

ES Directory Autumn 2021

Welcome to the Autumn 2021 issue of the ES Directory. Thank you to everyone who has sent in suggestions for useful products and services and updates for contact details. New entries this issue include:

- a BT landline phone that can be used for texting. Unfortunately to text you need to plug it into the mains.

-spectacle lenses which protect against rf

- exclusive one-visitor-only offgrid camping for campervans

- a charity – Lightaware – for people sensitive to modern forms of lighting

- the latest on the halogen lightbulb ban: There is an EXEMPTION in the regulations, for old-style non-LED bulbs to be available to people who are LED-sensitive **on prescription**. [The Ecodesign for Energy-Related Products and Energy Information \(Lighting Products\) Regulations 2021 \(legislation.gov.uk\)](#) SI 2021 no.1095, schedule 4, para 3 (2)(p) reads: "light sources provided specifically for use by photosensitive patients, to be sold in pharmacies and other authorised selling points (such as suppliers of disability products), upon presentation of a medical prescription" But the Business Department (BEIS) don't seem to have co-ordinated with the Department of Health to enable this to happen in practice – to ensure GPs can write the relevant prescriptions. Write to your MP or the Minister of State for Health, Edward Argar MP, welcoming the exemption and the assurances given to light sensitive people and their MPs, but asking what is being done to make sure it is actually effective and not meaningless.

Please keep sending suggestions and updates – 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 web links!** We 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.

People with ES deserve to be treated fairly and with respect. If the directory team become aware via the representatives of relevant charities or support groups of two or more serious complaints from separate individuals about the products, services or standard of customer service provided by a supplier listed here, their entry will be marked with a question mark (?).

This will apply to products and services supplied from 1 January 2022.

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B – Lighting

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G – Opticians, dentists etc.

H – Miscellaneous including places to stay

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 (products) www.norad4u.com (knowledge and info.)

Email: forEHS@gmail.com Facebook: <https://www.facebook.com/groups/134253046727386/>

Tel: 00 972 9794 1113 (Israel)

Shielding, clothing, EMF meters, home protection etc. Ships to UK.

Aaronia

www.aaronia.com Email: mail@aaronia.de Tel: 00 49 6556 900310 (Germany)

Suppliers of handheld spectrum analysers and shielding equipment. Ships to UK.

Beneficial Environments

www.beneficialenvironments.co.uk Email: guy@beneficialenvironments.co.uk

Facebook: <https://www.facebook.com/beneficialenvironmentsuk>

Tel: 01273 251956 (UK)

3 Chantry House, 73 High St, Hurstpierpoint, West Sussex BN6 9RE

Covering the UK. This EM measurement, analysis and recommendations for low-electrosmog environments to suit ES people. A wide range of shielding products, earth sheets, wallpaper, building materials, electricity filters. Home surveys and consulting services.

Conscious Spaces Ltd

www.consciousspaces.com Email: support@consciousspaces.com Tel: (01326) 727222

EMF surveys, shielding including pop-up shielding tent, clothing. Based in the UK, ships worldwide.

Down to Earth EMF Services

Facebook: <https://www.facebook.com/downtoearthEMF/>

Email: DownToEarthEMF@Protonmail.com

A friendly, value-for-money EMF surveying service, covering England and Wales. EMFs in the home, wireless devices and technologies, power lines, wiring and electrical items, plus “dirty electricity” all surveyed. Includes a report detailing findings, suggestions for practical solutions and advice.

Earthing Oz

<https://www.earthingoz.com.au/> Email: admin@earthingoz.com.au

Tel: +61 2 9949 4398 (international calls)

32 Bangaroo Street, North Balgowlah. NSW 2093. Australia

Earthing, protective clothing, protection for home and office.

Electric Forester Investigations Ltd

www.electricforester.co.uk Email: moreinfo@electricforester.co.uk

Tel: LoCall. 0845 3451893 or landline 01591 610167 (UK)

Cambridge Head Office: 01223 911 893

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

www.electrosmogshielding.co.uk Email: sales@electrosmogshielding.co.uk

Tel: 0800 031 4345 Mobile: 07787 305 769 (UK)

3rd Floor, 207 Regent Street, London, W1B 3HH. UK agent for YShield products.

EMF Clothing Ltd

www.emfclothing.com Email: sales@emfclothing.com

Tel: +44 (0)182 329 9390 (UK) or +44 (0) 330 223 1404

EMF-shielded clothing (including children's clothing), shielding materials, canopies, meters and detection equipment, sleep solutions, grounding, earthing products, many other protective products

EMF Protection

www.emf-protection.co.uk 01200 44 77 70 info@emf-protection.co.uk

The Old Chapel, Horsedowns, Praze An Beeble, Cornwall TR14 0NP UK

Bed canopies, detectors, clothing, shielding fabric, shielding paint, dirty electricity filters.

EMFields Solutions Ltd

www.emfields-solutions.com (Wholesale service only via website; no longer offers telephone service. Website gives nearest stockist). Dirty electricity meters and filters, hire and purchase of radio-frequency and power frequency EMF meters.

EMF Safety Shop

www.lessemf.com Email: lessemf@lessemf.com Tel: 001-518-608-6479. Fax: 001-309-422-4355

776B Watervliet Shaker Road, Latham, NY 12110, USA.

Wide range of products for the home and office, including clothing and clear plastic shielding.

EMF Shielding Australia

www.emfshieldingaustralia.com.au Email: info@emfshieldingaustralia.com.au

Tel: +61 (0) 7 308 54310 (Australia)

Level 36, Governor Phillip Tower, 1 Farrer Place, 2000 Sydney NSW, Australia.

Protective clothing, shielding materials, grounding, canopies, detectors etc.

EMF UK

www.emfuk.eu Email: mail@emfuk.co.uk 5 Highgale Gardens, Preston, PR5 5YT, UK.

EMF meters, analysers etc.

EMI Shielding Australia

<https://www.emishielding.com.au> Email: office@emishielding.com.au

Tel: +61 3 9758 3949 Fax: +61 3 9753 5552 PO Box 130, Fern Gully 3156, Australia

Electromagnetic shielding, testing, reporting and mitigation of electromagnetic interference.

EMR Shielding Solutions

<http://www.emrss.com> Email: info@emrshieldingsolutions.com

Tel: 416-583-2005 (Canada), 310-746-3686 (USA) 10 Westcreek Dr, Unit 17, Woodbridge, ON L4L 9R5, Canada. A range of clothing, shielding and measuring devices.

Groundology

www.groundology.co.uk Email: contact@groundology.co.uk Tel: 01291 350 800

Groundology, Gurlus Grove, Barbadoes, Tintern, NP16 6ST, UK.

Products and info for earthing and EMF protection.

Hamilton & Co Ltd

www.hamilton-litestat.com Email: info@hamilton-litestat.com Tel: 01747 860088 (UK)

Bristol: Unit 10, Carrick Business Centre, 4-5 Bonville Road, Brislington, Bristol, BS4 5NZ

London: 27 Bush Lane, Cannon Pavilion, London, EC4R 0AA

Please mention the ES Directory when contacting suppliers

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

www.thelightbulbshop.co.uk Email: info@thelightbulbshop.co.uk Tel: 0208 920 4185. (UK)
Unit 12, Brunswick Industrial Park, Brunswick Way, London N11 1JL.
Metal light sockets and switches and a range of bulbs.

Healthbuild Ltd

www.healthbuild.ie Email: healthbuild@me.com Tel: 00 353 71 915 0095
20 John Street, Sligo, Ireland
Agents for Auro, Dormiente. Fabric, Biologa: 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).
Tel: 07875 123943 (UK) Can call you back from a landline.
Alan Jewell BE ng. EMF surveys by professional electrical engineer based in Stroud, Gloucestershire. Offers consultation via phone or Skype.

Holland Shielding Systems BV

www.hollandshielding.com Email: info@hollandshielding.com Tel: 0031 78 204 9000. (The Netherlands) Fax: 0031 78 204 9008
Jacobus Lipsweg 124, 3316 BP Dordrecht, The Netherlands.
Shielding tents, metallic spray for earthing plastics, coatings and films for glass, cable shielding.

Screwfix and TLC Direct

www.screwfix.com Email: online@screwfix.com Tel: 03330 112 112 (UK)
Trade House, Mead Avenue, Yeovil, Somerset, BA22 8RT
Metal light switches + metal sockets plus many useful DIY items including aluminium foil tape.
Also available from: www.tlc-direct.co.uk Email: sales@tlc-direct.co.uk Tel: 01293 565630 (UK)
Both of these companies also do shielded wiring for house re-wiring.

HI-TEK Electronic Materials Ltd

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

Equilibra

www.equilibrauk.com Email: equilibra1010@gmail.com Tel: 01642 872 610 (UK)
Demand switches, earthing, EMF protection and health products.

The Healthy House Ltd

www.healthy-house.co.uk Email: info@healthy-house.co.uk Tel: 01453 752 216 (UK)
The Old Co-op, Lower Street, Ruscombe, Stroud, Glos. GL6 6BU. Hire and purchase of meters.

Select Fabricators Inc

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

Sensory Perspective Ltd

www.detect-protect.com Email: info@sensoryperspective.com
Tel: 020 7404 7850 Fax: 020 7203 8489 (UK) 12 South Square, Gray’s Inn, London WC1R 5HH
EMF detection equipment and shielding materials.

B. LIGHTING

Healthbuild Ltd

www.healthbuild.ie Email: healthbuild@me.com

Tel: 00 353 71 915 0095 (UK) Mobile: 087-2785790 (Wilhelm Bodewigs)

20 John Street, Sligo, Ireland.

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 mains adapter.

Lightbulbs

Your best bet for old-style lightbulbs and earthed metal lampholders now appears to be Amazon. Or search the Internet for GLS (General Lamp Shade) bulbs which are usually traditional tungsten lights.

The Base Camp

<http://www.base-camp.co.uk>

Email: spares@base-camp.co.uk

Tel for orders: 10.00am to 5.30pm Mon - Fri, 01733 234333 in the UK

Unit 16, Alfric Square, Maxwell Road, Woodston, Peterborough, PE2 7JP,

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.

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.

Coulson & Son Ltd

www.coulson.co.uk

Email: enquiries@coulson.co.uk

Tel: 01223 423800 Fax: 01223 420550 (UK) William James House, Cowley Road, Cambridge. CB4 0WX.

Russell Kerr

Email: Russell.kerr@hotmail.com

Tel: 07956 372758 (UK) Unit 20, 820a Harrow Road, London, NW10 5JU.

Thorn Electrical Services

Tel: 01273 241 608 / 07984 020290 thornelectricalservices@gmail.com

48 Egremont Place, Brighton BN2 0GB.

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

D. COMPUTER EQUIPMENT & TELEVISION

BEMI

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

Lyckebo SE-585 62 Lingham, Sweden Shielded computer equipment.

JRS Eco Wifi

www.jrseco.com E-mail: info@jrseco.com Tel: +31 85 25 00 235 : Mo-Fr 9:00-18:00 (CET)
Gv J van Stolbergln 31 Unit A3850,2263AB Leidschendam, The Netherlands

Wifi router with built in timer, no wifi radiation when your wireless devices have the wifi switched off. Switches on immediately when one of your own devices asks for a wifi connection. Even when the wifi is active, the Eco router emits less radiation than an ordinary router. Wifi on/off button.

Optoacoustics Ltd.

www.optoacoustics.com Email: info@optoacoustics.com Tel: 00972 3-634-4488 (Israel)
Optoacoustics Ltd, Moshav Mazor, 73160 Israel.

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.

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

Siemens Gigaset range (some models only)

www.gigaset.com Tel: Service Hotline 020 3695 3111 (UK)

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

The Swissvoice ePure 2 DECT phone has zero microwave emissions in stand-by mode. Some people with ES have bought these low radiation phones for their neighbours as a substitute for their standard DECT phone.

Beneficial Environments

www.beneficialenvironments.co.uk

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

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.

BT Paragon 650

A landline phone with texting capability – for which you need to plug it into the mains. Be warned – don't stop and think in the middle of texting – the blasted thing goes into powersave mode and loses your message.

F. FOOD SHOPPING

Sainsbury's

www.Sainsbury's.co.uk

Tel: 0800 328 1700 (UK) and ask to be transferred to order team for people with no access to the web. The only major supermarket (as far as we know) to offer a telephone ordering service for home delivery, for people who don't have access to the internet. Long may it continue!

Goodness Direct

www.goodnessdirect.co.uk Email: info@goodnessdirect.co.uk Tel: 020 8509 8222 (UK)

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

Abel & Cole Limited

www.abelandcole.co.uk Email: organics@abelandcole.co.uk Tel: 03452 62 62 62 (UK)

6 Waterside Way, Plough Lane, Wimbledon, SW17 0HB.

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

Farm around Organic

<http://www.farmaround.co.uk> Email: info@farmaround.co.uk Tel: 01748 850 700 (UK)

Organic fruit and veg home delivery service.

Riverfords

<http://www.riverford.co.uk> Email: help@riverford.co.uk Tel: 01803 227 227 (UK)

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

G. OPTICIANS AND PHLEBOTOMISTS

The Outside Clinic

www.outsideclinic.co.uk Email: info@outsideclinic.com Freephone: 0808 239 3602

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

Specsavers

www.specsavers.co.uk Contact your local store for details or phone 0800 198 1132 (UK)

Offer an eye test and spectacle service in your own home.

Noviche Bioscience Phlebotomy Services

Email: info@novichebioscience.co.uk Tel: 08450 573718 (UK)

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

Phlebotomy Services

www.phlebotomyservices.co.uk Email: info@phlebotomyservices.co.uk Tel: 07837 024 988 (UK)

Janey Scott Jones. Private home-visiting blood collection and centrifuging.

Hants, Berks, Wilts, elsewhere by arrangement.

H. MISCELLANEOUS

ES-Aware Property Maintenance

Email: djshed31@msn.com

Tel: 0118 328 3119 (UK) Damian May

Mayberry UK Limited, 103 Copland Close, Basingstoke RG22 4LB

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.

Please mention the ES Directory when contacting suppliers

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, he may be able to assist over the phone or email; please use email heading 'HANDYSERVE es-uk'.

RFR protective eyewear

Some people with ES benefit significantly from Vista-Mesh glasses which help to provide RFR protection for the eyes. They are stocked by many opticians eg

<https://www.norville.co.uk/acatalog/catalogues/Vista-Mesh%20OPT%202018%20PLv2.pdf>

Plastic no-metal spectacles.

www.theeyewearcompany.com Email: admin@theeyewearcompany.co.uk Tel: 01453 791600 (UK)

Fax: 087 0141 0458

The Eyewear Company offer the range Swiss Flex.

(www.swissflex-eyewear.com)

The 'Team', The Counting House, Bond's Mill Estate, Stonehouse, Glos. GL10 3RF.

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

Bromptons Opticians in Brighton.

Tel: 01273 697 711 (UK) 32 Gardner Street, Brighton BN1 1UN

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

Secretarial Service

Joanna Arvor Tel: 07446 379 153 and Katherine Austen Tel: 01208 814 514.

Please only call during office hours.

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

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

The House Nameplate Company.

www.housenameplate.co.uk Email: info@hnpuk.com Tel: 01978 800 400 (UK)

Unit 16, Vauxhall Industrial Estate, Wrexham. LL14 6HA.

Signs with your own wording available.

Vacuum Cleaner Extension Hoses:

www.amazon.co.uk

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. Look up your vacuum cleaner brand plus extension hose online.

Plastic Bra Underwires

www.braandcorsetsupplies.com Email: CustomerService@Bramakers.com Tel: 001 905 538 1396

308 Ottawa Street North, Hamilton, ON L8H 3Z9, Canada.

Supply plastic bra underwires to replace metal ones.

Metal-Free Chemical-Free Mattresses

www.cottonsafenaturalmattress.co.uk Email: sales@cottonsafenaturalmattress.co.uk

Tel. 01395 239 832 Cottonsafe Natural Mattresses, Unit 15, Woodbury Business Park, Woodbury, Devon, EX5 1AY (for Sat Nav use EX5 1LD)

This company supplies un-sprung wool, latex and coir futomats which contain no fire retardant chemicals. They can also order (from Belgium) no fire retardant chemicals mattresses **WITH BEECHWOOD SPRINGS!**

Please mention the ES Directory when contacting suppliers

The Little Green Sheep

www.thelittlegreensheep.com.uk Tel: 0800 028 1433 / 01789 734 020 (UK)

The Green, Snitterfield, Stratford-upon-Avon, CV37 0JE.

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

Green Fibres

www.greenfibres.com Email@greenfibres.com Tel: 01803 868 001 (UK)

1 Malt Mill, Totnes, Devon TQ9 5NH

Organic natural ethical eco goods and garments, organic cotton natural fibres.

Dojo EcoShop

www.dojoeco.co.uk Email: mail@dojoeco.co.uk Tel: 01938 552 617 (UK)

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

Magniflex Memory Foam Mattresses

www.magniflex.com/uk

Very low odour. Oecotex certified.

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.

Places to stay

<https://hotels-ohne-wlan.com/en>

A useful website, although with few entries, showing hotels without wi-fi.

<https://wildwithconsent.com>

Arrange to stay in your campervan on an offgrid site WITH NO ONE ELSE THERE! Currently Northumberland-based.

ES-friendly guest house (run by Anthro-Tech Research Group, followers of Rudolf Steiner):

Kinharvie House, New Abbey, Dumfriesshire DG2 8DZ

Tel/fax: 01387 850306 (UK)

Information

MCS-Aware.org

www.mcs-aware.org

Email: info@mcs-aware.org

8A, Intech House, Wilbury Way, Hitchin, Herts. SG4 0TW (UK)

Charity for environmental illness. Information and support for people with chemical, food and electro-sensitivities.

MCS-Aware also do a Smart Meter pack, available on their website links, or by post £4, giving comprehensive information about how to avoid smart meter installation, sample letters to neighbours etc. Cheques payable to MCS-Aware.

ES-UK

www.es-uk.info Email: enquirers@es-uk.info

Tel: 0845 643 9748 Charity which supports people with electrosensitivity.

BM Box ES-UK, London, WC1N 3XX

Please mention the ES Directory when contacting suppliers

LightAware

<https://lightaware.org/> For people sensitive to, and to raise awareness of the wider dangers of, modern forms of artificial lighting.

Powerwatch

<https://powerwatch.org.uk> Useful information for electrical sensitivity.