



## Stop junk mail

Date:

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**Each household in Camden receives approximately 400 pieces of junk mail each year - that's 38 million pieces in total - wasting 7,000 trees.**



If you stop junk mail, you'll be saving up to 10kg of rubbish as well as de-cluttering your hallway. It only takes a few seconds.

### What can I do?

- Register online today with the [Mailing Preference Service](#) (MPS) and within four months you will be removed from 95% of mailing lists. Registration is completely free.
- Put a 'No Junk Mail' sticker on your door to stop those unwanted flyers - you can get a free sticker in our action pack.
- Opt out of unaddressed mail by emailing Royal Mail at [optout@royalmail.com](mailto:optout@royalmail.com) - don't worry, you'll still get important mailings, such as electoral information.

### To further reduce junk mail you should

- Avoid joining new mailing lists - when completing forms always remember to tick the box to say you don't want to receive mailings from other organisations.
- Leave mailing lists - contact organisations who send unwanted mail. Call, email or write to them and ask to be removed from their database. Writing 'return to sender' on unwanted mail and posting it back can help too.

And finally... don't forget to recycle all the unwanted mail that slips through the net.

## **How can I order an action pack?**

To order a 'Say No To Junk Mail' action pack contact [street environment services](#)

The pack contains a 'No Junk Mail' sticker, a freepost Mailing Preference Service registration form (if you prefer not to do it online) and a freepost Royal Mail Opt out postcard.

If you contact us in writing, please include your name and address (including the postcode), so that we can post your action pack.

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