



the quiet
guide 2007

by Val Weedon MBE



CAMPAINING FOR ACTION AGAINST NOISE
www.ukna.org.uk

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AEG

 Electrolux

the quiet guide 2007

by Val Weedon MBE

AEG-Electrolux is proud to sponsor the 2007 Quiet Guide. We are so dedicated to producing quiet, high-performance appliances that we have teamed up with the UKNA to develop an endorsement scheme for Quiet Performance in kitchen appliances. You can read more about this new endorsement on page 11.

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With thanks to all those who contributed.

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Everyone needs peace and quiet – even noisy people!

But what is peace and quiet and how do we get it? It's not necessarily about total silence, but being in a state of stillness, serenity or calm. It can be freeing ourselves from activities, distractions or worries. Being free from emotions such as anger or impatience. It's about freeing ourselves from the stresses of modern life.

There are many ways to get peace and quiet, whether you live in the heart of the countryside or the middle of a busy city.

So, why is peace and quiet important? We need peace and quiet to sleep, we need peace and quiet to recuperate from illness and we need peace and quiet to learn.



Lack of a good night's sleep makes us irritable. When you are not feeling well, quietness helps in the healing process. We also absorb information better in an environment free from the distraction of sound. There have been numerous studies carried out in all of these areas, proving that peace and quiet is preferable, if not essential.

Noise is unwanted sound and whilst we all have different tolerance levels, once that is exceeded we become stressed. Our natural environment has changed dramatically when it comes to sound. Just look at our daily lives and listen to the sounds we have to endure as we go about our daily routine. In the home we have televisions, radios, hi-fis, kitchen appliances. Our accessories include computers, mobile phones, personal stereos. Mobile phones are such a useful modern tool, but equally a hindrance when it comes to interrupting our peace and quiet.

In the wider environment we have noise from traffic, aircraft and trains. When you go shopping it seems that nearly every shop and eating place has background music playing. Even some doctor's surgeries, dentists and hospitals have piped music into their waiting areas. People seem to shout instead of speaking normally, especially when they are conversing on their mobile phone. In the office everyone is tap tap tapping on their computers, phones are ringing, people constantly talking.

If you live in or near to a city centre you may even have to endure rowdy behaviour as patrons leave clubs and bars.

Not everyone can go home, shut the door and relax, especially if you live in a poorly insulated property and you can hear every sound your neighbour makes. As they plug in the kettle, flush the toilet, walk across their newly laid laminate floor and turn on their surround sound tv!

So, what can we do to get some peace and quiet when there are more sounds around us than ever before? You would think it's an impossible task, but there are things we can do as individuals, in our home environment, whilst out and about and in the workplace.

Lists of products, services and tips can be found throughout the booklet, along with quotes from well-known people telling us what they do to get peace and quiet.

Not everything listed has been tried and tested and as peace and quiet can mean different things to different people, it is recommended that you contact the sources given and make your own enquiries to assess whether they meet your needs or requirements.

Every effort has been made to ensure that contact details and product codes are correct, but we cannot guarantee this.

MAKE SPACE TO RELAX

“*Make space to relax. Stress can muffle your inner voice. Imagine yourself in a calm idyll. See it. Smell it. Breathe it. Dream it. Make this idyll your secret treat. Others can't tell when you've flown there. Explore your noiseless idyll and let its beauty saturate you, so you are able to return to it in an instant. Repeat these words three times in your calm idyll: 'My mind is filled with Peace of Mind.'* Never let trespassers mock or belittle your idyll. It is yours and yours alone.”



Uri Geller
Paranormalist/Author
(www.urigeller.com)



PEACE AND QUIET: FACTS AND FIGURES

- In 2002 a Building Society survey revealed that 20% of house buyers rated peace and quiet as the most important consideration when buying a home (Alliance & Leicester 2002 movingimproving index).
- It is estimated that a quiet room measures between 28-33 dbA.
- Quiet areas around England have been reduced by 20% between the 1960's and 1990's. (CPRE).
- Studies have concluded that making classrooms quieter provides a better environment for children to learn in.
- A study carried out in the 1990's with 2,000 high academic achievers revealed that, during their childhoods, all came from quiet homes. As children they had quiet times to read, ask questions & do their homework. (Top of the Class 1996 Bronzaft Arline L.)
- In 1976 the town of Darlington took part in the first UK Quiet Town experiment. In 1997 in the US Allentown, Pennsylvania was selected for a pilot project "Quiet Community". Both experiments lasted for two years.
- 15 December 1976 the RAC erected road signs in Darlington with the slogan "Darlington is a Quiet Town. Please drive quietly."
- Research carried out by Electrolux revealed that the vacuum cleaner is considered to be the most irritating sounding appliance, with 31% of men mentioning it compared to 26% of women. The majority of people questioned said they would appreciate totally silent appliances. However, anecdotal evidence suggests that being able to hear your appliance does reassure you that it's working!
- Researchers carrying out a study for Halifax found that one of the most popular definitions of a happy home was a place where you can relax. Also, close proximity to countryside and parks help to cheer us up.
- In 2006 Hoseasons Holidays sold 62,941 week long holidays at peace and quiet parks.



AT HOME

Our homes are supposed to be our retreat from the outside world. A place of sanctuary away from the stresses and strains of modern life.

Creating a peaceful and quiet environment is not just about reducing the sound. You should also look at light, colour and smell, as these influence our health and well-being too. Carry out an audit of the home to assess how quiet your home really is.

Any changes could include modifying your behaviour, such as making sure you close doors quietly instead of slamming them shut. Don't shout instructions to other members of your household. Go to the room they are in & speak to them at a normal voice level. Get into the habit of speaking softly. To help reduce your stress levels why not try a cup of herbal tea appropriately called "Peace and Quiet" (see E-Teas P16).



There are a number of practical steps you can take to reduce sound. For example, soft furnishings such as curtains and carpets absorb sound and if you must install laminate flooring, do ensure it's done correctly, with the right sound insulating underlay. If you live in a flat, please reconsider installing at all. If you already have laminate flooring then take precautions not to cause a nuisance to your neighbours by going barefoot or wearing slippers. Put down rugs and matting in areas used regularly.

The use of double glazing or secondary glazing helps to reduce the impact of external noise, but in doing so, the internal sounds may become more noticeable. This particularly applies to the lower frequency sounds that come from items like computers, fridges and even cable television connections. This can be dealt with by siting them away from areas you use to relax in or unplugging if not in use.

When you come to purchase household appliances such as washing machines, dishwashers or vacuum cleaners, consider switching to one of the many quieter models that are now on the market. Electrolux have a whole range of quiet products that will help make your home life quieter. Placing a thick rubber mat, or other acoustic underlay under the appliances will also help absorb sound and vibration.

When you come to upgrade your plumbing consider installing quieter options available for boilers, showers and toilets.

Outside the home, plant a dense barrier of trees (ensuring they are kept to a reasonable height so they don't obscure the light for your neighbours). Walls with creepers, hedges and grass or earth mounds all help to absorb sound.

There are a number of products on the market for gardening that are quieter than they used to be, such as lawn mowers and shredders. You may feel that wind chimes and water fountains are a relaxing feature, but to your neighbour they may just be an annoying sound. So, take in wind chimes at night and switch off the fountain pump.

Guy Fawkes night in November can be celebrated using the quieter collection of fireworks that are now becoming available. Pets, wildlife, young children and grannies will definitely appreciate it too!



“ I love the idea of a campaign for peace and quiet, but I’m one of the world’s lucky ones. I live in a house on Harrow Hill, and our back garden is a haven of quietness. Or rather a haven of peace, where the sounds that come are agreeable. There is birdsong in the summer, not as much as there used to be, sadly, but it’s still there; and the sound of the church bells on the top of the Hill each Sunday and Wednesday (when it’s bellringing practice). So, I’m very lucky to have peace and quiet in my own back garden. ”



Claire Rayner, OBE
Writer, Broadcaster, Social Campaigner

Noise In The Home Factsheet

League for the Hard of Hearing
50 Broadway, 6th Floor, New York 10004
www.lhh.org/noise/facts/home.html

KITCHEN



Endorsed by the
UK Noise Association
www.ukna.org.uk

The UKNA has recently launched a new endorsement scheme: the “ssSH?” mark of approval for Quiet Performance, which will be

launching with the AEG-Electrolux brand and which we hope will be widely adopted by the industry. Initially, it will apply to washing machines, dishwashers and cooker hoods, with the following guidelines constituting a very quiet appliance:

Dishwashers: Under 45dB

Washing Machines: Under 49dB

Cooker Hoods: Under 60dB

This is the first scheme of its type and has been launched by the UKNA in response to

growing demand from consumers for quieter appliances. A Noise Survey commissioned by AEG-Electrolux in January 2007 confirms this demand for quieter products in the home, with the vast majority of consumers across Europe saying it was a mistake not taking more consideration of the noise an appliance makes at the time of purchase.

AEG-Electrolux has long been a pioneer of silent products – and of the unquestionable link between high performance and quiet operation. Last year AEG-Electrolux launched its “Quiet Kitchen” theme in a campaign in National Cinema and Press, highlighting the benefits of silent appliances in kitchens which are increasingly becoming the most ‘lived in’ parts of the home.



WASHING MACHINES & DISHWASHERS

AEG-Electrolux has developed its quietest dishwasher range ever. Two freestanding models (the F80870 and F60870) and two integrated models (the F88070i and F88070Vi) operate at a “whisper quiet” 41 dBA - the quietest dishwashers in the entire world. Recognising that noise can be irritating, the audible end of programme signal on these dishwashers can even be switched off if desired for the ultimate in peace and quiet! And with triple “A” energy, wash and dry ratings they are kind to the environment too.

AEG-Electrolux, Electrolux and Zanussi-Electrolux washing machines have all been designed to reduce vibration and noise during operation and as a result the range starts at an extremely quiet 46dBA.



VACUUMS

Electrolux are dedicated to creating vacuum cleaners which operate as unobtrusively as possible. We recommend the new Electrolux Ultra Silencer (Z3383), the quietest vacuum cleaner on the market.

The extremely low sound level is combined with excellent pick up ability and filtration system for a vacuum cleaner which gets the job done without making a noise about it.



BRABANTIA TOUCH BINS

These bins feature a whisper-fit lid, which opens silently when pressed and clicks to close, keeping odours securely inside. Brabantia's Touch Bin collection has a wide range of sizes to suit any kitchen, with 20 bins available ranging from 3 litre to 50 litre capacities. Also available in the Touch bin range is Brabantia's Twin bin which has two plastic inner buckets, one with a 23 litre capacity for general waste, and a smaller 10 litre bucket for organic waste. All supported by a 10 year "no quibble" guarantee for total consumer confidence.

www.brabantia.com



CONAIR HAIR PRODUCTS

1875 Watt Ceramic Quiet Styler (model: 157RD) Now, thanks to Conair engineering, the Quiet Tone dryers let you dry in never-before comfort with a 75% quieter fan design.

Revlon 9113BU Pro 2000W Noise Reduced Hairdryer, also the Revlon 9165 quiet tone compact chrome plus hairdryer, both available on Amazon.co.uk

www.conair.com (Dryers)



HEALTH-E-TEAS "Peace And Quiet"

Ingredients: Valarian root, Lavender flowers, Lemon Balm leaves, Peppermint, Chamomile flowers, Marigold. Caffeine free and no tea extract.

www.e-teas.co.uk



AIR CONDITIONERS

CoolEasy: Ultra quiet and comfortable air conditioning: comprehensive silence control; sleep mode; independent dehumidifying. They also supply maximum efficiency Toshiba Compressors, renowned for their quality and among one of the quietest air conditioning systems in the world.

cooleasy.co.uk

Tel: 0800 458 0101
info@cooleasy.co.uk
www.cooleasy.co.uk

GARDEN TOOLS

Lawn Mowers:

Enviromower ECO 500 Cordless

Electric Lawn Mower: Cordless and battery powered, with a push button start. It's lightweight and very quiet.

Tel: 0870 755 0080
www.enviromower.co.uk



Husqvarna Automower

Now a lawn mower that cuts grass quietly and automatically. The sound level of the Automower is very low, generating only 63dB(A) of noise compared to average conventional mowers, which generate between 95 and 100dB(A) of noise. This means the Automower is a very quiet product. You can easily have the Automower working in the garden without disturbing you or your neighbours.

*Husqvarna Outdoor Products, Oldends Lane Industrial Estate, Stonedale Road, Stonehouse, Gloucestershire, GL10 3SY
Tel. 01453 820300
Email: automower@husqvarna.co.uk
www.automower.co.uk*



Bosch: Hedgecutter AHS 63-16 C
(Quiet running)
Bosch Cordless Hedgecutter AHS 52 ACCU
(Quiet running) Bosch Quiet Shredders with
unique spiral cutting system. Catalogue
available from:

*Bosch Lawn and Garden,
PO BOX 98, Uxbridge, Middx UB9 5HN.
www.powertooldirect.co.uk*

Mountfield: Quiet Shredder - The cut and
crush system provides a low noise level
compared to that of the conventional
impact type shredders.

www.mountfieldunlimited.co.uk



PLUMBING SUPPLIES

Plumbase: For quieter boilers, showers &
flush toilets. Contact Plumbase head office to
locate your local branch and ask for further
advice on the availability of these types of
products.

*123-129 Portland Road, Hove,
East Sussex, BN3 5QW.
Tel: 01273 776238 or 01273 710945
www.plumbase.co.uk*

Bathroom Express: Maelstrom 45,
Power shower pack including whisper quiet
1.3bar QT45 Pump.

Maelstrom 80, Power shower pack including
whisper quiet 2.3bar QT80 Pump.

*Tel: 0845 130 2000
www.bathroomexpress.co.uk*

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SOUNDPROOFING

Sound Reduction Systems Ltd are specialists in domestic and commercial soundproofing. SRS Ltd's product range is able to treat most areas where sound transfer can be a problem, for example, through separating walls, floors and ceilings in flats, terraced housing and even detached homes, where living rooms and bedrooms need to be acoustically separated. Please contact SRS on 01204 380074 if you have any acoustic problems you would like to discuss. You can also visit the website where all product information is available for download.

*SRS Ltd Adam Street, Bolton BL3 2AP
www.soundreduction.co.uk*

Building Research Establishment (BRE) Provide a number of useful pieces of literature on sound insulation.

www.bre.co.uk

Custom Audio Design provides technical articles on how to carry out soundproofing, both for domestic and industrial settings.

www.nonoise.co.uk

Geographical directory of sound insulation installers.

www.insulation-installers.co.uk



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The Quiet Collection: We appreciate that not everyone wants their windows rattled by our whizzbangs. That's why we've introduced a special collection which barely registers on the Richter scale. With pretty candle barrages like Starsky and Hush and rockets that won't pop your ears. **The Quiet Collection** is ideal for noise sensitive venues – and it won't frighten your pets.

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01565 830800 (Northern office)

Order Hotline: 0800 511 511

www.thequietcollection.co.uk

www.5nov.com



Fireworks UK

mail@fireworks.co.uk

www.fireworks.co.uk/buy/quiet-fireworks.html

"Quiet fireworks: Softly softly for serene celebrations"

This selection of fireworks has been specially chosen for those who don't like their fireworks noisy, or whose situation and consideration for others limits the sound levels they can enjoy.

Absolutely Fabulous Fireworks - UK

4 Park Parade, London W3 9BD

Tel: 020 8896 2866

info@abfabfireworks.co.uk



Quiet collection of fireworks available:

(Fish in water)

Quiet firework with amazing low level tadpoles in the sky. Highly amusing!

“ Now that I’m a working mum to a five year old boy and a four month old girl, sleep is something of a distant dream. So that’s why when Finlay is at school and Amy is down for her afternoon sleep I race down the corridor and grab a nap when I can. A power nap does me the world of good, and I have more energy to face the end of day rush of homework, dinner, bath and bed! ”



Andrea McLean
Weather Presenter, GMTV



OUT AND ABOUT

Having control or choice over the external environment becomes more challenging when we step outside our homes. Let's consider a typical day and other moments when we desire or need to be away from home.

Can we can get through it as peacefully and quietly as possible? We also need to consider how our behaviour outside the home can impact on others trying to get peace and quiet.



If you drive to the station, or use a car or motorbike throughout the day, consider switching to an electrical model. These are not only quieter than petrol and diesel ones, but they are also much more environmentally friendly overall. A test drive may convince you to make the switch.

You might be pleasantly surprised to find how efficient and modern they are, with most of the features that you expect from any new car, but with the added bonus of being quiet. If you live or work in London you would also be exempt from paying any congestion charge.

Of course if the electric car doesn't appeal to you, there are other traditional cars listed as being "quiet". Reducing in car road noise is now possible too with quieter tyres.

If you travel by train and have a mobile phone, make sure you adopt the mobile phone etiquette: This involves switching your phone to your voicemail, or if you really need to leave it on, turn down the volume, switch to vibrate and when you answer speak quietly. Respect mobile phone-free zones such as certain train carriages, places of worship, theatres and cinemas.

Once on the train, to assist a more peaceful journey, use a set of noise cancelling headphones. These are also ideal for plane

and bus journeys or anywhere with a noisy background environment. They can be used on their own or you can plug into your own portable audio equipment.

If you are planning a cross country journey then look out for the Quiet Carriages that now exist on many routes.

Shopping poses a great challenge these days. Finding a store or supermarket that doesn't bombard you with background music, in store televisions or radios that broadcast advertising, is a rarity. But some stores do have a firm policy against such intrusions and give priority to the comfort of their customer's need to shop in relative peace and quiet.

To unwind from the stresses of modern life there are a number of places around the UK that you can visit, stay and enjoy. There are holiday destinations that specialise in offering peace and tranquillity.

Finding leisure activities that involve peace and quiet need not be confined to the countryside. Even in a busy city like London there are some choices.

You can't expect it to be silent, but there are places to visit, eat and drink, relax or even stay overnight, that offer some tranquillity away from the roar and buzz of city life.

QUIET DRIVING

Toyota Prius: This car is silent when running on electric alone. The clean, aerodynamic design also cuts down wind noise, giving driver and passengers a quieter ride. Because the hybrid's advanced control system uses the electric motor as the main power source, it displays exceptional smoothness. Acceleration is powerful – just 7.4 seconds to 50mph – but linear, especially from 38-62mph (7.2 seconds) and 50-75mph (8.4 seconds), thanks to the impressive spread of torque available at low engine speeds. Noise and vibration are minimal throughout the power range.



*Toyota (GB) Ltd, PO BOX 746,
Sunderland SR9 9XF
Tel: 0845 275 5555
www.toyota.co.uk*

Ford: The new Focus – making strides in comfort and refinement, including reduced noise and enhanced sound quality in a spacious cabin environment.

With its calm and quiet interior, the new Ford Focus is designed to build on the sensory connection between car and driver. Focus engineers also worked to lock out unwanted intrusions from wind noise and road rumble. Wind noise has been cut by 20 per cent on the road. On the move the driver senses refinement in which the engine sound is accompanied by much reduced road noise.



*Customer Relations,
PO BOX 4430, Coventry CV3 9BH
Tel: 0845 841 1111
www.ford.co.uk*



Chevrolet: Tacuma: Listed as “A big, quiet and comfortable family car with a maximum of cargo space. The interior can easily be rearranged to your specific needs”.

However, Chevrolet claim that it’s not just the Tacuma that is quiet. They say: “all our vehicles are quiet.”

Other models include the Matiz, Kalos, Lacetti and Nubira.

*Chevrolet UK Ltd, Wyvern House,
Kimpton Road, Luton, Beds
Tel: 0800 666222
www.chevrolet.co.uk*



Swish Bikes: Benefits of electric motorbikes include: free parking, no congestion charge, no road tax, super quiet, cheap to run & excellent speeds. They are also environmentally friendly.

www.swishbikes.com



Dunlop Tyres UK: The new SP Sport 01 quiet tyre comes in a variety of sizes and is available from all good tyre stockists.

*Marketing Dept, Tyre Fort,
88-98 Wingfoot Way, Birmingham
B24 9HY
Tel: 0121 306 6000
www.dunloptyres.co.uk*



Virgin Trains: The first to introduce quiet carriages. The Quiet Zone is a dedicated place where you can relax in peace and quiet.

If you are seated in the Quiet Zone, please refrain from using mobile phones or creating unnecessary noise. You may use personal stereos and laptops, but they ask that you consider others if doing so.

The Quiet Zone is located in Coach B (Standard Class) and Coach H (First Class) on Virgin Pendolino services to and from London Euston. On all other services operated by Virgin Voyagers, the Quiet Zone is located in coach F (Standard Class).

*Customer Relations, Virgin Trains,
PO BOX 713, Birmingham, B5 4HH
Tel: 0870 789 1234
Textphone: 0121 654 7528
Customer.relations@virgintrains.co.uk*

SRTL Ltd: Noise Cancelling Headphones
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www.srtl.co.uk

*SRTL Ltd, Record House, Record Road,
EMSWORTH PO10 7NS
Tel: 01243 379834
info@srtl.co.uk*

QuietZone



QUIET HOLIDAYS

Hoseasons: Lodges, cottages, boats or caravans. Often in quiet scenic spots, but sometimes convenient for main tourist routes, close to heritage cities and resorts. Great for fishing, walking and cycling.

Look for the peace and quiet symbol on their web site.

*Write to: Hoseasons, Lowestoft, NR32 2LW
Tel: 01502 502588
www.hoseasons.co.uk*

Hoseasons



QUIET ACCOMMODATION

PARIS

Relais du Silence: Silencehotel

262 independent hotels throughout Europe offering calm and peaceful environments, including several hotels in the UK.



Relais du Silence,
17 Rue d'Ouessant 75015, Paris
relais-du-silence@silencehotel.com
www.silencehotel.com

ENGLAND

The Queensberry Hotel, Bath, All the communal areas have been designed to offer a combination of peace and quiet together with an ideal atmosphere in which to read, work, share a drink, or meet colleagues and friends. Tucked away in a quiet residential street.

Russell Street, Bath, BA1 2QF
Tel: 01225 447928
www.thequeensberry.co.uk

WALES

www.visitbritain.com

The Lodge Cottage, Cwmygerwyn
“Is a lovely place to enjoy a relaxing holiday in beautiful and unspoiled Welsh border country. Just enjoy peace and quiet, and freedom to breath.”

Tel: 01865 735995
www.radnorforest.co.uk

SCOTLAND

www.visitscotland.com

Torcroft Lodges, If you are looking for a relaxing, peaceful location with affordable prices, then TORCROFT is the place for you
Paul and Carolyn Anstead, TL Balnain, Drumnadrochit, Inverness-shire IV63 6TJ
Tel: 01456 476350
www.loch-ness-lodges.co.uk

NORTHERN IRELAND

www.discovernorthernireland.com

Bardon House, Enjoy the peace and quiet of the countryside whilst only 8km from Enniskillen.

Boho Road, Enniskillen, Co Fermanagh.
Tel: 028 6634 1531
bardon_house@hotmail.com



THE QUIET GARDEN MOVEMENT

The Quiet Garden Trust encourages the provision of a variety of local venues where there is an opportunity to set aside time to rest and to pray. These may be in private homes and gardens, in retreat centres or local churches, and found in inner city areas. Each Quiet Garden, while being affiliated to The Quiet Garden Trust, is encouraged to organise its own programme. There are about 260 gardens worldwide.

www.quietgarden.co.uk

Annual Quiet Day: Run by the Retreat Association each year. Explore the place silence and stillness can play in your life by taking part in a quiet day near you. Further information from

*The Retreat Association, The Central Hall,
256 Bermondsey Street, London SE1 3UJ
info@retreats.org.uk
www.retreats.org.uk*

The Place of Quiet: Bluewater Shopping Centre, Kent, provides a Place of Quiet – useful for persons who wish to make prayer or simply to sit, read and reflect. The reflection place within the Place of Quiet also provides a place of quiet away from stress, hustle and bustle – a place to recharge your inner spirit.

*Contact Bluewater management:
Tel: 01322 623300
www.bluewater.co.uk/guest-information/
peace-and-quiet*

“For me, the top of the Yorkshire Moors, or the heart of my own small patch of woodlands, are the best possible places to enjoy peace and quiet, broken only by birdsong and the rustling of leaves. Paradise!”



Alan Titchmarsh
Writer and Broadcaster



“When I want some peace and quiet, I go and see the bees. They’re out in the countryside, the surroundings are beautiful and no-one will come near you when you’ve opened up the hive. Even if the mobile phone rings, I can’t answer it when I’ve got my beesuit and veil on. So, it’s just the bees and me, and they don’t talk back either – though they will let me know quite quickly if they’re unhappy!”



Bill Turnbull
BBC News Broadcaster

Priorities for the London Mayor

“Getting London’s transport and planning right – if we don’t tackle congestion, improve public transport, create safer and more attractive conditions for walkers and cycles, and get homes, jobs and other facilities in the right places, life will become more and more fraught. Creating the right environment for people to enjoy London and get peace and quiet when they need it, is at the heart of all my policies.”



Ken Livingstone
Mayor of London

www.visitlondon.com

Don’t expect total silence in a city like London, but here are some suggestions of places to escape the general hustle, bustle and noise from traffic.

The official visitor organisation for the capital.

2 More London Riverside,
London SE1 2RR

Museums or Galleries:

Dali Universe (County Hall Gallery, SE1)
National Gallery (Trafalgar Square)
National Portrait Gallery (Trafalgar Square)
The Saatchi Gallery (County Hall, SE1)
Tate Modern (Bankside, SE1)
British Museum (Gt Russell Street, WC1)



“ Long bike rides along the Thames, sitting in the garden on a hot day with a novel. A day long walk along the Kent Coast, or curl up on the sofa with a very fat political biography. ”



Darren Johnson
Green Party Member of
the London Assembly

QUIET WAYS TO RELAX

Flotation *Floatworks, 1 Thrale Street, SE1 9HW*
www.floatworks.com

The Spa at Mandarin Oriental, *Knightsbridge*
www.mandarinoriental.com

SPace NK *Westbourne Grove W2 4UP*
www.spacenk.co.uk

Ironmonger Row Baths, *EC1V 3QF*

Astanga Yoga *Diorama Arts Centre, NW1*
Yoga is a philosophy of life which also has the potential to create a vibrantly healthy body and mind.
www.astangayogalondon.com

Therapy Rooms 2 *Neal's Yard, Covent Garden*
www.nealsyardremedies.com

Inner Space, *Quiet Room, Shorts Gardens, Covent Garden* www.innerspace.org.uk

The Sanctuary (for women only)
Background music limited to colour therapy studio and treatment rooms.
12 Floral Street, Covent Garden, WC2
Tel: 0870 770 3350
www.thesanctuary.co.uk

Parks, Open Spaces and Views:
Battersea Park, Green Park, Hampstead Heath, Hyde Park, Regent's Park, St James Park.

London Eye: Relax and enjoy views of London.

A QUIET PLACE TO STAY

My Place Hotel *1-3 Trebovir Road, SW5*
www.myplacehotel.co.uk

The Victoria *10 West Temple Sheen, SW14*
www.thevictoria.net

“ For me, the sound of the cheers when my favourite football team, Colchester United, score a goal, the sound of my grandchildren as well as the birds in the trees are all music to my ears. What is unacceptable noise is that which comes from anti-social neighbours. If everyone was caring and considerate we could all enjoy more peaceful times. ”



Bob Russell
MP for Colchester and
Chair of the All Party
Parliamentary Group for
Noise Reduction

ENTERTAINMENT WITHOUT DISTRACTION!

The BFI Southbank

The BFI Southbank has been unique among London cinemas since its foundation in 1952. At the BFI Southbank they believe that like any other art form, film should be appreciated without the distractions of the outside world (noise, advertisements etc). The audience should be permitted to watch a film in the best possible conditions and this means in silence, unless it's a specific part of the programme such as a singalong screening or a screening with a musical accompaniment.

Belvedere Road, London SE1 8XT
Tel: Box Office 0207 928 3232
www.bfi.org.uk/southbank

“For me peace and quiet means controlled use of mobile phones. I never use an answerphone, nor pick up the phone at home (people can catch me in several ways, through my office or on my mobile (until I turn it off). I love digging my daughter’s allotment – terrible mobile reception! I love visiting my other daughter in a fishing village in Cornwall – also terrible mobile reception!”



Jenny Jones
Green Party Member of
the London Assembly



WHERE TO HAVE A QUIET PINT

Highly recommended is: **“The Quiet Pint”** containing a comprehensive list of public houses that don’t have any piped music.

The only chain of public houses that has a guaranteed policy of no background music is the JD Wetherspoon pubs. Contact them directly to locate your local.

Head office: *Central Park, Reeds Crescent, Watford, WD24 4QL*
Tel: 01923 477777
(ISBN: 1 85410 609 0)
www.jdwetherspoon.co.uk

Enjoy a quiet pint, either alone, or with your friends. Food is good and they plan to introduce a complete smoking ban in all of its 650 pubs by May 2006.

London: *The Calthorpe Arms:*
252, Gray’s Inn Road.
Tel: 0207 278 4732

A pleasant quiet little pub.
Room hire available.

The Lamb, Lamb’s Conduit Street,
A fine quiet Victorian pub.
Room hire available.



“The engine was growling, the radio was nattering, the indicators were clicking and my mobile was ringing. Outside, roadworks were thumping, a plane buzzed overhead, school-kids were shouting and from the back seat my 17 month-old son was screaming for attention. It was an extraordinary moment in a typical day. Most of us don't notice the noise that packs itself into the spaces of our already frazzled brains. Peace and quiet has become a quaint, unattainable notion reserved for those who have moved to the country.

But TV as audio wallpaper has been banned in our house (though I still can't always bring myself to switch off the radio...) and I no longer beat myself up for taking time to sit and read a book in silence (even in the middle of the day – imagine that!). Quietness is good for the soul and peacefulness gives us the best shot at original thought. We may have become skilled at “tuning out” of the cacophony around us, but we should make time to hear silence.”



Bev Turner
Writer and Broadcaster



John Lewis

At John Lewis they do not use piped music in their shops as they believe it causes an unnecessary and often unwelcome distraction for our customers. Very occasionally we may consider a carefully managed level of music to be appropriate when played at a moderate level usually to support a specific promotion.

www.johnlewis.com



PRIMARK®

A major retail group for clothing and homeware. A subsidiary of Associated British Foods. Trades in Ireland under name of Penneys. They have a policy of no piped music. The prime motivation being an unnecessary overhead cost. Primark leads on value and its customers clearly prefer value for money clothes as the recently announced 6% growth in like for like sales demonstrates. A great quiet shopping experience!

www.primark.co.uk



Waitrose

Supermarket chain and part of the John Lewis Partnerships with more than 160 branches. There is plenty to interest and stimulate our customers without needing to shout at them, play music at them, subject them to brash displays and floors designs or put them through pester power problems at the checkout.

www.waitrose.com



HOW TO PROTECT YOUR HEARING

- Pay attention to the noises around you.
- Turn down the volume.
- Wear adequate hearing protection if in a noisy environment, especially at noisy sports events, rock concerts and night clubs.
- Give your ears a break.
- Be aware of Health & Safety regulations, which include employers carrying out noise assessments, reducing exposure, providing information and training for employees and issuing personal hearing protection.
- If exposed to loud noise on a regular basis get your hearing checked periodically.
- If you have young children be aware of protecting their hearing, especially with loud toys. Some toys may measure over 100dBA, which is far too loud!



Noise Reduction Earplugs

*onezerosix Ltd, PO BOX 713,
St. Albans, AL3 8ZQ
Tel: 08701 662418
www.alllearplugs.com*

www.macksearplugs.com



Many offices have switched to open plan design with shared working spaces. This has been combined with an increase in use of computers. Whilst these may produce low levels of sound, it will impact on the overall ambience of an open plan office. People talking to each other as well as telephone conversations may all disturb and even irritate your colleagues.

Some tasks that office workers carry out often require concentration and accuracy, so providing a reasonably quiet environment could impact on comfort and efficiency. The working day will be more enjoyable and less tiring.

The nature of a business will obviously influence sound levels in an office. A busy news room, for example, would not be expected to be silent, but equally there is no reason not to make it as quiet as reasonably possible. It's also important that workers set some quiet time aside throughout the day. If you go home constantly tired, ask yourself, are you getting enough peace and quiet?

USEFUL PRODUCTS & CONTACTS

Quietpc.com (hear yourself think!)

Specialising in noise elimination computer products.

*Glenn Garrett (Quiet PC UK)
Brawby Grange, Brawby, Malton
YO17 6PZ
Tel: +44 (0) 870 321 4620
glenn@quietpc.com*



WHAT TO DO:

1. Look at likely noise levels at the design stage.
2. Carry out an audit on how noisy your workplace is.
3. Install double glazing on windows facing main roads with heavy traffic.
4. Fit carpets rather than laminate flooring.
5. Consider the use of acoustic material for walls.
6. Choose quiet office equipment. (see Quietpc)
7. Site machinery such as photocopiers in separate rooms.
8. Ask your employer if they can set aside a quiet room for lunch breaks.
9. Be aware of the noise levels you expose yourself to, protect your hearing, take breaks if possible and get your hearing checked.
10. Be aware of impact noise such as door slamming and your footsteps.

3M Scotch Low Noise Packaging Tape

Pulls off smoothly from the roll without that unpleasant screech. Much more pleasant to use in an office. Your colleagues will definitely appreciate it. Available in clear or brown 3M.

www.mmm.com



“For me there’s nothing like the coolness of the air and the quietness of the river valleys of Scotland. Away from the pressures of politics, walking the hills or casting flies on the water, that’s where I find peace and quiet.”



Sir Menzies Campbell, QC MP
Leader of Liberal Democratic Party

“ Music is a wonderful gift and source of tremendous joy to the human race, but now, unfortunately, it is being squandered. There is simply too much music that invades our minds every moment of the day. We hear music wherever we go – in cars, shops, aeroplanes and even in hotel elevators and it has to compete with the high levels of noise that 21st Century life inflicts upon us.

My home is in a quiet village in Oxfordshire and it is a marvellous retreat for me. Even there, one's aural space is invaded by jet aircraft or noisy juggernauts, but it is far quieter than a big city.

When I was producing records in the Sixties no-one told me that I would be damaging my hearing by listening to music at not only too high a level, but for too long. Too late I know now that loud sounds coupled with excessive duration means hearing loss, not necessarily immediately. It can be years before the damage reveals itself. So, if for example, one is present at a rock concert or disco, it is absolutely vital to give the ears a break every now and then. Ten minutes of comparative silence out of an hour will save one's good hearing. It is worth it! ”



Sir George Martin
The Beatles Music Producer

Photography by Robert Essel

THE QUIET PARTY

Started in New York by Paul Rebhan (an artist) and Tony Noe (singer/songwriter) who decided every city needed a quiet place to meet old and new friends who were like minded people. The parties have no loud music, no yelling, no cell phones and one designated area that has no talking at all!

A totally unique experience. Inside the silent room is provided paper and pencils. Pass notes around – be mischievous, have a little fun, meet some new people.

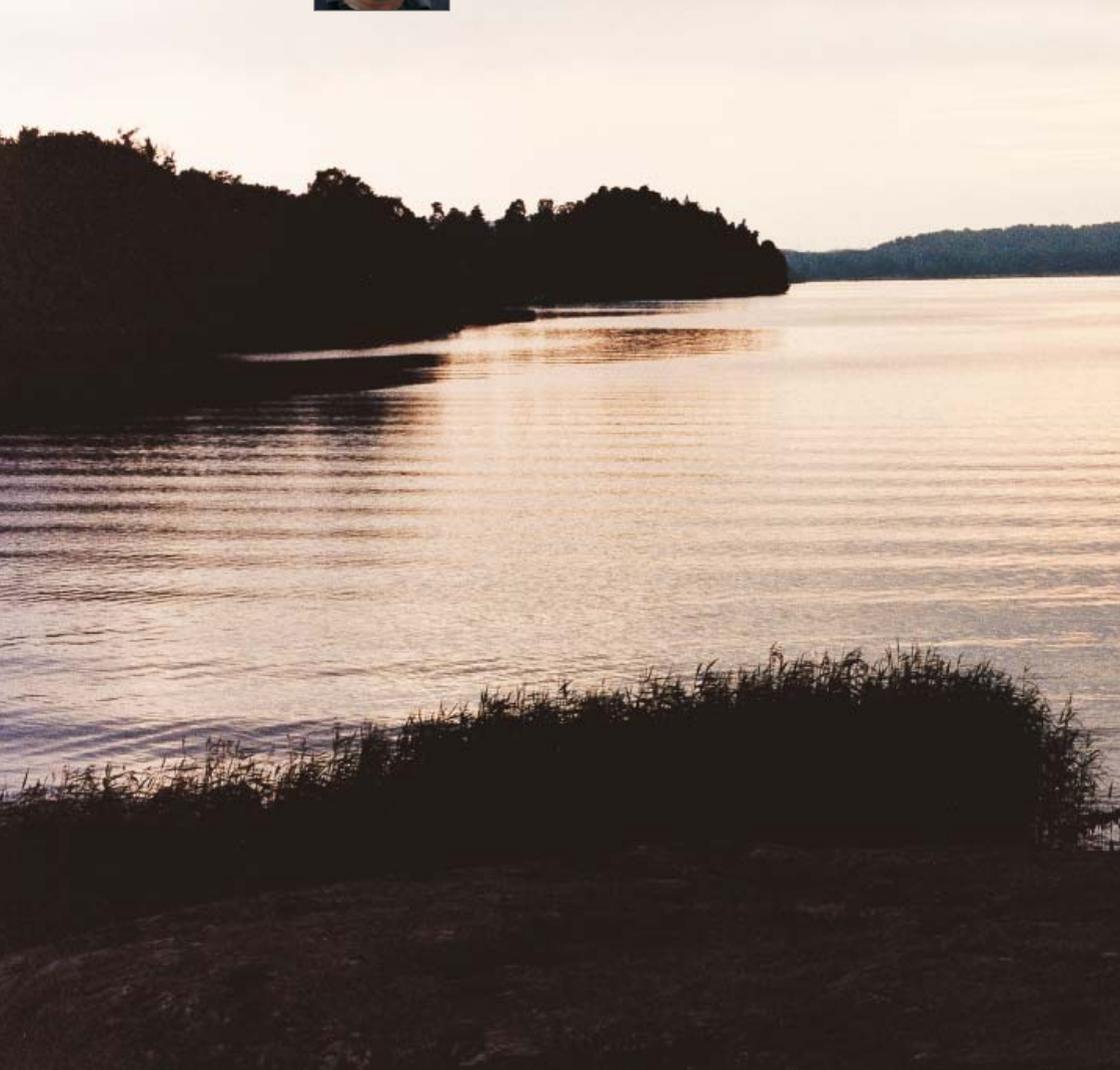
Find out more at: www.quietparty.com



“Every summer for the last few years I have been to the island of Jura off the West Coast of Scotland. Walking up or around the famous “Paps” you can find true peace, quiet and solitude. It’s wonderfully refreshing.”



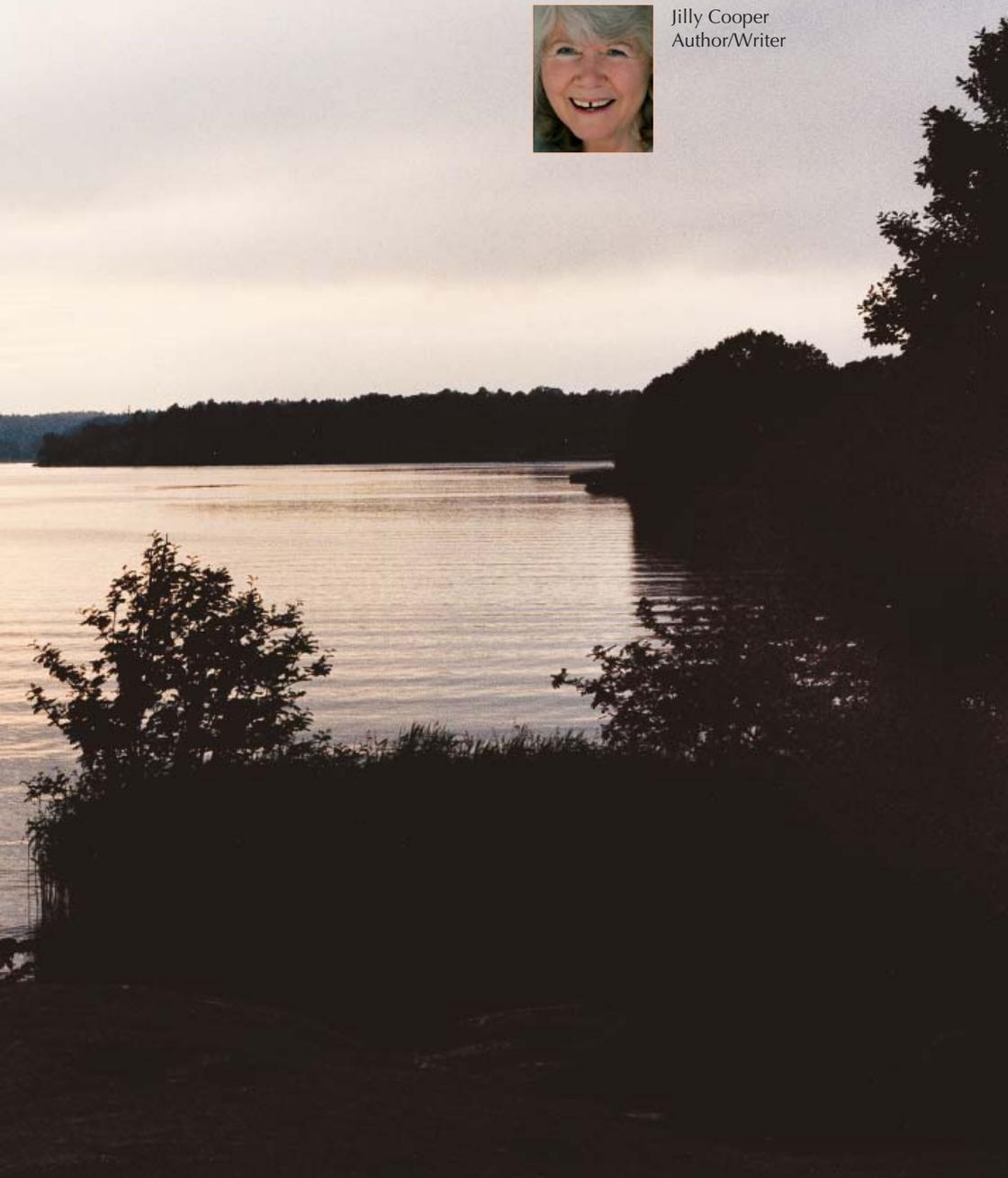
Rt Hon David Cameron, MP
Leader of the Conservative Party



“As a typical Pisces, I am allergic to loud noise, so I really welcome Val Weedon’s *Guide to a Quiet Life*. I hope lots and lots of people will read it and listen to her wise advice.”



Jilly Cooper
Author/Writer



“ I love peace and quiet, I hate politics and turmoil. We women are not made for governing and if we are good women, we must dislike these masculine occupations. There are times which force one to take interest in them, and I do, of course intensely.”



Queen Victoria



Val is a leading campaigning journalist and author. Val's passion for tackling noise pollution and promoting peace and quiet was sparked by a domestic noise problem she experienced in the late 1980s. She was awarded an MBE in 1997 for her campaigning work with the Right to Peace and Quiet Campaign, which was set up with the help of the late Spike Milligan, who was its Patron.

After leaving school in 1965, Val worked in the music industry for pop bands such as The Small Faces, Amen Corner and The Move. In 1973 she left work to raise a family and in her spare time Val worked at grass roots level as a community volunteer in south London where she lived. This included presenting radio programmes for Britain's first community radio station (Radio Thamesmead) and writing for the community newspaper (Insight). It is during this time Val developed an interest in campaigning journalism. Writing gave her the opportunity to highlight the plight of others. She had a particular interest in women's issues. In 1984 she returned to full time education, graduating in 1987 with an Honours Degree in Humanities. She then went on to train in periodical journalism. After a period of working in news and PR, in 1990 she decided to become freelance. Her work has been published widely in newspapers, magazines and journals. In 2006, Val was appointed National Coordinator for the UK Noise Association.

She is married to photographer Phil Weedon, has two grown up children, three young grandsons and two cats.

The UK Noise Association

The UK Noise Association was formed in 2000. A charitable arm, the Noise Association, was established in 2004 to concentrate on research. The UK Noise Association brings together a unique coalition of people and organisations concerned about noise: noise sufferers; lobby groups; academics; and the private sector. Its objective is to lobby for an improved noise climate. It aims to put noise firmly on the national political agenda, with a view to bringing about a significant improvement to the lives of people experiencing noise problems.

For too long noise has been ‘the forgotten pollutant’

In order to achieve its aims and objectives the UK Noise Association works with a range of organisations and individuals: politicians of all parties at both a national and local level; local and regional authorities; the private sector; academics and other decision-makers. It also advises being experiencing noise problems on the best way to get assistance.

And it promotes practical ideas for quieter living.

AEG-Electrolux is proud to sponsor the 2007 Quiet Guide.

We are so dedicated to producing quiet, high-performance appliances that we have teamed up with the UKNA to develop an endorsement scheme for Quiet Performance in kitchen appliances.



CAMPAINING FOR ACTION AGAINST NOISE
www.ukna.org.uk

ISBN 978-0-9555699-0-6

