

Is your house suitable for insulation?

Insulation services provided by

 **Max Energy**
Sustainable Homes

Check your Energy Performance Certificate – you can find this here: <https://www.gov.uk/find-energy-certificate> this will tell you if you have insulation or it is recommended that you get insulation.

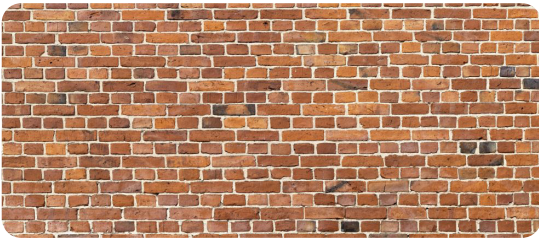
If your **EPC** has expired, you may need an assessment to check the measures. This certificate will tell you what rating you have for each of the features of your house. It may be clear what wall types you have, what insulation you have already and what insulation that may be available to you.

Age of house – You can get a good idea of how much insulation is installed by the age of your house. Houses built before 1920 aren't likely to have much in the way of insulation, as it wasn't required by building regulations.

These houses usually comprise of solid walls, which are poor insulators. Between 1960 and 1990 houses were built with an empty space between the inner and outer walls, in which case – you may be eligible for Cavity Wall Insulation. Houses built after 2000 typically have insulated walls.

Recent extensions are usually filled with insulation in line with regulations. If you have an extension it is good to know when that was built to understand whether it will be insulated already.





Solid Wall Insulation – Solid wall insulation involves adding an insulating layer to the walls of homes that do not have cavities, typically those built before the 1920s. While it can be effective in reducing heat loss, there are several reasons why Effective have decided not to pursue this option at this time.

Loft Insulation – If you have access to your loft, try to measure how thick the insulation is. At present the recommended depth for insulation is at least 270mm. This depth has changed over the years and therefore your loft may require additional insulation. If you have no insulation, you will require the full 270mm.



Floor Insulation - if you can, have a look at the underside of the ground floor via an access hatch or cellar. If your house has elevated timber floors with an empty space beneath, floor insulation should be installed, as uninsulated floors account for a large proportion of the heat loss in your home. There are several reasons why Effective have decided not to pursue this option at this time.

Cavity Wall Insulation - Cavity Wall Insulation (CWI) is a method used to improve a building's energy efficiency by filling the gap between the inner and outer walls of a property. This gap, known as the cavity, can lead to significant heat loss if left uninsulated.

By installing CWI, homeowners can drastically reduce heat loss, leading to lower energy bills and a more comfortable living environment. You can check if you have a cavity wall by understanding the age of your house, or examine the external brickwork. If the bricks are all the same size and laid in a uniform pattern (all bricks are longer), it's likely a cavity wall. If some bricks are laid with their ends showing (a mix of long and short bricks), it might be a solid wall. Alternatively, please ask a professional.



Draughts - You've probably noticed that you have a draughty house if you can feel a cool breeze when watching TV. Try to find the source of the draught to see if it's a quick fix – check around your windows and doors, the loft if you have one, wall and ceiling joints, and between floorboards. Easy solutions include foam or brush strips around the doors, a letterbox flap, and sealant or caulk for any gaps or cracks. You may need professional help with larger issues like a draughty fireplace.



The Pros and Cons of Insulation

Pros

- **Energy efficiency:** Insulation helps keep your home warm in winter and cool in summer.
- **Comfort:** Insulation can reduce condensation on internal walls and make your home more comfortable.
- **Noise reduction:** Insulation can reduce noise between rooms.
- **Fire protection:** Insulation can provide additional fire protection.
- **Moisture control:** Insulation can help control moisture in high-humidity areas

Cons

- **Cost:** Insulation can be expensive, especially when installed externally. Effective only offer Loft and Cavity Wall insulation which is the most affordable types of insulation for suitable properties.
- **Installation:** Installation can disrupt living space and may require scaffolding and safety equipment, however loft and cavity installation can be completed within one day and in most circumstances isn't too disruptive.
- **Health:** Some types of insulation, like fiberglass and mineral wool, can irritate the skin and lungs. Effective use Earthwool for loft insulation, which can be irritable but being housed in the loft you shouldn't have any issues. For Cavity wall insulation we use thermabead. With it being within the wall cavity, there is no interaction with it and therefore no health concerns.

Get a FREE quote

Get in touch and find out more
effectivehome.co.uk/contact-us