

## **ES Directory Summer 2014**

Dear all

Welcome to the Summer 2014 issue of the ES Directory. Thank you to everyone who has sent in suggestions for useful products and services. New entries this issue include:

- more shielding suppliers and a new surveyor in section A
- odour-free paraffin lamps in section B
- in section H, the charity MCS-Aware, which covers food, chemical and electrical sensitivity, and provides an excellent smart-meter pack
- an ES-aware property maintenance service in section H.

Please keep them coming – either email [info@esdirectory.org.uk](mailto: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.

### **A new approach to good locations**

We are looking to establish an informal list of places with a suitable environment for people with ES to stay. The list will not be put online, emailed or published and will be held by a limited number of ES – UK volunteers. Locations in specific areas may be disclosed at their discretion to people in serious need with a proven history of engagement with the charity. If you know of any such locations and would be prepared to share them on the limited basis described above, please contact Geoff Simmonds on 01888 560047 or [geoff\\_simmonds@btinternet.com](mailto:geoff_simmonds@btinternet.com).

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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**

### ***Aaronia***

Tel: 00 49 6556 93033 [www.aaronia.com](http://www.aaronia.com) Email: [mail@aaronia.de](mailto:mail@aaronia.de)

Suppliers of handheld spectrum analysers and shielding equipment.

### ***Beneficial Environment***

3 Chancery House, 73 High St, Hurstpierpoint, Sussex BN6 9RE

Tel: 01273 833 956 or 07985 157 532 [www.stetzer.co.uk](http://www.stetzer.co.uk) [guy@guyhudson.co.uk](mailto:guy@guyhudson.co.uk)

Detailed EM Surveys and recommendations for low-EMR environments Vehicles also surveyed and adaptations installed. UK agent for stetzer filters.

### ***Block EMF***

6352 Corte del Abeto, Suite H, Carlsbad, CA 92011, USA

Tel: 001 (800) 578 5939 Fax: 001 (760) 431 0126

[www.blockemf.com](http://www.blockemf.com) [customerservice@healthstores.com](mailto:customerservice@healthstores.com)

**Please mention the ES Directory when contacting suppliers**

***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 01591 610167 [www.electricforester.co.uk](http://www.electricforester.co.uk)  
Voicemail /fax 0845 345 1892. Cambridge Head Office: 01223 911 893  
Email: [moreinfo@electricforester.co.uk](mailto:moreinfo@electricforester.co.uk)

Nationwide EMR Surveys at EHS Levels.  
Also 10 Minutes Free EMR Advice line provided by and for EHS/MCS sufferers.  
[emradviceline10free@electricforester.co.uk](mailto:emradviceline10free@electricforester.co.uk)

***EMF Clothing Ltd***

England: Column House, London Road, Shrewsbury, Shropshire, SY2 6NN. Tel: 0845 805 9030  
Scotland: 11, Greenhall Way, Inch, AB52 6HH.  
Email: [sales@emfclothing.com](mailto:sales@emfclothing.com). Website: <http://www.emfclothing.com>

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

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

Tel: 03302231404. Email: [sales@leblok.co.uk](mailto:sales@leblok.co.uk)

***EMfields Ltd***

2 Tower Road, Sutton, Ely, Cambridgeshire, CB6 2QA. [www.emfields.com](http://www.emfields.com) [enquiries@emfields.com](mailto:enquiries@emfields.com)  
Tel: 07796 691 402 / 01353 778814  
Shielding paint, materials, headnets, bednets, clothing, demand switches, hire and purchase of radio-frequency and power frequency EMF meters, EMF surveys.

***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](http://www.lessemf.com) [lessemf@lessemf.com](mailto:lessemf@lessemf.com)  
Wide range of products for the home and office, including a low-EMF hairdryer and clear plastic shielding.

***EMR Shielding Solutions***

100 King Street West, Suite 5700 Toronto, Ontario, M5X 1C7, Canada.  
<http://www.emrshieldingsolutions.com> Telephone Canada 416-583-2005, USA 310-746-3686  
Email: [info@emrshieldingsolutions.com](mailto:info@emrshieldingsolutions.com)  
A range of clothing, shielding and measuring devices.

***Hamilton & Co Ltd***

Quarry Industrial Estate, Mere, Wiltshire, BA12 6LA. Tel: 01747 860088 Fax: 01747 861 032  
[www.hamilton-litestat.com](http://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.

"Cheriton" range available through The Lightbulb Shop. Tel: 0208 920 4185.  
Unit 12, Brunswick Industrial Park, Brunswick Way, London N11 1JL. [info@thelightbulbshop.co.uk](mailto:info@thelightbulbshop.co.uk)

***Healthbuild Ltd***

20 John Street, Sligo, Ireland. Tel: 00 353 71 915 0095. [www.healthbuild.ie](http://www.healthbuild.ie)  
Email: [healthbuild@me.com](mailto:healthbuild@me.com)  
Agents for Yshield, Biologa, Danell.

***Please mention the ES Directory when contacting suppliers***

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

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 adaptor which will earth the appliance correctly, NB Normal Continental/UK adapters WILL NOT WORK AND WILL CREATE VERY HIGH FIELDS. Contact Samuel Andersson at AMAK (see computer section) or try the Schuko to UK mains Adapter from Maplins Code TZ55K

***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](http://www.hollandshielding.com) [info@hollandshielding.com](mailto: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](http://www.screwfix.com) Tel: 0500 41 41 41 plus many useful DIY items including aluminium foil tape.

[www.tlc-direct.co.uk](http://www.tlc-direct.co.uk) Tel: 01293 565630 Tel: 01293 420 000 for a catalogue.

[sales@tlc-direct.co.uk](mailto:sales@tlc-direct.co.uk)

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

***HI-TEK Electronic Materials***

15 Wentworth Road, South Park Industrial Estate, Scunthorpe, Lincs DN17 2AX

Tel: 01724 851678 [www.hitek-ltd.co.uk/](http://www.hitek-ltd.co.uk/) [sales@hitek-ltd.co.uk](mailto:sales@hitek-ltd.co.uk)

Variety of shielding fabrics including "Nora Dell".

***Mummywraps***

3 Gilmour Street, Raglan, 3225, New Zealand Tel: 00 64 7 825 7255 [nabullock@xtra.co.nz](mailto:nabullock@xtra.co.nz)

Tunics made of Swiss Shield fabric from [www.mummywraps.com](http://www.mummywraps.com)

***Equilibra***

Tel: 01642 872 610

Demand switches.

***The Healthy House***

The Old Co-op, Lower Street, Ruscombe, Stroud, Glos GL6 6BU.

Tel: 0845 450 5950 [info@healthy-house.co.uk](mailto:info@healthy-house.co.uk)

Hire and purchase of meters, plus demand switches and dLAN.

***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](http://www.select-fabricators.com)

Faraday cage tents.

***Sensory Perspective Ltd***

45 Bedford Row, London, WC1R 4LN Tel: 0207 404 7850

[www.detect-protect.com](http://www.detect-protect.com) [info@sensoryperspective.com](mailto:info@sensoryperspective.com)

EMF detection equipment and shielding materials.

***Smartmeter Protection Ltd***

Tel: 03302231404 or (sales) 0845 805 9030. Email [sales@smartmeterprotection.co.uk](mailto:sales@smartmeterprotection.co.uk)

<http://www.smartmeterprotection.co.uk>

*Please mention the ES Directory when contacting suppliers*

Provides smartmeter shielding products.

## **B. LIGHTING**

### ***The Healthbuild Consultancy***

20 John Street, Sligo, Ireland. Tel: 00353 719150095 [www.healthbuild.ie](http://www.healthbuild.ie)

Email: [healthbuild@me.com](mailto:healthbuild@me.com)

Low-EMF wall, ceiling, table and standard lamps. Details of Danell lamps at [www.danell.de](http://www.danell.de)

### ***Lightbulbs***

Maplins Head Office, Unit 1, Brookfields Way, Manvers, Rotherham, South Yorkshire, S63 5DL. Tel: 0844 557 6000.

[customercare@maplin.co.uk](mailto:customercare@maplin.co.uk) Tel: 0333 400 9500

[technical@maplin.co.uk](mailto:technical@maplin.co.uk) Tel: 0333 400 9757

[www.maplin.co.uk](http://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, available for £3.

### ***The Base Camp***

The Old Bakery, Clifton Road, Littlehampton, West Sussex, BN17 5AS. Tel: 01903 723853.

Email: [spares@base-camp.co.uk](mailto:spares@base-camp.co.uk). <http://www.base-camp.co.uk>

Range of paraffin lamps. Also supply odourless, sulphur-free paraffin.

## **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](http://www.coulson.co.uk) [enquiries@coulson.co.uk](mailto:enquiries@coulson.co.uk)

### ***Russell Kerr***

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

### ***Chris Stannard***

Tel: 01920 467745 [Stannards\\_tower@ntlworld.com](mailto:Stannards_tower@ntlworld.com)

*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 013-74 000. <http://www.bemi.se> [info@bemi.se](mailto:info@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>

***Please mention the ES Directory when contacting suppliers***

Dragon Naturally Speaking, voice recognition software.

***Optoacoustics Ltd.***

Moshav Mazor, 73160 Israel. Tel: 00972 3-634-4488 [www.optoacoustics.com](http://www.optoacoustics.com)  
info@optoacoustics.com  
Contact Dr Yuvi Kahana. [yuvi@optoacoustics.com](mailto: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](http://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](http://www.gigaset.com) . Service Hotline 020 3695 3111  
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](http://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.

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: If 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**

*Please mention the ES Directory when contacting suppliers*

**Sainsbury's**

Tel: 0800 328 1700

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](http://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. Web: [www.abelandcole.co.uk](http://www.abelandcole.co.uk) [organics@abelandcole.co.uk](mailto:organics@abelandcole.co.uk)

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

**Farm around**

Tel: 01748 821 116 (London area, parts of the North, parts of the South)

<http://www.farmaround.co.uk/> Email: [info@farmaround.co.uk](mailto: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/>

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

**G. OPTICIANS AND DENTISTS**

**The Outside Clinic** Tel: 0800 8544 77 Email: [info@outsideclinic.com](mailto:info@outsideclinic.com)

This company offers an eye test and spectacle service in your own home.

**Noviche Phlebotomy Services**

Private home-visiting blood collection service (most of North of Thames.)

Tel: 01255 820 407. Email form available on website.

**Phlebotomy Services**

Private home-visiting blood collection.

Janey Scott Jones Tel: 07837 024 988

[janey.scott@sky.com](mailto:janey.scott@sky.com) [www.phlebotomyservices.co.uk](http://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](mailto: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.

***Please mention the ES Directory when contacting suppliers***

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](http://www.swissflex-eyewear.com)

[www.theeyewearcompany.co.uk](http://www.theeyewearcompany.co.uk) Tel: 01453 791600

email: [admin@theeyewearcompany.com](mailto:admin@theeyewearcompany.com)

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.

***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](http://www.labelsourceonline.co.uk). [sales@labelsourceonline.co.uk](mailto:sales@labelsourceonline.co.uk) Tel: 0800 3761 693

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

[www.housenameplate.co.uk](http://www.housenameplate.co.uk) Email: [info@hnpuk.com](mailto:info@hnpuk.com)

These are sold through B & Q.

***Vacuum Cleaner Extension Hose.***

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. 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.

From Coopers of Stortford. 11 Bridge Street, Bishops Stortford. CM23 2JU Tel: 0844 482 4400

[www.coopersofstortford.co.uk](http://www.coopersofstortford.co.uk)

***Plastic Bra Underwires***

To replace metal ones. Available from [www.bramakerssupply.com](http://www.bramakerssupply.com)

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

***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](http://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](http://www.greenfibres.com) [mail@greenfibres.com](mailto: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](http://www.dojoeco.co.uk) [mail@dojoeco.co.uk](mailto:mail@dojoeco.co.uk)

***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 sample magazine and information pack contact:

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

Email: [info@mcs-aware.org](mailto:info@mcs-aware.org). Web: [www.MCS-Aware.org](http://www.MCS-Aware.org)

***Please mention the ES Directory when contacting suppliers***

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](http://www.es-uk.info)

***Powerwatch***

[www.powerwatch.org.uk](http://www.powerwatch.org.uk)

2 Tower Road, Sutton, Ely, Cambs, CB6 2QA

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