

# A Guide to Solid Wall Insulation



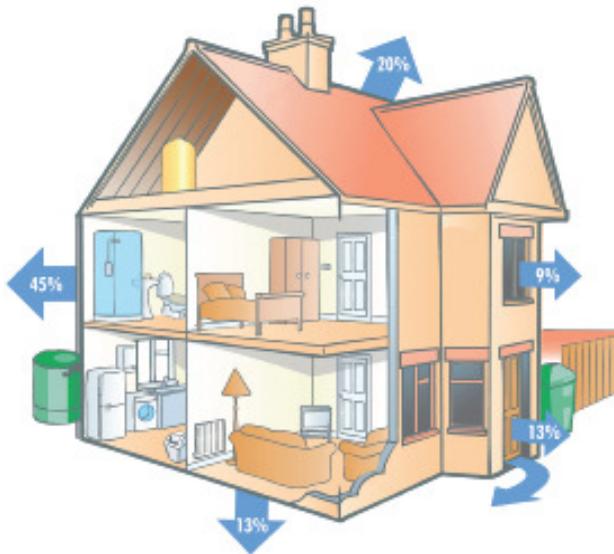
[www.nationalinsulationassociation.org.uk](http://www.nationalinsulationassociation.org.uk)



## What is Solid Wall Insulation?

Houses built before 1930 (and some built later) usually have either solid masonry walls, concrete walls, metal or timber paneling and do not have a cavity that can be filled. These houses normally lose around 45% of their heat through the walls.

Solid wall insulation can prevent heat escaping through walls, cut your fuel bills and, where the building is in a poor condition, improve both structure and appearance.



Above: The typical heat loss from an uninsulated solid wall house (figures and image provided by Energy Saving Trust)

# What is Solid Wall Insulation?

## Key facts

- There are solutions for treating solid walls which have been successfully installed in the UK for over 30 years
- Solid wall insulation can be installed to all types of property, including detached, terraced, semi-detached and multi-storey buildings
- There are normally three ways of installing solid wall insulation – from the inside of the property (internal wall insulation), from the outside of the property (external wall insulation) or a combination of internal and external wall insulation
- If you have solid walls you can either insulate them with external or internal insulation, saving you around £375\* a year on your energy bills



\* figure from Energy Saving Trust website November 2010

## Advantages of Solid Wall Insulation

- It could cut your heating costs by up to 40%\*
- It provides greater warmth and comfort
- It can help reduce condensation and mould
- It can reduce the risk of you getting ill
- It saves money on energy bills
- It improves the thermal efficiency of your home
- It reduces the amount of CO<sub>2</sub> released from your home
- Increases the value of your property
- Many types of solid wall insulation are recommended by the Energy Savings Trust and you may be able to claim a grant to help with the cost



**Before**  
external solid wall  
insulation was  
installed



**After**  
external solid wall  
insulation was  
installed



\* Energy Savings Trust March 2011

# Internal Wall Insulation (IWI)

Internal wall insulation is installed from the inside of your solid walls. It can be installed in various ways, including using timber studs with insulation installed between them and covered with plasterboard, a thermal laminate insulation board fixed to your solid wall or thermal insulation on a roll which is put on like wallpaper. The different methods of installation and the different types of insulation can depend on your house, budget, heat efficiency and personal preferences.



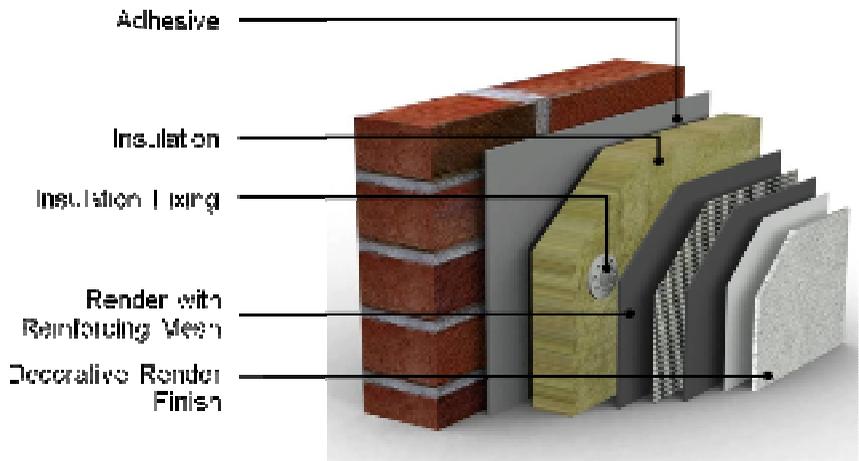
## Why insulate the inside of your home?

- It reduces heat loss from your home
- It saves you money on your energy bills
- It can be installed in one room at a time so there isn't too much disruption
- The installers will not need to use scaffolding.
- The outside of your home is kept the same so internal wall insulation is suitable for conservation areas and where planning restrictions may apply.



## External Wall Insulation (EWI)

External wall insulation is made up of an insulation layer fixed to the outside of your walls, (using a combination of mechanical fixings and adhesive depending on the insulation material used) and a protective render or cladding finish. This is a way of keeping more heat inside your house and improves how your house looks. Insulated and rendered properties are warm, energy efficient and attractive. There is a wide range of finishes such as timber panels, stone or clay tiles, brick slips and aluminium panels.



### Why insulate the outside of your home?

- It makes your home more energy efficient
- It manages condensation risk to the outside of your home
- It is suitable for solid wall, non-traditional and cavity wall properties
- Work is done outside so there is no disruption
- No loss of living space or redecoration required
- The result looks good, protects your home and needs little maintenance
- There is a wide range of finishes available



## Hybrid Solutions

### **This is a combination of external and internal wall insulation**

In some cases the best solution may be to install a combination of both external and internal wall insulation. This is especially relevant for properties in conservation areas or where the outside appearance of your property cannot be changed, (for example if you live in Victorian or Georgian terraced housing). External wall insulation would be installed to the back of your property, and internal wall insulation to the front. Which will mean it will still look the same but with improved thermal performance.

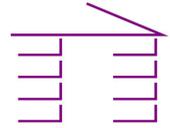


# National Insulation Association

## Who are the NIA?

We, The National Insulation Association, represent the UK's home insulation industry, including installers and manufacturers. Our members are committed to providing a high-quality, value-for-money service to you and work to the highest standards. Our members must keep to a strict Code of Professional Practice, so you know that you are using a reliable company that uses approved products.

Member



NATIONAL INSULATION  
ASSOCIATION

## How can we help you?

We can provide support by:

- making sure our members follow our strict Code of Professional Practice;
- helping you to find a member in your area;
- helping both sides come to an agreement if you complain about one of our members; and
- giving you advice and information, through our website or helpline, about the different types of insulation available.

*"Peace of mind comes as standard"*

*Please make sure that the company you are dealing with for your home insulation is a member of the NIA.*

National Insulation Association

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NIA membership number:

Company details: