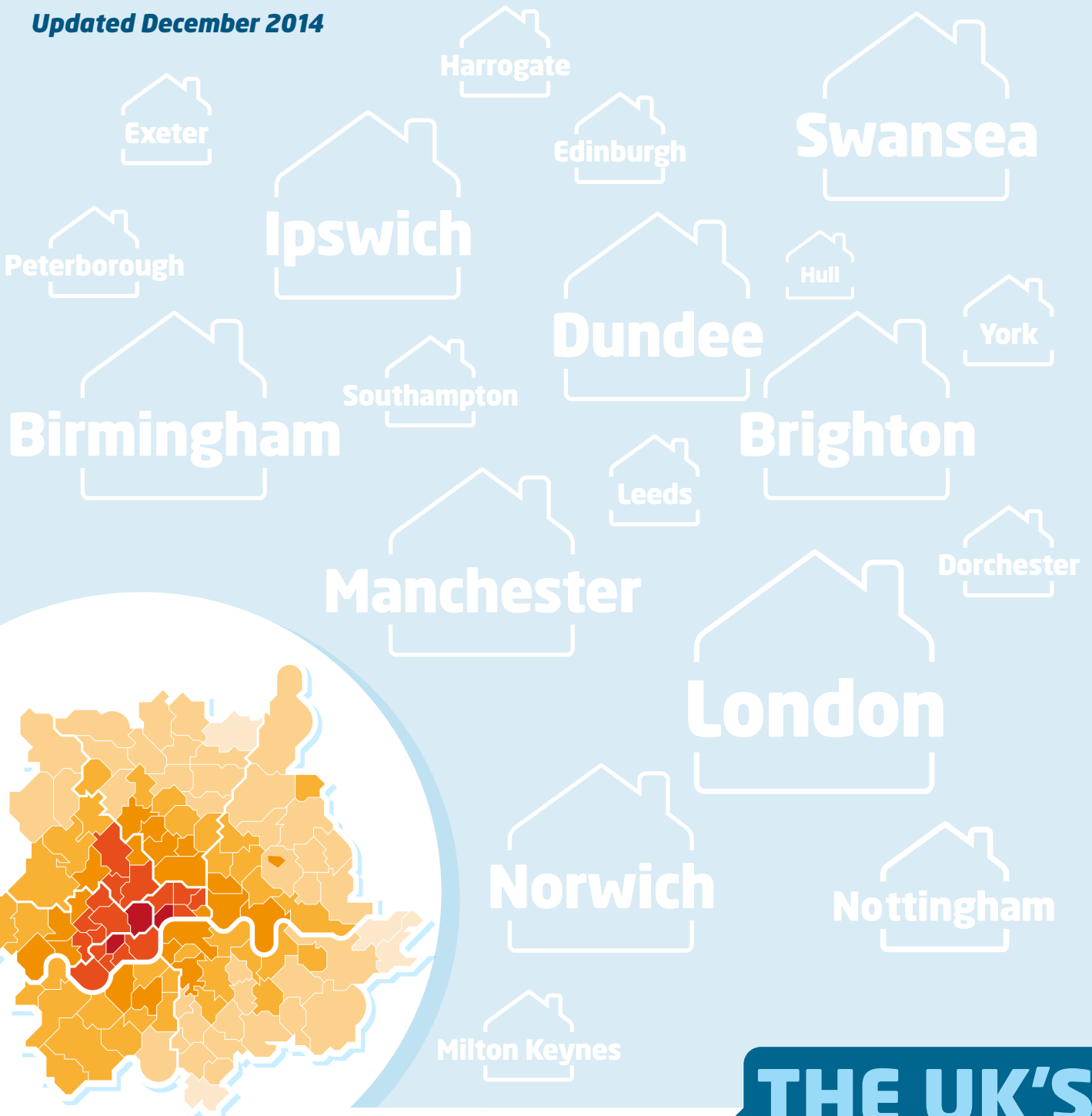


SpareRoom Rental Index by UK town with London heatmap



Updated December 2014



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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.

New for 2014 - We've also added a London heat map, showing average rents in every London postcode at a glance.

Town Name	Average Monthly Rent	Quarterly Change %	Annual Change %	Demand/Supply ratio
Aberdeen	£511	-4.0%	3.7%	Strong
Aldershot	£456	-1.2%	5.0%	Very Strong
Ashford	£431	0.3%	2.9%	Medium
Aylesbury	£439	-2.9%	-1.4%	Strong
Barnet	£540	-6.0%	-3.4%	Very Strong
Barnsley	£346	-5.0%	-1.9%	Medium
Barry	£364	-2.1%	-2.2%	Weak
Basildon	£432	-3.0%	1.8%	Strong
Basingstoke	£441	2.3%	4.0%	Strong
Bath	£413	-8.0%	-6.6%	Strong
Batley	£334	0.0%	40.0%	Weak
Bedford	£402	0.6%	3.0%	Strong
Belfast	£270	-28.7%	-27.3%	Strong
Benfleet	£451	3.0%	9.5%	Weak
Birkenhead	£345	4.1%	6.7%	Medium
Birmingham	£388	-0.8%	3.9%	Very Strong
Blackburn	£335	-6.6%	1.1%	Medium
Blackpool	£333	-2.8%	0.4%	Medium
Bognor Regis	£394	-7.7%	-3.0%	Medium
Bolton	£327	0.8%	-2.8%	Medium
Bootle	£310	-4.5%	6.9%	Weak
Bournemouth	£431	-5.5%	3.1%	Strong
Bracknell	£476	-0.8%	4.0%	Medium
Bradford	£299	-0.1%	15.7%	Medium
Brentwood	£495	-4.8%	-0.9%	Very Strong
Brighton	£479	-6.1%	-7.6%	Strong
Bristol	£419	-2.9%	0.7%	Strong
Bromley	£506	-6.2%	3.2%	Strong

Town Name	Average Monthly Rent	Quarterly Change %	Annual Change %	Demand/Supply ratio
Burnley	£319	-9.1%	0.2%	Medium
Bury	£356	-4.1%	-1.9%	Strong
Cambridge	£501	-7.0%	-6.5%	Medium
Cannock	£393	-3.2%	11.2%	Weak
Canterbury	£399	-11.6%	-11.0%	Medium
Cardiff	£337	-5.8%	-8.3%	Strong
Carlisle	£327	-4.3%	-4.8%	Medium
Chatham	£383	0.7%	6.3%	Strong
Cheadle	£405	-5.6%	-1.6%	Strong
Chelmsford	£468	1.8%	3.3%	Strong
Cheltenham	£398	-2.2%	-0.5%	Medium
Chester	£395	-3.4%	-4.7%	Medium
Chesterfield	£361	-1.3%	3.3%	Medium
Clacton-On-Sea	£385	-3.5%	5.9%	Strong
Colchester	£414	-3.2%	-1.9%	Medium
Corby	£346	-3.8%	-7.8%	Strong
Coventry	£357	-5.0%	-0.6%	Strong
Crawley	£448	-4.8%	-2.2%	Strong
Crewe	£366	-0.4%	2.2%	Medium
Croydon	£511	-1.7%	4.4%	Strong
Darlington	£332	4.4%	4.0%	Medium
Dartford	£474	2.8%	6.3%	Strong
Derby	£348	-0.8%	2.4%	Medium
Doncaster	£339	-1.7%	-4.2%	Medium
Dorchester	£315	-23.4%	-16.6%	Strong
Dudley	£362	-0.6%	9.0%	Medium
Dumfries	£324	-5.3%	-4.8%	Weak
Dundee	£309	-12.6%	-17.2%	Medium
Dunstable	£391	-2.6%	-0.8%	Strong
Durham	£356	-9.3%	-3.3%	Medium
Eastbourne	£420	1.3%	2.6%	Medium
Eastleigh	£426	-4.7%	-6.0%	Medium
Edinburgh	£437	-14.5%	-4.4%	Very Strong

Town Name	Average Monthly Rent	Quarterly Change %	Annual Change %	Demand/Supply ratio
Ellesmere Port	£349	-5.2%	-4.2%	Medium
Enfield	£485	-5.4%	-2.3%	Strong
Epsom	£516	-5.8%	-4.9%	Strong
Esher	£555	2.4%	0.8%	Strong
Exeter	£424	-0.6%	1.2%	Medium
Falkirk	£390	-5.9%	-4.2%	Medium
Fareham	£412	-3.9%	-1.0%	Strong
Farnborough	£445	-1.2%	-2.1%	Strong
Gateshead	£369	-3.2%	-2.1%	Medium
Gillingham	£372	-2.6%	-0.4%	Medium
Glasgow	£406	-9.5%	-1.8%	Very Strong
Gloucester	£375	-0.4%	2.1%	Medium
Gosport	£377	-2.9%	-1.6%	Strong
Gravesend	£437	6.7%	9.9%	Strong
Grays	£438	-4.9%	-2.2%	Strong
Great Yarmouth	£338	5.3%	-8.1%	Strong
Grimsby	£358	3.5%	9.3%	Medium
Guernsey	£758	0.0%	-5.4%	Weak
Guildford	£543	-9.1%	-3.5%	Very Strong
Halesowen	£360	-4.5%	-0.1%	Weak
Halifax	£329	-0.5%	2.7%	Strong
Harlow	£435	1.8%	2.8%	Very Strong
Harrogate	£443	0.7%	4.3%	Strong
Harrow	£532	-1.4%	1.8%	Strong
Hartlepool	£357	-3.0%	0.5%	Medium
Hastings	£372	-3.9%	0.3%	Medium
Hemel Hempstead	£478	-0.8%	1.0%	Strong
Hereford	£391	-1.0%	2.4%	Medium
High Wycombe	£450	-4.5%	-3.8%	Strong
Horsham	£456	-4.8%	-0.2%	Strong
Hove	£507	-7.1%	-6.3%	Medium
Huddersfield	£348	9.7%	16.8%	Medium
Hull	£336	-0.4%	-1.9%	Medium

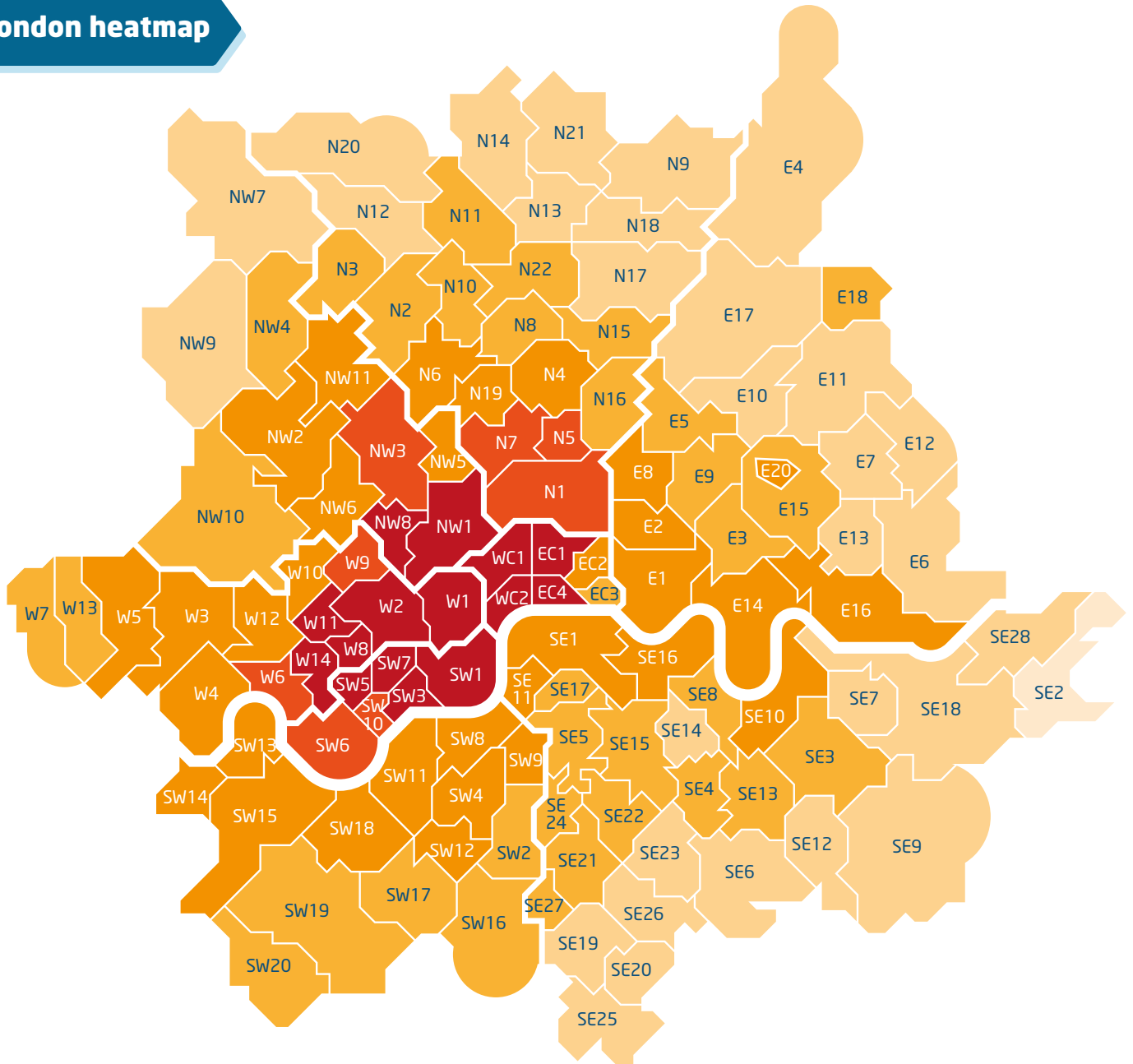
Town Name	Average Monthly Rent	Quarterly Change %	Annual Change %	Demand/Supply ratio
Ilford	£488	-0.9%	-1.5%	Strong
Inverness	£414	2.6%	4.8%	Medium
Ipswich	£365	-6.9%	-4.4%	Medium
Isle Of Wight	£391	4.8%	4.7%	Medium
Keighley	£346	-5.1%	-3.0%	Weak
Kettering	£374	0.1%	4.5%	Medium
Kidderminster	£355	3.0%	-1.1%	Weak
Kilmarnock	£355	3.8%	17.1%	Weak
Kingston Upon Thames	£568	-6.4%	-0.0%	Very Strong
Kirkcaldy	£332	-1.0%	1.2%	Weak
Lancaster	£348	-5.6%	-6.6%	Medium
Leamington Spa	£422	-3.8%	-2.5%	Strong
Leeds	£346	-1.4%	-0.7%	Very Strong
Leicester	£338	-3.4%	-2.6%	Medium
Lincoln	£356	-2.2%	-2.5%	Medium
Littlehampton	£410	-9.7%	-7.8%	Medium
Liverpool	£347	-2.6%	1.4%	Strong
Livingston	£373	2.4%	11.7%	Strong
London - East	£694	1.7%	6.4%	Strong
London - East Central	£904	7.3%	0.8%	Very Strong
London - North	£695	-1.6%	2.5%	Very Strong
London - North West	£758	-2.7%	0.2%	Very Strong
London - South East	£632	-3.1%	1.3%	Very Strong
London - South West	£731	-2.0%	0.7%	Very Strong
London - West	£812	2.1%	4.8%	Very Strong
London - West Central	£907	-2.7%	-2.6%	Very Strong
Londonderry	£303	4.5%	0.0%	Weak
Loughborough	£339	0.4%	3.1%	Medium
Lowestoft	£332	-5.7%	-6.6%	Strong
Luton	£394	-0.5%	-0.4%	Strong
Macclesfield	£419	0.6%	1.3%	Medium
Maidenhead	£482	-1.6%	-2.5%	Medium
Maidstone	£440	-1.4%	1.6%	Strong

Town Name	Average Monthly Rent	Quarterly Change %	Annual Change %	Demand/Supply ratio
Manchester	£375	-4.6%	-0.5%	Very Strong
Mansfield	£343	-5.1%	1.2%	Medium
Margate	£353	-0.7%	4.3%	Medium
Middlesbrough	£333	-6.7%	1.4%	Medium
Milton Keynes	£439	-0.2%	2.0%	Strong
Morecambe	£391	-1.6%	4.4%	Medium
Newcastle Upon Tyne	£328	-12.2%	-9.7%	Strong
Newcastle-Under-Lyme	£353	-5.3%	-8.5%	Medium
Newport	£327	1.5%	-2.5%	Medium
Northampton	£375	-1.9%	-0.3%	Strong
Norwich	£388	-2.0%	-0.7%	Medium
Nottingham	£339	-4.9%	-1.2%	Strong
Nuneaton	£350	-6.1%	9.2%	Strong
Oldbury	£480	24.4%	30.0%	Medium
Oldham	£404	-6.8%	15.0%	Medium
Oxford	£506	-6.8%	-2.1%	Very Strong
Paisley	£314	0.8%	-4.7%	Weak
Perth	£351	-4.7%	0.0%	Weak
Peterborough	£364	-2.0%	-0.5%	Strong
Plymouth	£365	1.0%	1.1%	Medium
Poole	£445	-3.4%	1.9%	Medium
Portsmouth	£391	-1.2%	2.3%	Strong
Preston	£327	-1.1%	-0.7%	Medium
Reading	£500	0.4%	4.4%	Strong
Redditch	£381	-1.5%	0.4%	Medium
Redhill	£506	-1.9%	-1.1%	Strong
Reigate	£507	-7.9%	-0.8%	Strong
Rochdale	£326	-11.3%	8.1%	Strong
Rotherham	£341	-1.2%	7.5%	Medium
Rugby	£397	-0.3%	2.2%	Strong
Runcorn	£343	-5.7%	-2.2%	Medium
Sale	£382	-0.9%	1.4%	Strong
Salford	£386	-5.9%	-3.3%	Very Strong

Town Name	Average Monthly Rent	Quarterly Change %	Annual Change %	Demand/Supply ratio
Salisbury	£414	0.3%	-0.4%	Medium
Scunthorpe	£345	7.7%	-0.9%	Medium
Sheffield	£335	-6.8%	-3.2%	Medium
Shrewsbury	£376	-1.6%	1.6%	Strong
Slough	£472	-2.9%	0.3%	Strong
Smethwick	£317	-5.9%	1.0%	Medium
Solihull	£426	-3.7%	-1.1%	Medium
South Shields	£360	-2.8%	-2.1%	Medium
Southall	£447	-8.6%	-7.1%	Strong
Southampton	£413	-4.1%	-1.8%	Strong
Southend-On-Sea	£431	-1.2%	5.2%	Strong
Southport	£402	-0.3%	6.6%	Medium
St. Albans	£498	-6.1%	-5.1%	Strong
St. Helens	£354	-1.8%	-3.2%	Weak
Stafford	£374	0.1%	1.6%	Medium
Staines	£519	-7.2%	0.1%	Strong
Stevenage	£445	-0.1%	6.7%	Medium
Stockport	£389	0.3%	0.5%	Strong
Stockton-On-Tees	£372	1.3%	3.4%	Medium
Stoke-On-Trent	£324	-9.4%	-6.5%	Medium
Stourbridge	£365	-1.7%	-5.4%	Weak
Sunderland	£340	-5.2%	-3.4%	Medium
Sutton Coldfield	£433	-1.0%	6.2%	Strong
Swansea	£308	-11.2%	-10.4%	Medium
Swindon	£400	-1.1%	2.8%	Medium
Tamworth	£372	0.1%	2.2%	Strong
Taunton	£381	1.3%	4.3%	Medium
Telford	£380	-2.5%	-2.6%	Medium
Tonbridge	£455	-4.0%	17.1%	Weak
Torquay	£371	-3.7%	-1.3%	Medium
Truro	£418	-4.3%	-0.1%	Medium
Tunbridge Wells	£505	-1.6%	3.3%	Very Strong
Twickenham	£610	-3.2%	2.8%	Very Strong

Town Name	Average Monthly Rent	Quarterly Change %	Annual Change %	Demand/Supply ratio
Wakefield	£349	0.2%	3.2%	Medium
Wallasey	£354	-3.2%	-3.8%	Medium
Walsall	£367	3.9%	5.4%	Medium
Waltham Cross	£475	-3.8%	0.7%	Very Strong
Warrington	£381	-0.9%	-4.3%	Medium
Waterlooville	£411	-3.3%	6.1%	Medium
Watford	£503	-1.2%	0.3%	Strong
West Bromwich	£362	-1.3%	0.7%	Medium
Weston-Super-Mare	£370	4.2%	7.0%	Strong
Widnes	£396	8.8%	18.6%	Weak
Wigan	£343	-5.2%	4.7%	Strong
Woking	£533	-4.7%	-2.0%	Strong
Wolverhampton	£354	0.3%	-2.0%	Strong
Worcester	£393	0.2%	-1.3%	Medium
Worthing	£434	-3.4%	3.3%	Strong
York	£376	-8.0%	-7.9%	Medium

London heatmap



The map above shows average rents for a double room inclusive of bills for all inner London postcodes. Each colour represents a price band, as follows:

- under £500/month
- £600-699/month
- £800-899/month
- £500-599/month
- £700-799/month
- £900+/month
- Insufficient data in this postcode or area