## SpareRoom Rental Index by UK town with London heatmap

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SpareRoom's Rental Index shows the average monthly rent for a double room (including bills) in every major town and city in the UK. Averages are calculated by analysing more than 100,000 rooms advertised over the preceding three months and include comparisons to the previous quarter and year.

SpareRoom's unique Demand/Supply ratio gives an indication of how strong flatshare demand is in each location based on the number of people looking for rooms and current local supply levels.

Town Name	Average Monthly Rent	Quarterly Change %	Annual Change %	Demand/Supply ratio
Aberdeen	£485	-10.9%	-8.4%	Strong
Aldershot	£458	-1.6%	5.0%	Very Strong
Ashford	£407	-6.7%	-0.2%	Strong
Aylesbury	£439	-3.0%	-3.1%	Strong
Barnet	£620	6.5%	11.7%	Strong
Barnsley	£352	-1.3%	-2.4%	Medium
Barry	£384	7.8%	5.1%	Strong
Basildon	£449	-0.6%	3.4%	Very Strong
Basingstoke	£446	-4.6%	5.1%	Strong
Bath	£420	-6.8%	-7.1%	Strong
Bedford	£401	-2.9%	1.7%	Strong
Belfast	£261	-35.4%	-26.8%	Very Strong
Benfleet	£433	-9.9%	8.7%	Strong
Birkenhead	£350	-0.8%	3.8%	Medium
Birmingham	£398	-2.4%	5.3%	Very Strong
Blackburn	£326	-2.3%	-5.4%	Medium
Blackpool	£340	1.0%	-1.9%	Medium
Bognor Regis	£413	-0.6%	-1.1%	Very Strong
Bolton	£321	-1.7%	-6.2%	Medium
Bootle	£316	10.7%	-1.3%	Weak
Bournemouth	£426	-6.8%	0.2%	Strong
Bracknell	£481	-4.6%	4.7%	Strong
Bradford	£296	-3.6%	-0.0%	Medium
Brentwood	£494	-5.3%	3.4%	Strong
Brighton	£485	-8.4%	-2.0%	Strong
Bristol	£429	-1.9%	2.9%	Very Strong
Bromley	£539	-0.4%	5.1%	Strong
Burnley	£327	-1.4%	-1.2%	Medium

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Town Name	Average Monthly Rent	Quarterly Change %	Annual Change %	Demand/Supply ratio
Bury	£383	7.3%	4.5%	Weak
Cambridge	£498	-8.4%	-7.9%	Strong
Cannock	£368	-5.9%	-2.1%	Weak
Canterbury	£398	-15.0%	-12.5%	Medium
Cardiff	£340	-10.0%	-6.9%	Strong
Carlisle	£331	-4.1%	-2.7%	Medium
Chatham	£381	-1.1%	0.6%	Strong
Cheadle	£409	-2.6%	1.6%	Strong
Chelmsford	£463	-5.9%	0.0%	Strong
Cheltenham	£399	-4.8%	-3.1%	Strong
Chester	£397	-5.9%	-4.3%	Medium
Chesterfield	£360	-2.6%	1.6%	Strong
Clacton-On-Sea	£400	7.4%	2.1%	Weak
Colchester	£418	-5.4%	-0.2%	Strong
Corby	£340	-6.2%	-5.7%	Very Strong
Coventry	£361	-8.3%	-0.7%	Medium
Crawley	£452	-2.3%	-0.1%	Strong
Crewe	£374	-0.1%	3.8%	Medium
Croydon	£521	-1.4%	2.0%	Strong
Darlington	£319	-2.0%	-3.1%	Medium
Dartford	£485	0.4%	6.4%	Very Strong
Derby	£346	-3.2%	-0.1%	Medium
Doncaster	£354	0.9%	0.5%	Medium
Dorchester	£421	-2.0%	11.2%	Strong
Dudley	£375	3.7%	7.3%	Strong
Dumfries	£347	3.0%	3.1%	Weak
Dundee	£304	-13.4%	-17.1%	Medium
Dunstable	£397	-2.5%	-2.5%	Strong
Durham	£356	-8.0%	-4.2%	Medium
Eastbourne	£424	-1.3%	2.6%	Very Strong
Eastleigh	£442	3.2%	0.8%	Medium
Edinburgh	£429	-10.1%	-2.6%	Very Strong
Ellesmere Port	£348	-2.1%	-1.9%	Medium

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Town Name	Average Monthly Rent	Quarterly Change %	Annual Change %	Demand/Supply ratio
Enfield	£520	-1.1%	5.4%	Strong
Epsom	£552	-0.5%	3.0%	Very Strong
Esher	£520	-8.4%	-4.0%	Very Strong
Exeter	E418	-4.2%	1.0%	Strong
Falkirk	£406	5.4%	1.4%	Weak
Fareham	£425	1.3%	0.6%	Strong
Farnborough	£454	-5.7%	-3.1%	Very Strong
Gateshead	£358	-11.0%	-8.7%	Medium
Gillingham	£382	-2.4%	3.2%	Medium
Glasgow	£386	-13.8%	-6.2%	Very Strong
Gloucester	£374	-0.9%	2.3%	Medium
Gosport	£412	4.3%	10.3%	Strong
Gravesend	£418	-7.8%	-2.3%	Strong
Grays	£443	-2.6%	-1.9%	Strong
Great Yarmouth	£333	-2.1%	-8.9%	Medium
Grimsby	£359	0.8%	4.8%	Strong
Guildford	£527	-12.6%	-5.1%	Strong
Halesowen	£378	1.7%	0.2%	Strong
Halifax	£338	4.6%	12.4%	Strong
Harlow	£464	0.0%	8.5%	Very Strong
Harrogate	£454	-0.2%	4.0%	Strong
Harrow	£526	-8.2%	-1.2%	Strong
Hartlepool	£360	4.7%	-2.2%	Medium
Hastings	£388	-0.6%	1.0%	Strong
Hemel Hempstead	£486	-2.4%	1.4%	Strong
Hereford	£391	-1.7%	0.6%	Strong
High Wycombe	£466	-1.0%	-0.7%	Very Strong
Horsham	£463	-2.6%	1.7%	Very Strong
Hove	£505	-7.5%	-4.5%	Strong
Huddersfield	£346	-7.4%	7.1%	Medium
Hull	£344	0.0%	-1.2%	Strong
llford	£515	-4.8%	3.9%	Strong
Inverness	£405	-2.7%	2.4%	Strong

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lpswich	£358	-2.4%	-6.3%	Strong
Isle Of Wight	£382	-3.7%	1.4%	Medium
Keighley	£330	-1.5%	-7.8%	Weak
Kettering	£373	-2.5%	-1.6%	Medium
Kidderminster	£369	1.2%	3.8%	Medium
Kilmarnock	£360	2.5%	18.6%	Weak
Kingston Upon Thames	£577	-3.6%	-0.3%	Strong
Kirkcaldy	£350	4.3%	-1.5%	Strong
Lancaster	£350	-5.7%	-7.1%	Medium
Leamington Spa	£425	-9.1%	-2.1%	Strong
Leeds	£347	-3.9%	0.4%	Very Strong
Leicester	£340	-5.1%	0.1%	Medium
Lincoln	£360	-2.8%	-2.1%	Medium
Littlehampton	£428	-2.6%	0.1%	Strong
Liverpool	£349	-1.9%	0.6%	Strong
Livingston	£399	7.0%	8.2%	Strong
London - East	£692	-3.2%	4.7%	Strong
London - East Central	£963	2.0%	6.6%	Very Strong
London - North	£698	-4.3%	0.3%	Very Strong
London - North West	£776	-4.2%	5.8%	Strong
London - South East	£652	-2.0%	1.1%	Very Strong
London - South West	£726	-9.5%	0.9%	Very Strong
London - West	£833	-5.7%	6.8%	Very Strong
London - West Central	£926	-1.0%	0.9%	Very Strong
Londonderry	£262	-5.7%	-4.1%	Weak
Loughborough	£324	-5.9%	-3.2%	Medium
Lowestoft	£340	-1.3%	-3.4%	Medium
Luton	£400	-1.3%	-2.6%	Very Strong
Macclesfield	E414	-8.2%	-3.3%	Medium
Maidenhead	£483	-4.8%	-2.3%	Strong
Maidstone	£437	-3.8%	-0.6%	Very Strong
Manchester	£380	-6.8%	-2.2%	Very Strong
Mansfield	£348	0.2%	-3.4%	Medium

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Town Name	Average Monthly Rent	Quarterly Change %	Annual Change %	Demand/Supply ratio
Margate	£351	-5.9%	-1.3%	Strong
Middlesbrough	£331	-4.6%	-0.6%	Medium
Milton Keynes	£437	-2.2%	-1.0%	Very Strong
Morecambe	£409	2.5%	5.3%	Medium
Newcastle Upon Tyne	£341	-10.0%	-9.6%	Strong
Newcastle-Under-Lyme	£361	-7.4%	-3.1%	Medium
Newport	£339	O.1%	5.8%	Medium
Northampton	£388	0.3%	2.4%	Strong
Norwich	£374	-9.0%	-5.3%	Strong
Nottingham	£349	-2.5%	-0.4%	Strong
Nuneaton	£373	4.0%	7.8%	Medium
Oldbury	£482	-0.0%	34.4%	Medium
Oldham	£377	-5.3%	10.8%	Strong
Oxford	£505	-8.8%	-5.1%	Very Strong
Paisley	£334	11.9%	-2.5%	Weak
Perth	£373	0.0%	1.2%	Strong
Peterborough	£368	-2.4%	-0.9%	Strong
Plymouth	£368	-0.9%	0.5%	Medium
Poole	£451	-2.3%	-2.5%	Strong
Portsmouth	£389	-3.6%	-0.5%	Strong
Preston	£330	-3.0%	-1.4%	Medium
Reading	£507	-1.6%	6.2%	Strong
Redditch	£373	-1.4%	4.9%	Strong
Redhill	£522	-1.2%	4.8%	Strong
Reigate	£559	0.8%	7.5%	Strong
Rochdale	£248	-3.0%	-28.9%	Strong
Rotherham	£337	-3.0%	4.3%	Medium
Rugby	£397	-2.5%	2.3%	Strong
Runcorn	£352	0.2%	-1.0%	Medium
Sale	£402	-1.3%	0.9%	Strong
Salford	£397	-3.2%	1.2%	Very Strong
Salisbury	£429	2.6%	3.3%	Strong
Scunthorpe	£335	-0.9%	3.2%	Strong

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Sheffield	£339	-8.2%	-2.7%	Medium
Shrewsbury	£378	1.2%	-0.3%	Strong
Slough	£472	-4.4%	0.4%	Strong
Smethwick	£335	-0.8%	-0.1%	Medium
Solihull	£435	-1.4%	1.7%	Strong
South Shields	£352	-6.2%	-7.2%	Medium
Southall	£463	-4.8%	-5.3%	Very Strong
Southampton	£410	-5.9%	-4.3%	Strong
Southend-On-Sea	£434	-2.1%	9.8%	Very Strong
Southport	£404	-1.2%	2.6%	Medium
St. Albans	£535	O.1%	5.0%	Strong
St. Helens	£343	3.2%	-7.1%	Medium
Stafford	£368	-3.4%	1.9%	Medium
Staines	£578	5.0%	8.0%	Strong
Stevenage	£445	-4.4%	1.7%	Strong
Stockport	£392	-2.1%	0.5%	Very Strong
Stockton-On-Tees	£350	-4.2%	-0.1%	Medium
Stoke-On-Trent	£339	-2.7%	-4.3%	Medium
Stourbridge	£376	-3.1%	-3.7%	Weak
Sunderland	£340	-3.1%	0.4%	Medium
Sutton Coldfield	£457	7.5%	12.5%	Very Strong
Swansea	£319	-5.6%	-8.1%	Medium
Swindon	£406	-1.6%	0.3%	Strong
Tamworth	£390	0.0%	1.2%	Very Strong
Taunton	£375	-1.3%	-2.3%	Medium
Telford	£381	-3.3%	-3.2%	Medium
Tonbridge	£451	-6.2%	8.4%	Very Strong
Torquay	£365	-6.3%	-3.3%	Strong
Truro	£401	-9.8%	-5.3%	Medium
Tunbridge Wells	£511	-2.3%	-1.3%	Very Strong
Twickenham	£605	-3.6%	1.4%	Very Strong
Wakefield	£341	-0.0%	3.6%	Medium
Wallasey	£348	-2.4%	-2.6%	Medium

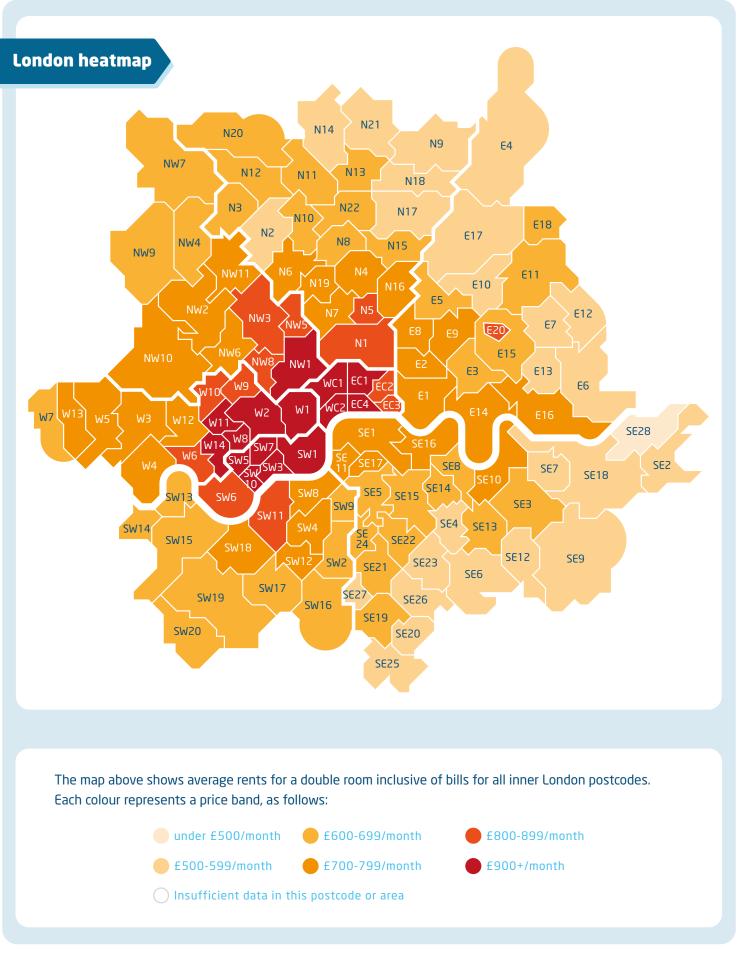
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Walsall	£340	-8.6%	-5.0%	Medium
Waltham Cross	£486	-1.6%	-0.7%	Very Strong
Warrington	£373	-3.4%	-6.3%	Strong
Waterlooville	£404	-7.7%	3.7%	Strong
Watford	£507	-1.1%	3.1%	Very Strong
West Bromwich	£373	5.3%	-0.5%	Medium
Weston-Super-Mare	£361	-1.9%	0.6%	Medium
Widnes	£464	24.4%	0.9%	Weak
Wigan	£324	-4.8%	-7.5%	Strong
Woking	£554	2.1%	3.6%	Very Strong
Wolverhampton	£358	-1.8%	3.5%	Strong
Worcester	£390	-6.7%	2.0%	Medium
Worthing	£439	-2.1%	-0.4%	Strong
York	£376	-11.4%	-7.6%	Very Strong

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