



How to Minimise Disturbance

We all know that household noises are inevitable, yet if you think of your neighbours and consider the noises that you would find annoying, it's easy to make small changes that will make a big difference.



Anti-theft Alarms

Alarms are designed to make a noise; however misfiring alarms can be a very disturbing and annoying.

- Ensure that car and intruder alarms have the regulation 20-minute cut out set
- If you set off an alarm by accident, cut it out straight away



DIY

Sometimes you have to carry out work to your home and, with most lifestyles, we often only have time to do this in the evenings or during the weekend.

- Whenever possible let your neighbours know that you are carrying out noisy work in advance and try to do the work during the day or a mutually convenient time
- Carry out the noisiest tasks in the middle of the day, if you must start early, do quieter jobs first
- Use lower/quieter settings on power tools where possible
- Do not carry out loud work during the evening, overnight or in the early hours of the morning

Report noise nuisance to your local council:
www.gov.uk/report-noise-pollution-to-council



Gardens and Balconies

Gardens are a place to rest, relax and play but please remember that any noise you make in your garden will be heard by your neighbours as gardens have minimal sound insulation.

- Try and carry out noisy activities, like mowing the lawn, in the middle of the day
- Where possible purchase quieter equipment
- If a child's toy or game is extremely noisy, try and find quieter alternatives
- If you have a barbeque or party tell your neighbours in advance, invite them if appropriate and avoid amplified music outside. If anyone complains, turn the music down and ask your guests to continue indoors
- Waste and rubbish on your balcony/in your garden give the neighbourhood a shabby appearance so please dispose of it properly



Music and noise from televisions

A lot of people do not realise that their TV is too loud. Also, music tastes vary, do not assume just because you like a song or a TV programme your neighbour does too, please be considerate and keep the volume to a minimum.

- With amplified sound, keep the volume down, especially the bass which can be more annoying than higher frequencies
- Try not to put speakers on or close to party walls, ceilings or floors
- If you have a bedroom TV keep it quiet at night – especially if your bedroom adjoins someone else's
- If playing an instrument, practice where and when it will have least impact on neighbours
- Where possible, use headphones when listening to music
- Be mindful of open windows

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Pets

Not everyone is a dog or cat lover.

- Dogs bark and whine, more so if they are not content so if you have to leave your dog alone:
 - Make sure it's well exercised and fed
 - Leave a radio on for company and get a friend or neighbour to check in on them
 - If your dog continues to bark, consider dog training
- Cats can wail and fight and as they are independent, they can be difficult to manage, however if a neighbour complains about your cat at least try and keep it in at night
- If you have a caged bird that likes to sing and squawk, make sure it's kept where it will least disturb neighbours, particularly at night

- Some caged pets tend to be more active at night and will chew and rattle their cages - consider carefully where and how such pets are housed
- Do not leave your cat out all day long without access to your home and ensure it has a clean litter box
- As a dog owner you must clean up any fouling from your dog
- Keep your dog on a lead at all times when in public places and in communal areas.

If you have concerns about a dog you can find out if your local authority has a dog warden by visiting: www.gov.uk/find-local-council

If you are concerned about the wellbeing of a dog, you can raise these concerns with RSPCA www.rspca.org.uk



Household appliances

- When buying new appliances buy the quietest model you can afford.
 - Not all models have a noise rating but look out for the “Quiet Mark”
 - Where possible, position appliances in the place least likely to cause disturbance to your neighbour
- If possible, place your washing machine on an even floor and do not overload it
 - Run the machine at a time when it will least disturb neighbours – remember the final spin is the noisiest bit
- Use your vacuum cleaner at a reasonable time, especially if you live in a flat or terrace, avoid early morning or late-night cleaning sprees
- In the kitchen, avoid banging pans and cupboard doors and if possible, use blenders/grinders on surfaces not attached to walls adjoining your neighbours
- Inexpensive adhesive furniture pads can be a very effective way of reducing noise by sticking these to the inside of the cupboard door or around an internal door frame

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Entering and leaving your home

- Close doors quietly, particularly if you live in a flat and especially late at night and early in the morning
- Avoid slamming front doors or communal entrance doors
- If expecting a visitor/taxi, ask them to knock rather than sound the horn
- If you arrive home late at night or early in the morning be considerate and quiet
- Ask your guests to leave quietly, particularly if they leave late at night or early in the morning



Communal areas and flats

- Do not smoke in communal areas
- Communal areas are not to be used as play areas for children
- We ask that residents in flats do not lay laminate flooring, carpet is perfect to prevent noise



Property condition

- Keep your property clean
- Report any maintenance or repairs to us



Bins and rubbish

- Do not overfill your bins
- Do not leave rubbish outside your front door
- Do not put your rubbish out for collection until the night before or the morning of collection day and take your bin in once emptied
- Make sure your bin does not obstruct your neighbours' vehicles or access
- Do not throw waste, ashes or cigarette butts from a balcony or out of a window
- Bulky household rubbish can be collected by your local authority so please contact them www.gov.uk/find-local-council if you have items you can't easily dispose of



Airing your property

- Regularly air your property, it is good for the building. It also minimises nasty food or musty smells.
- Open a window or use extractor fans when cooking or bathing, even in winter



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