

Latton Bush Centre
The Bungalow
Harlow
CM18 7BL



DIY SOS NEEDS YOU!

BBC One's DIY SOS is coming to do a big build in

HARLOW, ESSEX

Trades Day: 3rd October 2023

Build Dates: 25th - 31st October 2023

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

Butterfly Effect Well-Being is a Community Interest Company. Its director is former Pharmacy Technician Angela Hannibal who set it up after losing her mum to suicide. Her mum had struggled for years with poor mental health and after she died Angle quit her career to try to help people like her. She runs the group with fellow director Dawn who also lost her brother to suicide. Currently operating out of a portacabin, the CIC has been given a building by the local council, but it's 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, DIY SOS: The Big Build will turn this unloved space into a warm and welcoming hub, where everyone in the local community can go for help, support and company when they most need it.

We need help from tradespeople and suppliers by donating skills and materials. We offer an experience of a lifetime, delicious hot meals and the joy of volunteering so please come and join Nick Knowles and his amazing team!

To join the build, you will need to attend our Trades Day so please email

diysosharlow@bbc.co.uk

as soon as possible with your trade, phone number and availability.

Please include your trade and name/company name in the subject line. Thank you.