

# Warmth versus Ventilation



Striking the right balance between warmth and ventilation is important and can be very effective.

By opening windows or ventilating your home it may appear that you are losing some heat, but what you are actually doing is allowing warm moisture-laden air to escape and permitting cool dry air to enter your home.

Dry cool air is actually cheaper to heat than warm moist air! Many people who have double-glazing installed experience problems with condensation and mould growth that they did not experience with their old draughty window frames. However, by using trickle vents or opening windows slightly, then the necessary ventilation can be achieved.

Remember - The advice is to ventilate for an appropriate period of time, usually between 30 mins to 1 hour, not to leave the windows open all day.



## Useful Phone Numbers

Emergency Call	999	Scottish Water	0800 077 8778
Police Non-emergency	101	Gas Emergency	0800 111 999
NHS Non-emergency	111	Floodline	0845 988 1188
Electrical Emergency	105		

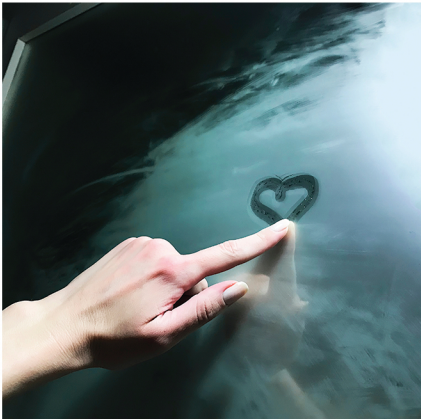
National Domestic Abuse Helpline	0800 027 1234
Social Work & Homelessness Svc <small>(out of hours)</small>	0189 675 2111
Citizens Advice Central Borders	0189 675 3389
Money Advice Scotland	0141 572 0237
Scottish Borders Council	0300 100 1800

Age Scotland	0800 124 4222
Border Women’s Aid	0145 021 8409
Universal Credit Line	0800 328 5644

## Berwickshire Housing Association



Phone: 0800 652 8104  
Email: [info@berwickshirehousing.org.uk](mailto:info@berwickshirehousing.org.uk)  
[www.berwickshirehousing.org.uk](http://www.berwickshirehousing.org.uk)



GUIDE

CONDENSATION,  
DAMP  
&  
MOULD



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

**Pints of water produced**

**2 people at home for 1 day**



**Cooking and boiling a kettle**



**Having a bath or shower**



**Washing clothes**



**Drying clothes**



## WHAT IS CONDENSATION?



Condensation is caused by water vapour or moisture from inside the home coming into contact with a colder surface, such as a window or wall. The resultant water drops (condensation) may then soak into the wallpaper or paintwork or even plasterwork.

## WHAT CAUSES CONDENSATION?

- 💧 Too much moisture in your home
- 💧 Too little ventilation
- 💧 Cool temperatures

## WHEN DOES IT OCCUR?

Condensation occurs mostly in winter because the building is colder, windows are opened less and the moist air cannot escape.

## WHERE DOES IT OCCUR?

Condensation occurs most often in bathrooms and kitchens. It can also occur in rooms left unheated for long periods of time or in cupboards or corners of rooms where there is poor air circulation.

Mould grows on damp surfaces and is usually caused by condensation. Occasionally, dampness may be caused by water getting into your home from leaking pipes, blocked gutters or an outside wall which needs repointing. Please call us if this is the case.



## HOW TO REDUCE CONDENSATION.



### Wipe it

Dry your windows and windowsills every morning, as well as wet surfaces in the kitchen and bathroom. Then, wring out the cloth rather than dry it on the radiator.



### Try to keep the inside temperature relatively constant

The best way to combat condensation is to keep a steady, low temperature throughout your home for long periods of time.



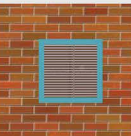
### Avoid drying clothes indoors

Don't put washing on radiators or in front of a radiant heater.



### Move furniture away from external walls

If possible, place wardrobes and cupboards against internal walls where there is less risk of cold and damp from outside. Try not to overfill them, as this reduces air circulation.

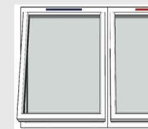


### Don't block air vents/ bricks

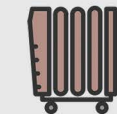


### Ensure tumble driers are properly vented

If you use a tumble dryer, make sure it is vented to the outside or it is the new condensing type.



### If your windows have trickle vents, keep them open

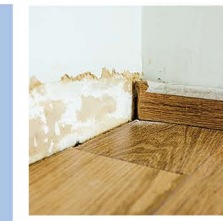


### Do not supplement your heating with paraffin gas type heating

## Keep the property well ventilated



Ventilating your home replaces moist air with dry air from the outside, and doing this for just 30 minutes a day helps reduce condensation. Remember to close the windows for security when you go out.



The Diamond Insurance Scheme can offer you insurance for the contents of your home including cover for items such as furniture, carpets, curtains, clothes, bedding, etc. Find out more here, <https://www.sfha.co.uk/diamond-insurance>

BHA will help tackle the condensation and damp in partnership with you. BHA does not cover damage to your home content as part of the tenancy agreement. We advise that you consider getting home content insurance for your personal belongings.