

Save yourself headaches when the post arrives - and cut down on waste - by redirecting junk mail away from your home.

SLH is reminding tenants that a phone call can dramatically reduce the amount of unwanted adverts which land on your doormat - while anything that slips through should be recycled.

Most junk mail delivered by the postman can be redirected by the Mail Preference Service (MPS), which was set up 20 years ago to make sure people only get the post they want.

The MPS can remove your name from up to 95 per cent of direct mail lists, you can register for free by visiting the website www.mpsonline.org.uk/mpsr or calling 0845 703 4599 or by writing to Mailing Preference Service, Freepost 22, London W1E 7EZ asking to have your name removed from mailing lists.