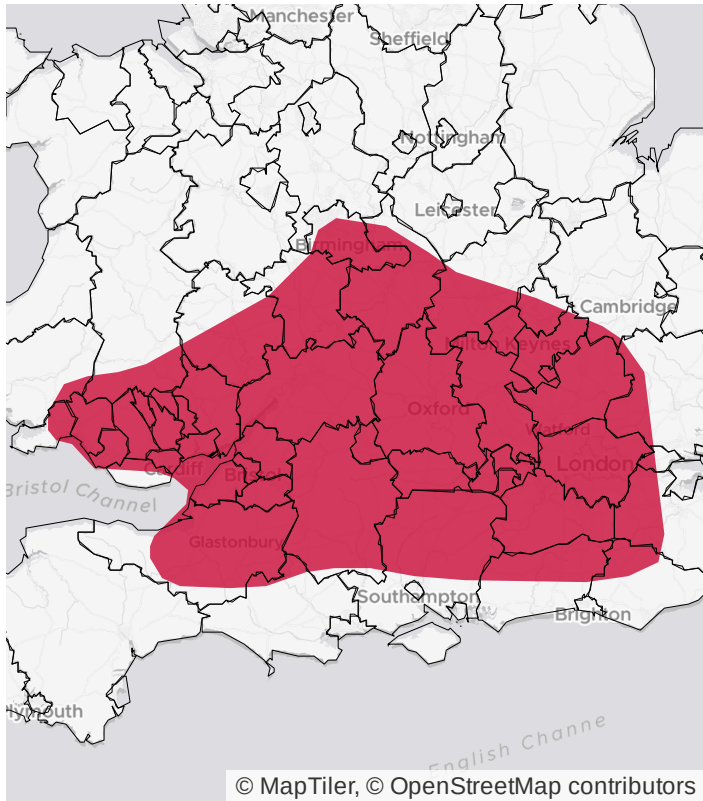


 **Red warning
Extreme Heat** Between
09:00 Wed 24 Jun 2026 and 21:00 Thu 25 Jun 2026



An exceptional spell of hot and humid weather is expected across this region, with impacts to the general population highly likely.

What to expect

- Population-wide adverse health effects experienced, not limited to those most vulnerable to extreme heat, leading to serious illness or danger to life
- Substantial changes in working practices and daily routines will be required
- High risk of failure of heat-sensitive systems and equipment, with the loss of power and other essential services, such as water, electricity, gas or mobile phone services
- Significantly more people visiting coastal areas, lakes and rivers, leading to an increased risk of water safety incidents
- Delays on roads and road closures, along with delays and cancellations to rail and air travel, with significant welfare issues for those who experience even moderate delays

Issued at 10:30 Mon 22 Jun 2026

For enquiries regarding this warning please contact the Met Office Weather Desk

Phone: 0370 900 0100 E-mail: enquiries@metoffice.gov.uk

Visit: <https://hazardmanager.metoffice.gov.uk>



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Extreme Heat**

Between
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Further details

During the heatwave expected to affect a large part of England and Wales this week, the highlighted area now looks increasingly likely to see a two to three day period where maximum temperatures in the shade exceed 37 Celsius, perhaps rising to 38 to 40 Celsius in some places. The heat will be accompanied by high humidity, exacerbating the potential for discomfort and health impacts, with very warm and humid night times also reducing the ability for people to recover overnight.

Significant disruption to daily life is likely and the public should take every effort to make precautions and adapt their daily routines where possible to cope with these levels of heat, which up to now have been extremely rare for the UK.

What Should I Do?

Keep yourself safe by following these simple steps to reduce the likelihood of the heat making you feel unwell; drink plenty of fluids, keep out of the sun and avoid any exercise between 11am-3pm when the sun is strongest and close curtains in rooms that face the sun. If you are going out take water with you, stay in the shade, wear sunscreen and a wide brimmed hat.

Keep yourself safe whilst enjoying the water in this weather by following these simple steps: enter the water gradually, avoiding jumping or diving straight in, to reduce your risk of cold-water shock, go to a lifeguarded beach or a supervised swimming area, and, if you, or anyone else, get into difficulty in the water, float on your back.



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Further details (continued)

Give yourself the best chance of avoiding delays by checking road conditions if driving, or bus and train timetables, amending your travel plans if necessary. If using public transport, there are many simple things you can do to keep yourself safe; carry water with you, take a small hand-held battery powered fan, if you feel unwell get off at next stop for some fresh air, dress in light fabrics in light colours to help stay cooler, keep an eye on fellow passengers for signs they may be struggling.

Help to protect vulnerable people that you know including older people, those with underlying conditions and those who live alone; they may need support to keep cool and stay hydrated. If you are worried about your health, or that of somebody you know, ring NHS 111.

People cope better with power cuts when they have prepared for them in advance. It's easy to do; consider gathering torches and batteries, a mobile phone power pack and other essential items.

Stay up to date with the weather forecast for your area and follow any advice from emergency services and local authorities.

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All regions & authorities affected

East Midlands

Northamptonshire

East of England

Bedford | Cambridgeshire | Central Bedfordshire | Essex | Hertfordshire | Luton | Thurrock

London & South East England

Bracknell Forest | Buckinghamshire | East Sussex | Greater London | Hampshire | Kent | Milton Keynes | Oxfordshire | Reading | Slough | Surrey | West Berkshire | West Sussex | Windsor and Maidenhead | Wokingham

South West England

Bath and North East Somerset | Bristol | Dorset | Gloucestershire | North Somerset | Somerset | South Gloucestershire | Swindon | Wiltshire

Wales

Blaenau Gwent | Bridgend | Caerphilly | Cardiff | Carmarthenshire | Merthyr Tydfil | Monmouthshire | Neath Port Talbot | Newport | Powys | Rhondda Cynon Taf | Swansea | Torfaen | Vale of Glamorgan

West Midlands

Herefordshire | Warwickshire | West Midlands Conurbation | Worcestershire

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