

# Junk mail

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Types of junk mail, what to do if you receive it, and how to stop it.

# Types of junk mail or unwanted mail

There are two types of 'junk' mail:

1. **Addressed mail.** This is mail addressed to you personally.
2. **Unaddressed mail.** This is mail which is addressed to the occupier or is a leaflet.

## How to stop addressed mail you don't want

### What to do:

- **Register with the [Mailing Preference Service \(MPS\)](#)**

This removes your name from mailing lists, and helps you stop receiving advertising material that is personally addressed to you. It can take up to four months for the register to take effect. Register for free online or call them on 020 7291 3310. Please note that calls may cost up to 55p per minute from mobile or up to 13p per minute from landlines.

- **Contact your local [electoral registration office](#), and ask them to take your details off the 'open' register**

The open register is a list of people's names and address which can be bought by companies looking to mail advertisements and promotions.

- **Register with the [Fundraising Preference Service \(FPS\)](#)**

This will stop marketing mail from a charity registered in England, Wales or Northern Ireland. Registering with the website will allow you to end contact with up to 3 charities. If you prefer, you can call the FPS on 0300 3033 517, where you can end contact with up to 20 charities at a time.

Please note that calls may cost up to 40p per minute from mobiles and up to 10p per minute from landlines. You will need to have the contact details and the charity name or charity registration number to hand.

Visit their webpage at [www.fundraisingpreference.org.uk/learn](http://www.fundraisingpreference.org.uk/learn)

- **Use 'return to sender' for mail with a return address**

If the unwanted mail that you have received has a return address on the envelope, you can write 'unsolicited mail, return to sender' on the envelope and pop it back in the post. No stamp is required.

Or alternatively you can contact the sender directly. Be sure to include your full name and address, the date, and a short sentence stating that you would like for your personal data to not be used for direct marketing purposes in accordance with Article 21 of the General Data Protection Regulations (GDPR). Give a reasonable date that you would like the organisation or company to stop sending you unwanted mail, under Article 21 it states that they should do this within 1 month.

## How to stop unaddressed mail you don't want

### What to do:

- Register with the Direct Marketing Association's ['Your Choice'](#) scheme

You will start to notice less unwanted mail in around 12 weeks. After 2 years, you will be required to fill in another form. You can contact the DMA and request them to send you the form to opt-out of unwanted marketing mail.

Email them at [ourchoice@dma.org.uk](mailto:ourchoice@dma.org.uk), or call them on 020 7291 3300. Please note that calls may cost up to 55p per minute from mobile and up to 13p per minute from landlines.

- Contact [Royal Mail](#) to stop unaddressed mail with their Door to Door opt-out service

You can download the Door to Door opt out form from [here](#) and post to the address listed on the form. If you are unable to print the form yourself, you can phone them on 0345 7740 740. Please note that calls may cost up to 55p per minute from mobile and up to 9p per minute from landlines.

Alternatively, you can email [optout@royalmail.com](mailto:optout@royalmail.com). You will stop receiving unaddressed unwanted mail within 6 weeks. After 2 years, you will be required to fill in another form.

- Register with the [Fundraising Preference Service](#)

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If you prefer, you can call the FPS on 0300 3033 517, where you can end contact with up to 20 charities at a time.

Please note that calls may cost up to 40p per minute from mobiles and up to 10p per minute from landlines. You will need to have the contact details and the charity name or charity registration number to hand.

Visit their website at [www.fundraisingpreference.org.uk/learn](http://www.fundraisingpreference.org.uk/learn)

- **Put up a sign on or near your letter box stating “no junk mail/advertising mail”**

This is not always effective as some delivery people may ignore these signs and only applies to unaddressed items, as Royal Mail is legally obliged to deliver all addressed items, including those titled ‘To the occupier’.

- **Use 'return to sender' for mail with a return address**

If the item is addressed to the occupier with your address, write ‘unsolicited mail, return to sender’ on the envelope and pop it back in the post. No stamp is required.

## **How to avoid junk mail**

When providing your personal details either online, on the phone or in person, make sure to check for tick boxes that may ask permission for third parties or the company to contact you.

Ticking or unticking the boxes will prevent you from receiving unwanted marketing mail from the company. If you give your contact details over the phone, request that the company do not send you marketing mail or give your details to anyone else.

## **Further information**

Further information on opting out of advertising or junk mail can be found [here](#).