

## Internal Wall Insulation

Internal wall insulation is a type of insulation that is added to the inside of many types of walls, including solid, non-traditional and, in some cases, cavity wall.

Most properties in the UK that were built before the 1930s are solid wall – which means there is no gap between the internal and external wall.

If you have solid walls, then your options for wall insulation are either external or internal.

Heat loss through the walls can make up to 35% of all heat loss in the home, so insulating them will help reduce your heating bill.

If you have any damp inside your home, then the cause will need to be resolved before the insulation is installed, otherwise you could increase your damp problem.



Always use a qualified installer. SWIGA (Solid Wall Insulation Guarantee Agency) guarantee external wall insulation for 25 years, but only through registered installers.

## Things to consider

If you are unsure if you have solid walls, you can check the brick pattern of your property.

If your wall has alternating rows of full-sized bricks in one line, then what looks like half sized bricks along the next row, then you probably have solid walls.

If you can't see your bricks, then you could measure the wall depth around the edge of your window. If your wall is less than 260mm thick, then you likely have a solid wall.

If you still aren't sure, then you can ask a surveyor or contractor to check the type of wall.

Internal wall insulation is cheaper than external wall insulation, but you will need to consider how much space you are willing to lose inside the property.

Installing internal wall insulation can be a big project that will disrupt your day-to-day life within the property.

It will also leave your rooms slightly smaller, due to adding additional layers onto the inside of your walls.

## What does it involve?

There are two main ways to install internal wall insulation; you can either add insulation boards to the wall and skim over them, or build a stud wall and add insulation between the existing and new wall.

Insulation boards are thinner (around 6-10cm), so won't affect the size of your room as much, but aren't good for heavy fittings like TVs and shelves to be attached to. This method only works on walls that are already flat and free from defects.

Stud walls are thicker (around 12-20cm), so will reduce the size of your room more, but can have multiple things attached to them afterwards. This method is slightly more expensive due to what's involved.

Everything from the walls will need to be removed (shelves, light switches, skirting boards, door frames, etc.) and reinstalled after completion.

Installation can be done room by room to avoid too much disruption in your home, but it's important to know that you won't experience most of the benefits of the insulation until all your external walls are finished.

## Cost vs Savings

The cost of installation varies depending on the size of the property as this will affect the amount of materials needed, as well as the method of installation used.

It also varies depending on type of property, e.g. a terraced house will need less walls insulated than a detached property.

Prices can range from around £3000 to £10,000, but could be more if it is a particularly large house.

Savings will again vary depending on the number of external walls the property has, but could be around £200 - £550 per year.

You could recuperate your costs within 5 - 10 years of installation, depending on heating type and current energy prices.

If you have any walls that are not insulated, e.g. conservatories, then you will still experience heat loss in this room, so it is recommended to keep that room isolated from the rest of the house when using your heating system.