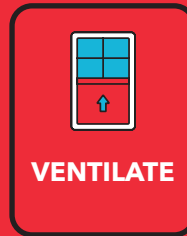
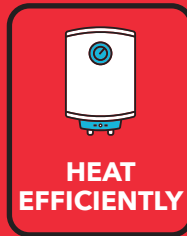
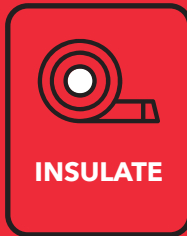


# DO YOU HAVE MOULD AND CONDENSATION IN YOUR HOME?

## 5 STEPS TO REDUCE DAMP, MOULD AND CONDENSATION IN YOUR HOME



**Does your home have water stains on the ceiling?**

**Are there black specks on the side of your windows and walls?**

**Cold homes increase the risk of damp.**

**Report damp and mould concerns as soon as possible so that action is taken.**

### Where to get help

- If you live in privately rented accommodation please talk to your landlord. If there is no response get in contact with [ENVPrivate.SectorHousing@newham.gov.uk](mailto:ENVPrivate.SectorHousing@newham.gov.uk) to request a **FREE** home visit
- If you live in council housing, get **FREE** advice and support from Newham Council's Damp and Mould Taskforce [dampandmouldtaskforce@newham.gov.uk](mailto:dampandmouldtaskforce@newham.gov.uk)
- Keep your home free from mould and condensation this winter by getting advice and support, visit [www.newham.gov.uk/housing-homes-homelessness/damp-condensation-mould](http://www.newham.gov.uk/housing-homes-homelessness/damp-condensation-mould)

# CAUSES OF DAMP, MOULD AND CONDENSATION:

1. Building condition – age, design, outstanding repair work such as leaky or broken pipes
2. Cold surfaces from a lack of insulation
3. Poor ventilation
4. High temperatures in only one area of a home
5. Moisture from everyday activities including bathing, cooking and drying clothes

## Tips to help reduce damp, mould and condensation

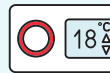
### REPORT IT

If you rent, it is your landlord's responsibility to provide a safe, healthy home and fix repairs that might be causing damp. Report any issues to your landlord and if there is no response, contact our housing team at [ENVPrivate.SectorHousing@newham.gov.uk](mailto:ENVPrivate.SectorHousing@newham.gov.uk)



### HEAT EFFICIENTLY

On cold days keep the temperature to 18°C in bedrooms and 18-21°C in the living room, lowering the temperature at night and when you are out. If you rent and there are heaters that don't work or there's no thermostat or other controls then report it to your landlord. Contact the council if there is no response.



### LOW MOISTURE

Always cook with pan lids on preventing steam from escaping – it'll be cheaper as you use less energy to cook.



### INSULATE

Loft and wall insulation and draught proofing will keep your house warmer. Ask your landlord to get these works carried out.



### VENTILATE

Use an extractor fan if possible. They only cost pennies to run every month and can make a big difference.



De-humidifiers' reduce humidity and condensation on cold surfaces, which means you can run the heating less and save money in the long-term.

### HANG WASHING OUTSIDE

During winter months dry clothes in the bathroom with door closed and window slightly open or extractor fan on.



### CLEAN

Wipe down mould growth using an approved mouldicide or fungicidal wash.



## How can damp, mould and condensation affect my health?

Inhaling or touching mould spores can lead to asthma attacks and cause allergic reactions such as sneezing and skin rashes.

If you are worried about your physical and/or mental health call 111 for more information on where to get help or talk to your local GP or pharmacist.

## Mayor of London and Local Authority Schemes

Various grants are available for low income owners or those privately renting their home. They cover free heating, insulation and ventilation improvements.

Visit [www.newham.gov.uk/energy](http://www.newham.gov.uk/energy) for details of the range of grants available.