

| Station | Description | Frequency | Coverage Area |
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| 1 BTN | Dance music. | 101.4 FM, DAB+ | Brighton |
| 3 TFM | Mixed format. | 103.1 FM | Saltcoats, Ayrshire |
| 60 North FM | Tourist radio. | 87.7 FM (6 transmitters) | parts of Shetlands |
| Abbey 104 | Mixed format. | 104.7 FM | Sherborne, Dorset |
| ABC | Mixed format. | 100.2 FM | Portadown, County Down |
| Acacia Radio | Acacia College student radio. | 1287 MW | Acacia College, Kirkby-in-Ashfield |
| Academy FM (Folkestone) | Mixed format. | 105.9 FM | Folkestone, Kent |
| Academy FM (Thanet) | Mixed format. | 107.8 FM | Thanet, Kent |
| Access FM | Mixed format. | 102.4 FM | Bridgwater, Somerset |
| AHBS Community Radio | Health | 107.1 FM | Ashford, Kent |
| AIR | Mixed format. | 107.2 FM | Weymouth, Dorset |
| Akash Radio | Asian | 1323 MW | Leeds |
| Alive Radio | Mixed Format | 107.3 FM | Dumfries |
| All FM | Mixed Format | 96.9 FM | South Manchester |
| Amber Sound | Mixed format. | 98.4 FM (Belper) and 107.2 FM (Ripley) | Amber Valley, Derbyshire |
| Ambur Radio | Asian | 99.4 FM | Walsall |
| Andover Radio | Mixed format. | 95.9 FM | Andover, Hampshire |
| Angel Radio | Nostalgia | 89.3 FM and several small scale DAB multiplexes | Havant and Portsmouth (FM) |
| Angel Radio (Ilse of Wight) | Nostalgia | 91.5 FM | Isle of Wight |
| Anker Radio | Hospital radio. | 1386 MW | George Eliot Hospital, Nuneaton |
| Apple FM | Mixed Format | 97.3 FM | Taunton, Somerset |
| Asian Fever | Asian | 107.3 FM | North Leeds |

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| Asian Star | Asian | 101.6 FM (Slough), DAB+ (NE Birmingham and Central London) | Slough |
| Awaz 103.1 | Asian | 103.1 FM | Nelson, Lancashire |
| Awaz FM | Asian | 107.2 FM and DAB+ | Glasgow |
| Bailrigg FM | Lancaster University student radio. | 87.7 FM | Lancaster University |
| Bangor 107.9 FM | Mixed Format | 107.9 FM | Bangor |
| Basildon Hospital Radio | Hospital radio. | 87.7 FM | Basildon Hospital, Essex |
| BCR FM | Mixed Format | 106.6 FM | Bradford |
| Beat London | Rhythmic Contemporary | 103.6 FM (mono) and DAB+ (Central London) | Stonebridge & Harlesden |
| Beat Radio | Mixed Format | 103.2 FM | Preston |
| Belfast 89 FM | Oldies | 89.3 FM | Belfast |
| Beverley FM | Mixed Format | 107.8 FM | Beverley, East Yorkshire |
| Beyond Radio | Mixed Format | 103.5 FM | Lancaster and Morecambe |
| BFBS (UK) | Armed forces service. | DAB+, Sky 0211, Freesat 786. | UK |
| BFBS Aldershot | Armed forces service. | 102.5 FM, DAB | Aldershot |
| BFBS Blandford | Armed forces service. | 89.3 FM (Blandford), 1287 MW (Bovington Camp) | Blandford, Dorset |
| BFBS Brize Norton | Armed forces service. | 106.1 FM | Brize Norton, Oxfordshire |
| BFBS Catterick | Armed forces service. | 106.9 FM | Catterick |
| BFBS Colchester | Armed forces service. | 107.0 FM | Colchester |
| BFBS Gurkha Radio | Nepali | 1134 MW, 1251 MW, 1278 MW, 1287 MW | various Army bases in UK |
| BFBS Northern Ireland | Armed forces service. | 100.6 FM (Lisburn), 101.0 FM (Holywood), 106.5 FM (Crumlin), 107.5 (Ballykinlar) | parts of Northern Ireland |
| BFBS Portsmouth | Armed forces service. | DAB+ | Portsmouth |
| BFBS Salisbury Plain | Armed forces service. | 106.8 FM | Bulford, Tidworth, Netheravon |

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| BFBS Scotland | Armed forces service. | 87.7 FM (Inverness & Highlands) 98.5 FM (Edinburgh), 94.0 FM (Glencorse Barracks), DAB+ (Glasgow) | Edinburgh, Glasgow, and Inverness |
| BGFM | Mixed Format | 97.3 FM | Blaenau Gwent |
| Big City Radio | Mixed Format | 89.1 FM, DAB | North Birmingham |
| Biggles FM | Mixed Format | 104.8 FM | Biggleswade & Sandy, Bedfordshire |
| Bishop FM | Mixed Format | 105.9 FM | Bishop Auckland, County Durham |
| Black Cat Radio | Mixed Format | 107.0 FM (St Neots), DAB+ (Cambridge) | Cambridgeshire |
| Black Diamond FM | Mixed Format | 107.8 FM | Dalkeith and Midlothian |
| Blackburn's 102.2 | New music and upcoming artists. | 102.FM | Blackburn, Lancashire |
| Blast 106 | New music and upcoming artists. | 106.4 FM | Belfast |
| Blyth Valley Radio | Mixed Format | 105.0 FM | Southwold |
| Bolton FM | Mixed Format | 96.5 FM | Bolton |
| Bounce FM | Mixed Format | 102.4 FM | Banbridge, Northern Ireland |
| Bradford Asian Radio | Asian | 1413 MW | Bradford |
| Bradley Stoke Radio | Mixed Format | 103.4 FM (Bradley Stoke), DAB (Bristol) | Bristol |
| Branch FM | Religion - Christian | 101.8 FM | Dewsbury |
| BRFM | Mixed Format | 95.6 FM | Isle of Sheppey, Kent |
| Bridge FM | Hospital radio. | 87.7 FM | Hospitals in Dundee and Monifieth |
| Brill AM | Not known. | 1449 MW | Brill Village, Buckinghamshire |
| Bristol Community FM (BCFM) | Mixed Format | 93.2 FM, DAB | Bristol |
| Bro Radio | Mixed Format | 98.1 FM | Barry, South Wales |
| Brooklands Radio | Mixed Format | DAB+ | Aldershot and Woking |
| Buchan Radio | Mixed Format | 107.9 FM | Peterhead, Aberdeenshire |
| Burgess Hill Community Radio | Mixed Format | 103.8 FM | Burgess Hill, Sussex |
| Bute FM | Mixed Format | 96.5 FM | Isle of Bute |
| Caithness FM | Mixed Format | 106.5 FM | Thurso and Wick |
| Calon FM | Mixed Format | 105.0 FM | Wrexham |
| Cam FM | Student radio focused on new music. | 97.2 FM | Cambridge |

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| Cambridge 105 | Mixed Format | 105.0 FM, DAB | Cambridge (also available in Norwich on DAB) |
| Camglen | Mixed Format | 107.9 FM | Cambridgeshire and Rutland |
| Canalside Radio | Mixed Format | 102.8 FM | Bollington, Cheshire |
| Cando FM | Mixed Format | 106.3 FM | Barrow-in-Furness |
| Cannock Chase Radio | Mixed Format | 89.6 FM (Trent Valley), 94.0 FM (Cannock Chase) | Rugeley and Trent Valley, Cannock Chase, Staffordshire |
| Canterbury Student Radio | Student radio focused on new music. | 97.4 FM | Canterbury |
| Carillon Wellbeing Radio | Community and hospital radio service, playing oldies and nostalgic music alongside health advice. | 1386 MW, 1476 MW | Loughborough and West Leicestershire |
| Castledown Radio | Mixed Format | 104.7 FM | Tidworth area of Wiltshire |
| Celtic Music Radio | Celtic music. | 95.0 FM, DAB+ | Glasgow |
| Centreforce | 80s and 90s dance music. | DAB+ | London (and North East Wales and Cheshire area on DAB+) |
| CHBN | Mixed Format | 100.8 FM | Turo, Cornwall |
| Chelmsford Community Radio | Mixed Format | 104.4 FM | Chelmsford, Essex |
| Chichester Hospital Radio | Hospital radio. | 1431 MW | St Richards Hospital, Chichester |
| Coast FM | Mixed Format | 96.5 FM (Penzance), 97.2 FM (St Just) | Penzance and St Just, Cornwall |
| Colne Radio | Mixed Format | 106.6 FM | Wivenhoe, North East Essex |
| Corby Radio | Mixed Format | 96.3 FM | Corby |
| Cornucopia Radio | Not known. | 87.7 FM | Cornucopia Park, St Austell |
| Creaty Park Radio | Not known. | 87.7 FM | Creaty Park, Exeter |
| Crescent Radio | Asian | 97.0 FM | Rochdale |
| Cross Rhythms Plymouth | Christian | 96.3 FM | Plymouth |
| Cross Rhythms Stoke | Contemporary Christian music. | 101.8 FM | Stoke-on-Trent |
| Crystal FM | Mixed Format | 107.4 FM | Penicuik, Lothian |
| Cullin FM | Mixed music and Gaelic | 102.7 FM, 106.2 FM | Isle of Skye |
| Cumbernauld FM | Mixed Format | 96.8 FM | Cumbernauld, North Lanarkshire |
| Dales Radio | Mixed Format | 936 MW (West North Yorkshire), 103.0 FM (Ingleton), 104.9 FM (Grassington and Settle) | North Yorkshire |

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| Dawn FM | Asian | 107.6 FM | Nottingham |
| Dean Radio | Mixed Format | 105.6 FM | Cinderford, Gloucestershire |
| Delite Radio | Soul music. | DAB+ | Glasgow, Central London, and Manchester |
| Desi Radio | Asian | 1602 MW, DAB+ | South and Central London |
| Deveron FM | Mixed Format | 107.4 FM | Banff |
| Diverse FM | Rhythmic music. | 102.8 FM | Luton |
| Down FM | Mixed Format. | 105.0 FM | Downpatrick, County Down |
| Drive FM | Mixed Format. | 105.3 FM | Derry |
| Drystone Radio | Mixed Format. | 103.5 FM | Sutton in Craven area, North Yorkshire |
| Dunoon Community Radio | Mixed Format. | 97.4 FM | Dunoon, Argyll |
| East Coast FM | Mixed Format. | 107.6 FM | Haddington, East Lothian |
| EAVA FM | Asian and rhythmic music. | 102.5 FM | Leicester |
| Eden FM | Mixed Format. | 107.5 FM | Penrith, Cumbria |
| Endeavour FM | Mixed Format. | 107.0 FM | Boston, Lincolnshire |
| Erewash Sound | Mixed Format. | 96.8 FM | Ilkeston, Derbyshire |
| Exmouth Air 106.4 | Mixed Format. | 95.0 FM, 106.4 FM | Sidemouth and Exmouth, Devon |
| Express FM | Mixed Format. | 93.7 FM, DAB | Portsmouth |
| Fantasy Radio | Mixed Format. | 97.0 FM | Devizes, Wiltshire |
| Faza AWP | Asian. | 97.1 FM | Nottingham |
| Felixstowe Radio | Mixed Format. | 107.5 FM | Felixstowe, Suffolk |
| First FM | Mixed Format. | 105.1 FM | Oxford |
| Flame CCR | Christian. | 1521 MW | Wirral |
| Flex FM | Rhythmic music and new music. | 101.4 FM | South West London |
| Forrest FM | Mixed format. | 92.3 FM | Verwood area, Dorset |
| Fresh FM | North Devon College, student radio. | 87.7 FM | North Devon College, Barnstaple |
| Fresh Radio | Contemporary music. | DAB+ | North East Birmingham |
| Frome FM | Mixed format. | 96.6 FM | Frome, Somerset |
| Funky SX | Rhythmic and contemporary music. | 103.7 FM | Southend, Essex |
| Fuse FM | Mixed format. | 107.5 FM | Ballymoney, County Antrim |
| Future Radio | Mixed format. | 107.8 FM, DAB | Norwich |
| Gateway FM | Mixed format. | 97.8 FM | Basildon, Essex |
| Gaydio Brighton | Music aimed at LGBT+ community. | 97.8 FM, DAB+ | Brighton |
| Gaydio Manchester | Music aimed at LGBT+ community. | 88.4 FM, DAB+ | Manchester |

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| GFM | Rhythmic music. | 96.6 FM | Gloucester |
| Glastonbury FM | Mixed format. | 107.1 FM | Glastonbury |
| Goldmine | 50s to 80s music/oldies music. | DAB (Cornwall), DAB+ (elsewhere) | Cornwall, Portsmouth, Bristol, Manchester |
| Gorgeous FM | Adult and contemporary music. | DAB | North East Birmingham |
| Gravity FM | Mixed format. | 97.2 FM | Grantham, Lincolnshire |
| Great Driffield Radio | Mixed format. | 107.2 FM | Driffield area of East Yorkshire |
| Great Yorkshire Radio | Adult and contemporary music. | DAB+ | North Yorkshire |
| GTFM | Mixed format. | 107.9 FM | Pontypridd, South Wales |
| Gulshan Radio | Asian | 106.9 FM | Wolverhampton |
| Hailsham FM | Mixed format. | 95.9 FM | Hailsham, East Sussex |
| Halton FM | Mixed format. | 92.3 FM | Runcorn and Widnes, Cheshire |
| Harbour Radio | Mixed format. | 107.4 FM | Great Yarmouth |
| Hayes FM | Mixed format. | 91.8 FM | Hayes area of West London. |
| HCC Radio | Honiton Community College student radio. | 87.7 FM | Honiton Community College |
| HCR FM | Mixed format. | 104.0 FM (Huntington), DAB+ (Cambridge) | Huntington area of Cambridgeshire |
| Heartland FM | Mixed music. | 97.5 FM | Pitlochry and Aberfeldy, Perthshire |
| Hemel Hospital Radio | Hospital radio. | 1350 MW | Hemel Hempstead General Hospital |
| Heritage FM | Station aimed at the Muslim community. | 90.6 FM, DAB+ | Manchester |
| Hermitage FM | Mixed format. | 99.2 FM | Coalville & Ashby-de-la-Zouch |
| HFM | Mixed format. | 102.3 FM | Market Harborough, Leicestershire |
| Hillz FM | Mixed format, with significant proportion of rhythmic music. | 98.6 FM | Hillfields area of Coventry |
| Hit Mix Radio | Mixed format. | 107.5 FM | Newcastle Under Lyme, Staffordshire |
| Hope FM | Christian. | 90.1 FM (Bournemouth), DAB (North Yorkshire), DAB+ (other areas) | Bournemouth, Herefordshire, Worcestershire, North Yorkshire, Lincolnshire, North East Wales, West Cheshire |
| Hospital Radio Glangwili | Hospital radio. | 87.7 FM | Hospital, Carmarthen |
| Hospital Radio Plymouth | Hospital radio. | 87.7 FM | Derriford Hospital, Plymouth |
| Hospital Radio Yare | Hospital radio. | 1350 MW | James Paget Hospital, Gt Yarmouth |
| Hot | Mixed format. | 102.8 FM | Poole |
| Hub Radio | Student led station specialising in new music. | DAB+ | Bristol |

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| Hull Kingston Radio | Mixed format. | 107.4 FM | Hull |
| Insanity | Student station which plays pop music and new music. | 103.2 FM | Egham, Surrey |
| Inspiration FM | Soul, Reggae, and Dance music. | 107.8 FM | Northampton |
| Inspire FM | Station aimed at Muslim community. | 105.1 FM | Luton |
| Intobeats | Rhythmic and new music. | 106.5 FM | Bedford |
| Ipswich Community Radio | Mixed format. | 105.7 FM | Ipswich |
| Irvine Beat FM | Mixed format. | 107.2 FM | Irvine, Ayrshire |
| Isles FM | Mixed music and Gaelic. | 103.0 FM | Isle of Lewis |
| IAFR FM | Mixed format. | 101.4 FM | Newry |
| Jorvik Radio | Indie music and upcoming artists. | 94.8 FM | York |
| Juice | Aimed at LGBT+ community. | 103.8FM | Belfast |
| K107 FM | Mixed format. | 107.0 FM | Kirkcaldy |
| Kane FM | Rhythmic music. | 103.7 FM | Guildford, Surrey |
| KCC Live | Mixed format. | 99.8 FM | Knowsley, Merseyside |
| Keep 106 | Oldies and Easy listening music. | 106.3 FM | Dorchester, Dorset |
| Keith Community Radio | Mixed format. | 107.7 FM | Keith and Buckie area. |
| Kemet Radio | Rhythmic music. | 97.5 FM | Nottingham |
| Kennet Radio | Mixed format. | 106.7 FM | Newbury, Berkshire |
| Keynsham Town Community Radio | Mixed format. | 105.8 FM | Keynsham, North East Somerset |
| Kingstown Radio | Hospital radio. | 1350 MW | Hull Royal Infirmary |
| Koast FM | Mixed format. | 106.6 FM | Ashington, South East Northumberland |
| Kohinoor FM | Panjabi | 97.3 FM | Leicester |
| LDC Radio | Dance music. | 97.8 FM | Leeds |
| Legacy FM | Rythmic music. | 90.1 FM | Central Manchester |
| Leicester Community Radio | Mixed format. | 1449 MW | Leicester |
| Leisure FM | Mixed format. | 107.4 FM | Braintree, Essex |
| Lincoln City Radio | Mixed format with a significant proportion of oldies music. | 103.6 FM | Lincoln |
| Link FM | Asian | 96.7 FM | Sheffield |
| Lionheart Radio | Mixed format. | 107.3 FM | Alnwick, Northumberland |
| Lisburn City Radio | Mixed format. | 98.8 FM | Lisburn |

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| Liverpool Community Radio | Mixed format. | | 106.7 Liverpool |
| Lochbroom FM | Adult. | 96.8 FM (Lochniver), 102.2 FM (Ullapool) | Lochinver, Enard Bay, and Ullapool, Scottish Highlands |
| Luton & Dunstable Hospital Radio | Hospital radio. | 1134 MW | Luton & Dunstable Hospital |
| Mansfield 103.2 | Adult. | 103.2 FM | Mansfield & Ashfields |
| Maritime Radio | Mixed format. | 96.5 FM | Greenwich area |
| Marlow FM | Mixed format. | 97.5 FM | Marlow, Buckinghamshire |
| Matryoshka Radio | Russian music. | DAB (London), DAB+ (Glasgow) | London and central Glasgow |
| Mearns FM | Mixed format. | 105.7 FM, 106.2 FM, 107.3 FM | Stonehaven, Inverbevie, and Laurencekirk areas of Aberdeenshire |
| Meridian FM | Mixed format. | 107.0 FM | East Grinstead, Sussex |
| Mid Downs Hospital Radio | Hospital radio. | 1350 MW | Princess Royal Hospital, Haywards Heath |
| Mighty Radio | Mixed format. | 107.9 FM | Leathport |
| MKFM | Mixed format. | 106.3 FM, DAB | Milton Kynes |
| Mon FM | Mixed format. | 102.5 FM | Anglesey |
| Moorlands Radio | Mixed format. | 103.7 FM | Leek and Biddulph, Staffordshire |
| More Radio | Adult and oldies music. | 106.4 FM, 106.8 FM, 107.5 FM, 107.7 FM, 107.8 FM, DAB | Sussex |
| Nevis Radio | Contemporary music. | 96.6 FM, 97.0 FM, 102.3 FM, 102.4 FM | Fort William, Glen Coe, Malaig, and Ballachulish areas of Scottish Highlands. |
| New Style Radio | Rhythmic music. | 98.7 FM | Birmingham |
| Ninesprings Radio | Mixed format. | 104.5 FM | Yeovil area of Somerset |
| NLive | Mixed format. | 106.9 FM | Northampton |
| Nomad Radio | Somali Community | 92.2 FM | Hammersmith & Fulham |
| Noods Radio | Rythmic Music | DAB | Bristol |
| North Manchester FM | Mixed format. | 106.6 FM | North Manchester |
| Nova FM | Mixed format. | 97.5 FM | Newport, Shropshire |
| Nova Radio North East | Mixed format. | 102.5 FM | West Newcastle, Gateshead, parts of South East Northumberland. |
| NuSound Radio | Asian | 92.0 FM (Newham), DAB+ (Central London) | Newham and Central London |

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| Oban FM | Mixed music. | 103.3 FM | Oban area. |
| Oldham Community Radio | Mixed format. | 99.7 FM | Oldham |
| Paisley FM | Mixed format. | 107.5 FM (Paisley), DAB+ (Glasgow) | Paisley and Glasgow |
| Park Radio | Mixed format. | 105.2 FM, 107.6 FM | Harleston and Diss, Norfolk |
| Passion | Dance music. | DAB+ | Cambridge, Glasgow, and Portsmouth |
| Penistone Community Radio | Mixed format. | 95.7 FM | Penistone, South Yorkshire |
| Peterborough Community Radio | Mixed format. | 103.2 FM | Peterborough |
| Phoenix FM | Mixed format. | 98.0 FM | Brentwood |
| Phoenix Radio | Mixed format. | 96.7 FM | Halifax |
| Phonic FM | Mixed format. | 106.8 FM | Exeter |
| Pie Radio | Rhythmic contemporary music. | DAB+ | Manchester |
| Platform B | New music. | 105.5 FM, DAB+ | Brighton |
| Polskie Radio | Polish. | DAB | Greater London area. |
| Pride Radio | Station aimed at LGBT+ community. | 89.2 FM | Newcastle, Gateshead, parts of South East Northumberland. |
| Pulse FM | Mixed format. | 98.4 FM, DAB | Barrhead and Glasgow |
| Purbeck Coast FM | Mixed format. | 101.2 FM | Swanage area, Dorset |
| Quay FM | Mixed format. | 107.1 FM | Alderney |
| Raaj FM | Panajbi | 91.3 FM | Sandwell, West Midlands |
| Radio 2 Funky | Rhythmic music. | 95.0 FM | Leicester |
| Radio 210 | 80s and 90s music. | DAB | Berkshire and North Hampshire |
| Radio Bronglais | Hospital radio. | 87.8 FM | Hospital, Aberystwyth |
| Radio Cabin | Mixed Format | 94.6 FM | Herne Bay, Kent |
| Radio Cardiff | Rhythmic music. | 98.7 FM | Cardiff |
| Radio Caroline | Classic rock music. | 648 MW | Suffolk, South Norfolk, and North East Essex |
| Radio Cavell | Hospital radio. | 1350 MW | Essex Oldham Hospital |
| Radio Central | Asian | DAB+ | North East Birmingham |
| Radio City Swansea | Hospital radio. | 1386 MW | Singleton Hospital, Swansea |
| Radio Clatterbridge | Hospital radio. | 1386 MW | Clatterbridge Hospital, Wirral |
| Radio Diamond | Soul, reggae, and rap music. | DAB+ | Manchester |
| Radio Failte | Irish Language | 107.1 FM | Belfast |
| Radio Gwendolen | Hospital radio. | 1287 MW | Leicester General Hospital |

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| Radio Hartlepool | Mixed format. | 102.4 FM | Hartlepool |
| Radio Ikhlas | Asian | 107.8 FM | Derby |
| Radio Jackie | Adult and oldies music. | 107.8 FM | South West London and North Surrey |
| Radio Lab | Student radio. | 97.1 FM | Luton |
| Radio Leyland | Mixed format. | 104.8 FM | Leyland, Lancashire |
| Radio Mac | Station aimed at Muslim community. | 107.1 FM | Bradford |
| Radio Newark | Mixed format. | 107.8 FM (Newark), DAB+ (Lincolnshire) | Newark and Lincolnshire |
| Radio Newquay | Mixed format. | 107.8 FM | Newquay, Cornwall |
| Radio Nightingale | Hospital radio. | 1350 MW | Rotherham District General Hospital |
| Radio Panj | Panjabi | 1521 MW | Coventry |
| Radio Plus | Contemporary Christian music. | 101.5 FM | Coventry |
| Radio Plymouth | Adult and oldies music. | 106.7 FM, DAB | Plymouth |
| Radio Redhill | Hospital radio. | 1431 MW | East Surrey Hospital, Redhill |
| Radio Saltire | Mixed format. | 106.7 FM, 107.2 FM | East Lothian |
| Radio Scilly | Mixed format. | 107.9 FM | Isles of Scilly |
| Radio St Austell Bay | Mixed format. | 105.6 FM | St Austell, Cornwall |
| Radio Stortford | Hospital radio. | 1350 MW | Bishops Stortford Hospital |
| Radio Tamworth | Pop and new music. | 106.8 FM | Tamworth |
| Radio Tircoed | Mixed format. | 106.5 FM | Swansea |
| Radio Tyneside | Hospital and local radio station. | 93.6 FM | Newcastle, Gateshead, parts of South East Northumberland. |
| Radion Ramada 365 | Station aimed at Muslim community. | 1530 MW, DAB+ | Glasgow |
| Rainbow Radio | African | DAB | Central London |
| Raw | University of Warwick student radio. | 1251 MW | University of Warwick |
| Red Kite Radio | Mixed format. | 107.2 FM | Haddenham & Thame. |
| Redroad FM | Mixed format. | 102.4 FM | South Rotherham |
| Release FM | Dance music. | DAB+ | Surrey, North Sussex, South London |
| Reprezent FM | New music and rhythmic music. | 107.3 FM (South London), DAB+ (Central London) | South and Central London |
| Resonance | Arts | 104.4 FM, DAB+ | Central London |

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| Resonance Extra | Arts | DAB+ | Brighton, Bristol, Cambridge, Central London, Norwich |
| Reverb | Mixed format. | 97.2 FM, DAB+ | Brighton |
| Revival FM | Christian | 93.0 FM (Glasgow), 100.8 (Cumbernauld), DAB+ (Glasgow) | Cumbernauld, Kirkintilloch, Glasgow |
| Revive Radio | Station aimed at Muslim community. | 94.4 FM | Newham |
| Revolution 96.2 | Adult music. | 96.2 FM, DAB+ | Manchester |
| Rhondda Community Radio | Mixed format. | 106.1 FM | Rhondda Valley, South Wales |
| Ribble FM | Mixed format. | 106.7 FM | Clitheroe, Lancashire |
| Rinse | Rhythmic new music. | 106.8 FM, DAB | Central London |
| Riviera Radio | Mixed format. | 107.9 FM | Torbay |
| RNA FM | Hospital radio station, playing mixed music. | 87.7 FM, 96.6 FM, 105.9 FM, 107.5 FM | Arbroath, Carnoustie, Monifeith, and various hospitals in Angus. |
| RNIB Connect Radio | Talk based programmes for the visually impaired. | 101.0 FM (West Glasgow), Freeview 730. | National (via Freeview TV) |
| Rootz 'N' Rockerz | Reggae music. | DAB+ | Manchester |
| Rosendale Radio | Mixed format. | 104.7 FM | Rosendale, Lancashire |
| RWS FM | Mixed format. | 103.3 FM | Bury St Edmunds |
| Sabras Sound | Asian | 1260 MW, DAB | Leicestershire |
| Salaam Radio | Station aimed at Muslim community. | 106.2 FM | Peterborough |
| Salford Community Radio | Mixed format. | 94.4 FM | Salford and Swinton |
| Sandgrunder Radio | Oldies music. | DAB+ | North East Wales, West Cheshire and Merseyside |
| Sangam | Asian | 107.9 FM, DAB+ | Huddersfield (FM), Birmingham and Manchester (DAB+) |
| Sanskar Radio | Asian | DAB | Leicestershire |
| Seahaven FM | Mixed format. | 96.3 FM | Newhaven & Seaford area |
| Seaside Radio | Mixed format. | 105.3 FM | Withernsea area of East Yorkshire |
| Secklow Sounds | Mixed format. | 105.5 FM | Milton Keynes |
| Seerah | Station aimed a Muslim community. | 1575 MW | Leicester |
| SFM | Mixed format. | 106.9 FM | Sittingbourne, Kent |
| Sheffield Hospital Radio | Hospital radio. | 1431 MW | Northern General, Sheffield |
| Sheffield Live | Mixed format. | 93.2 FM | Sheffield |

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| Sheppey FM | Mixed format. | 92.2 FM | Isle of Sheppey, Kent |
| SHMU FM | Mixed format. | 99.8 FM | Aberdeen |
| Shorline Radio | Mixed format. | 100.2 FM | Romney Marsh, Kent |
| SIBC | Contemporary and adult music. | 96.2 FM, 102.2 FM | Shetland Islands |
| Sine FM | Mixed format. | 102.6 FM | Doncaster |
| Siren FM | New music and pop music. | 107.3 FM | Lincoln |
| Sixties (60s) | Sixties music. | DAB+ | Aldershot, Woking, Portsmouth |
| Skylab | Chill out music. | DAB+ | Norwich and Portsmouth |
| Skyline Community Radio | Mixed format. | 102.5 FM | Hedge End, Botley, West End |
| Solar Radio | Soul music. | DAB+ | Birmingham, Brighton, Central London, Norwich |
| Somer Valley FM | Mixed format. | 97.5 FM, DAB | Midsomer Norton, Somerset (FM), Bristol (DAB) |
| Soundart Radio | Mixed format. | 102.5 FM | London |
| Sout Al Kaleej | Station aimed at the Arabic community. | DAB | Greater London area |
| Spark | Student station specialising in contemporary and new music. | 107.0 FM | Sunderland |
| Speysound Radio | Mixed format. | 107.1 FM | Badenoch & Strathspey |
| Spice FM | Asian music. | 98.8 FM | Newcastle and Gateshead |
| Stafford FM | Mixed format. | 107.3 FM | Stafford |
| Star Radio | Locally focussed adult, oldies, and easy listening music station. | 107.1 FM, 107.3 FM, 107.9 FM, DAB | Cambridge and parts of Essex |
| Starpont Radio | Soul music. | DAB+ | Brighton, Birmingham, Portsmouth |
| Stoke Mandeville Hospital Radio | Hospital radio. | 87.7 FM | Stoke Mandeville Hospital, Aylesbury |
| Storm FM | University of Bangor student radio. | 87.7 FM | University of Bangor |
| Strawberry Radio | Locally focused service for the Stockport area. | DAB+ | Manchester |
| Sukh Sagar | Religious service for Asian communities. | Sky 0150 | UK |
| Sunny G Radio | Mixed format. | 103.5 FM | Govan, Glasgow |
| Sunrise Radio Yorkshire | Asian | 103.2 FM, DAB, DAB+ | Bradford area (FM and DAB), Manchester (DAB+) |
| Sunshine Radio (Belfast) | Christian | 104.9 FM | East Belfast |
| Susy Radio | Mixed format. | 103.4 FM | Reigate and Redhill, Surrey |
| Swindon 105 | Mixed format. | 105.5 FM | Swindon |
| Switch Radio | Mixed format. | 107.5 FM, DAB+ | North East Birmingham and Solihull |
| SWU FM | Dance music. | 103.7 FM | Bristol |

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| Takeover Radio (Ashfield) | Children's programmes. | 106.9 FM | Sutton in Ashfield area |
| Takeover Radio (Leicester) | Children's programmes. | 103.2 FM | Leicester |
| Tameside Community Radio | Mixed format. | 103.6 FM | Tameside |
| TD1 Radio | Mixed format. | 106.5 FM | Galashiels, Scottish Borders |
| Tempo FM | Mixed format. | 107.4 FM | Wetherby, West Yorkshire |
| Ten Radio | Mixed format. | 105.3 FM | Wiveliscombe, Somerset |
| The Cat | Mixed Format | 107.9 FM | Crewe and Nantwich |
| The Cat | University of Chester student radio. | 1251 MW | University of Chester, Warrington |
| The Eye | Mixed Format. | 103.0 FM | Melton Mowbray |
| The Flash | Rock and other types of music. | 104.3 FM, DAB+ (Portsmouth) | Portsmouth and Waterlooville, Hampshire |
| The Hub | University of Bristol student radio. | 1449 MW | University of Bristol |
| The Source | Mixed format. | 96.1 FM | Falmouth and Penryn |
| Time 107.5 | Adult and soul music. | 107.5 FM | Romford, Barking, Dagenham |
| TMCR | Mixed format. | 95.3 FM | Thorne-Moorends, South Yorkshire |
| Tone FM | Mixed format. | 107.8 FM | Taunton |
| Totally Radio | Mixed music. | DAB+ | Brighton, Norwich, Portsmouth |
| Trust AM | Hospital radio. | 1278 MW | Bassetlaw District General, Worksop |
| Tudno Radio | Mixed format. | 107.8 FM | Llandudno |
| Two Lochs Radio | Mixed music. | 106.0 FM, 106.6 FM | Loch Gairloch, Lochs Ewe & Maree. |
| TWR | Christian. | Sky 0138 | UK |
| Uckfield FM | Mixed format. | 105.0 FM | Uckfield, East Sussex |
| URY | University of York student radio. | 1350 MW | University of York |
| Xpression | University of Exeter student radio. | 87.7 FM | University of Exeter |
| YO1 Radio | Locally focused mixed format. | 102.8 FM | York |
| Ujima Radio | Rhythmic Music | 98.0 FM, DAB | Bristol |
| United DJs | Oldies music. | DAB+ | Norwich, Portsmouth |
| Unity Radio | Dance and rhythm music. | 92.8 FM, DAB+ | Manchester |
| Unity FM | Station aimed at Muslim community. | 93.5 FM, DAB+ | East Birmingham |
| Unity 101 | Asian | 101.1 FM | Southampton |
| URF | Student station focused on new music. | DAB+ | Brighton |
| UWS Radio | Student station focused on new music. | 87.7 FM (University of Paisley), DAB Ayrshire (Ayrshire) | |

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| Vanny Radio | Contemporary Rhythmic Music | 106.3 FM | Coventry |
| Vectis Radio | Mixed format. | 104.6 FM | Newport, Isle of Wight |
| Verulam | Mixed format. | 92.6 FM | St Albans |
| Vibe 107.6 FM | New and pop music. | 107.6 FM | Watford |
| Vibe FM | Mixed format. | 105.3 FM | Enniskillen |
| Vixen 101 | Mixed format. | 101.8 FM | Market Weighton & Pocklington |
| The Voice | Mixed format. | 106.1 FM, 107.8 FM, DAB | Devon |
| Voice FM | Student station specialising in new music. | 103.9 FM | Southampton |
| Voice FM | Mixed format. | 104.5 FM | Middlesborough |
| Voice of Islam | Islamic station. | DAB (Greater London), DAB+ (Manchester) | Greater London and Manchester |
| Radio Warrington | Mixed format. | 1332 MW | Warrington |
| Waves Radio | Adult contemporary music. | 101.2 FM, DAB | Aberdeenshire |
| WCR | Mixed format. | 105.5 FM | Warminster |
| WCR FM | Mixed format. | 101.8 FM | Wolverhampton |
| Weather 24/7 Radio | 24 hour rolling weather forecast. | DAB+ | Aldershot and Woking, Norwich, Portsmouth |
| West Hull Community Radio | Mixed format. | 106.9 FM | Weston |
| West Somerset Radio | Mixed format. | 104.4 FM | Minehead |
| Westside Community Radio | Rhythmic music. | 89.6 FM | Southall, West London |
| Wey Valley Radio | Mixed format. | 101.1 FM | Alton, Hampshire |
| Winchester Radio | Oldies and easy listening music. | 94.7 FM | Winchester |
| Radio Winchcombe | Mixed format. | 107.1 FM | Winchcombe, Gloucestershire |
| Radio Wirral | Mixed music. | DAB+ | North East Wales, West Cheshire and Merseyside |
| Witney Radio | Mixed format. | 99.9 FM | Witney, Oxfordshire |
| Radio Woking | Mixed format. | DAB | Aldershot and Woking area |
| Wycombe Sound | Mixed format. | 106.6 FM | High Wycombe |
| Wythenshawe FM | Mixed format. | 97.2 FM | Wythenshawe area of Greater Manchester |
| Radio XL | Asian. | 1260 MW, DAB | West Midlands |
| Your FM | Mixed format. | 107.8 FM | Stockport |
| Youthcomm Radio | Pop and new music. | 106.7 FM | Worcester |

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| Zack FM | Mixed format. | 105.3 FM (Forest Heath), DAB+ (Norwich and Cambridge) | Forest Heath area of Suffolk, Cambridge and Norwich |
| Zest Liverpool | Adult music, | DAB+ | North East Wales, West Cheshire and Merseyside |
| Zetland FM | Mixed format. | 105. FM | Redcar and East Teesside |