



aspire  
housing

# Dealing with **Condensation, Damp & Mould**

we build / we train / we support : we are aspire



# What are the different types of dampness?

## Condensation

Condensation is probably the most common form of moisture in buildings and in the home. This leaflet explains how you can help to reduce condensation within your home and prevent unsightly mould growth on decorated finishes and soft furnishings.

### How does condensation occur?

Condensation occurs when warm moist air, comes into contact with cooler surfaces. Lack of adequate ventilation allied with modern occupancy lifestyles in terms of cooking, washing and bathing can lead to a build-up of excess humidity and moisture within a property.

### Why is condensation a problem?

Left untreated, condensation can result in peeling decorations, unsightly mould growth and damage to fabrics and clothing, particularly in areas with little air circulation.

## Damp

Damp, not to be confused with condensation, is generally caused by failure of a property's structure or external fabric and there are two common types:

### Penetrating Damp

When moisture enters your home because of an external defect (for example a crack in a wall or missing roof tile).

### Rising Damp

Usually when a property's Damp Proof Course (DPC) or membrane fails and moisture from the ground rises and damages plaster finishes and decoration.



# How to reduce condensation in your home

## Control excess moisture

- Improve ventilation to evacuate excess moisture. Open trickle vents in windows and refrain from isolating extractor fans in kitchens or bathrooms.
- When cooking and bathing keep kitchen and bathroom doors closed to prevent moisture spreading into adjacent rooms.
- Don't block air vents or trickle vents during winter months. Trickle vents are small openings in a window. These openings allow air to pass from one side of the window to the other.
- Where practical, remove furniture from poorly ventilated external walls.
- Wipe down surfaces when moisture forms to prevent mould forming, particularly on glazing during winter months.

## Produce less moisture

- Reduce sources of excess moisture (e.g. drying clothes indoors or paraffin/calor gas heaters).
- Ensure that tumble dryers are vented externally or in accordance with manufacturer's recommendations.
- Cover fish tanks and remember that house pets produce moisture too.

## Keep your home warm

- Increase heating levels (and keep constant where possible).
- Insulation and draught proofing will help to keep your home warmer and help to reduce fuel bills. When your home is warmer along with internal finishes, condensation is less likely to form.

We know **energy costs** are rising. If you feel like you are **struggling** to heat your home contact our **Money Advice Team** for support on **(01782) 635200**.



# Our advice



## Do

- Heat your property to a suitable temperature between 19-21°C.
- Ventilate your property, particularly when cooking and bathing.
- Remove excess moisture from cool surfaces to prevent mould spores from germinating.
- Consider occupancy levels within your home and the humidity levels generated.
- Clean areas of minor mould growth with an approved Mould & Mildew treatment in accordance with manufacturer's recommendations.
- Wipe areas of moisture from your window frames with a cloth especially in the morning.
- Leave kitchen and bathroom doors closed when in use.



## Do not

- Cover or block trickle ventilation or air bricks within your home.
- Isolate or switch off extractor fans in the kitchen or bathroom.
- Leave condensation on windows or frames.
- Dry large volumes of clothes on radiators, particularly during winter months.



These changes can make a **real difference** in your home. It's important to follow these steps especially in the winter months when temperatures are lower and there is more rain. If you are worried about signs of condensation, damp and mould in your property, **you can ring our team on (01782) 635200**

# First steps to prevent condensation related mould

## Minor areas

- Treat minor areas of mould with an approved mould & mildew treatment (available from hardware stores and supermarkets) in accordance with manufacturer's recommendations.
- Increase ventilation either mechanically or naturally, particularly when cooking and bathing.
- In affected areas reposition furniture where practical, particularly when adjacent to external walls to improve ventilation.
- Once mould spores have been treated, redecorate using a quality fungicidal paint to prevent mould spores from germinating.
- Stripping of contaminated wallpaper is usually necessary.



Astonish Mould & Mildew Remover - 750 ml from £2.00 (found in most retailers)



Dehumidifiers/Moisture Absorbers from £1.00 (found in most retailers/supermarkets)



Karcher Window Vac from £39.99, suggested retailer Argos/Amazon

(prices subject to change)



## What next?

If you have followed the advice given within this guide and feel that your property is continuing to suffer from condensation or moderate/severe mould growth, please contact **Aspire Housing's Customer Service Centre on (01782) 635200**.



# What happens when you report the issue to us



## Notes

## Follow us



**Aspire Housing, Kingsley, The Brampton,  
Newcastle-under-Lyme, ST5 0QW**

01782 635 200 | [www.aspirehousing.co.uk](http://www.aspirehousing.co.uk)

February 2022 | Version 1



Please recycle me

**we build / we train / we support : we are aspire**

