

What causes condensation?

Condensation is caused by air expanding or cooling. Air holds water vapour, and if the air cools by coming into contact with a cold surface like a wall or window, the water vapour will become a liquid. This is condensation.

Condensation occurs mainly in colder weather. It appears on cold surfaces and in places where there is little or no movement of air, such as behind furniture or inside cupboards. Damp areas can become discoloured or suffer from unpleasant mould growth.

There are four main reasons why condensation can be produced within your home:

- There is too much moisture in your home
- There is not enough ventilation
- The temperature of your home is inadequate
- A cold surface

Get in touch

If you have any questions or need support with your Changing Lives Homes property, we're here to help.

Call us: 0191 273 8891

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You can also find more information, advice, and ways to get in touch with your local team on our website.

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CONDENSATION AND MOULD GROWTH IN YOUR HOME

What can you do to reduce moisture?

The more moisture that is produced within your home, the greater the chances are of condensation occurring, unless there is adequate ventilation.

These steps will help you reduce the moisture in your home:

- Do not allow pans or kettles to boil longer than necessary.
- Cover pans while cooking.
- Try to keep kitchen and bathroom doors closed when you are cooking, washing or bathing.
- Dry clothes outdoors where possible. If you need to dry clothing indoors, leave the window in the room slightly open.
- Do not dry clothes on a radiator.
- Provide adequate heating in your home. Some dwellings take a long time to warm up, so it can be cheaper to leave some background heating on in cold weather.

Ventilate to remove moisture and provide air circulation. Nobody likes draughts, but some ventilation is essential, such as:

- Open windows a little to get rid of moist air and provide circulation.
- Ventilate kitchens and bathrooms. If you have an extractor fan, use it.
- Do not overfill wardrobes or cupboards.
- Do not place furniture directly against walls – leave some room for air to circulate.



Example: Condensation and mould build-up on a window frame caused by excess moisture and poor ventilation.

How do I treat mould?

To remove mould, wipe down washable surfaces with cleaners specifically aimed at killing mould.* Soft furnishings should be washed or dry-cleaned.

Once you've treated mould growth, you can deal with the condensation and then mould will be less likely to reappear.

*For health and safety reasons, always follow manufacturer's recommendations.