

Wrapping your home in its own woolly blanket

Talking about Loft insulation is a bit like talking about the drains in your property – You may have friends' round to show them a new kitchen or sofa but would never think to have a party to celebrate the drains beneath your house or the insulation in your loft.

Installation happens and is then promptly forgotten about – It is only when your drains become blocked or your house is cold, and your energy bills are still sky high that they hit the radar again.

But as we come into October, with the promise of a cold Cumbrian Winter making its way towards us, it really is time to take a look up in your loft and see what is there.

There are many different types of loft insulation but depending on the type of insulation if it was installed a number of years ago then it may have slumped and may now only half fill your joists – or less. Others may be lucky, and the insulation currently installed full-fills the joists but there is nothing above it.

As long as the existing insulation is in good condition and there is no water ingress then it is perfectly ok to leave it in place and add to the depth in the joists or cross-lay further insulation over the top.

Insulating a loft is an easy DIY job but if you are going to do it yourself do be careful. A loft is a confined space and we would recommend protective clothing – as well as knee pads, there is a lot of kneeling!

It is not always essential to remove old insulation and laying a natural fibre on top of existing is a way of encapsulating it and preventing the movement of fibres whilst giving all the benefits of the new insulation.

The job of all insulation is to prevent heat loss, but Thermafleece British sheep's wool insulation also does many other things, so before deciding just to add more of the same it is worth taking these into account:

- None Itch
- not irritating to the eyes or respiratory tract
- VOC free (Volatile Organic Compounds) VOC's are potentially harmful chemicals that evaporate from everyday materials used in your home.
- Can help clean the air in your home of harmful VOC's such as formaldehyde.
- Reduce noise
- Absorbs moisture when humidity levels are high and release it again when they become lower contributing to a more stable humidity and moisture level within the structure of your building, helping to prevent condensation forming on the inside of the building fabric which can lead to timber rot, mould growth and low air quality.
- Manage heat gain in summer by slowing the movement of heat into the home; preventing heat from outside reaching indoors during the hottest parts of the day.

So, before the cold spell hits why not take a look in your loft, it may not be as grand as a new kitchen but insulating with sheep's wool is like wrapping your home in its own woolly blanket.

#Ends

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