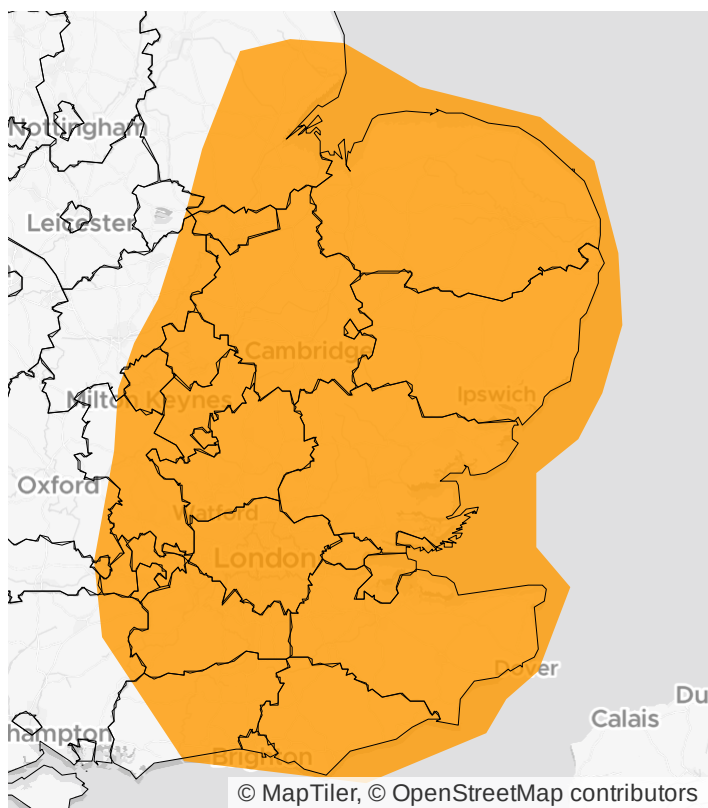




Amber warning
Extreme Heat

Between
00:00 Sat 27 Jun 2026 and 21:00 Sat 27 Jun 2026



Hot and humid weather will continue over parts of east and southeast England.

What to expect

- Adverse health effects are likely to be experienced by those vulnerable to extreme heat
- The wider population are likely to experience some adverse health effects including sunburn or heat exhaustion (dehydration, nausea, fatigue) and other heat related illnesses
- Some changes in working practices and daily routines likely to be required
- An increased chance that some heat-sensitive systems and equipment may fail, leading to power cuts and the loss of other services to some homes and businesses
- More people are likely to visit coastal areas, lakes and rivers leading to an increased risk of water safety incidents
- Some delays to road, rail and air travel are possible, with potential for welfare issues for those who experience prolonged delays

Issued at 11:11 Wed 24 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>



Amber warning
Extreme Heat

Between
00:00 Sat 27 Jun 2026 and 21:00 Sat 27 Jun 2026

Further details

Very hot weather will continue to affect eastern and southeastern England but likely a few degrees cooler than the previous few days. Temperatures will still widely exceed 30 Celsius, peaking around 32 - 34 Celsius in London or East Anglia.

Night temperatures remain unlikely to fall below high teens Celsius for most with some places probably remaining in the low 20s Celsius. These temperatures will be accompanied by high humidity.

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.

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.




Medium likelihood of medium impacts

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Further details (continued)

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 (or consult NI:DIRECT if in Northern Ireland).

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.

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

Lincolnshire | Northamptonshire | Rutland

East of England

Bedford | Cambridgeshire | Central Bedfordshire | Essex | Hertfordshire | Luton | Norfolk | Peterborough | Southend-on-Sea | Suffolk | Thurrock

London & South East England

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

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