

ES Directory Summer 2015
(Version 1.1)

Dear all

Welcome to the Summer 2015 issue of the ES Directory. Thank you to everyone who has sent in suggestions for useful products and services. New entries this issue include:

- a home-visiting opticians service from Specsavers in Section G
- a “cooking without a cooker” cookbook in section H
- a low-odour memory foam mattress in section H
- incandescent light bulb supplier in section B
- more shielding suppliers in section A
- an earthing products company in section A
- an air purifier with no moving parts in section H.

Please keep them coming – either email info@esdirectory.org.uk or send to BM Box ES-UK, London WC1N 3XX, marking the envelope ES Directory. Please include postal addresses and telephone numbers for suppliers. **Do not just send me web links!** I do not have the resources to follow these up. Please note – we are interested in products and services that measurably reduce the amount of EMF exposure, or enable people to avoid places which have high EMF levels – no pendants or herbs please.

NEWS FLASH!

A screen-free, wi-fi-free off-grid music festival took place in May 2015 in a forest in Kent. It was a sell-out. Innocent.com say they may hold more Innocent Unplugged events in future – Keep an eye on their website / newsletter / facebook page.

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- H – Miscellaneous

The information on this list is as accurate as possible but we cannot accept any liability for errors or omissions.

A. SUPPLIERS OF SHIELDING PRODUCTS, SURVEYS AND /OR DETECTION EQUIPMENT

4EHS

www.4ehsbyehs.com Email: forehs@gmail.com Tel: Israel 00 972 9794 1113
Shielding, clothing etc. Ships to UK.

Aaronia

Tel: 00 49 6556 93033 www.aaronia.com Email: mail@aaronia.de
Suppliers of handheld spectrum analysers and shielding equipment.

Please mention the ES Directory when contacting suppliers

Beneficial Environments

3 Chancery House, 73 High St, Hurstpierpoint, Sussex BN6 9RE covering the UK.

Tel: 01273 251 956 or 07985 157 532.

www.beneficialenvironments.co.uk guy@guyhudson.co.uk

EM measurement, analysis and recommendations for low-electrosmog environments to suit ES people.

A wide range of shielding products from all over the world, earth sheets, wallpaper, building materials, electricity filters.

Block EMF

Tel: 001 (800) 578 5939 www.blockemf.com

Dyane's Stitch in Time

Tel: 01388 718696 or 07977719782. <http://www.dyanesstitchintime.co.uk>

Clothes made from shielding material. All garments / linings made to order in any size. Work completed within 10 days of payment received. Price includes P+P and one alteration if required.

Electric Forester Investigations Ltd

Tel: LoCall. 0845 3451893 or landline 01591 610167 www.electricforester.co.uk

Voicemail /fax 0845 345 1892. Cambridge Head Office: 01223 911 893

Email: moreinfo@electricforester.co.uk

344/346 High Street, Cottenham, Cambridge, CB24 8TX.

Nationwide EMR Surveys at EHS Levels.

Also 10 Minutes Free EMR Advice line provided by and for EHS/MCS sufferers.

emradviceline10free@electricforester.co.uk

Electrosmog Shielding

UK agent for YShield products. Electro Smog Shielding, Unit 68A Ethel Street, Smethwick, B67 5AJ.

Tel: 0121 439 3005 Email: sales@electrosmogshielding.co.uk

www.electrosmogshielding.co.uk

EMF Clothing Ltd

Tel: 0845 805 9030

Email: sales@emfclothing.com. Website: <http://www.emfclothing.com>

EMF-shielded clothing (including children's clothing), shielding materials, canopies, meters and detection equipment, earthing products.

Leblok for the distribution of branded EMF Protective clothing: <http://www.leblok.co.uk>

Tel: 03302231404. Email: sales@leblok.co.uk

EMFields Solutions Ltd

12 Mepal Road, Sutton, Ely, Cambridgeshire, CB6 2PZ. www.emfields-solutions.com

Tel: 01353 778814 (general info via website, phonenumber for sales only).

Shielding paint, materials, headnets, bed canopies, shielded sleeping bags, low-emf phones, dirty electricity meters and filters, hire and purchase of radio-frequency and power frequency EMF meters.

EMF Safety Superstore

776B Watervliet Shaker Road, Latham, NY 12110-2209, USA. Tel: 001-518-608-6479.

Fax: 001-309-422-4355 www.lessemf.com lessemf@lessemf.com

Wide range of products for the home and office, including a low-EMF hairdryer and clear plastic shielding.

EMR Shielding Solutions

399 Four Valley Drive, Unit 13, Vaughan, Ontario, L4K 5Y7, Canada.

<http://www.emrshieldingsolutions.com> Telephone Canada 416-583-2005, USA 310-746-3686

Email: info@emrshieldingsolutions.com

A range of clothing, shielding and measuring devices.

Please mention the ES Directory when contacting suppliers

Groundology

Products and info for earthing. Groundology, Gurlus Grove, Barbadoes, Tintern, NP16 6ST, UK.
Tel: 01291 350 800 email: contact@groundology.co.uk
www.groundology.co.uk

Hamilton & Co Ltd

Quarry Industrial Estate, Mere, Wiltshire, BA12 6LA. Tel: 01747 860088 Fax: 01747 861 032
www.hamilton-litestat.com
Large “Cheriton” range of metal sockets and light-switches, including all-metal “dolly” light switches. Useful if aiming to reduce power-frequency fields by rewiring – the metal is earthed when installed so EMFs much lower than with plastic light switches.

The Lightbulb Shop

Metal light sockets and switches available through The Lightbulb Shop. Tel: 0208 920 4185.
Unit 12, Brunswick Industrial Park, Brunswick Way, London N11 1JL. info@thelightbulbshop.co.uk

Healthbuild Ltd

20 John Street, Sligo, Ireland. Tel: 00 353 71 915 0095. www.healthbuild.ie
Email: healthbuild@me.com
Agents for Auro, Dormiente, Yshield, Danell.

Fabric, wallpaper, building materials, paint, window film, shielded cable for house rewiring and rewiring appliances; wall, ceiling, table and standard lamps.

Healthy Living Space Consultancy

<https://www.facebook.com/healthylivingspace> (viewable to non-members of facebook).
Alan Jewell BEng. Tel: 07875 123943 - can call you back from a landline.
EMF surveys by professional electrical engineer based in S Devon.

Holland Shielding Systems BV

Jacobus Lipsweg 124, 3316 BP Dordrecht, The Netherlands. Tel: 0031 78 6131366 Fax: 0031 78 6149585
www.hollandshielding.com info@hollandshielding.com
Shielding tents, metallic spray for earthing plastics, coatings for glass, cable shielding.

Screwfix and TLC Direct

Metal light switches + metal sockets also available from:
www.screwfix.com Email: online@screwfix.com Tel: 0500 41 41 41 (mobile friendly: 03330 112 112) plus many useful DIY items including aluminium foil tape.
www.tlc-direct.co.uk Tel: 01293 565630 Tel: 01293 420 000 for a catalogue.
sales@tlc-direct.co.uk

Both of these companies also do shielded wiring for house re-wiring.

HI-TEK Electronic Materials Ltd

15 Wentworth Road, South Park Industrial Estate, Scunthorpe, Lincs DN17 2AX
Tel: 01724 851678 www.hitek-ltd.co.uk/ sales@hitek-ltd.co.uk
Variety of shielding fabrics including “Nora Dell”.

Equilibra

Tel: 01642 872 610 www.equilibrauk.com.
Demand switches.

The Healthy House

The Old Co-op, Lower Street, Ruscombe, Stroud, Glos GL6 6BU.
Tel: 0845 450 5950 or 01453 752 216.
www.healthy-house.co.uk Email: info@healthy-house.co.uk
Hire and purchase of meters, plus demand switches and dLAN.

Please mention the ES Directory when contacting suppliers

Select Fabricators Inc

Mailing Address: PO Box 119, Canandaigua, NY 14424-0119, USA
Tel: 001 585 393 0650 (toll-free in US 001 888 599 6113) www.select-fabricators.com
Faraday cage tents.

Sensory Perspective Ltd

4th Floor, Gray's Inn Chambers, Gray's Inn, High Holborn, London, WC1R 5JA.
Tel: 0207 404 7850
www.detect-protect.com info@sensoryperspective.com
EMF detection equipment and shielding materials.

Smartmeter Protection Ltd

Tel: 0845 805 9030. Email: sales@smartmeterprotection.co.uk
<http://www.smartmeterprotection.co.uk>
Provides smartmeter shielding products.

B. LIGHTING

Healthbuild Ltd

20 John Street, Sligo, Ireland. Tel: 00 353 71 915 0095. www.healthbuild.ie
Email: healthbuild@me.com
Danell low-EMF wall, ceiling, table and standard lamps. Details of Danell lamps at www.danell.de.

NB: If you buy table or standard lamps they come with a German plug. This will need to be replaced with a UK plug and the appliance properly earthed. If in doubt consult a qualified electrician. Alternatively you can purchase a special adapter which will earth the appliance correctly, NB Normal Continental/UK adapters WILL NOT WORK AND WILL CREATE VERY HIGH FIELDS. Try the Schuko to UK mains adapter from Maplins

Lightbulbs

Maplins Head Office, Mapline Electronics, FREEPOST MAPLIN, Brookfields Way, Manvers, Rotherham, South Yorkshire, S63 5DL. Customer Service and Technical Support: Tel: 0333 400 9500. www.maplin.co.uk

Maplins offers a comprehensive range of those incandescent bulbs that can still be sold, including 'Rough Service' bulbs, red 'fire glow' bulbs, clear glass golfball and candle bulbs, and reflectors. They also sell non-transformer halogen bulbs and non-transformer LED bulbs, if you can tolerate these.

They supply earthable brass lamp holders if you want to construct your own earthed and shielded lamps, plus converters to convert bayonet cap fittings to Edison screw fittings, and vice versa.

How exciting is that?!

These items are available from other companies. I'm featuring Maplins because of the breadth of their range and their lovely mail order catalogue.

The Base Camp

The Old Bakery, Clifton Road, Littlehampton, West Sussex, BN17 5AS. Tel: 01903 723853.
<http://www.base-camp.co.uk>
Range of paraffin lamps. Also supply odourless, sulphur-free paraffin.

Abbeygate Lighting

55-59 Cobbold Road, Felixstowe, Suffolk, IP11 7BH.
Tel. 01394 288 240
sales@abbeygatelighting.co.uk
Range of incandescent bulbs

Please mention the ES Directory when contacting suppliers

C. ELECTRICIANS – who have knowledge and experience of carrying out electrical rewiring for people with ES.

Coulson & Son Ltd

William James House, Cowley Road, Cambridge. CB4 0WX.

Tel: 01223 423800 Fax: 01223 420550 www.coulson.co.uk enquiries@coulson.co.uk

Russell Kerr

Unit 20, 820a Harrow Road, London, NW10 5JU. Tel: 07956 372758 Russell.kerr@hotmail.com

Thorn Electrical Services

Tel: 01273 241 608 / 07984 020290 www.smartecoliving.com email: info@smartecoliving.co.uk

Graham Thorn is experienced in installing shielded cabling, demand switches, radial circuitry low electrosmog lighting and changing mains supply cabling.

Do you know a good electrician whom we could add to this list? Maybe you “tamed” one yourself, who would now be happy to carry out work for others.

D. COMPUTER EQUIPMENT & TELEVISION

BEMI

Törnevalla Gamla Skola, 590 62 LINGHEM, Sweden

Tel: 0046 (0)13-74 000. <http://www.bemi.se> tegen@bemi.se

Shielded computer equipment.

Nuance

Nuance Communications Ltd, Marlow, Wethered House, Pound Lane, Marlow, SL7 2AF

Tel: 01628 491 600. <http://www.nuance.co.uk>

Dragon Naturally Speaking, voice recognition software.

Optoacoustics Ltd.

Optoacoustics Ltd, Moshav Mazor, 73160 Israel. Tel: 00972 3-634-4488 www.optoacoustics.com

info@optoacoustics.com

Contact Dr Yuvi Kahana. yuvi@optoacoustics.com

Their MEG Optical Microphone is a totally EMF- free microphone which can be used with voice-dictation software. The sound is converted directly to light and travels up a fibre-optic cable. The product is expensive but there is a possibility of group discounts.

Safelevel.com

Technology Alternatives Corp. 1950 NE 208 Terrace, Miami, FL. 33179

Tel: 001 800 222 3003 or 001 305 933 2026 after 2pm. www.safelevel.com

Shielded computers offgassed prior to sale, designed for people with ES/MCS including light-free displays.

Digital TV

Many people are reporting problems with digital TVs. One way round this might be to use the smallest possible digital decoder and put it in the back of an analogue TV, or if this still causes problems, in the back of a video recorder and stay in another room whilst it is on. You can then watch videos of TV programmes on an analogue TV. Not ideal, but better than nothing.

E. TELEPHONES

Digital Cordless (DECT) phones which do not emit microwaves when not in use, unlike standard DECT phones which emit microwaves constantly.

Siemens Gigaset range

www.gigaset.com . Service Hotline 020 3695 3111

Please mention the ES Directory when contacting suppliers

Available in the Argos Catalogue! If put wholly in ECO mode, these DECT phones are radiation-free when not in use, and transmit less when being used.

Swissvoice

www.swissvoice.net

DECT phones which do not emit microwaves when not in use.

Some people with ES have bought these low radiation phones for their neighbours as a substitute for their standard DECT phone.

Beneficial Environments

Airtube headsets for mobiles, DECT and wired handsets. Video advice on how to use them.

www.beneficialenvironments.co.uk

EMF Safety Superstore (details in section A) sell air tube headsets with microphones which can be used at the end of an extension cord (or several joined together) – plus a jack to connect them to any normal phone.

However, many people simply use hands-free phones. Some people have problems with the small LCD displays on some makes of phone. It is worth trying a hands-free phone without a display if you are very sensitive, eg. The BT Big Button 100 phone, and earthing it with wire from one of the metal screws on its base to the earth pin of a socket. The new BT Big Button 200 is really rubbish – try to source the 100.

NOTE: Whether or not you have broadband, make sure you have ADSL microfilters on all your telephone sockets, or the broadband signal comes up the phone line and can cause people to react when using the phone. Available from Maplins.

F. FOOD SHOPPING

Sainsbury's

Tel: 0800 328 1700 / 0330 123 1962

The only major supermarket (as far as we know) to offer a telephone ordering service for home delivery, as well as an internet one.

Long may it continue!

Goodness Direct

Tel: 0871 871 6611 www.goodnessdirect.co.uk

Home delivery service for health foods and special diet products e.g. gluten-free and dairy-free.

Abel & Cole Limited

16 Waterside Way, Plough Lane, Wimbledon, SW17 0HB

Tel: 08452 62 62 62 / 020 8944 3780. Web: www.abelandcole.co.uk organics@abelandcole.co.uk

Abel & Cole sell a range of organic fruit, veg, meat and pantry items delivered to your door.

Farm around

Farmaround Ltd, 7 Borough Court, Borough Road, Richmond, North Yorkshire, DL10 4SX.

Tel: 0333 3232 664 <http://www.farmaround.co.uk/> Email: info@farmaround.co.uk

Organic fruit and veg home delivery service.

Riverfords

Wash Barn, Buckfastleigh, Devon, TQ11 0JU. Tel: 01803 762 059 <http://www.riverford.co.uk/>

help@riverford.co.uk

Riverfords sell organic fruit, veg, meat and pantry items, delivered to your door.

G. OPTICIANS AND DENTISTS

The Outside Clinic

Freephone: 0800 85 44 77 or landline 01793 642 200. Email: info@outsideclinic.com
This company offers an eye test and spectacle service in your own home.

Specsavers

www.specsavers.co.uk Offer an eye test and spectacle service in your own home.
Contact your local store for details or phone 0800 198 1136.

Noviche Bioscience Phlebotomy Services

Private home-visiting blood collection service (most of North of Thames.)
Tel: 08450 573718. Email: novichecbs@gmail.com.

Phlebotomy Services

Private home-visiting blood collection. General Enquiries: 01264 351 154.
Janey Scott Jones Tel: 07837 024 988
Email: janeyscottjones@gmail.com www.phlebotomyservices.co.uk
Hants, Berks, Wilts, elsewhere by arrangement.

H. MISCELLANEOUS

Argos will deliver a catalogue if you phone **0345 640 2020** and explain that you are disabled and housebound.

ES-Aware Property Maintenance -

Mayberry UK Limited

PO Box 8147, Reading, Berks, RG30 9HD. Tel: Damian May 01189-540983.

Email: djshed31@msn.com

No mobiles on your property; person who understands the issues.

Wide range of jobs undertaken from roofing, painting and plumbing to furniture assembly and gardening.

No call-out: £45 for first hour and £30 per hour thereafter. 9 out of 10 times job comes in below estimate based on info given over the phone. If on arrival work greater than expected, a firm price can be agreed before work commences.

Coverage: Reading, Basingstoke and surrounding areas, other areas considered depending on work required. For people further afield, I may be able to assist over the phone or email; please use email heading 'HANDYSERVE es-uk'.

Plastic no-metal spectacles.

The Eyewear Company offer the range Swiss Flex. www.swissflex-eyewear.com

www.theeyewearcompany.com Tel: 01453 791600

email: admin@theeyewearcompany.co.uk

The 'Team', Habit House, Priory Court, Leonard Stanley, Stonehouse, Glos. GL10 3HB.

Ask your local optician – if they don't stock them a one – off order could be arranged.

Bromptons Opticians in Brighton.

Wooden-framed, no metal at all glasses, prescription sunglasses made of plastic only.

Tel: 01273 697 711.

Secretarial Service

Letters, internet research + general admin £8 per hour plus materials at cost.

Anne-Marie Gomersall Tel: 01208 816 145 and Katherine Austen Tel: 01208 814 514

c/o David's House, Chapel Amble, Cornwall PL27 6GU

Sign

A brass sign which says "Please switch off mobile phones" is available from www.labelsourceonline.co.uk. sales@labelsourceonline.co.uk Tel: 0800 3761 693

Signs with your own wording available from the House Nameplate Company. Unit 16, Vauxhall Industrial Estate, Wrexham. LL14 6HA. Tel: 01978 800 400

www.housenameplate.co.uk Email: info@hnpuk.com

These are sold through B & Q.

Vacuum Cleaner Extension Hoses:

Can be attached to the hose of a cylinder vacuum cleaner to enable the user to get far away from the motor – even into another room:

1. Look up your vacuum cleaner brand plus extension hose online or at www.amazon.co.uk, or
2. **Coopers of Stortford.** 11 Bridge Street, Bishops Stortford, CM23 2JU Tel: 0844 482 4400 www.coopersofstortford.co.uk
NB. Smells plasticky when it first arrives but this does wear off. You may need to stick one end to your cleaner with duct tape to stop it slipping out.

Plastic Bra Underwires

To replace metal ones. Available from:

308 Ottawa Street North, Hamilton, ON L8H 3Z9, Canada. Tel: 00111 905 538 1396

Email: customerservice@bramakers.com

Metal-Free Chemical-Free Mattresses

The Little Green Sheep, Unit 18-19, Stockwood Business Park, Stockwood, Redditch B96 6SX.

Tel: 0800 028 1433 / 01386 791 076 www.littlegreensheep.com

Children's mattresses from coconut fibre, minimal latex, natural wool + organic cotton. Material samples available.

Green Fibres

99 High Street, Totnes, Devon TQ9 5PF

Tel: 01803 868 001 www.greenfibres.com mail@greenfibres.com

Dojo Ecoshop

Unit 5W, PT Williams Yard, Severn Farm Industrial Estate, Welshpool, Powys, SY21 7DF.

Tel: 01938 552 617 www.dojoeco.co.uk mail@dojoeco.co.uk

Magniflex Memory Foam Mattresses

Very low odour – available from Broxburn Bargain Centre, 10 West Main Street and Buchan Lane, Broxburn, W. Lothian, EH52 5QD.

Tel: 01506 852 202. www.broxburnbargaincentre.co.uk

Email: bbc@wwmail.co.uk

Other stockists exist.

No-cooker Cookbook

"Cooking without a cooker" by Susan Pearl.

Cookbook covering a range of solutions, including raw foods, fermented foods, quick cooking, slow-cooking and solar cooking, plus preservation and storage without a fridge / freezer. Available for £5 including p&p. Send a cheque payable to Susan Pearl and details to: Cooking without a cooker, C/o BM Box ES-UK, London WC1N 3XX.

Air Purifier with no moving parts so low magnetic fields.

The Radic-8 Clean Air available from The Healthy House uses an enclosed UV bulb to deactivate dust mite allergen, pollen, odours and VOCs. Metal one smells less, and is easier to earth.

Please mention the ES Directory when contacting suppliers

Information

MCS-Aware.org

Charity for environmental illness. Information and support for people with chemical, food and electro-sensitivities. Quarterly magazine by post or email. Support group also available. For a FREE sample magazine and information pack contact:

MCS-Aware. 56 Gaping Lane, Hitchin, Herts. SG5 2JE.

Email: info@mcs-aware.org. Web: www.mcsaware.org

MCS-Aware also do a Smart Meter pack, available on their website links, or by post £6, giving comprehensive information about how to avoid smart meter installation, sample letters to neighbours etc. Cheques payable to MCS-Aware.

<http://mcsaware.org/research-articles/178-smart-meters>

ES-UK

Charity which supports people with electrosensitivity.

BM Box ES-UK

London

WC1N 3XX

Tel: 0845 643 9748 www.es-uk.info

Email: enquirers@es-uk.info

Powerwatch

www.powerwatch.org.uk. Tel: 01354 693 805.

Useful information for electrical sensitivity. Links to EMFields online shop.