

Chaddesley cares about planet Earth

Last month I wrote about junk mail. For those of you who have not done so, and might like to do so – wait for it! – you can put a stop to most junk mail and indeed sales telephone calls. Here's how

If you have web access –

Log on to www.junkbuster.org.uk They will register objections to junk for you at six different sites (you choose which) and these include door-to-door opt-outs by Royal Mail and the mailing preference service which should stop other unsolicited stuff. There is also a telephone preference service, with which I have been registered for some time, which stops most of the irritating phone calls, such as double glazing sales people. Neither system is perfect, but will reduce significantly the nuisance factor.

If you do not have web access –

Write to Mailing Preference Service, Freepost 29, LONDON 20771, London W1E 0ZT and ask for an opt out form and to Freepost RRBT-ZBXB-TTTS, Door-to-door opt-outs, Royal Mail, Kingsmead House, Oxpens Road, Oxford, OX1 1RX and ask for the same thing.

Like all things do not expect immediate results – it takes time for the blocks to get into the system, nor should you expect it to be 100%. But you should start to see reductions in mail or silence on the phone fairly quickly