

## ADM live and on show at Swindon Self Build Centre!

We have recently unveiled two new displays at The National Self Build & Renovation Centre in Swindon.

The centre-piece display in the 'trade village' section is our heat recovery with mechanical ventilation (MVHR) system. We also have our super-efficient Ground-Air Heat Exchanger (GAHX) system on display within the 'educational journey' section of the centre.

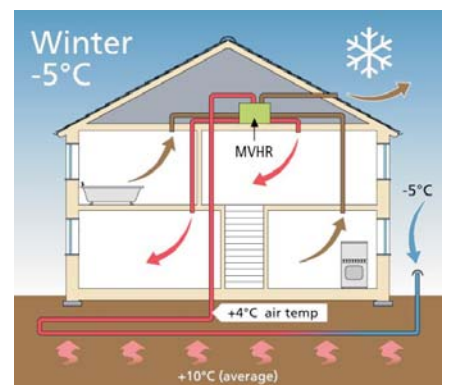
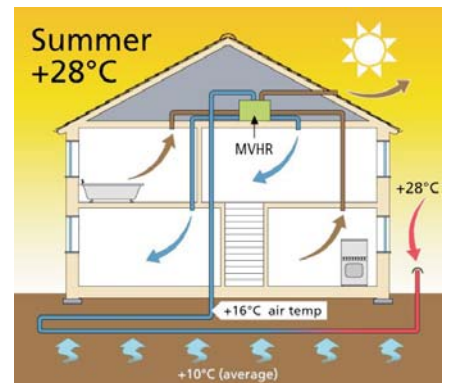
"This is the first time we have showcased our systems at the self build centre and we have been

delighted with the response from customers so far," said Chris Marriott, our Managing Director. "An increasing number of self builders and homeowners are looking for energy efficient solutions and fitting an MVHR system is one of the best ways of achieving this."

We are encouraging anyone interested in an MVHR system to visit the Self Build Centre in Swindon to see for themselves.

Chris Marriott adds: "Our new displays at the Swindon self build centre provide customers with a complete solution and not just in terms of energy efficiency. That's because there are so many other benefits of installing an MVHR system"

The National Self Build  
& Renovation Centre



### Inside this issue



ADM Joins  
NASBA - Page 2



You're in safe hands  
with an HVCA  
member - Page 2



**New Brochure!**

Passion for sustainability  
Brochure - Page 2



MVHR systems:  
Five key benefits  
- Page 3



In focus: Built in  
energy efficiency  
- Page 4

## New website makes reducing heating bills that much easier

We have just completed major new updates to our website, [www.admsystems.co.uk](http://www.admsystems.co.uk). It now provides visitors with instant access to the most comprehensive information about how to save money on heating bills and create a healthier home.

Also listed on the website is a range of case studies that allow visitors to read about real life examples of homeowners that have fitted an MVHR system. These range from a converted mill in Halifax to a Crofters cottage in Orkney, through to a six bedroom detached self build property in York. You may even find some of these projects in this issue of our newsletter.

The updated website provides essential information to anyone interested in enhancing

the energy efficiency of their home and reducing fuel bills.

Chris Marriott, our Managing Director, explains: "This is an exciting time for both ADM and our customers with the launch of our newly updated website. It features all the information visitors need, in a clear, professional-looking and easy-to-use site. And, of course, it advises on the best solutions for all different types of properties."

## MVHR System from ADM helps eco-home save on heating bills

We recently supplied an MVHR system to an award winning self build property in York.

The owners were delighted when our MVHR system avoided any increase in their heating bills – even though their new house was three times the size.

To find out how you can save money on your heating bills

 <http://pdfs.talktoadm.com/casestudies/adm-casestudy113.pdf>



We are pleased to report that we are now a member of the prestigious National Self Build Association (NASBA).

Members of NASBA include a wide spectrum of organisations within the building sector. These range from architects' practices to building material suppliers. Founding members of NASBA include Bath and District Self Build Association and The National Self Build & Renovation Centre, amongst others.

The aim of NASBA is to make it easier for people interested in building their own home to obtain suitable sites. This can often be a challenging and lengthy process and members of NASBA are therefore on hand to help wherever possible.

We have supplied a wide variety of ventilation systems to the self build market and therefore understand just how difficult it is to find a suitable plot of land.

We are delighted to become members of NASBA as we understand what a time consuming and lengthy process it is to find a suitable self build site. We are now looking forward to using our extensive experience of the sector to support self builders with this process.

We are encouraging anyone interested in building their own property to visit the NASBA website as it will prove an invaluable source of information and guidance.

## You're in safe hands with an HVCA member



News rules published in the Building Regulations (Part F) and due to take effect from 1st October 2010 highlight the critical part ventilation plays in creating energy efficient buildings.

The changes were brought about due to recent updates to Part L (conservation of fuel and power), which introduced the concept of pressure testing buildings to ensure they were energy efficient. This woke builders up to the fact that they would need some form of powered ingress/extraction – such as an MVHR system – that would provide adequate ventilation whilst keeping the building warm and comfortable.

To meet this requirement, one of the most significant changes to Part F is a requirement to carry out post-completion testing of ventilation equipment to ensure it delivers the required air flow, efficiently and quietly. This is important as it ensures that the building maintains a healthy indoor air quality, avoiding the adverse effects that could occur due to the increased requirement for air tightness in Part L.

Critical to achieving the requirements of Part L (conservation of fuel and power) and Part F (ventilation) is choosing a qualified and experienced installer. Many don't have the ventilation skills,

for example a plumber or electrician may not, which can lead to time consuming and costly remedial work.

"We always advise our customers to use a qualified installer when they purchase one of our MVHR systems," said Chris Marriott, our managing director. "One of the best ways of ensuring this is to choose an HVCA (Heating and Ventilation Contractors Association) member."

For over a century, the HVCA has been representing the interests of companies active in the design, installation, commissioning and maintenance of heating, ventilation, air conditioning and refrigeration (hvacr) products in the UK.

Membership of HVCA is only open to the leading businesses in the industry that have been subject to third party inspection by BM TRADA, the leading certification body with a strong track record in the construction industry.

Chris concludes: "Choosing an HVCA member provides customers with independent verification that the contractors they employ deliver the highest quality and expertise. Ultimately that means the building will meet the ever more stringent building regulations laid out in Part F and Part M."

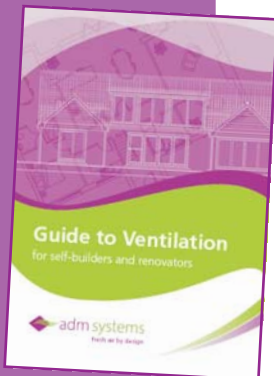
## ADM demonstrates passion for sustainability with new brochure

We have just unveiled an exciting new 'Guide to Ventilation' that is designed specifically to help self builders and renovators.

The 16-page guide is full of handy tips on understanding, choosing and overseeing the installation of an appropriate ventilation system.

ADM's new guide will prove invaluable to self builders looking to create energy efficient and healthier homes.

Chris Marriott our managing director explains: "This is one of the most comprehensive ventilation guides on the market and we encourage anyone interested in saving money on their heating bills or looking to create a healthier property to get hold of a copy."



 <http://pdfs.talktoadm.com/guides/ADMGuideToVentilation.pdf>

# Energy efficient upgrade at centuries old mill



The owner of a mill conversion in Halifax chose one of our MVHR systems to maximise the energy efficiency of their newly refurbished property.

The 18th Century former weavers' mill has only

a few windows, which means low levels of natural ventilation.

An MVHR system provided the solution because it feeds a continuous low level of background ventilation in to the property. This regularly changes the air in the home to keep the internal environment fresh and comfortable.

"We found the technical knowledge and service from ADM excellent," said Andrew Gill, owner of the mill. "They were able to advise on the best solution for this highly unusual building that still retained the energy efficiency benefits of the ICF system. Overall, we are delighted with the outcome."



<http://pdfs.talktoadm.com/casestudies/adm-casestudy112.pdf>

## ADM makes it a healthy and wise choice

A heat recovery ventilation (MVHR) system from ADM has proved to be a healthy and wise choice for a Leeds household.

The family live in a 1950's bungalow, which previously had issues with damp - not helped by a stream that runs down the side of the house, along with a frequently waterlogged garden.

This was a particular concern as all the family suffered from asthma and knew that house dust mites thrive in these types of conditions.

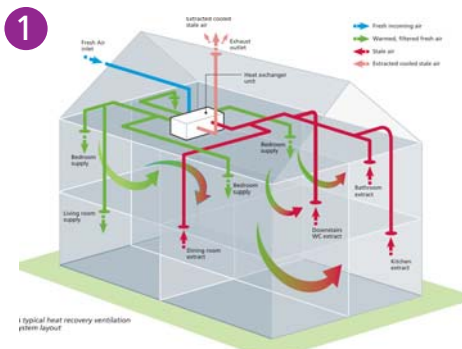


<http://pdfs.talktoadm.com/casestudies/adm-casestudy106.pdf>



## MVHR systems: 5 key benefits

Choosing a heat recovery ventilation (MVHR) system can significantly improve the energy efficiency and comfort of your home as well as the health of the occupants. Here we take a look at some of the key benefits in detail:



A heat recovery system can significantly improve the energy efficiency of your home by recovering heat that would otherwise be lost using normal extract ventilation, saving you a significant amount on heating bills!



Heat recovery systems are able to help tackle condensation caused by high levels of relative humidity. A huge benefit when you consider that a typical household of four people can produce up to 18 litres of moisture per day, simply by breathing, cooking and washing.



Fitting an MVHR system can help asthma sufferers. It does this by lowering relative humidity in the home, which limits dust mite numbers and therefore the airborne allergens they produce.



MVHR Systems can help sufferers of hay fever by reducing airborne allergens in the form of pollen from trees, grass and wild flowers.



Fitting an MVHR system can keep you home cool and fresh on a hot summers day – avoiding the need for expensive air conditioning systems.

# In focus: Built in energy efficiency

Here we interview Richard Dawson, owner of an award winning architectural practice in West Yorkshire. Richard focuses on improving the energy efficiency of existing properties and recently refurbished his own house.

## What is the main role of your practice?

"My practice focuses on offering clients a complete sustainable solution and so you could say I was practicing what I preach when I refurbished by own home.

## Why did you decide to refurbish your own home?

As an eco-champion I was determined to reduce the carbon footprint of my own house, which meant that instead of a new kitchen and bathroom, I concentrated solely on energy saving measures.

## What energy efficient features did you design into your home?

There are a variety of energy efficiency features in our newly refurbished home, including integrated solar thermal panels, improved insulation, ultra low water use and off course an MVHR system from ADM.

## Does your house look any different since you refurbished it?

Visually the house looks just the same as it did before the refurbishment. However, we are delighted with the results because it is what you can't see that really matters. We are now saving around £1,500 a year on heating bills alone, which has been achieved through the MVHR system as well as upgrading insulation and fitting a new condensing boiler.

## What other benefits does the MVHR system give you?

The MVHR system also helped us address the potential issue of condensation in the house, which would have resulted from the lack of natural ventilation created by installing very high levels of insulation – a common problem in modern, draught-proof properties. Moist, polluted air, if allowed to remain in a house, leads to condensation, which is visible with streaming windows, peeling wallpaper, damp bedding and eventually unsightly mould growth leading to permanent damage of the building fabric.

The MVHR system from ADM provided the solution to this problem as it provides adequate levels of ventilation whilst recovering over 90 per cent of the heat from the outgoing, stale air before delivering it as warm, filtered, preconditioned air into the living areas of the house. Crucially, the system dries the excessive airborne moisture, greatly reducing the humidity of moist rooms like the bathrooms and laundries.

## Did you increase the size of your home?

The ability of the MVHR system to constantly change the air within the property allowed us to increase the habitable space by converting storage rooms at the back of the house into a living and dining room. Without the MVHR system, it would have been difficult to provide adequate ventilation to these rooms as they are below ground level as a result of the house being cut into the hillside – before the refurbishment they could only be used as storage areas.

For more information on Richard Dawson Architects, call 01274 512808 or email: [richard@rdawsonarchitects.co.uk](mailto:richard@rdawsonarchitects.co.uk)

Richard Dawson's property was recently shortlisted in the 2010 Yorkshire and Humberside Microgeneration Awards, sponsored by the Energy Saving Trust.



<http://pdfs.talktoadm.com/casestudies/adm-casestudy108.pdf>

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All products and their specifications referred to in this newsletter are subject to change and ADM reserve the right to alter these.



## Energy Efficiency down on the Farm

Award-winning dairy farmer, Geoff Spence, recently moved into his new farmhouse and is now enjoying all the benefits of a super-energy efficient home.



Mr Spence had decided to focus on energy efficiency as it allowed him to minimise the impact of the house on the environment as well as reduce heating bills. He was therefore closely involved in selection of all the materials for his five bedroom farmhouse.

Central to achieving high levels of energy efficiency was a heat recovery (MVHR) system and Ground-Air heat exchanger from ADM Systems. This was based on Mr Spence's own research, which had shown that when fitted in combination, they are an excellent way of saving energy.

<http://pdfs.talktoadm.com/casestudies/adm-casestudy105.pdf>

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