

# Damp & Mould

## Information & Support Available in West Essex

This flyer has been produced to give front line professionals advice about the health risks of damp and mould in housing and contact details for council Environmental Health teams who can help with concerns.

### The health risks of damp and mould in the home:

Respiratory	Other physical health	Mental health
<ul style="list-style-type: none"><li>• General symptoms: cough, wheeze, and shortness of breath</li><li>• Increased risk of airway infections</li><li>• Development or worsening of allergic airway diseases, asthma and other conditions that involve inflammation of the airways</li></ul>	<ul style="list-style-type: none"><li>• Irritation of the eye</li><li>• Eczema, and other patches of itchy skin or skin rashes</li><li>• Other fungal infections</li></ul>	<ul style="list-style-type: none"><li>• Poor mental health</li></ul>

### Factors influencing damp and mould in the home:

- Inadequate insulation
- Poor ventilation
- Inefficient, ineffective and or unaffordable heating systems
- Overcrowding
- Disrepair
- High rent – cost of living
- Lack of knowledge and or awareness
- Lack of facilities for appropriate clothes drying.

### Environmental Health

Environmental Health teams have the expertise, competencies, practical experience, and community involvement required to deliver strong health safeguards and effectively promote wellbeing.

Housing is one area of necessary regulation carried out by Environmental Health.

### Environmental Health and Housing

Environmental Health have a **duty** to enforce standards under the Housing Act 2004 if they identify category 1 damp and mould hazards and have the **power** to act for category 2 hazards. Environmental Health consider the chance of harm, how serious it would be, and any extra risk to vulnerable individuals. Environmental Health will act if serious problems are found by:

- Issuing a legal improvement notice requiring works in a certain time period.
- Declaring a legal order prohibiting the use of part or all of a property.
- In some cases, the council will complete the works themselves and charge the landlord.

Environmental Health may need re-contacting if a landlord ignores an improvement notice, especially for category 1 hazards.

## West Essex Support Available

Local Authority	Email Address	Contact Number
Uttlesford District Council	<a href="mailto:environmentalhealth@uttlesford.gov.uk">environmentalhealth@uttlesford.gov.uk</a>	01799 510510
Epping Forest District Council	<a href="mailto:privatesectorhousing@eppingforestdc.gov.uk">privatesectorhousing@eppingforestdc.gov.uk</a>	01992 564348
Harlow District Council	<a href="mailto:env.health@harlow.gov.uk">env.health@harlow.gov.uk</a>	01279 446111



### National Energy Foundation – Better Housing Better Health

Provides residents with a single point of contact to get impartial expert advice to help improve the energy efficiency of their home, save money and improve comfort.

- Request an online assessment: [Request an Assessment](#)
- Or call 0800 107 0044 (Monday to Friday 9.00-17.00, excluding bank holidays).

### Essex Frontline

Offers information on the range of services available across west Essex which includes support with housing quality, living conditions and health and wellbeing services.

Website: <https://essexfrontline.org.uk/>