# A helping hand.

## Follow our checklist:

- **Open windows** for at least 10 minutes and use trickle vents where available.
- Keep your home warm – Aim for around **18-21°C** in the main living areas.
- **Close internal doors**, open a **window** and use an **extractor fan** when cooking.
- **Reduce kitchen steam** by **putting lids on pans** and only boil the water you need.
- Take **shorter showers** and open a window during and after.
- **Wipe away condensation** on any dry windows, mirrors, tiles and shower screens when moisture builds up.
- **Dry clothes outside where possible.** If drying indoors, **ventilate the room** and keep the door closed.
- Leave **a gap between furniture** and don't block airbricks or vents.
- Clean any **mouldy areas as soon as possible** with a suitable **fungicidal wash.**
- **Don't leave wet towels around** and avoid drying clothes directly on radiators.
- **Check for leaks**, including **dripping taps**, pipes and **seals around baths** and **showers**. Arrange repairs promptly.



# Let's talk.

Aran and LEAP can help you explore practical ways to make your home **more energy efficient.**

LEAP supports households experiencing or at risk of fuel poverty. Support is available to **homeowners**, **private renters** and **social housing tenants.**

We can also help you **access government funding**, boiler and appliance schemes, and **energy supplier support**.

## You may be eligible if one of the following applies:

- Your total annual household income is **less than £31,000**
- You receive certain benefits, such as **tax credits**
- You receive an **income** or **disability related benefit**

**0800 060 7567**
www.applyforleap.org.uk

**info@arangroup.co.uk**
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LEAP LOCAL ENERGY ADVICE PARTNERSHIP

# Damp, mould & condensation

Understand the causes and find the support you need


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# Damp:



**Rising damp, though less common than mould, can still damage your home.**

Rising damp can occur when a damp-proof course fails, allowing ground moisture to climb your walls, which often **emerges via the appearance of 'tide marks'** from salt deposits in groundwater.

Penetrating damp occurs when moisture enters your home from outside. It can affect any level of the property and is often caused by **structural issues** such as **overflowing gutters**, **missing roof tiles** or **leaking pipes.**

If you spot damp, it's crucial to determine its cause and take action as soon as possible.

## Typical signs of penetrating damp:

- Growing areas of damp on walls or ceilings
- Blotchy patches on walls
- Cracked or missing mortar between bricks
- Wet and crumbly plaster
- Signs of spores or mildew
- Drips and puddles

# Mould:



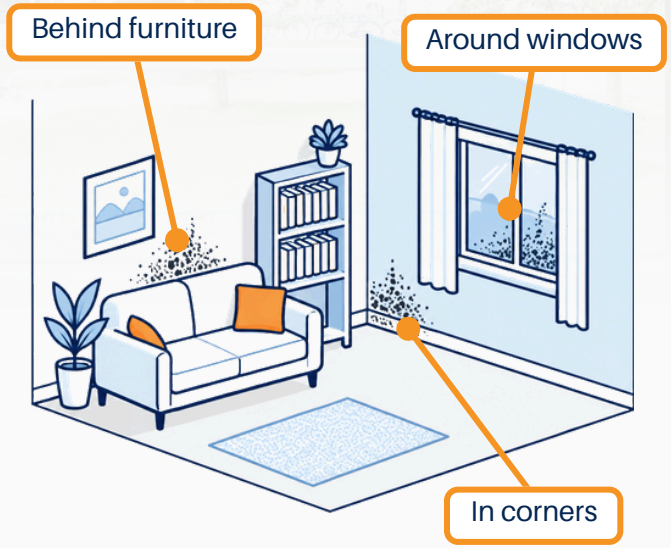
**Mould from condensation can stain or damage your home's interior and belongings, creating a musty odour.**

Black mould might mean **condensation**, not rising damp.

You should **treat black mould with a fungicidal wash**, following the product's instructions. Certain paints can slow mould regrowth, but you'll need to **manage the condensation** to fully stop it.

## Where mould could be hiding in your home:

Check where moisture could build up and air doesn't circulate as easily.




# Condensation:



**In winter, many UK homes struggle with condensation when warm air meets cold surfaces, creating water droplets.**

This not only **damages household items** but can also **affect health**.

Allowing **air to circulate** and keeping **rooms well-ventilated** helps remove moist air, keeping your home dry and preventing condensation.

The major difference between condensation and other forms of dampness is that you can **reduce the problem** by changing behaviour.

**Use extractor fans when cooking or showering.**

**Keep lids on pans when cooking.**

**Wipe moisture from windows and sills.**

