

Product Explainer

Cavity Wall Insulation



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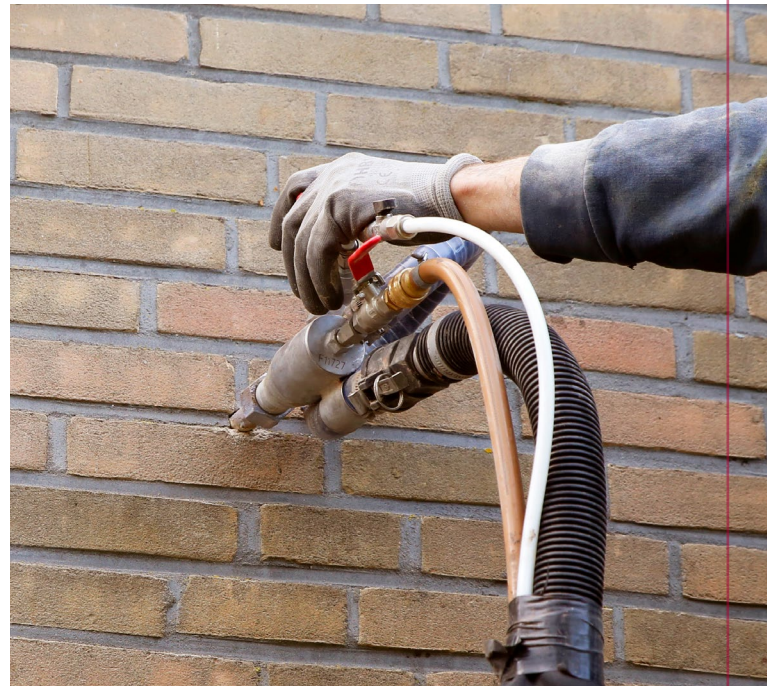
Upgrade to keeps heat in and energy bills down.

What is cavity wall insulation?

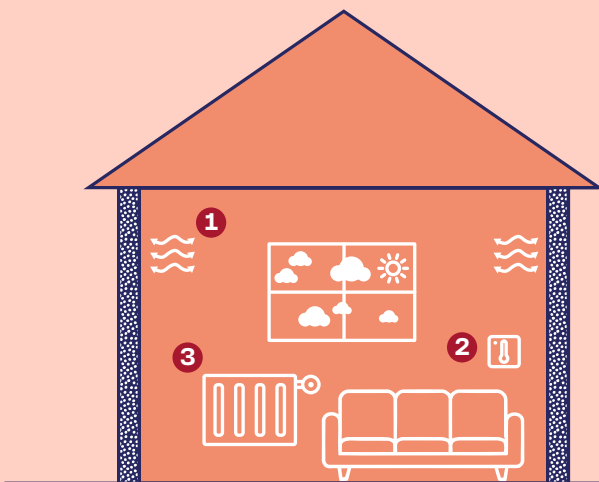
Cavity wall insulation is insulation material installed into the gap (or “cavity”) between the inner and outer layers of an external wall.

Many homes, particularly those built from the 1920s onwards, were often constructed of a block inner layer and a brick outer layer, with a space in between. Without this insulation, heat can easily escape.

Heat is kept inside for longer as the space in the cavity wall is filled with insulating material. This helps your home stay warmer and reduces the amount of heating needed to keep it comfortable.



How does cavity wall insulation work?



External walls are one of the biggest areas where heat is lost in an uninsulated home.

Cavity wall insulation works by adding an extra barrier inside the wall cavity that slows heat transfer from inside to outside.

This means:

- 1 less warmth escapes through the walls
- 2 rooms feel more comfortable, while your heating system doesn't need to run as often
- 3 your energy is being used more efficiently

Once installed, the insulation continues working for decades, heating your home.

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Is cavity wall insulation right for you and your home?

Cavity wall insulation may be suitable if:

- your home has uninsulated cavity walls
- your rooms feel cold, especially on external walls
- your heating bills are higher than expected
- your property was built with cavity construction
- you want to improve comfort before other upgrades

The survey will check:

- whether your home has cavity walls
- if the cavity is suitable for insulation
- the condition of the brickwork and pointing
- exposure to wind-driven rain
- ventilation requirements and airflow needs
- access issues (e.g. conservatories/sheds)

Not every property is suitable, but for many homes it is one of the most effective insulation improvements available.

Cavity wall insulation can make homes warmer, lower heating bills, improve comfort, and support energy-efficient upgrades.



Key benefits of cavity wall insulation

Cavity wall insulation can deliver noticeable improvements, including:

A warmer, more comfortable home

Rooms feel warmer for longer increasing internal comfort.

Lower energy usage

With reduced heat loss, you may need less energy to maintain a comfortable temperature.

Minimal disruption

Installation is usually quick and doesn't require major building work indoors, with ventilation being the only likely internal work needed.

Works well alongside other upgrades

Cavity wall insulation is often an important step before installing heat pumps or solar technologies.

Helps reduce carbon emissions

Using less energy means a lower environmental impact.

Cavity wall insulation improves warmth and efficiency, but proper ventilation, brickwork condition, and a full survey ensure safe, effective installation.



What you should be aware of

Cavity wall insulation is a well-established measure, but a few practical points are worth knowing:

Suitability depends on the property

Some homes may not be suitable due to the general property condition, such as structural issues, including damp and pointing issues.

Brickwork must be in good condition

Cracks or damaged pointing may need attention before installation.

Ventilation is important

Improving insulation makes your home more airtight, so airflow measures may be required to prevent condensation.

Installation leaves small drill holes (think 10 pence piece)

Installers drill small holes in the outside wall to inject insulation, which are filled neatly afterwards.

A full survey ensures the right approach for your home.

What to expect during installation

Cavity wall insulation is usually installed in **just a few hours**. The process typically involves:

- drilling small access holes in the external brickwork
- injecting insulation material into the cavity
- sealing and finishing the holes to match the wall
- checking ventilation and airflow requirements
- leaving the site tidy once complete

Most households can remain at home throughout the work.

What you need to know after installation

Once installed, cavity wall insulation requires very little maintenance.

To keep it performing well:

- maintain external brickwork and gutters
- ensure vents or airflow routes remain clear
- monitor for condensation, especially in the first winter

Your installer will provide warranty information and confirmation of the work completed.

Ventilation: an essential part of insulation upgrades

When a home is insulated, it becomes much better at holding onto warmth, which is exactly what is wanted.

But it also means that moisture created through everyday life can stay trapped indoors unless there is enough airflow.

That's why ventilation is included as part of any funded insulation installation.

Good ventilation helps:

- maintain healthy indoor air quality
- reduce condensation on windows and walls
- lower the risk of damp and mould
- protect your home's structure, timbers and insulation materials

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Why is ventilation needed?

Daily activities such as cooking, showering, drying clothes and even breathing all release moisture into the air.

Without proper ventilation, that moisture can settle on cooler surfaces, leading to condensation and over time, this can cause mould or damp patches.

Insulation keeps heat in, but it's important that your home can still "breathe" properly. As part of the survey, it's important to consider what ventilation may be required for your property.

Please note: funded works cannot go ahead unless ventilation standards are met, in line with the PAS2035:2023 retrofit framework.

Proper ventilation is essential in any home to prevent condensation, mould, and maintain healthy indoor air quality.

Top tips for reducing moisture at home

- 1 Avoid drying clothes directly on radiators and using dehumidifiers if you can
- 2 If drying indoors, keep a window slightly open and close the door
- 3 Use extractor fans when cooking or showering
- 4 Cover pans while cooking to reduce steam
- 5 Use trickle vents to help manage moisture, especially during winter
- 6 Close kitchen and bathroom doors when those rooms are in use and producing moisture
- 7 Allow airflow around wardrobes and cupboards
- 8 Avoid pushing large furniture tightly against external walls

Ventilation is not about making your house colder, it's about improving air quality and making your home healthy

What types of ventilation might be installed?

Every home is different, but common solutions include:

- **Background vents:** small wall vents that allow gentle airflow in key rooms
- **Trickle vents:** discreetly fitted to window frames and can be opened and closed to improve ventilation
- **Door undercuts:** a small gap beneath internal doors to allow air to move through the home
- **Extractor fans:** fitted in kitchens and bathrooms to remove moisture at source
- **Humidity-controlled fans:** which automatically activate when moisture levels rise

These measures are designed to be simple, effective, and as unobtrusive as possible.

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Frequently asked questions

How much difference will cavity wall insulation make?

Many homes lose a significant amount of heat through external walls, so insulation can make a real impact on comfort and heating costs.

Will the work be disruptive?

No — installation is usually completed in a few hours with minimal disruption.

Will my walls look different afterwards?

The small drill holes will be filled neatly after installation, and can be touched up with colour matching paint on rendered walls.

Will ventilation be included?

Yes. Maintaining airflow is essential to reduce condensation risk and keep your home healthy.

Check your funding options

Cavity wall insulation may be available with full grant funding, covering surveys and installation costs.

Availability and eligibility criteria differ per region, so check options for your area.



There's no catch and no obligation; you'll only proceed once you're happy with the plan for your home.

Other solutions that could work for you

Cavity wall insulation is often part of a whole-home approach, alongside flat roof insulation and loft insulation. It can also apply to rooms that don't have a loft above, such as those in dormer bungalows, alongside air source heat pumps.



WE CAN HELP YOU GET THAT WARM FUZZY FEELING.

Ready to make your home warmer?

If your home feels cold or your heating costs are high, cavity wall insulation could be a simple and effective next step.

Get in touch to explore your home's options.
Visit homeenergyhubnorfolk.org.uk

