# Heatwave strikes South-East England as weather patterns shift



### Heatwave Strikes South-East England as Weather Patterns Shift

**London, UK –** Health and weather authorities have issued heat and thunderstorm warnings across most of England, with temperatures expected to surpass 30°C in the South East and London in the coming days. The UK Health Security Agency (UKHSA) has put yellow heat health warnings in place, excluding the North East and North West, effective until Wednesday.

Temperatures in London are predicted to reach 30°C on Monday, followed by 32°C on Tuesday. The heatwave is expected to moderate slightly, with temperatures dipping to around 29°C on Wednesday and Thursday. On Sunday, temperatures had already peaked at 27.3°C in Charlwood, Surrey, indicating the onset of a warm spell.

### Heatwave Criteria and Health Impacts

The warm weather is a result of high atmospheric pressure due to a weakening jet stream west of the UK. Heatwave conditions are met when maximum temperatures exceed threshold values for at least three consecutive days. In London, this threshold is 28°C, while it is 25°C in Northern England, Wales, Northern Ireland, and Scotland.

The UKHSA has highlighted the potential "significant impacts" of the heat on health and social care sectors, especially in the South East and London. Vulnerable populations, including children, older people, and those with underlying health conditions, are advised to take preventive measures. Recommendations include staying hydrated, avoiding physical exertion during peak heat, and keeping out of the sun between 11 am and 3 pm.

### Thunderstorm Warnings and Potential Disruptions

In addition to the heat warnings, the Met Office has issued yellow weather warnings for thunderstorms, effective from midnight on Thursday until 11:59 pm the same day. The alert covers large portions of England, including southern regions, the Midlands, and parts of the North. The thunderstorms are expected to bring heavy showers, which could lead to localised flooding and difficult driving conditions.

"Heavy showers and thunderstorms are likely to break out across parts of England and Wales on Thursday afternoon," a Met Office spokesperson said. Areas affected may experience up to 30 mm of rain within an hour, with some locations potentially receiving between 70 mm and 90 mm over a 24-hour period.

### Precautionary Measures for Severe Weather Conditions

Authorities are urging caution as the severe weather could disrupt travel. Sudden flooding may cause road closures and difficult driving conditions. There is also a slight chance of power cuts and interruptions to other services, and in extreme cases, homes and businesses could be flooded quickly. Hazards from lightning, hail, and gusty winds associated with thunderstorms add to the risks.

### Regional Weather Forecasts

The weather forecast for North East England suggests milder conditions compared to the South. Although temperatures may reach the low 20s, they are unlikely to meet the heatwave threshold criteria. In Newcastle, highs of up to 24°C are expected midweek, with predominantly sunny conditions.

Meanwhile, Wales is also on high alert, with heatwave conditions anticipated to bring temperatures as high as 30°C in some areas. However, the weather is expected to transition to rain and possibly thunderstorms by Thursday. Areas under the thunderstorm warning include Blaenau Gwent, Bridgend, Cardiff, and Wrexham.

### Looking Ahead

While the heatwave and subsequent thunderstorms pose immediate challenges, long-range forecasts from the Met Office suggest more settled weather for early to mid-August. The initial indications are for generally dry and bright conditions, although sporadic thundery showers from Europe cannot be entirely ruled out. Temperatures are expected to be close to or slightly above average for the most part, with potentially very warm conditions in the South and East.

As England braces for a week of extreme weather, authorities continue to monitor the situation and urge the public to stay informed of the latest updates and advisories.