

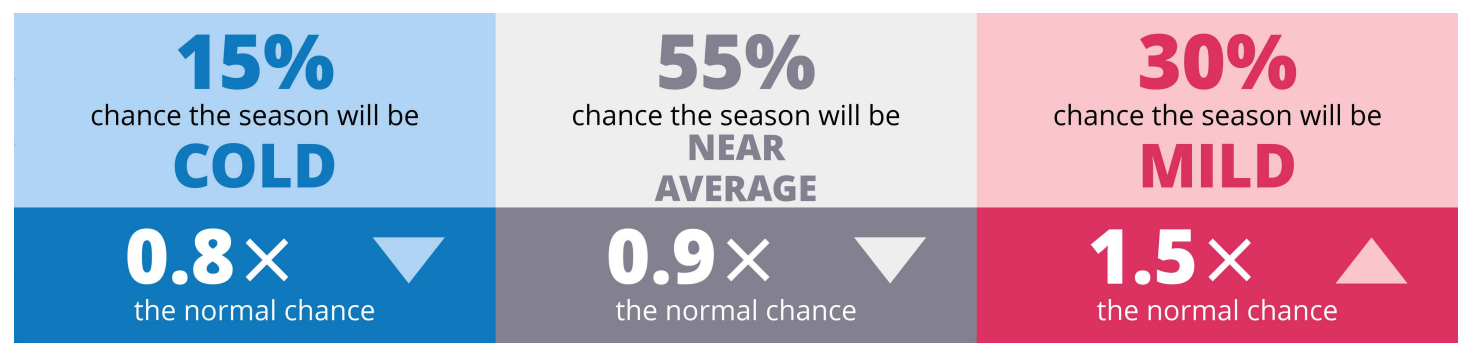
3-month	About the Outlook	Shifts in likelihood	What is average?	Q&A	Find out more
---------	-------------------	----------------------	------------------	-----	---------------

3-month summary

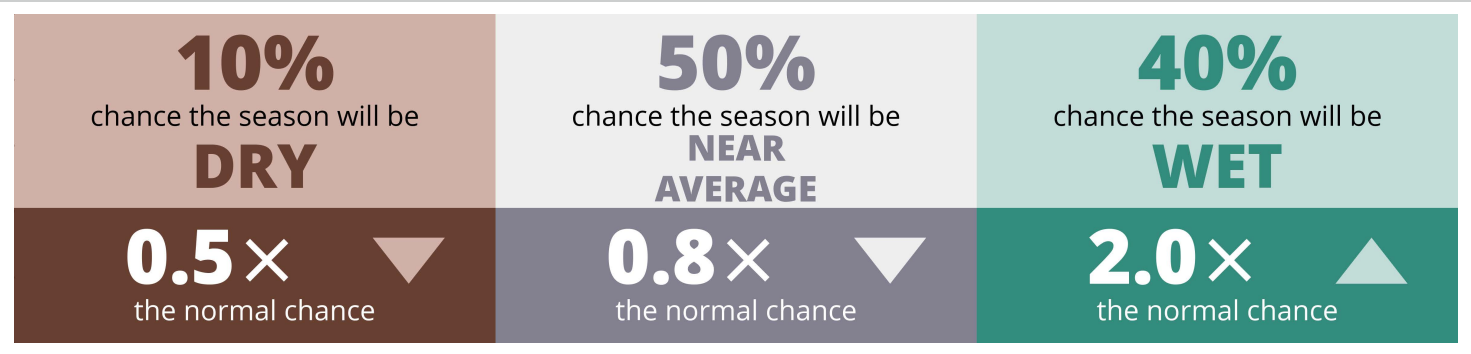
- There is double the normal chance of this period being wet overall
- The chance of a mild autumn and early winter is higher than normal
- However, there does still remain a chance of impacts from cold weather later in the period
- Windy weather is more likely than usual overall

3-month likelihood of impact

Temperature



Precipitation



Wind speed



3-month	About the Outlook	Shifts in likelihood	What is average?	Q&A	Find out more
---------	-------------------	----------------------	------------------	-----	---------------

Understanding the Outlook

The Outlook uses 3 categories for possible UK temperature, precipitation and wind speed in the next 1 and 3 months:

COLD, NEAR AVERAGE and MILD for temperature
WET, NEAR AVERAGE and DRY for precipitation
CALM, NEAR AVERAGE and WINDY for wind speed

These are linked to observed UK conditions in past years. The NEAR AVERAGE category represents typical conditions for the period and has a normal likelihood of 60%. The higher and lower categories represent more unusual conditions that are more likely to produce impacts. Each has a normal likelihood of 20%.

The Outlook shows how the chances of occurrence of the categories differ from normal, based on knowledge of expected global meteorological patterns. It does not identify which category will actually occur.

Same 3-month period over the last 10 years

2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE	MILD	MILD	MILD	MILD	MILD
DRY	NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE	WET	NEAR AVERAGE	NEAR AVERAGE	WET	NEAR AVERAGE	NEAR AVERAGE
CALM	NEAR AVERAGE	NEAR AVERAGE	CALM	NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE

Outlook in context

Drivers of UK weather for October to December:

Global weather patterns can affect UK weather during the coming 3 months and their influence acts to shift the chances of the categories in the Outlook. Drivers relevant to the current Outlook are:

- The warming of UK climate consistent with wider global warming trends
- An already unprecedented El Niño event, with further strengthening expected over the coming weeks, and which is likely to persist until at least early 2027
- Whilst El Niño is just one of many factors influencing the UK weather, it increases the chances of wetter, stormier conditions for northwest Europe during the autumn and early winter

Long-range weather predictions

The Met Office and other prediction centres around the world routinely produce long-range forecasts of conditions in the months ahead. Likelihoods of different types of weather during October are fairly balanced. For the season as a whole, there are strong signals for low pressure in the vicinity of the UK, meaning frequent spells of unsettled weather. The predicted weather pattern is more consistent between prediction systems than is usually seen and is similar to the pattern associated with previous El Niño events at this time of year. This implies that the current El Niño event is exerting an influence and giving a somewhat greater degree of confidence in the seasonal forecast for this autumn and early winter. Despite the seemingly clear effect of El Niño on the forecast, it is important to emphasise that it alone does not determine the type of weather we will experience. Outcomes other than those indicated as more likely remain possible.

Impacts

Consistent with our warming climate, mild conditions are more likely than usual on average over the next three months. Although the chances of the 3-month period being cold overall are reduced compared to normal, this does not rule out the possibility of impacts from cold weather later in the period. The three-month period as a whole is around twice as likely to be wet. Despite this, drought-related pressures are likely to persist in some areas. Simultaneously however, there is an increase in the potential for impacts resulting from heavy rainfall and storms.

3-month	About the Outlook	Shifts in likelihood	What is average?	Q&A	Find out more
---------	-------------------	----------------------	------------------	-----	---------------

Outlook compared to normal likelihood

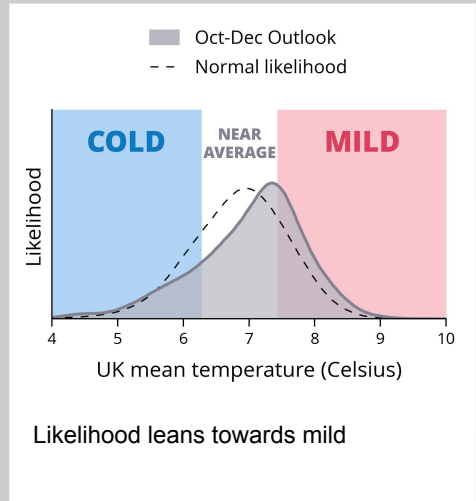
The curves below show the likelihood of the 1- and 3-month average temperature, precipitation and wind speed taking specific values. In each case:

- The dashed curve shows the normal likelihood based on how often each value has been recorded in past years
- The solid curve shows the current likelihood based on the Outlook for this year

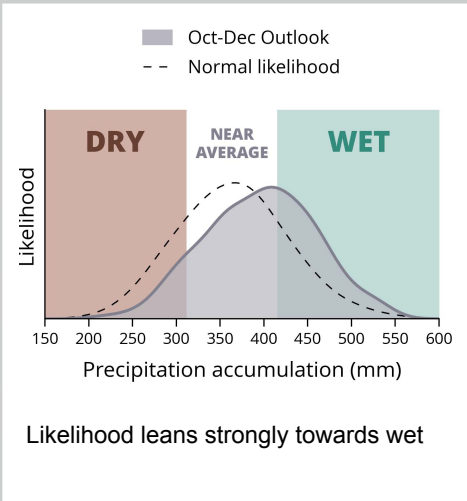
The differences in these curves show how the probabilities for the coming periods differ compared to past years. Where the solid curve (corresponding to this year's Outlook) lies above the dashed curve (normal likelihood), the temperature, precipitation or wind speed at that point has a greater-than-normal likelihood of occurring. Likewise, wherever it is below the dashed curve, the likelihood of those values is less than normal.

A shift of the solid curve to the left of the dashed curve indicates an increase in the chances of below-average temperature, rainfall or winds. A shift to the right, meanwhile, indicates increased chances of above-average values.

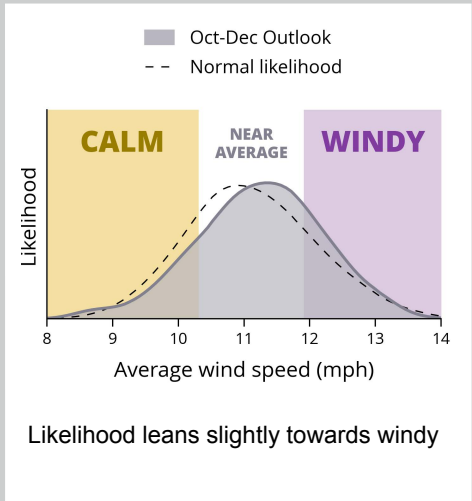
3-month temperature Outlook compared to normal



3-month precipitation Outlook compared to normal



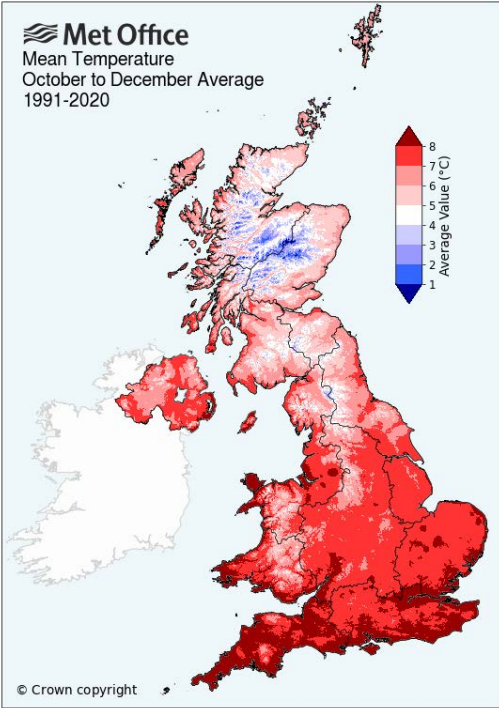
3-month wind speed Outlook compared to normal



3-month	About the Outlook	Shifts in likelihood	What is average?	Q&A	Find out more
---------	-------------------	----------------------	------------------	-----	---------------

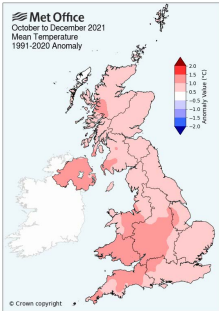
Long-term average temperatures (3-month)

This page shows the long-term average temperatures across the UK applicable to the 3 month Outlook period.

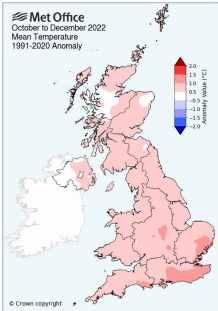


Average temperatures for October - December based on observations of past years.

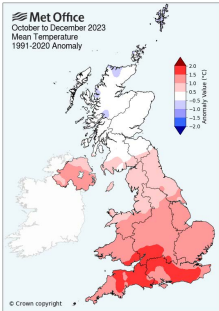
Last 5 years temperatures, difference from average (3-month)



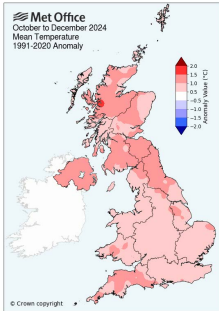
Oct - Dec 2021



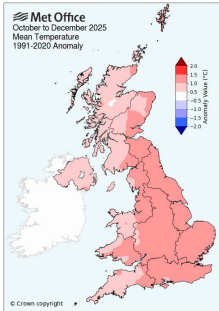
Oct - Dec 2022



Oct - Dec 2023

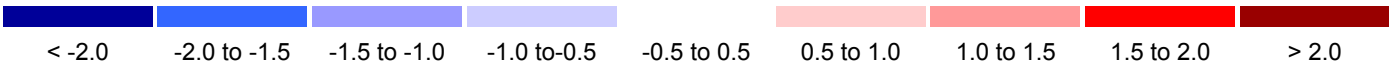


Oct - Dec 2024



Oct - Dec 2025

Anomaly (°C)

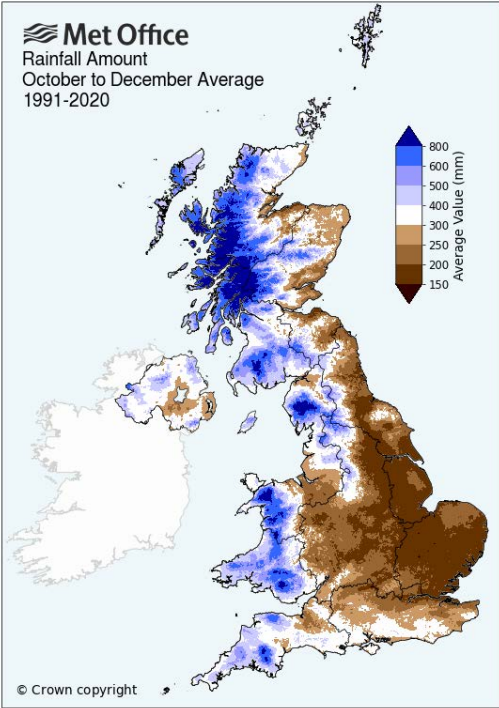


These maps show how October - December temperatures in the last five years differed from the long-term average temperatures shown above in the upper panel. Pink and red colours indicate warmer-than-average conditions while blue shades indicate cooler-than-average conditions. Detailed information on the climate of the UK is available at www.metoffice.gov.uk/climate.

3-month	About the Outlook	Shifts in likelihood	What is average?	Q&A	Find out more
---------	-------------------	----------------------	------------------	-----	---------------

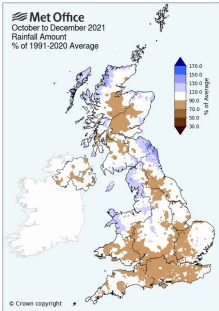
Long-term average precipitation (3-month)

This page shows the long-term average precipitation across the UK applicable to the 3 month Outlook period.

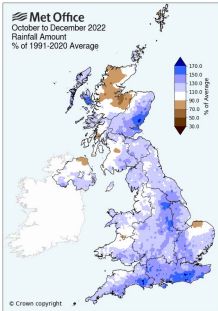


Average precipitation for October - December based on observations of past years.

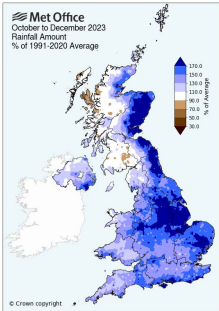
Last 5 years precipitation, difference from average (3-month)



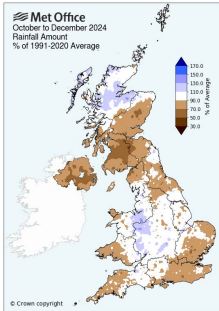
Oct - Dec 2021



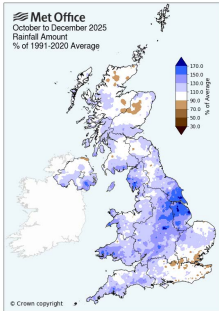
Oct - Dec 2022



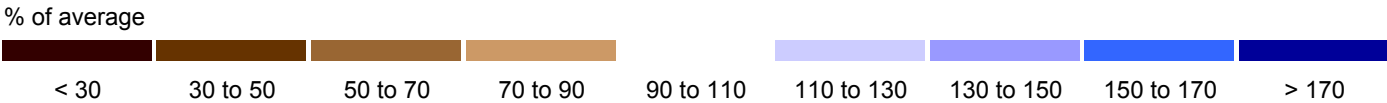
Oct - Dec 2023



Oct - Dec 2024



Oct - Dec 2025

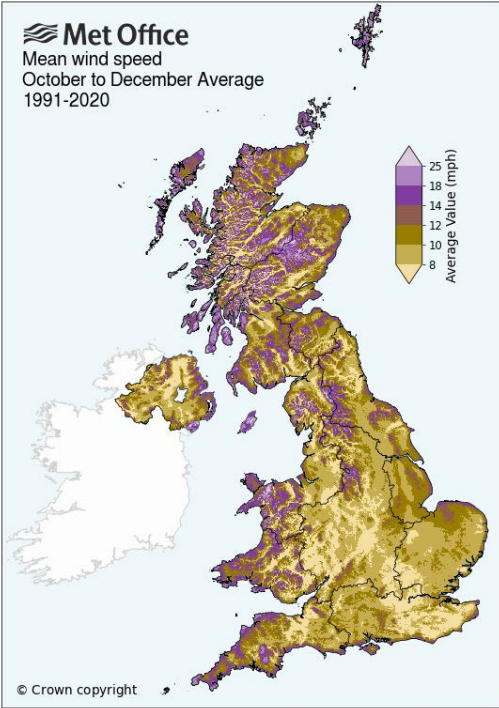


These maps show how October - December precipitation in the last five years differed from the long-term average precipitation shown above in the upper panel. Brown colours indicate drier-than-average conditions while blue shades indicate wetter-than-average conditions. Detailed information on the climate of the UK is available at www.metoffice.gov.uk/climate.

3-month	About the Outlook	Shifts in likelihood	What is average?	Q&A	Find out more
---------	-------------------	----------------------	------------------	-----	---------------

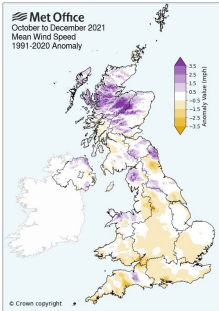
Long-term average wind speed (3-month)

This page shows the long-term average wind speed across the UK applicable to the 3 month Outlook period.

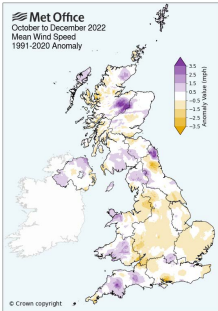


Average wind speed for October - December based on observations of past years.

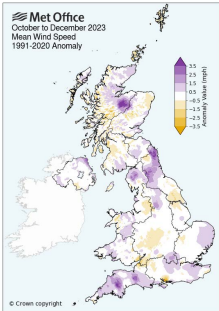
Last 5 years wind speed, difference from average (3-month)



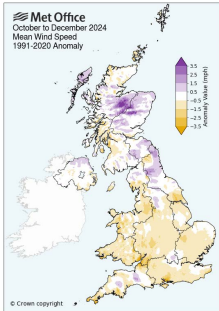
Oct - Dec 2021



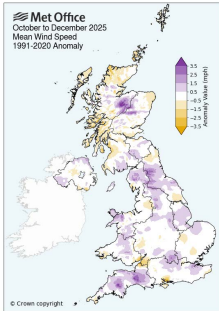
Oct - Dec 2022



Oct - Dec 2023

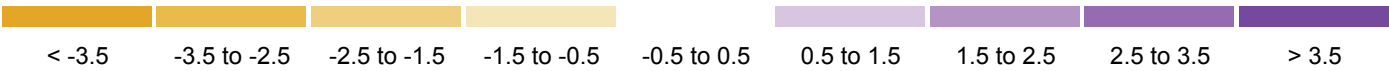


Oct - Dec 2024



Oct - Dec 2025

Anomaly (mph)



These maps show how October - December wind speed in the last five years differed from the long-term average wind speeds shown above in the upper panel. Yellow colours indicate calmer-than-average conditions while purple shades indicate windier-than-average conditions. Detailed information on the climate of the UK is available at www.metoffice.gov.uk/climate.

3-month	About the Outlook	Shifts in likelihood	What is average?	Q&A	Find out more
-------------------------	-----------------------------------	--------------------------------------	----------------------------------	-------------------------	-------------------------------

Q&As

Q. What is the point of the Outlook, who is it meant for?

A. This Outlook is produced for planners in government and business who make risk-based decisions. These users are aware of the complexities of this type of outlook and will include those factors in their decision-making process.

Q. How did you decide on the Outlook? What are the main factors affecting it?

A. It is based on information from observations, several numerical prediction systems and expert judgement. See the 'Outlook in Context' section of the Outlook for more details.

Q. Is the Outlook for the whole country?

A. The Outlook is for the average of conditions over the UK as a whole. Regional deviations from the UK-average can occur. For example, average UK precipitation can result from below-average rainfall for the northwest and above-average for the southeast.

Q. How confident are you in this Outlook?

A. The percentages in the 'Likelihood of Impact' sections of the Outlook give the level of confidence.

Q. What does the outlook mean for the risk of flooding and the ongoing drought situation?

A. The latest Three-Month Outlook indicates a higher-than-normal chance of October to December being wet overall, with an increased likelihood of periods of wet and windy weather. These conditions increase the likelihood of flooding impacts. However, this Outlook is designed to identify broad weather patterns over several months and cannot predict when, where, or how severe individual rainfall events may be. As a result, while the Outlook suggests an increased potential for weather conditions associated with flooding, it does not indicate that flooding will occur, nor can it identify which locations might be affected. Regional variations in rainfall are expected, and wet conditions across the UK do not necessarily mean that all areas will receive sufficient rainfall to alleviate existing drought conditions. It is therefore too early to say whether rainfall this autumn and early winter will provide drought relief in the areas that experienced the driest conditions over the summer.

Q. Will the current El Niño have an impact on the UK's autumn weather?

A. Historically, El Niño has been associated with more frequent wet and stormy conditions across northwest Europe and the UK during late autumn and early winter. Weather patterns currently indicating a greater-than-usual chance of this happening in the Outlook period are broadly consistent with those historical signals. However, El Niño is just one of several drivers that influence the UK's weather, and it does not determine exactly what weather we will experience. While the current El Niño increases the likelihood of a mild, wetter and more unsettled second half of the autumn, it does not guarantee those conditions will occur. For the latest information on how conditions are evolving refer to Met Office shorter-range forecasts and warnings closer to the time.

Q. Does the outlook for increased chances of a mild 3 months mean there is no chance of cold and snow?

A. The Three-Month Outlook indicates that temperatures from October to December have increased likelihood of being mild. This reflects the long-term warming trend associated with our changing climate, which continues to influence temperature across the UK. While periods of impactful cold weather remain possible later in the period, the likelihood of prolonged or widespread cold spells is lower than would typically be expected at this time of year. As a result, the risk of impacts such as widespread frost, ice, or snowfall, is reduced compared to normal.

3-month	About the Outlook	Shifts in likelihood	What is average?	Q&A	Find out more
---------	-------------------	----------------------	------------------	-----	---------------

About the Outlook

The Outlook presented here is for United Kingdom as a whole and is based on information from observations, several numerical prediction systems and expert judgement. It is updated monthly to reflect the latest information on global weather patterns and their effect on the UK. The Outlook is designed to be used in conjunction with shorter-range forecasts – detailed weather forecast information is available on the Met Office website.

In this product, temperature refers to the average of daytime maxima and night-time minima. Wind speed refers to the average wind speed at a height of 10 metres. All numerical values relate to averages (temperature, wind speed) or totals (precipitation – rain, sleet, snow and hail) over 1 or 3 months, which are further averaged over the UK land area as a whole. Normal likelihood and long-term averages are established using the period 1991-2020.

Find out more

- UK 3-month Outlook user guidance page:
<https://www.metoffice.gov.uk/services/government/contingency-planners/user-guidance/user-guidance>
- Explainers on climate drivers (such as the El Niño Southern Oscillation and North Atlantic Oscillation) that influence seasonal forecasts and the impacts they can have on UK weather:
<https://www.metoffice.gov.uk/services/government/contingency-planners/seasonal-forecasts-and-climate-drivers-resources>
- Contingency planners page:
<https://www.metoffice.gov.uk/services/government/contingency-planners/index>

Contact us

Website:
www.metoffice.gov.uk

Email:
enquiries@metoffice.gov.uk

Provide your feedback

We would like to hear your feedback on the UK 3-month Outlook to understand how it is being used. Please fill in the short form using this [link](#) or QR code to share your thoughts.

