

# FED UP WITH JUNK MAIL?

**Here are two simple ways to stop it:**

# 1

**Cut down on addressed mail** with the Mailing Preference Service (MPS)

Register for FREE with the MPS, who will arrange for your details to be taken off the mailing lists of companies who send unsolicited mail. They can also remove the details of a previous occupant of your address. Up to 95% of unwanted addressed mail can be stopped with MPS.

To register, and for more details:

- ◆ go to [www.mpsonline.org.uk](http://www.mpsonline.org.uk) or
- ◆ email [mps@dma.org.uk](mailto:mps@dma.org.uk) or
- ◆ call 020 7291 3310

# 2

**Cut down on unaddressed mail** with Royal Mail

Royal Mail delivers about 25% of the total volume of unaddressed mail in the UK.

To opt out of receiving door-to-door mail items:

- ◆ Email: [optout@royalmail.com](mailto:optout@royalmail.com) or
- ◆ Write to: **Freepost RRBT-ZBXB-TTTS**  
**Royal Mail Door-to-Door Opt Outs**  
**Kingsmead House, Oxpens Road**  
**OXFORD OX1 1RX**

They will send an opt-out form to your address, which you must sign and return.

*Please be aware that they will still deliver mail addressed to "The Occupier", and they can't separate material you don't want from mail that you do want (such as your local council's publications). Opting out also means that **no-one** at the address will receive unaddressed items.*

 Oxfordshire Waste Partnership Your local councils working together to improve your environment

  
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