

Know Your Rights: Call Recording in the UK

Is It Legal to Record Calls in the UK?

Yes. In the UK, call recording is legal under 'one-party consent' laws. This means that if you are part of the call, you are allowed to record it without informing the other party - so long as the recording is for your own personal use (*e.g.*, for documentation or memory aid).

However, if you plan to share the recording publicly or use it in a complaint, tribunal, or legal proceeding, you may be required to disclose the recording or demonstrate a legitimate interest, in line with data protection laws (like the UK GDPR).

How to Record Calls on iPhone (iOS 18+)

1. Ensure your device is updated to iOS 18.1 or newer.
2. Make or answer a call.
3. Tap the 'Record' button on the screen.
4. iOS will announce: "This call is being recorded."
5. After the call ends, both the audio and an auto-generated transcript are saved in the Notes app under 'Call Recordings'.

What About Android Phones?

Call recording on Android varies by device, carrier, and region:

- Some phones like Samsung and Xiaomi offer built-in call recording, but it is often disabled in the UK due to privacy laws.
- Google's Phone app supports call recording in certain countries, but this feature is usually unavailable in the UK.
- If native options are not available, you can use third-party apps that record calls using 3-way calling or VoIP methods.
- Always test your device or check your Phone app settings for 'Call Recording' or 'Record Calls'.

Important Notes

- Always ensure you are legally allowed to record based on your country's rules.
- In the UK, personal use = legal. Sharing externally = use caution.
- If in doubt, consult a solicitor - especially before submitting recordings as evidence.

Why It Matters

Recording calls helps protect you from miscommunication, broken promises, or deliberate misinformation - especially when dealing with large companies, banks, or telecom providers. Having a clear, timestamped record of what was said can empower you to take informed, confident action.

