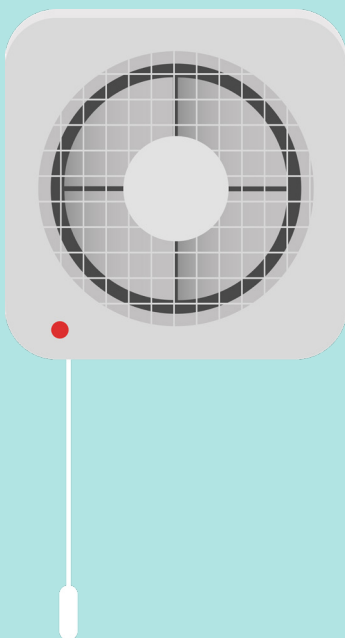


# Mechanical Ventilation with Heat Recovery Systems (MVHR)

A guide to your  
MVHR System



## What is MVHR and how does it work?

Mechanical Ventilation with Heat Recovery (MVHR) systems provide controlled and continuous ventilation. Instead of an extractor fan, which you may be used to seeing in your bathroom or kitchen, an MVHR unit may only be visible by small white vents, often in the ceiling of each room behind some ducting. MVHR transfers stale, smelly, wet air from each room and replaces it with clean, fresh pre warmed air making your home feel warmer and fresher. As the old warm air passes through the main unit, heat is transferred to the new cold air and pre-warmed so the amount of energy it takes to warm your homes is reduced.

## Why does your home need MVHR?

MVHRs are a solution for ventilation in energy efficient buildings. Whilst they can be installed in any building, generally they are most effective in more air-tight buildings. There are a number of benefits of using MVHR units:



### Best indoor air quality

MVHR units provide a continuous and controlled supply of fresh air for good indoor air quality. This avoids a build-up of air pollution and bad odours.



### Humidity Control

MVHR systems allow you to control the level of humidity in your home and, crucially, prevent damp, mould and condensation from developing.



### Energy Savings

MVHR units recover heat that would have otherwise been lost in your home through ventilation. This energy efficient process means they can recover up to 30% of used heating energy and have a positive impact on your energy usage, CO2 footprint and heating costs.





## Will a MVHR unit affect my already increasing energy bill?

MVHR systems circulate air around your house and are like having a standard light bulb on in your home.

MVHRs recover as much as 80% of the heat extracted from your home and will potentially reduce your annual heating costs as a result. Plus, you will not need to install separate extractor fans and hoods in your bathrooms and kitchen. Your home will still require a separate heating system, but a MVHR system will ensure it runs as efficiently as possible by recovering energy that would normally be lost.



## How will a MVHR unit help clear up the damp and mould in my home?

A MVHR system will control moisture and condensation in your home and will not only put a stop to condensation on windows, but also will prevent the damp and mould growth. Whilst the unit is ventilating your home, everyday moisture will have no time to settle on surfaces as it is extracted outside. Although damp and mould can also develop through other causes, MVHR units will help as one way of reducing moisture in the air and in your home.



## How should I use my MVHR unit?

MVHR units work best when left to run automatically. This means you do not need to change any of the controls. The best thing to do is leave it to work by itself.

MVHR units create noise and circulate cool air when they are working to ventilate your home. In order to feel the benefit of your MVHR unit, keep it turned on to create the best living conditions for your home for avoiding damp, condensation and mould.



## Do I need to clean inside my MVHR unit?

You don't need to clean inside your MVHR unit as it is our responsibility and will be completed by our partnering contractors when needed. You can help us by giving us access to your home when we get in touch to organise a service of the system.



## How often does my MVHR require servicing?

We recommend your MVHR is serviced yearly to keep it working properly and to get the full benefits from it. We'll contact you to make an appointment for this.

**MyHome**  
[myhome.stonewater.org](http://myhome.stonewater.org)

Call our Customer Service Centre on

**01202 319 119**

Or email us on

**[customers@stonewater.org](mailto:customers@stonewater.org)**

Find us at [www.stonewater.org](http://www.stonewater.org)

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