefter til å fortsette den viktige og vanskelige "jobben" som pårørende.



foto/Pasi Aalto



/ FRIrom artikkelserie

FRIrom – a room for emotion

The little structure on the roof of St. Olav's Hospital gives relatives a space to withdraw, care for the thoughts and emotions that arise in waiting situations.

By: Pasi Aalto
 Byggher: Helse St. Olavs
 Prosjektleder: Pasi Aalto
 Arkitekt: Pasi Aalto
 Byggetid: 2014-2015
 Omfang: 1000 m²



/ architecturenorway.no



/ Seks dager i Jonas' liv

CARPE DIEM

