

Meteorologist Honor Criswick from the Met Office stated that southern areas could reach 25°C to 26°C by Sunday, with much of England and Wales expected to experience conditions in the upper 20s Celsius. However, Scotland and Northern Ireland are likely to remain under cloud cover with cooler air and possible rain.

By Monday, temperatures in southern regions could reach or surpass the 30°C mark, officially placing parts of the country into what would be considered the fourth heatwave of the summer. A heatwave in the UK is defined by the Met Office as a period of at least three consecutive days where daily maximum temperatures meet or exceed the established threshold, which is 28°C in London.

The rise in heat is expected to coincide with the remnants of *Tropical Storm Dexter*, which originated near the United States. Although the storm itself is weakening, it is forecast to bring increased rainfall and strong winds, particularly affecting northern regions. The system is expected to split into two low-pressure zones as it approaches the UK, increasing the risk of adverse weather in Scotland and other northern areas. According to Criswick, weather models currently show low confidence regarding the precise location and intensity of the rainfall and winds, but most agree on the likelihood of wet and breezy conditions beginning early next week.

The *UK Health Security Agency (UKHSA)*, in collaboration with the *Met Office*, issued a **yellow heat health alert** on August 8, warning of the potential health impacts of the expected hot weather. The alert, which applies to all regions except the North East and North West, will take effect from 12 p.m. on August 11 and remain in place until 6 p.m. on August 13.

Jim Dale, senior meteorologist at *British Weather Services*, explained that the forecasted heatwave is being driven by hot air moving in from the European continent, where some regions are currently experiencing temperatures around 40°C. “We are likely to see three or more days of very high temperatures, and as this is likely to breach thresholds... we are looking at another heatwave,” Dale said.

The north-south divide in weather is expected to persist, with southern and central parts of the UK feeling the brunt of the heat, while Scotland and parts of northern England may see little to no impact from the warmer air mass. Meteorologists believe the high-pressure system responsible for the rise in temperatures could sustain the hot spell through the middle of August, though localized weather changes may continue to develop depending on how the Atlantic systems evolve.

While much of the attention remains on the heatwave potential, authorities are advising the public to remain alert, particularly vulnerable groups who may be affected by the rising temperatures. The yellow alert serves as an early advisory to prepare for conditions that, while not extreme for all, could pose health risks to certain individuals, especially the elderly and those with pre-existing medical conditions.

As Britain moves deeper into August, the forecast suggests a mix of summer heat and intermittent Atlantic disturbances, painting a varied picture for the weeks ahead.