

Letting your home breathe

Unfortunately, issues of dampness, condensation and mould can be a common problem in homes across Scotland.

The cause of dampness is often due to water ingress from defective roofs, windows, flashings, brickwork, leaky pipework, blocked gutters or insufficient heating and ventilation.

Rising damp can also be caused due to a damaged or ineffective ground floor damp proof course.

Should you believe you have an issue or dampness, condensation or mould within your home, the City of Edinburgh Council will arrange a dampness survey and inform you of the recommended course of action we will undertake to ensure you continue to enjoy your home in its best possible condition.

Please contact Repairs Direct on 0131 200 2345 to register your concerns and to arrange a dampness, condensation and mould survey appointment.

In addition to the survey and any necessary repairs as a result, we can also help you reduce, and in some cases prevent the build-up of moisture in the home.

This is where our Energy Advice Service delivery partner, Changeworks, can help with advice and guidance. Day to day activities such as drying clothes, cooking, taking a shower and even your breathing while asleep all add moisture to the air inside your home. It's important to let this moisture out as it can cause condensation and damp. Ventilation is very important as it lets out damp or stale air inside your home and lets fresh air in.

As part of our procedure to manage dampness, mould and condensation, your Housing Officer will contact you to discuss the benefits of a Changeworks referral.

What is condensation?

Condensation is water droplets which collect on a cold surface, these droplets are formed when air which is saturated with moisture is cooled and turns from a vapour into a liquid. It can encourage the growth of mould and that may increase the risk of illnesses like asthma and bronchitis, so it is important to try to reduce condensation in the home.

Here are some tips and advice on reducing condensation and letting your home breathe.

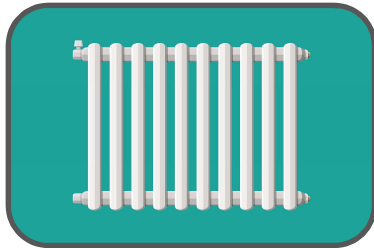
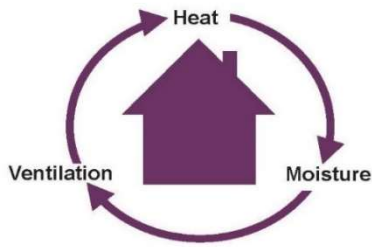
Top tips

- Keep the trickle vents in your windows open if you have them. Trickle vents are small vents built into your window frame that allow moisture to escape without making the room too cold.
- Open the window and shut the door in any room where you are drying clothes. It helps to dry clothes outdoors if you can.
- Make sure air can circulate in rooms by leaving gaps between furniture and the walls.

- Air rooms that people use regularly, especially bedrooms, by opening the windows for 10 minutes a day when possible, before you turn the heating on. A lot of moisture is produced by breathing.

Insulation and heating

- Keep temperatures in all rooms above 15°C if you can. This will cut down the amount of condensation forming on walls and fabrics (it may still form on windows).



Kitchen

- Close the kitchen door when cooking.
- Open the window to let moisture out.
- Use lids on pots and pans.
- If you have an extractor fan use it when cooking.
- If you have a tumble dryer, vent it to the outside if possible.

Bathroom

- Close the bathroom door when steam is being produced from a bath or shower.
- Open a window after using the bath or shower to allow the moisture to escape.
- If you have an extractor fan, make sure it is working.

What not to do

- Don't fit draught proofing in a room that already has a condensation or mould problem.
- Never block air bricks in walls or trickle vents in windows.
- Never draught proof a room that has a cooker, boiler or gas or solid fuel heater without checking with your Housing Locality Officer first.
- Do not draught-proof windows in a kitchen or bathroom unless the window has a trickle vent or there is an extractor fan.

For more advice contact the Energy Advice Service for Council tenants by:

- Calling on Freephone 0800 870 8800
- Emailing warmth@changeworks.org.uk
- Visiting www.changeworks.org.uk
- Speak to your Housing Officer

