

COWLEY RMO



Serving the community

Tips for Tackling Damp & Mould Problems

Practical tips and advice on how to
reduce and stop damp in your home.
For more advice, contact the Repairs &
Maintenance team on
020 7926 0690

Or email: XDHSCowley1@lambeth.gov.uk

Can you see a stain or white tidemark on the wall or ceiling?

Tackling damp and mould.



- ◆ Does your home feel damp
- ◆ Is there mould on your walls, furniture and clothes.

The likely cause is water from a leaking pipe, a leaking roof or a defective damp course. The white mark is due to salt deposits in the water.



Can you see mould on the ceiling or walls – especially in corners or behind wardrobes?

The likely cause is **condensation**:

Condensation is caused by warm, moist air coming into contact with a colder surface such as a window or wall and then turning to water.

Please don't leave it. If you follow the practical steps in this leaflet you may find you can sort out the problem yourself.

Tips for dealing with mould

Take action early if you see mould!

- Everyday household activities such as cooking, washing and bathing all generate surprising amounts of moisture.
- Double glazing can help seal moisture in so always ensure trickle vents are kept open and aren't blocked. Spaces where there is little movement of air behind cupboards or wardrobes – encourage condensation.
- Colder surfaces like north facing walls are more prone to condensation.



Wipe down your walls and ceiling with a fungicidal wash to get rid of mould.
Ask at your local hardware or DIY shops.

**Dry clean mildew
clothes and
shampoo carpets**

**Re-decorate with a
fungicidal paint to prevent
the problem
re-occurring once you
have treated it**



Tips for Reducing Moisture and Improving Ventilation

When Cooking:



3 Hours of Cooking = 3 Pints of moisture released into the air



Keep your kitchen door closed to stop moisture escaping to other areas of your home



Open your windows for a short time to let steam and moisture out.

When Drying Laundry:

Ensure your tumble dryer is vented to the outside or that the room it is in is well ventilated so moisture can escape.



If you don't have any outside space to dry your laundry, open the window or put your fan on

If you do have outside space, hang your washing out to dry



Dry Clothes releases an approximate of 10 pints of moisture in the air

Don't dry your washing on the radiators (if you do, open a window)

Bathing and Showering:

Put cold water in the bath before adding hot water to reduce the amount of steam.

Taking A Bath= 2 pints of moisture released into the air



When bathing avoid splashing water over tiles if they are not tiles.



Always use a shower curtain

Tips for Improving Ventilation



If you don't have vents or extractor fans, open windows for a short time during and after bathing or cooking

Use vents and extractor fans where provided – with regular checks to ensure they are in good working order and not blocked

Position wardrobes and other furniture against internal walls rather than colder external ones where possible

Tips Heating

Don't place furniture or curtains in front or over radiators



Use your timer and thermostat to set your heating

Close your room doors to keep heat in and moisture out

Keep your home warm enough to reduce condensation – between 18-21 °C for healthy adults when you are moving about

Don't switch your heating off contact our Energy Advice Team if you're struggling to pay your heating bills

Further information

For advice on energy saving and managing your heating bills contact our energy advice team on: **energyvice@www.lambeth.gov.uk**
www.lambeth.gov.uk/energy

As a council tenant you are responsible for keeping condensation down. We will do what we can to advise you and fit extractor fans and vents where possible.

***For more information and useful links contact
Cowley RMO office on 020 7926 0690***

