

# DAMP AND MOULD: HEALTH TIPS FOR YOUR HOME

**Signs of damp and mould in your home are much more prominent in the winter months – and we're here to make sure you know exactly what to do when you see them.**

At Freebridge, we take any report of damp and mould very seriously. If you see any indication of it developing or if you are unsure then please get in touch – we would be pleased to help and share more information that will help you better understand how we can combat damp and mould.

## Moisture matters

**Condensation or moisture on surfaces is a major factor when it comes to mould developing.**

This is common in bathrooms and kitchens, but also forms on bedroom windows – as you may often see when you wake up in the morning.

If you see these signs in your home, it is important that you take a few minutes to wipe the moisture away at the earliest opportunity. Areas to look out for are windows, walls, tiles and even shower screens or curtains.

If you spot either a damp patch or a leak in your home, you should call us on **03332 404 444** at the earliest opportunity, while also keeping the area as dry as possible in the meantime.

The absolute best way you should do this is by calling us on **03332 404 444** or by emailing [repairs@freebridge.org.uk](mailto:repairs@freebridge.org.uk) with a picture and explanation of the area(s) you are concerned about.

When it comes to damp and mould, there are multiple reasons of why it could appear in your home and it's our job to investigate exactly why this has happened.

If you are concerned about your home being affected, please check out our best tips that you can easily utilise to keep yourself free of it.

## Value ventilation

**Winter is very cold and we understand that. But opening windows and allowing fresh air into your home is a vital way to stop damp and mould developing.**

Likewise, using your extractor fans – be it in the kitchen or bathroom – will help remove as much moisture from the air as possible.

It's also a good idea to close the doors in your bathroom and kitchen when you're bathing or cooking, which will stop the spread of any moisture.

Doing your cooking with the lids on your pans and putting the cold water in first when running a bath also vastly reduces the moisture that builds, as does opening a window in both situations.

## Climate control

**We appreciate energy isn't cheap to purchase at the moment, but keeping your house warm helps prevent damp and mould.**

That's because mould thrives in low temperatures.

So, it's important to keep your property as warm as you're possibly able to - especially in your living room and bedrooms.

## Drying dilemmas

**We've all done it at some stage, but drying clothes on your radiators should be avoided.**

Drying your wet clothes this way massively increases the amount of moisture that is released into your home and often creates damp spots.

To achieve the best conditions for drying your clothes, find a well-ventilated room and place them on a clothes airer. If you can, you should also look to close the doors to the rest of your house while they dry. Bathrooms are the ideal room for this as they have an extractor fan, and are probably one of the easiest rooms to keep the door closed to.

**Naturally, drying washing outside in the warmer months is the best option if possible.**

## Furniture failures

**It's common to have the furniture in your home flush against a wall - we all do it.**

But you should know that mould likes to grow in areas that the air can't circulate in your home.

**With that in mind, you shouldn't really stand your larger furniture directly against walls.**

Similarly, storing large amounts of items against a wall will offer no space for the air to move and consequently allows mould to thrive.





## Additional action

We've given you our top tips and told you when you must contact us, but should you wish to take additional action yourself to combat damp and mould, there are safe options available to you.

You can wipe walls and window frames with a preparatory mouldicide or fungicidal wash, which will carry a **Health and Safety Executive approval number**.

This will provide better prevention long-term, but you should follow the manufacturer's instructions to the letter.

You can purchase spray containers of mouldicide from retailers and the chemist and obtain mould kits from specialist suppliers.

When it comes to outbreaks on your carpet, using specialist shampoo is your best bet as brushes and vacuum cleaners will disturb the mould and risk distributing potentially dangerous spores.

Other preventative measures include using fungicidal paint and/or wallpaper paste that contains fungicide when decorating an area that has been affected.



**If you'd like to look into any of these preventative mould measures yourself and you have any questions or health and safety concerns, please do call us on 03332 404 444 and press 1 to speak to our Repairs Team.**

If you have any problems with affording to heat your home, contact our Tenancy Support Team on **03332 404 444** or email [tenancysupport@freebridge.org.uk](mailto:tenancysupport@freebridge.org.uk) as we may be able to help with bills through our Support Fund.



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**Main Telephone: 03332 404 444**

**Office Opening Hours:**

8:45am - 5.15pm (Mon-Thurs)

8:45am - 4.45pm (Fri)

Bank Holidays, Saturday and Sunday Closed

**Out of Office Hours:**

The main telephone number (03332 404 444) will divert to our 24 hour emergency service.