

## ES Directory Spring 2024

Welcome to the spring 2024 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: an ES-aware electrician in Lancashire, and a shielded traditional phone with long extension to a mobile to enable receipt of mobile phone calls. Please keep sending suggestions and updates – either email [esdirectory@btinternet.com](mailto:esdirectory@btinternet.com) 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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G – Opticians, dentists etc.

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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**

#### ***4EHS***

[www.4ehsbyehs.com](http://www.4ehsbyehs.com) (products) [www.norad4u.com](http://www.norad4u.com) (knowledge and info.)

Email: [forEHS@gmail.com](mailto: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](http://www.aaronia.com) Email: [mail@aaronia.de](mailto: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](http://www.beneficialenvironments.co.uk) Email: [guy@beneficialenvironments.co.uk](mailto: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. 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.

*Please mention the ES Directory when contacting suppliers*

***Down To Earth EMF Services - EMF Surveys***

A friendly home EMF surveying service, covering Central England and carried out by EHS people. We assess levels of RF radiation, electric fields, magnetic fields and dirty electricity. We provide a written summary of survey findings, with sensible, practical suggestions on how to reduce EMF exposures. Contact us via our website: [www.downtoearthemf.com](http://www.downtoearthemf.com)

***Earthing Oz***

<https://www.earthingoz.com.au/> Email: [admin@earthingoz.com.au](mailto: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](http://www.electricforester.co.uk) Email: [moreinfo@electricforester.co.uk](mailto: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](mailto:emradviceline10free@electricforester.co.uk)

***Electric Sense***

<https://www.electricsense.com/> Online contact form <https://www.electricsense.com/contact-llloyd/>

Mailing address is: ElectricSense, 132 Avenue de Rochefort, 17200 Royan, France

EMF Meters, wide variety of shielding.

***Electrosmog Shielding***

[www.electrosmogshielding.co.uk](http://www.electrosmogshielding.co.uk) Email: [sales@electrosmogshielding.co.uk](mailto:sales@electrosmogshielding.co.uk)

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

3<sup>rd</sup> Floor, 207 Regent Street, London, W1B 3HH.

UK agent for YShield products.

***EMF Clothing Ltd***

[www.emfclothing.com](http://www.emfclothing.com) Email: [sales@emfclothing.com](mailto: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](http://www.emf-protection.co.uk) 01200 44 77 70 [info@emf-protection.co.uk](mailto:info@emf-protection.co.uk)

Tunstall Ing, Little Bowland Road, Whitewell, Forest of Bowland, Lancashire, BB7 3BN

Suppliers of detectors for measuring: Dirty Electricity, Electric and Magnetic fields, Radio

Frequency - including the first hand held, affordable 5G meter; EMF Shielding products: clothing (including kids), paint, fabric, sleeping bags, bed canopies, grounding equipment, window film; phone and router radiation protection; Dirty Electricity filters.

***EMFields Solutions Ltd***

[www.emfields-solutions.com](http://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](http://www.lessemf.com) Email: [lessemf@lessemf.com](mailto: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 UK**

<http://www.emfuk.co.uk> Email: [mail@emfuk.co.uk](mailto:mail@emfuk.co.uk) 5 Highgale Gardens, Preston, PR5 5YT, UK.  
EMF meters, analysers etc.

**EMR Shielding Solutions**

<http://www.emrss.com> Email: [info@emrshieldingsolutions.com](mailto: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](http://www.groundology.co.uk) Email: [contact@groundology.co.uk](mailto: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](http://www.hamilton-litestat.com) Email: [info@hamilton-litestat.com](mailto: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  
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](http://www.thelightbulbshop.co.uk) Email: [info@thelightbulbshop.co.uk](mailto: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.

**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**

<https://hollandshielding.com/> Email: [info@hollandshielding.com](mailto: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**

<https://www.screwfix.com/> Email: [online@screwfix.com](mailto: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](http://www.tlc-direct.co.uk) Email: [sales@tlc-direct.co.uk](mailto: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](http://www.hitek-ltd.co.uk) Email: [sales@hitek-ltd.co.uk](mailto: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**

<https://www.equilibrauk.com> Email: [equilibra1010@gmail.com](mailto:equilibra1010@gmail.com) Tel: 01642 872 610 (UK)  
Demand switches, earthing, EMF protection and health products.

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**Select Fabricators Inc**

<https://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**

<http://www.detect-protect.com> Email: [info@sensoryperspective.com](mailto: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**

Danell low-EMF wall, ceiling, table and standard lamps, also shielded cable for wiring houses and appliances <https://www.biologadanell.com>

UK and Ireland agent for some Danell lamps is [www.beneficialenvironments.co.uk](http://www.beneficialenvironments.co.uk) Email: [guy@beneficialenvironments.co.uk](mailto: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  
Lamps are supplied with the necessary UK converter plug.

NB: If you buy table or standard lamps from Germany 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](mailto: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.*

**Pat Bray Electrical**

Email: [pat@patbrayelectrical.co.uk](mailto:pat@patbrayelectrical.co.uk) or [p.g.bray@btinternet.com](mailto:p.g.bray@btinternet.com)  
260D Orrell Road Orrell, Wigan, Lancs WN5 8QZ Tel:01695 632825 or 07914 777911

CPS registered electricians, qualified in electrical system design (C&G 2396), inspection and testing (C&G 2391) and experienced in all aspects of domestic and commercial installation work.

Experienced in electrical measures for dealing with ES in the home, including installing shielded supply cables and filters, installing ethernet cables for internet without WiFi, installing demand

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switches to minimize electric and magnetic fields, circuit design to minimize ES and direct shielding and earthing measures to reduce electric fields. Also have sensitive test equipment to measure and monitor electric fields in the home.

***Coulson & Son Ltd***

[www.coulson.co.uk](http://www.coulson.co.uk) Email: [enquiries@coulson.co.uk](mailto: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](mailto: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](mailto: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](mailto:tegen@bemi.se) Tel: 0046 (0)13-74 000 (Sweden) Lilla Greby, Lyckebo SE-585 62 Linghem, Sweden Shielded computer equipment.

***JRS Eco Wifi***

[www.jrseco.com](http://www.jrseco.com) E-mail: [info@jrseco.com](mailto: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](http://www.optoacoustics.com) Email: [info@optoacoustics.com](mailto: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**

Information about ensuring a telephone setup which is as low EMF as possible after the digital switchover is available from ES UK and MCS Aware.

Analogue to digital telephone adapters (ATAs) allow people to use their existing analogue phones over broadband, which will be necessary when the digital switchover has happened. One example is Grandstream HT-812) <https://www.voipfone.co.uk/shop.php?method=view&pid=142>

**Siemens Gigaset range (some models only)**

[www.gigaset.com](http://www.gigaset.com) Tel: Service Hotline 020 3695 3111 (UK)

Available in the Argos Catalogue! If put wholly in ECO plus 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)

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](http://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.

**Ama-Konsult 4G telephone box**

<https://amak.se/#!/fast-telefoni/products/telefonbox-lte-4g> Telephone Sweden: 0910-776905

Creates an analog telephone line that you can connect your old telephone to and use via the mobile network.

The telephone box is placed up to 50 meters from the house and has a loose antenna that can also be changed to a directional antenna if you want to make sure that you don't have any microwaves directed at the home. Click in a SIM card in the telephone box, connect power and phone line to the box and then you can make calls as usual with your phone.

Get a cash card for the telephone box and you will not have a fixed monthly cost for telephony. If you get a SIM card with a landline number, you can keep your old home number with this solution.

In addition, up to 48 hours of built-in battery, so most people can handle power outages without problems. Run it on battery or solar panels and be completely independent of a telephone line or electricity subscription.

**F. FOOD SHOPPING**

**Sainsbury's**

[www.Sainsburys.co.uk](http://www.Sainsburys.co.uk) Tel: 0800 328 1700 (UK) and ask to be transferred to order team for people with no access to the web. Or phone their Vulnerable Customers line direct on 0800 917 8557. The

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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 Foods***

[www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk) Email [customerservice@aytac.co.uk](mailto:customerservice@aytac.co.uk) Tel: 020 8509 8222 (UK)

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

***Natural Collection***

[www.naturalcollection.com](http://www.naturalcollection.com) Tel order line: 0333 400 0466

Home delivery service for health foods, special diet products, natural cleaning and laundry products

***Abel & Cole Limited***

[www.abelandcole.co.uk](http://www.abelandcole.co.uk) Email: [organics@abelandcole.co.uk](mailto:organics@abelandcole.co.uk) Tel: 03452 62 62 62 (UK)

6 Waterside Way, Plough Lane, Wimbledon, SW17 0HB. Organic fruit, veg, meat and pantry items delivered to your door.

***Farmaround Organic***

<http://www.farmaround.co.uk> Email: [info@farmaround.co.uk](mailto: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](mailto:help@riverford.co.uk) Tel: 01803 227 227 (UK)

Organic fruit, veg, meat and pantry items, delivered to your door.

**G. OPTICIANS AND PHLEBOTOMISTS**

***The Outside Clinic***

[www.outsideclinic.co.uk](http://www.outsideclinic.co.uk) Email: [info@outsideclinic.com](mailto: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](http://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](mailto: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](http://www.phlebotomyservices.co.uk) Email: [info@phlebotomyservices.co.uk](mailto: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**

***Down To Earth EMF Services - Telephone Advice***

We offer a 'Pay-What-You-Can' telephone advice line for EHS people.

Initial contact is through our website. Go to <https://downtoearthemf.com/home> and send a short message to us (or ask a friend to do this). Include your telephone number, state the best times to contact you, and we will aim to call you then. Each call lasts approximately 30-40 mins. Payment can be made by bank transfer or PayPal. Please see our website for further details.

***ES-Aware Property Maintenance***

Email: [djshed31@msn.com](mailto: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.

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>

***Plastic no-metal spectacles.***

[www.theeyewearcompany.com](http://www.theeyewearcompany.com) Email: [admin@theeyewearcompany.co.uk](mailto:admin@theeyewearcompany.co.uk) Tel: 01453 791600 (UK)

Fax: 087 0141 0458

The Eyewear Company offer the range Swiss Flex.

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

The 'Team', The Counting House, Bond's Mill Estate, Stonehouse, Gos. 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***

Katherine Austen Tel: 01208 814 514. Please only call during office hours.

Letters, internet research + general admin £10 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](http://www.housenameplate.co.uk) Email: [info@hnpuk.com](mailto: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](http://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](http://www.braandcorsetsupplies.com) Email: [CustomerService@Bramakers.com](mailto: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](http://www.cottonsafenaturalmattress.co.uk) Email: [sales@cottonsafenaturalmattress.co.uk](mailto:sales@cottonsafenaturalmattress.co.uk)

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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 (and also vegan futomats made of polyester which smell even less). They can also order (from Belgium) no fire retardant chemicals mattresses **WITH BEECHWOOD SPRINGS!**

### ***The Little Green Sheep***

<https://www.thelittlegreensheep.co.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](http://www.greenfibres.com) [Email@greenfibres.com](mailto: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](http://www.dojoeco.co.uk) Email: [mail@dojoeco.co.uk](mailto: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](http://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)

<https://www.dorothygoesglamping.co.uk/>

Providing eco-friendly bell tents, yurts and canvas with off-grid accommodation in the Somerset countryside. NO WI-FI! [Info@dorothygoesglamping.co.uk](mailto:Info@dorothygoesglamping.co.uk) 07980 897622

### ***Information***

#### ***MCS-Aware.org***

[www.mcs-aware.org](http://www.mcs-aware.org)

Email: [info@mcs-aware.org](mailto:info@mcs-aware.org)

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

*Please mention the ES Directory when contacting suppliers*

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](http://www.es-uk.info) Email: [enquirers@es-uk.info](mailto:enquirers@es-uk.info)

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

BM Box ES-UK, London, WC1N 3XX

***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.