

# ROOF AND LOFT INSULATION



A well-insulated house keeps warmth exactly where you need it – indoors. Loft insulation is a simple and effective way to reduce your heating bills, and you can even do some types yourself.

» Lower bills

» Lower carbon footprint

» Increase the value of your home

» Reduces noise pollution

For more information and advice, please contact Sarah Gill on 07720 098980 or [sarah.gill@groundwork.org.uk](mailto:sarah.gill@groundwork.org.uk)

## In more detail:

A quarter of heat is lost through the roof in an uninsulated home. Insulating your loft, attic or flat roof is a simple and effective way to reduce heat loss and reduce your heating bills.

Standard loft insulation is appropriate for most homes, when rolls of insulation are laid over the floor joists. Generally speaking, if your home has an accessible loft with no damp or condensation problems, it will be a good candidate for loft insulation.

Even if you already have some insulation your loft may need a top-up. The recommended depth for mineral wool insulation – the most common material – is 270mm (about 1ft), but there are other materials (usually more expensive) which require different depths.

If your loft has been converted, or you want to convert your loft into a habitable space, you will need to install room-in-roof insulation which involves fitting insulating material between and over the rafters (the sloping timbers that make up the roof itself). Room-in roof insulation is also generally more expensive than standard loft insulation as it usually requires the work of a trained insulation specialist, rather than being a DIY job.

When insulating flat roof, there are two options, warm deck or cold deck insulation. With warm deck insulation a layer of rigid insulation board is laid on top of the existing roof deck, with a vapour barrier in-between to prevent condensation build up. A new roof deck is then fitted on top of the insulation boards. With cold deck insulation the internal ceiling is removed and either mineral fibre or rigid insulation boards are added between the roof deck and the ceiling, with at least a 50mm gap between the insulation and the deck. A vapour barrier is created between the internal ceiling and the insulation. Flat roof insulation should always be carried out by a professional. Warm roof is the best way to insulate your flat roof.

## How much can I save?

Savings will range on the type of property, you could save as much as £250 annually for a detached house, and as much as £135 annually for a mid-terrace.

## Who should install wall insulation?

Laying loft insulation is usually a straightforward job for a competent DIY-er. Mineral wool insulation can be bought in big rolls (also known as 'blankets' or 'quilts') from most DIY stores.

For lofts with difficult access, room-in-roof insulation, and flat roofs, you should use a professional installer registered with the National Insulation Association.

## How much does it cost?

Standard loft installation typically costs £395 for a detached house, and £285 for a mid-terrace. Flat roof insulation will depend on it's size but typically costs around £35 per sq. metre. Room in roof insulation will cost £1500-£2700.

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