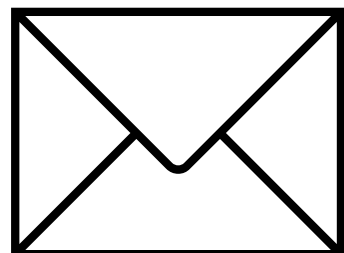
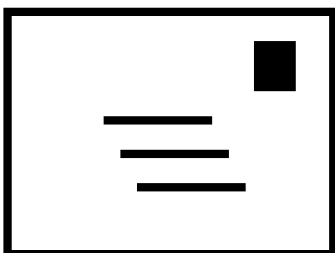
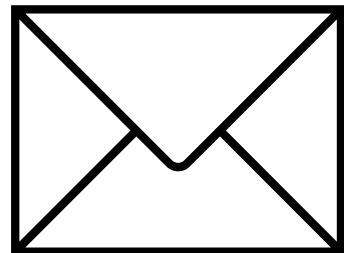
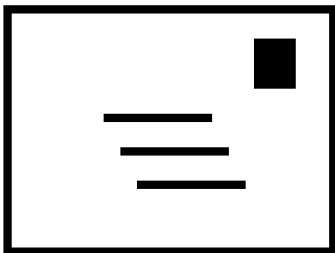
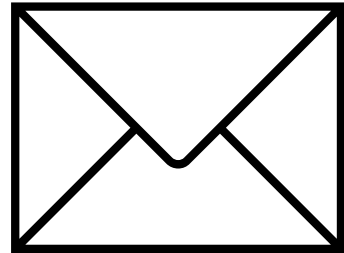
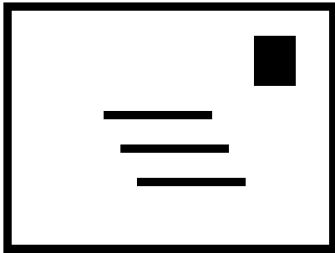


Unwanted Mail, Call & Email



Unwanted mail, calls & emails may also be called junk, spam or unsolicited correspondence.

Receiving any of these can make you feel:



Confused



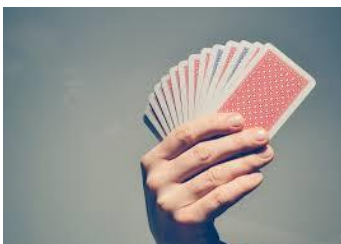
Upset



Angry



Frightened



Tricked

It can also mean:



You have more rubbish



Someone is trying to get your money



Someone could be stealing your personal info or identity



Someone is selling you something you don't want

There are teams that can help stop unwanted mail:

MPS - Mail Preference Service

They stop mail that has your name and address on such as advertising and marketing



0345 0700 705



www.mpsonline.org.uk



mps@dma.org.uk



Send the Easy Read form

Royal Mail door to door

They stop mail that does not have your name on it such as flyers and leaflets



0345 2660 858



optout@royalmail.com



Send the Easy Read form

Warwickshire Council waste management

They can give you a free "no junk mail" sticker



01926 412 593



waste@warwickshire.gov.uk



Send the Easy Read form

There is a team that can help stop unwanted calls:

TPS - Telephone Preference Service

They stop calls such as advertising and marketing



0345 0700 707



www.tpsonline.org.uk



tps@dma.org.uk



Send the Easy Read form

There is a team that can help stop unwanted fundraising requests:

FPS - Fundraising Preference Service

They stop calls, text and mail about charity fundraising



0300 3033 517



<https://public.fundraisingpreference.org.uk>



fps@fundraisingregulator.org.uk



Send the Easy Read form

Other things we can do include:

Company opt out

We can tell any company that we want to opt out of all marketing and advertising from them.

We can do this by phone, in person, by email or via the internet

Spam and Junk

In our email account we can mark unwanted email as Spam or Junk.

This moves unwanted emails away from our email Inbox