

DIY SOS: Butterfly Effect Wellbeing



Daikin donated an air source heat pump to a mental health charity, as part of the BBC's DIY SOS project.

Daikin contributed to their second DIY SOS project in 2023; this time for a mental health & wellbeing charity.

The BBC project involved a heart-warming makeover for a mental health charity in Harlow, Essex. The special episode saw host Nick Knowles and various Eastenders stars come together to transform a scheme aiming to 'bring people together and improve mental health'.

About the Butterfly Effect Charity

Butterfly Effect Wellbeing is an Essex-based charity set up by former Pharmacy Technician Angie Hannibal after losing her mum to suicide. She runs the group with fellow director Dawn, who also lost her brother to suicide. They run a range of groups designed to bring people together and improve mental health – these include a Men's meet-up, a singing group, 'Chill and Chat' teen sessions, and a baby group. They also run workshops which include cooking and crafts and they offer a range of holistic therapy classes.

However, the charity was operating out of a portacabin. Better facilities would enable Angie and Dawn to offer more services to even more people who really need help, currently on long waiting lists for support and potentially at risk of self-harm and suicide.

The project was completed in just six days – transforming a derelict bungalow into a new wellbeing hub

The building project

The local council had leased the charity a building to continue their important work in a safer and warmer environment. However, the disused former caretaker's bungalow was in a state of disrepair, needing extensive internal and external works to make it fit for purpose. With the help of volunteer trades and donations from local merchants, BBC1's DIY SOS: The Big Build turned this unloved space into a warm and welcoming centre, where everyone in the local community can go for help, support and company when they most need it.

Type

- › Commercial
- › Healthcare
- › Refurbishment

Year of installation

- › 2023

Project requirements

- › Heating

Installed systems

- › Daikin Altherma
3 Monobloc Low
Capacity



Donating an air source heat pump

Daikin stepped forward to donate an air source heat pump to the project, and local company, AJ Mechanical Services Ltd, donated their time and skills to install the system. The Daikin Altherma 3 Low Capacity Monobloc was selected for its quiet operation, consistent heating and low operating costs. It also had a significant impact on reducing the carbon footprint of the building.

"It was a fantastic opportunity for Daikin to play a role in this huge team effort, to give something back to the community." Mark Ingram, Sales Engineer, Daikin UK

'A warm, safe and serene hub'

Angie Hannibal, co-founder of Butterfly Effect Wellbeing, was delighted with the outcome of the project. "The impact the build has had already on the community is amazing - the building, the garden. It's just unbelievable," she said. "It really is now a wonderful, warm, safe and serene hub to relax with friends, and to make new friends."

The Daikin Altherma 3 Low Capacity Monobloc heat pump is clearly doing an excellent job keeping the environment warm and cosy for the occupants while

keeping costs down. "It is good to know we can keep it toasty over the winter without breaking the bank," Angie confirmed. "We can now offer a warm place for people to come when maybe they cannot heat their own place."

Angie also appreciates the heat pump's green credentials. "Knowing it's a bit greener is good. Everyone should be trying harder to lower their carbon footprint."

"We can now offer a warm place for people to come when maybe they cannot heat their own place."
Angie, Butterfly Effect Wellbeing

The result

The new well-being building provides the charity with a permanent home where they can continue their work and offer a safe place to people when they most need it.

"Thanks once again to all at Daikin. The difference that the air source heat pump will make to the Butterfly Effect is huge. In real terms, the less they have to spend on heating the building, the more they can spend helping people." DIY SOS Production lead

"Your kind volunteering has helped transform a derelict building into an open and inclusive space which will offer support to people experiencing social isolation, loneliness and mental health struggles." Angie, Butterfly Effect

Kit List

| Code | Description | No of units |
|-----------|---|-------------|
| EDLA06EV3 | Daikin Altherma 3 Monobloc Low Capacity | 1 |



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