SpareRoom

SpareRoom's Rental Index
with London & UK heatmap

Quarter 3 - 2019

SpareRoom's Rental Index Q3 2019

UK rents not affected by Tenant Fees Act

Data Summary

- Rents remain steady across the UK, up just 1% over the last year. This indicates that the recent tenancy fees ban hasn't resulted in rental increases

- Northern Ireland is the cheapest place to rent in the UK, with average rents of £352

- The UK's cheapest town is Galashiels in Scotland, with average rents coming in at £303 – followed by Northern Ireland's Bangor (£318) and Craigavon (£320)

- Guernsey continues to outrank London as the most expensive place to live in the UK with rents of £796, compared to London's average of £782

Average UK room rents for Q3 2019 by region and how they've changed:

Region	Average monthly room rent Q3 2019	Average monthly room rent Q3 2018	Annual change Q3 2019 vs Q3 2018
East Anglia	£488	£482	1%
East Midlands	£419	£406	3%
North East	£381	£379	0%
North West	£424	£416	2%
Northern Ireland	£352	£341	3%
Outer London	£593	£574	3%
Scotland	£490	£485	1%
South East	£525	£516	2%
South West	£475	£465	2%
Wales	£405	£403	1%
West Midlands	£435	£430	1%
Yorkshire and Humberside	£408	£397	3%
London	£782	£754	4%
UK	£600	£597	1%
UK (excl London)	£481	£474	1%

Average London room rents for Q3 2019 by postcode district and how they've changed:

London postcode district	Average monthly room rent Q3 2019	Average monthly room rent Q3 2018	Annual change Q3 2019 vs Q3 2018
E	£721	£706	2%
EC	£991	£954	4%
N	£735	£718	2%
NW	£830	£799	4%
SE	£716	£701	2%
SW	£829	£797	4%
W	£886	£854	4%
WC	£1,036	£984	5%
London	£782	£754	4%
UK	£600	£597	1%
UK (excl London)	£481	£474	1%

Average room rents for Q3 2019, for the UK's largest towns and cities, and how they've changed:

Town/City	Average monthly room rent Q3 2019	Average monthly room rent Q3 2018	Annual change Q3 2019 vs Q3 2018
Aberdeen	£415	£426	-2%
Aldershot	£512	£514	0%
Ashford	£474	£478	-1%
Aylesbury	£501	£500	0%
Bangor	£318	£367	-13%
Barnet	£650	£630	3%
Barnsley	£371	£368	1%
Barry	£418	£417	0%
Basildon	£499	£498	0%
Basingstoke	£490	£488	1%
Bath	£548	£533	3%
Batley	£407	£388	5%
Bedford	£468	£459	2%
Belfast	£364	£356	2%
Benfleet	£474	£490	-3%
Birkenhead	£390	£380	3%
Birmingham	£436	£429	2%
Blackburn	£386	£361	7%
Blackpool	£374	£373	0%
Bognor Regis	£474	£467	2%
Bolton	£389	£372	4%
Bootle	£326	£346	-6%
Bournemouth	£494	£489	1%
Bracknell	£519	£515	1%

Town/City	Average monthly room rent Q3 2019	Average monthly room rent Q3 2018	Annual change Q3 2019 vs Q3 2018
Bradford	£345	£332	4%
Brentwood	£590	£542	9%
Brighton	£588	£575	2%
Bristol	£521	£504	3%
Bromley	£591	£574	3%
Burnley	£388	£354	9%
Bury	£431	£418	3%
Cambridge	£574	£566	1%
Cannock	£416	£415	0%
Canterbury	£473	£472	0%
Cardiff	£433	£433	0%
Carlisle	£381	£381	0%
Chatham	£446	£438	2%
Cheadle	£477	£482	-1%
Chelmsford	£520	£500	4%
Cheltenham	£452	£445	2%
Chester	£448	£426	5%
Chesterfield	£392	£370	6%
Clacton-On-Sea	£450	£499	-10%
Colchester	£471	£462	2%
Corby	£403	£397	1%
Coventry	£442	£443	0%
Craigavon (Incl. Lurgan & Portadown)	£320	£310	3%
Crawley	£519	£512	1%
Crewe	£388	£384	1%
Croydon	£601	£562	7%

Town/City	Average monthly room rent Q3 2019	Average monthly room rent Q3 2018	Annual change Q3 2019 vs Q3 2018
Darlington	£350	£348	0%
Dartford	£566	£537	5%
Derby	£410	£392	4%
Dewsbury	£367	£350	5%
Doncaster	£387	£376	3%
Dorchester	£491	£457	8%
Dudley	£390	£377	4%
Dumfries	£375	£364	3%
Dundee	£410	£397	3%
Dunstable	£461	£439	5%
Durham	£407	£394	3%
Eastbourne	£465	£463	0%
Eastleigh	£495	£484	2%
Edinburgh	£613	£620	-1%
Ellesmere Port	£401	£382	5%
Enfield	£591	£569	4%
Epsom	£599	£589	2%
Esher	£657	£617	6%
Exeter	£496	£482	3%
Falkirk	£457	£421	9%
Fareham	£474	£462	3%
Farnborough	£541	£563	-4%
Galashiels	£303	£463	-35%
Gateshead	£396	£391	1%
Gillingham	£436	£434	1%
Glasgow	£477	£460	4%

Town/City	Average monthly room rent Q3 2019	Average monthly room rent Q3 2018	Annual change Q3 2019 vs Q3 2018
Gloucester	£425	£411	4%
Gosport	£446	£453	-2%
Gravesend	£496	£499	-1%
Grays	£540	£513	5%
Great Yarmouth	£414	£378	10%
Grimsby	£391	£368	6%
Guernsey	£796	£701	14%
Guildford	£611	£618	-1%
Halesowen	£382	£403	-5%
Halifax	£395	£376	5%
Harlow	£514	£516	0%
Harrogate	£472	£464	2%
Harrow	£601	£569	6%
Hartlepool	£389	£384	1%
Hastings	£458	£443	4%
Hemel Hempstead	£541	£535	1%
Hereford	£460	£448	3%
High Wycombe	£517	£520	-1%
Horsham	£531	£547	-3%
Hove	£598	£604	-1%
Huddersfield	£366	£364	0%
Hull	£372	£368	1%
Ilford	£579	£560	3%
Inverness	£463	£461	0%
Ipswich	£441	£430	2%
Isle Of Man	£485	£465	4%

Town/City	Average monthly room rent Q3 2019	Average monthly room rent Q3 2018	Annual change Q3 2019 vs Q3 2018
Isle Of Wight	£445	£445	0%
Jersey	£697	£676	3%
Keighley	£374	£380	-2%
Kettering	£422	£419	1%
Kidderminster	£391	£405	-4%
Kilmarnock	£364	£389	-6%
Kingston upon Thames	£655	£638	3%
Kirkcaldy	£388	£355	9%
Lancaster	£408	£397	3%
Leamington Spa	£503	£512	-2%
Leeds	£419	£411	2%
Leicester	£418	£407	3%
Lincoln	£406	£386	5%
Lisburn	£329	£318	4%
Littlehampton	£488	£474	3%
Liverpool	£390	£384	1%
Livingston	£417	£432	-3%
London - East	£721	£706	2%
London - East Central	£991	£954	4%
London - North	£735	£718	2%
London - North West	£830	£799	4%
London - South East	£716	£701	2%
London - South West	£829	£797	4%
London - West	£886	£854	4%
London - West Central	£1,036	£984	5%
Londonderry	£328	£322	2%

Town/City	Average monthly room rent Q3 2019	Average monthly room rent Q3 2018	Annual change Q3 2019 vs Q3 2018
Loughborough	£401	£386	4%
Lowestoft	£400	£399	0%
Luton	£460	£450	2%
Macclesfield	£460	£462	0%
Maidenhead	£549	£538	2%
Maidstone	£513	£506	1%
Manchester	£463	£459	1%
Mansfield	£369	£372	-1%
Margate	£449	£444	1%
Middlesbrough	£354	£347	2%
Milton Keynes	£512	£499	3%
Morecambe	£422	£425	-1%
Motherwell	£465	£529	-12%
Newcastle upon Tyne	£399	£394	1%
Newcastle-under-Lyme	£421	£404	4%
Newport	£387	£380	2%
Newtownabbey	£371	£318	17%
Northampton	£446	£441	1%
Norwich	£442	£435	2%
Nottingham	£425	£403	5%
Nuneaton	£419	£412	2%
Oldbury	£386	£395	-2%
Oldham	£408	£396	3%
Oxford	£599	£587	2%
Paisley	£446	£394	13%
Perth	£398	£395	1%

Town/City	Average monthly room rent Q3 2019	Average monthly room rent Q3 2018	Annual change Q3 2019 vs Q3 2018
Peterborough	£424	£420	1%
Plymouth	£410	£403	2%
Poole	£497	£489	2%
Portsmouth	£462	£456	1%
Preston	£372	£371	0%
Reading	£543	£547	-1%
Redditch	£409	£421	-3%
Redhill	£587	£556	6%
Reigate	£605	£573	6%
Rochdale	£412	£386	7%
Rotherham	£368	£368	0%
Rugby	£446	£452	-1%
Runcorn	£367	£376	-2%
Sale	£447	£429	4%
Salford	£459	£438	5%
Salisbury	£476	£464	3%
Scunthorpe	£362	£365	-1%
Sheffield	£399	£389	3%
Shrewsbury	£404	£395	2%
Slough	£524	£512	2%
Smethwick	£419	£384	9%
Solihull	£489	£487	0%
South Shields	£329	£343	-4%
Southall	£536	£533	1%
Southampton	£475	£471	1%
Southend-on-Sea	£508	£491	3%

Town/City	Average monthly room rent Q3 2019	Average monthly room rent Q3 2018	Annual change Q3 2019 vs Q3 2018
Southport	£428	£421	2%
St. Albans	£603	£577	5%
St. Helens	£382	£379	1%
Stafford	£400	£386	4%
Staines	£568	£574	-1%
Stevenage	£497	£476	4%
Stockport	£470	£444	6%
Stockton-on-Tees	£374	£382	-2%
Stoke-on-Trent	£380	£364	4%
Stourbridge	£417	£390	7%
Sunderland	£327	£347	-6%
Sutton Coldfield	£474	£462	3%
Swansea	£391	£388	1%
Swindon	£464	£465	0%
Tamworth	£420	£430	-2%
Taunton	£433	£435	0%
Telford	£419	£403	4%
Tonbridge	£531	£550	-3%
Torquay	£410	£412	-1%
Truro	£462	£443	4%
Tunbridge Wells	£554	£526	5%
Twickenham	£680	£653	4%
Wakefield	£401	£379	6%
Wallasey	£400	£388	3%
Walsall	£395	£381	4%
Waltham Cross	£556	£515	8%

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Town/City	Average monthly room rent Q3 2019	Average monthly room rent Q3 2018	Annual change Q3 2019 vs Q3 2018
Warrington	£411	£407	1%
Washington	£389	£388	0%
Waterlooville	£467	£438	6%
Watford	£587	£568	3%
West Bromwich	£372	£358	4%
Weston-super-Mare	£458	£435	5%
Widnes	£399	£390	2%
Wigan	£381	£369	3%
Woking	£589	£569	4%
Wolverhampton	£370	£370	0%
Worcester	£431	£423	2%
Worthing	£522	£510	2%
York	£500	£471	6%

London heatmap
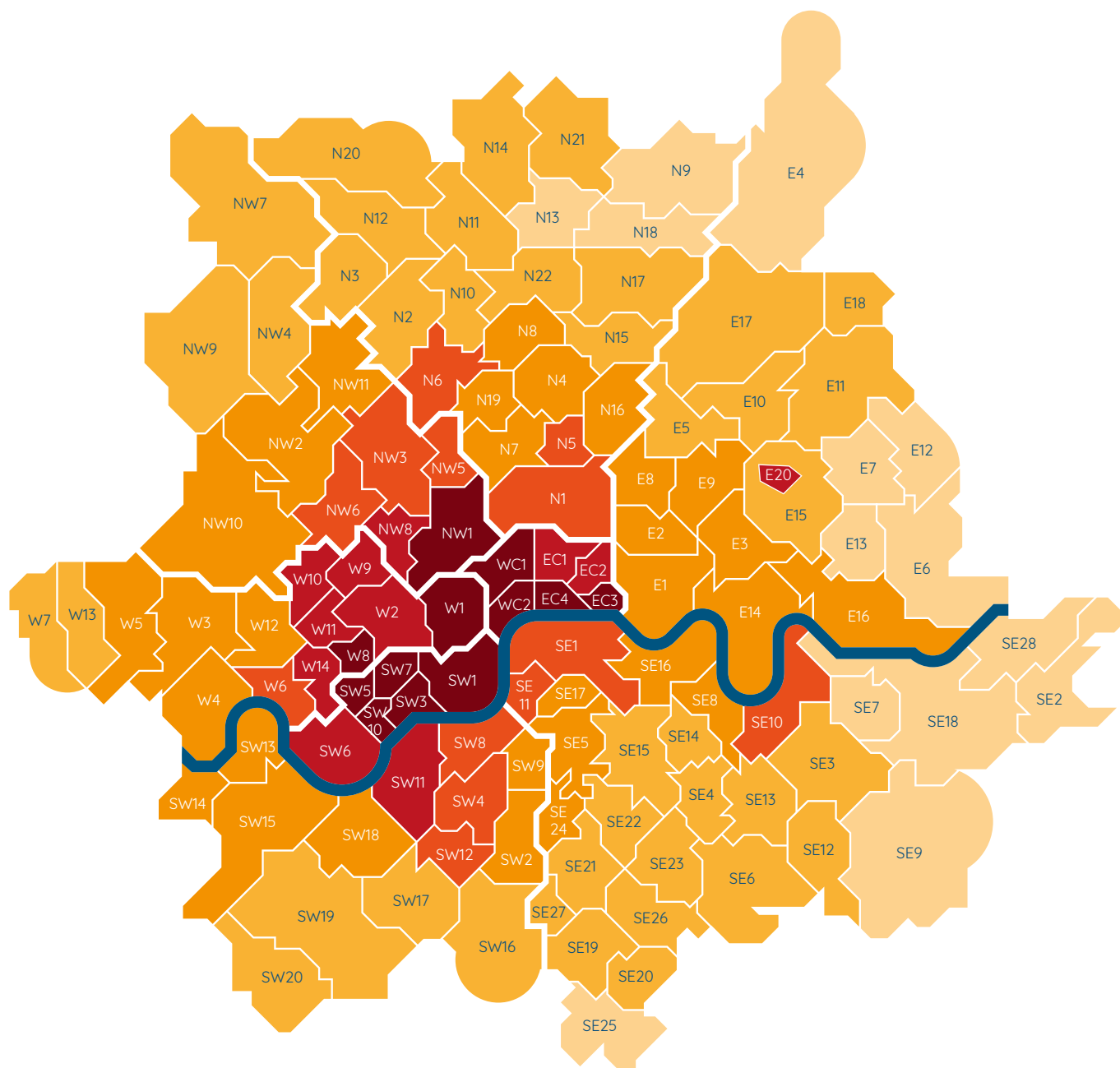
Average room rents inclusive of bills for all London postcodes

- Under £600/month
- £600-699/month
- £700-799/month
- £800-899/month
- £900-999/month
- £1000+/month
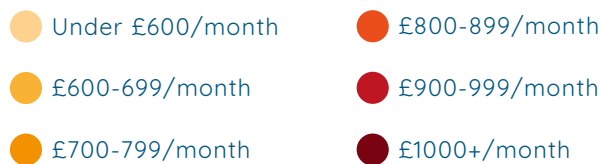
UK heatmap
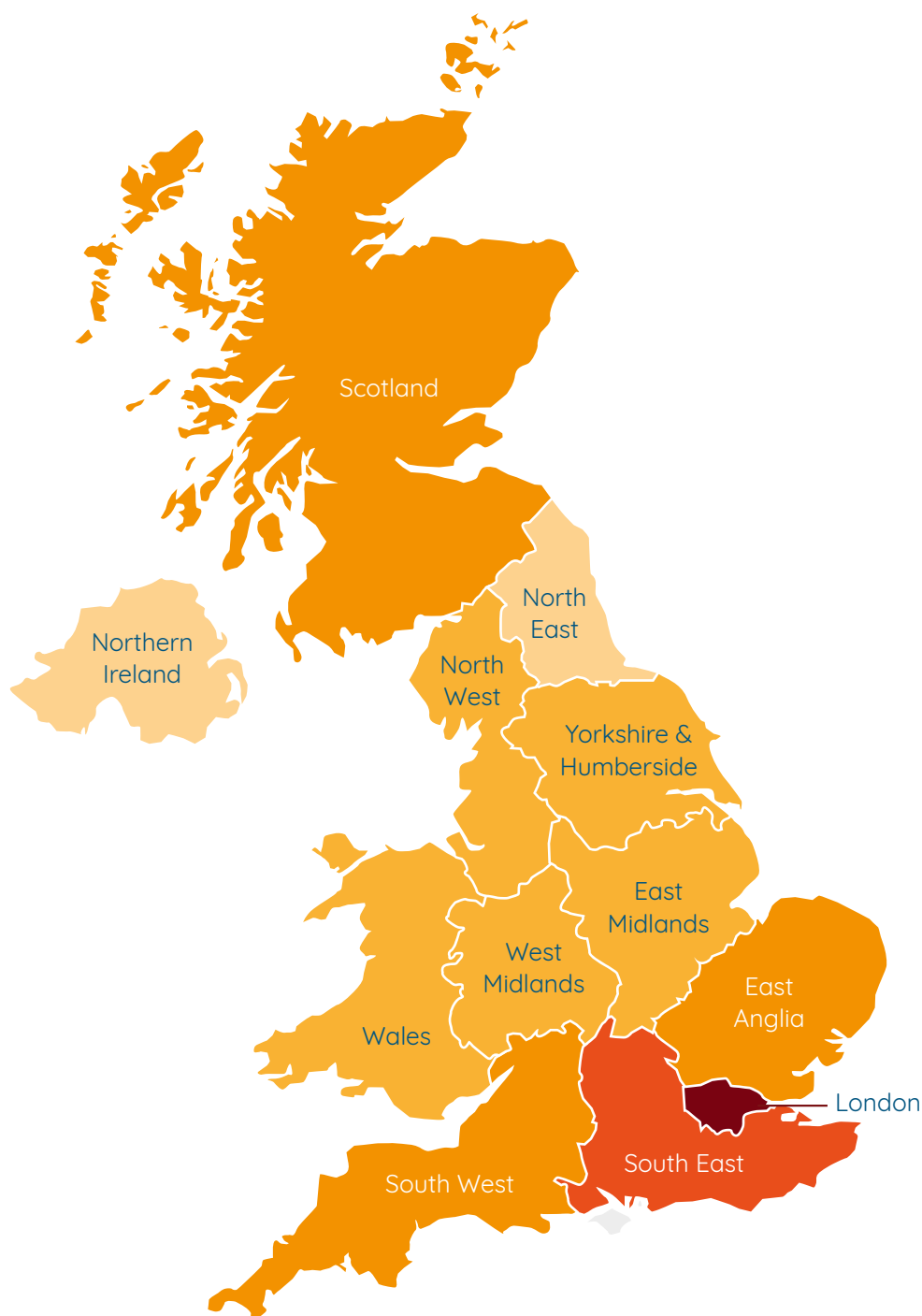
Average room rents inclusive of bills for all UK regions

Under £400/month	£500-549/month
£400-449/month	£550-599/month
£450-499/month	£600+/month
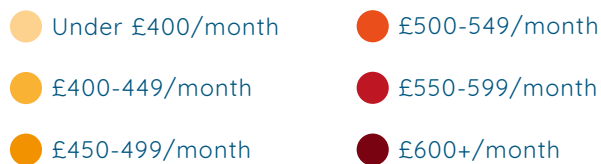
Methodology

SpareRoom's Quarterly Rental Index compares data from Q3 2019 with Q3 2018, unless otherwise stated. It incorporates data – including average rents and supply – from almost 300,000 ads with advertised rents for rooms in shared accommodation, inclusive of bills.

About SpareRoom

SpareRoom is the UK's leading flat and house share site with over 9 million registered users. Founded in the UK in 2004, the company expanded into the US market in 2011 and has currently helped over a million people find a room or roommate in the US.