

## What causes Damp and Mould?

Condensation is the most common cause of damp in a home. It happens when a property can't deal with water vapour due to lack of insulation, ventilation or heating, or a combination of all these things.

Condensation appears when excess moisture in the air comes into contact with a cold surface such as a window or a cold wall. It can lead to mould growth. Moisture is always in the air, even when you cannot see it.

## Is this the only cause of damp in my home?

Damp may also be due to:

- Leaking pipes, wastes or overflow pipe, or rain seeping through the roof where a tile or slate is missing
- Rising damp - due to a defective damp-proof course or because there is none. This only occurs on ground floor walls and can usually be identified by a tide mark up to 1 metre above the ground
- Water penetrating the building from outside to inside, for example due to window disrepair or a leaking downpipe.

These issues are our responsibility. Please submit a repair request through NKS should you consider any of the above are a reason for damp in your home.

## What is mould?

- Mould can grow wherever there are damp surfaces in your home. Black pinpricks of mould will form on walls, ceilings and even furnishings.
- The mould can be treated but the main cause must first be removed, moisture!

Our everyday activities add extra moisture to the air inside our homes.

Even our breathing adds some moisture. One person asleep adds half a pint of water to the air overnight and at twice that rate when active during the

To give you some idea as to how much extra water this could be in a day, here are a few examples:

- 2 people at home = 3 pints
- A bath or shower = 2 pints
- Drying clothes indoors = 9 pints
- Cooking and use of a kettle = 6 pints
- Washing Dishes = 2 pints

**Total Moisture added in one day:**  
**22 pints**

The only way of preventing severe mould growth is to eliminate the cause of the dampness. If we are able to deal with the basic problem of moisture within the home, mould should not appear.

# A guide to DAMP, MOULD & CONDENSATION



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# Ventilation and Controlling Moisture...

## What can I do to produce less moisture?

- Use lids on pans and do not leave the kettle boiling.
- Dry clothes outside where possible. If you have to dry inside, do so in the bathroom with the door closed and the window open or with the extractor fan on.
- Avoid drying clothes in front of a fire or on a radiator.
- Vent tumble dryers to the outside air, unless they are the self-condensing type.



## Ventilate your home

- Keep your windows slightly open or keep trickle vents and outside vents open and clear.
- Open your bedroom window for 5- 10 minutes when you get up.
- Open a window and use an extractor fan after you have taken a bath or shower and whilst cooking. Keep the door closed to prevent moisture reaching other rooms.

## Draught Proofing and Heating

- When the whole home is warmer, condensation is less likely.
- Try to keep your home properly heated. It usually helps to keep a low background temperature of at least 15 degrees C in all rooms.
- If you have night storage heaters, talk to your energy supplier. They may be able to change your off-peak heating to one that provides a mid-afternoon boost.

## Take care...

- Avoid blocking permanent ventilators e.g., air bricks and chimneys.
- Do not draught proof rooms where there is condensation or mould or where there is a cooker or a fuel burning heater - eg a gas fire.
- Please contact the NKS Repairs service if you are concerned about draughts in your home. Draught proofing kitchens and bathrooms can result in condensation.

## Dealing with mould

- Once the source of moisture has been dealt with, problem areas of mould should be removed.
- Some mould can be killed and removed by using a recommended fungicidal wash. If you are going to tackle areas of unsightly mould on hard surfaces, please follow the manufacturer's instructions precisely.
- If surfaces do not come clean and you remain concerned, please contact the NKS repairs service to file a repair request. We will then assess if redecoration is appropriate.
- If there has been carpet or furniture damage due to mould, please contact us through our Here4U service and we will arrange an assessment visit.
- Remember, mould spores can be dangerous to your health. Please use our Here4U Service should you need advice.

