

**THERE ARE OTHER WAYS TO REDUCE THE AMOUNT OF UNWANTED MAIL YOU RECEIVE**



**HERE ARE FIVE EASY WAYS**

## 01 Write to sender

You may receive mail addressed to "The Occupier", unaddressed mail delivered by organisations or individuals other than the Royal Mail and direct mail from companies that you already deal with.

**You can write to or email these companies to indicate that you no longer wish to receive marketing materials from them**

## 02 Register with the Mailing Preference Service

Registering with the MPS can reduce the amount of personally addressed direct mailings you receive by up to 95%.

**To find out more and to register visit [www.mpsonline.org.uk](http://www.mpsonline.org.uk) or call 0845 703 4599**

## 03 Register to opt out of the Royal Mail's Door to Door service

Door to Door is the Royal Mail's direct marketing service that delivers unaddressed mail, such as flyers, circulars and supermarket leaflets. Registering to opt out of this service will stop these items being delivered to your door.

**To find out more and to receive an opt out form visit [www.royalmail.com](http://www.royalmail.com), email [optout@royalmail.com](mailto:optout@royalmail.com), or call 08457 950 950**



[www.wasteawareunwantedmail.org.uk](http://www.wasteawareunwantedmail.org.uk)

## 04 Opt out of the edited version of the electoral register

The full electoral register lists the name and address of everyone who has registered to vote and can only be used for certain purposes such as elections, law enforcement and for credit reference agencies to check names and addresses.

The edited register however is available for general sale and can be used for any purpose such as direct marketing activities. When you complete your voter registration form you can choose not to be included on the edited version of the electoral register.

**Tick the opt out box on your voter registration form to be excluded. For further information visit [www.electoralcommission.gov.uk](http://www.electoralcommission.gov.uk)**

## 05 Use online services

Many companies you deal with including utility companies and banks offer online services, so you can request to stop receiving paper bills and statements.

**Contact your service providers to register for their online services**



[www.wastewareunwantedmail.org.uk](http://www.wastewareunwantedmail.org.uk)



## Extra Tip

**To avoid generating unwanted mail when filling in any form, from applying for credit to entering a competition, make sure that you tick the box that says you do not want your name to be added to any mailing lists – this is normally at the bottom of the form or on the reverse.**

## ? Did you know?

Many people don't have a problem with direct mail. However, some direct mail is poorly targeted and irrelevant and is thrown straight in the bin.

- Over a third of direct mail is discarded unopened\*

Our goal is to reduce the amount of unwanted mail delivered to Scottish householders by 10% by 2010.

**Now that you know, pass this leaflet on to your friends and help stop unwanted mail.**

*\*Direct Mail Information Service, Letterbox Factfile, 2006*



[www.wasteawareunwantedmail.org.uk](http://www.wasteawareunwantedmail.org.uk)





Any direct mail you do receive can be recycled in your kerbside collection (where available) or at your local community Recycling Centre or Point.

For further information, please visit  
[www.wasteawareunwantedmail.org.uk](http://www.wasteawareunwantedmail.org.uk)