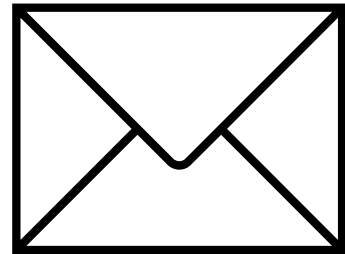
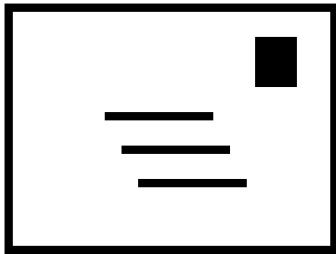


Unwanted Mail, Call & Email: Support for Online Processes



MPS - Mail Preference Service

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



Web page

Go to "www.mpsonline.org.uk"

Click on "Register" button



Type of request

Select from options

"**removed** from mailing lists"

Click on "Next" button



Name

Enter full name



Address

Enter postcode

Click on "Search" button

Select from options

Click on "Next" button



How did you hear about MPS

Select from options

Click on "Next" button



Why do you want MPS to stop mail

Select from options

Click on "Next" button



Email

Enter email address

Email will be sent for Activation

TPS - Telephone Preference Service

They stop calls such as advertising and marketing



Web page

Go to "www.tpsonline.org.uk"
Click on "I want to Register" button



Type of line

Select from options
"Residential"
Click on "Continue" button



Name

Enter phone number
Click on "Continue" button



Address

Enter postcode
Click on "Continue" button
Select from options
Click on "Continue" button



Why do you want TPS to stop

Select from options
Click on "Continue" button



How did you hear about TPS

Select from options
Click on "Continue" button



Email

Enter email address
Email will be sent for Activation

FPS - Fundraising Preference Service

They stop calls, text and mail about charity fundraising



Web page

Go to

["https://public.fundraisingpreference.org.uk/"](https://public.fundraisingpreference.org.uk/)

Click on "Start" button

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Charity

Enter charity name or number

Click on "Search" button

Select from options

Click on "Select" button



What to stop

Select from options

"All"

Click on "Next" button



Name

Enter full name



Address

Enter postcode

Click on "Postcode Lookup" button



Email



Mobile

Enter email address or mobile

Email or SMS will be sent for Activation