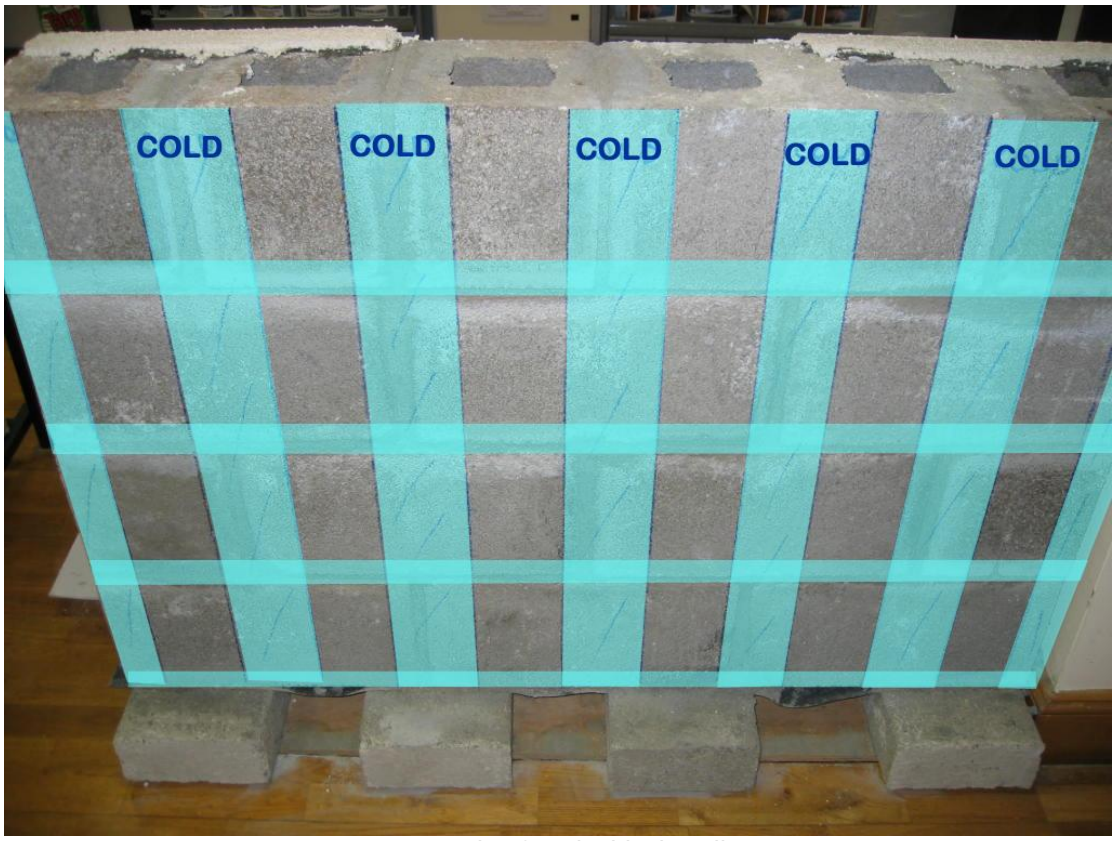
The Problems Associated with Insulating Older Cavity Block & Solid Walls

Your four main options to insulate older cavity block or solid walls are…
A. Internal dry lining – a thick layer of insulation on plasterboard applied to inside wall.
B. External insulation - a thick layer of insulation attached to external walls
C. Pumped in insulation – insulating beads / material inserted to inside of wall.
D. Insulating Paint applied to inside of walls.

A & **B** are reliable options in that you get a definite result if you are happy with the cost plus the fact that **A** takes from room space and **B**, the most expensive insulation usually, adds to external wall thickness which necessitates some adjustment of sills, plumbing etc.
Option **C** can be a tricky option for several reasons and you need to be very careful as it is an area open to a lot of misrepresentation and false claims by some unscrupulous contractors.
Option **D** can be used by itself on all internal walls / ceiling or in conjunction with option **A** above.



Example of cavity block wall

Here you can see an example of a typical cavity block wall (without the plaster etc)
What most people do not know is that a substantial area (about 60%) of the block area is in fact **solid** concrete (in the example picture above marked with tape).
Even when / if such walls are 'pumped' with insulating materials, only a small percentage of the internal cavity receives any insulation.

Apart from the fact that a substantial section of those cavity walls are solid concrete where the blocks meet side by side and top & bottom, another problem is that during construction, the emphasis is on getting walls up fast, and as any block layer will confirm, a lot of mortar debris is left inside those cavities, which common sense suggests inhibits insulation by injection / pumping as generally offered.

Another point to consider is that in many instances, filling any wall cavities can increase or exasperate condensation problems instead of solving them.

Many people who do not understand fully the nature of construction are being ripped off by so-called insulation specialists who allegedly 'pump your walls', take your cash, and only a year later or so you will discover there is little or no difference to your insulation values.

Note: Not all cavity walls are similar to the above example – some of the more modern ones are a double skin of blocks which do allow material to be pumped in with a lot more success that the above. Check around; ask for testimonials / references of successful jobs in the area etc.

Summary: Your budget will determine which option to go for in most cases. If you must stay within a low budget, your best option is to apply two or three coats of Warmcoat Insulating paint which will certainly improve your home comfort levels at minimum cost. If you choose A or C above, a few coats of Warmcoat advanced insulating paint afterwards will boost their performance & comfort levels at minimal cost to you.