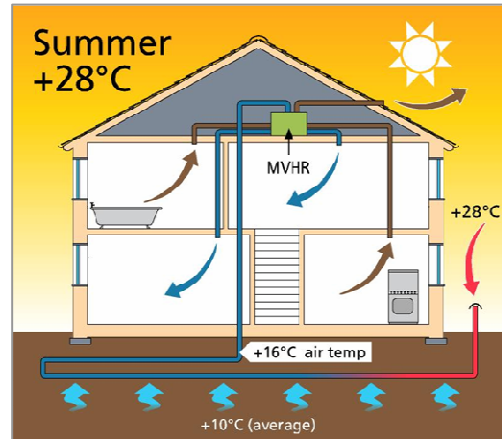


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## ADM SYSTEMS UNVEILS DISPLAYS AT SWINDON SELF BUILD CENTRE

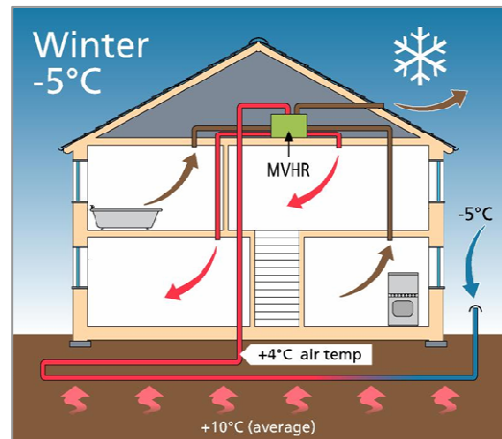
ADM Systems has installed two new displays at The National Self Build & Renovation Centre in Swindon.

The centre-piece display within the 'trade village' section is the company's heat recovery with ventilation (MVHR) system, which significantly improves the energy efficiency of both new and existing homes.



ADM is also displaying its super-efficient Ground-Air Heat Exchanger (GAHX) system within the 'educational journey' section of the centre.

"This is the first time we have showcased our systems at Swindon and we are delighted with the response from customers," said Chris Marriott, Managing Director of ADM Systems.



"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."

The company's MVHR system works by a series of ducts that collect stale moist air from inside the property, from areas such as the kitchen, laundry and bathroom. This stale contaminated air passes through the heat exchanger unit and is exhausted to the outside. Clean fresh air is then simultaneously drawn from the outside and, as the two air streams pass each other, the heat is transferred from the outgoing stale air to the fresh incoming air.

There is no mixing of air streams and during winter, the system is able to capture over 90 per cent of the energy from the outgoing stale air before delivering it as warm,

filtered, preconditioned air into the living areas of the property through the ducting. In summer, the system can bypass the heat recovery unit, feeding cooler, fresh air from outside into the home.

Visitors to the self build centre will also be able to see the benefits of fitting the companies GAHX system, in combination with an MVHR system. The display shows how the system works - at a depth of 1.5 to 2m, the earth's temperature is a constant 8-12°C throughout the year. The GAHX draws air through an underground network of pipes, where it is either pre-heated by the ground in winter or pre-cooled in summer

For example, an outside air temperature of -5°C during winter can be raised to +4°C by the heat exchanger, before it enters the MVHR unit, based on a constant average ground temperature of 10°C. Similarly, during summer a 28°C outside air temperature can be pre-cooled to +16°C, again by using the heat exchanger and constant 10°C ground temperature, before it enters the MVHR unit.

Chris Marriott concludes: "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"

Pollen, dust from open windows, furniture and building components that emit Volatile Organic Compounds (VOCs) and Formaldehydes, are all detrimental to health. MVHR systems are able to reduce the effect of these harmful gases and airborne particles by constantly changing the air within the property.

Added to this is the fact that a typical household of four people can produce up to 18 litres of moisture per day, simply by breathing, cooking and washing. Eventually, this can lead to mould growth that has been shown to cause bronchial conditions and proliferation of dust mite, which can cause asthma and allergies. An MVHR system is able to reduce relative humidity below 70 per cent, eliminating all these problems.

For more information on The National Self Build & Renovation Centre in Swindon, visit: [www.buildstore.co.uk](http://www.buildstore.co.uk)

To find out how an MVHR system from ADM can help you, telephone: 01756 701051 or visit: [www.admsystems.co.uk](http://www.admsystems.co.uk)

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