

Discussing the Disturbance With Your Neighbour

Noise from neighbours can be annoying, stressful, lead to lack of sleep and generally affect your quality of life. The Council can investigate the problem for you (see our fact sheet 'How the Council can help with a noise nuisance') but this can lead to a breakdown in your relationship with your neighbour, and may not always successfully stop the noise. Often the best way forward is to discuss the problem with your neighbour. Trying to solve the problem at this early stage is the best way, since an investigation by the Council, or taking legal action yourself (see fact sheet 'How to take you own legal action to deal with a noise nuisance') will take some time to stop the noise. Also, if the case does go to Court, then the fact that you have acted reasonably and tried to resolve the problem by talking to your neighbour is likely to count in your favour.

Before you discuss the noise with your neighbour just take a minute to think whether this is the main problem. It may be that you have fallen out over another issue, in which case you need to sort out the underlying problem first. By doing this you may find the noise problem sorts itself out.

Discussing the problem

- When talking to your neighbour be calm and polite. Threatening your neighbour or using threatening behaviour will not help you to resolve the problem.
- Explain to them that the noise is disturbing you and your family and tell them how and when you are being disturbed.
- You could invite them to come inside your home to hear the noise so that they know you are not imagining the problem.
- Experience shows that often people do not realise that their activities are affecting other people. They may at first be embarrassed, and may well try to hide their embarrassment by denying that there is a problem.
- Remember you are trying to find a solution for the future that both you and your neighbour can live with, so do not put too much effort into raising problems of the past.
- You are not trying to extract a confession from your neighbour. Being polite and friendly is more likely to lead to the peace and quiet you want, without either of you losing face.

- Perhaps you can agree times when noisy activities (e.g. DIY drilling and hammering) can be carried out. If the problem is about barking dogs you could suggest that your neighbours get advice from their vet or from the Council's Dog Welfare Officers, on how to reduce the barking.



If discussing the disturbance with your neighbour fails, there are things we can do (see our fact sheet 'How the Council can help with a noise nuisance' – Factsheet 30). It may be though that you need to take your own legal action (see our fact sheet 'How to take your own legal action to deal with a noise nuisance' – Factsheet 26).

Contacting us

If you would like more information you can contact us by:

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