

INTERNAL WALL INSULATION



Internal wall insulation is a good option for insulating solid wall buildings where, for heritage or aesthetic reasons, it is not suitable to use external wall insulation.

Internal wall insulation is also an appropriate option for when completing a phased retrofit where you might insulate one room at a time.

Internal wall insulation is more disruptive than external wall insulation, so consider how you might incorporate this into wider home renovation works.

There are several different internal wall insulation products, varying from rigid insulation boards fixed to the existing wall, timber stud frames filled with insulation and insulated plasters. A retrofit designer / coordinator will be able to advise you on the best product for your home.

REGULATORY CONSIDERATIONS

- Internal wall insulation or any internal works are not considered to be development requiring planning consent – no planning permission is likely to be required for internal works in properties which are not listed.
- Listed Building Consent required for Listed Buildings.
- Making significant changes to thermal elements (walls, roofs or floors) would normally require Building Regulations approval through a building control body. Applicable Building Regulations: Part F (Ventilation), Part L (Conservation of fuel and power), Part P (Electrical Safety).

Cost: £££

Disruption: ■ ■ ■ ■ ■

Useful links

- [Advice on insulating your solid walls - Energy Saving Trust](#)
- [Solid wall insulation - internal - Centre for Sustainable Energy \(cse.org.uk\)](#)
- [Energy Efficiency and Historic Buildings: Insulating Solid Walls \(historicengland.org.uk\)](#)



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