

Wise up to Junk Mail



Handy hints for **avoiding junk mail**

Tick box alert!

- It is important to stay 'tick box' alert whenever you buy a product or service that requires you to give your name and address. The company may want to use your details to send you further junk mail or to sell to third parties
- Take a few moments to read any small print. The tick boxes give you the opportunity to opt 'out' or 'in' to the company sending you more mail or selling your details.

'No Junk Mail' stickers

- Opt out schemes will not stop local takeaways, businesses or local distribution companies posting flyers and mail through your door
- The best way to reduce such junk mail is by placing a 'No Junk Mail' sticker on your door or letterbox. This will **not** stop local newspapers being delivered.
- Free stickers are available, just call: **0114 273 4567** or email: sheffieldenquiries@veolia.co.uk

Talk to the junk mailers

If you keep receiving addressed mail from a specific company, simply give them a call and speak to them directly or send them a written request.



**Together we can
stamp it out!**

Did you know that **17.5 billion** pieces of junk mail are produced and distributed each year in the UK?

Every year the average British household receives 650 pieces of junk mail. The majority of junk mail we receive remains unopened or unread.

Receiving junk mail is not only a nuisance, it is also a waste of valuable resources. If you are fed up of receiving unwanted mail and want to reduce the amount of waste paper that comes through your letterbox, help is at hand with this handy guide.

Follow these steps to stamp out junk mail once and for all.

Opt Out Schemes

The UK offers a number of 'opt out schemes' with each scheme putting a stop to different types of junk mail. Registering with the two main schemes below will kick start your campaign to stopping junk mail:

1 Royal Mail Door to Door 'Opt out' Service

This **free** door to door 'opt out' service puts a stop to unaddressed mail distributed by Royal Mail and can reduce your mail mountain by 3 - 6 pieces of mail per week. To register with the scheme you need to request an opt out form from Royal Mail.

To receive an opt out form simply fill in your details on the form below and post directly to Royal Mail at the following address:

Freepost RSTR - YCYS - TGLJ
Royal Mail Door to Door Opt outs
Kingsmead House, Oxpens Road
Oxford, OX1 1AA
or email: optout@royalmail.com

They will then send an opt out form to your address, which you need to sign and return. Unaddressed mail will then stop being delivered to your home by Royal Mail within just 6 weeks.

2 Mailing Preference Service

The Mailing Preference Service (MPS) can put a stop to named and addressed junk mail sent from companies and organisations that you have never had any dealings with before. The MPS can remove your name and address from up to 95% of direct mailing lists.

You can register with the scheme for **free** via one of the following options:

Online: www.mpsonline.org.uk
Call: **0845 703 4599**

Once you have registered with the MPS, it will take up to four months for you notice a reduction in such mail.

For more information about stamping out junk mail, visit:

www.veolia.co.uk/sheffield
www.stopjunkmail.org.uk
www.mpsonline.org.uk
www.royalmail.com



I no longer wish to receive unaddressed mail at the address given below. Please send me an opt out form. Thank you.

Please complete the following details in **BLOCK CAPITALS** and post to **Freepost RSTR - YCYS - TGLJ, Royal Mail Door to Door Opt outs, Kingsmead House, Oxpens Road, Oxford, OX1 1AA** or email: optout@royalmail.com

Name

Address

Postcode Signature