3-month summary

- There is double the likelihood of a wet 3-month period compared to normal
- Despite this, the likelihood of near average or dry conditions remains significant
- As such, there remain risks to drought recovery
- Windy weather and storms are more likely than usual
- The chances of a cold period are lower than normal overall
- However, the chance of cold weather impacts remains, particularly later in the period

3-month likelihood of impact

Temperature

15% chance the season will be COLD	55% chance the season will be NEAR AVERAGE	30% chance the season will be MILD
0.8× the normal chance	0.9× the normal chance	1.5× the normal chance

Precipitation

10% chance the season will be DRY	50% chance the season will be NEAR AVERAGE	40% chance the season will be WET
0.5× the normal chance	0.8× the normal chance	2.0× the normal chance

Wind speed

15% chance the season will be CALM	60% chance the season will be NEAR AVERAGE	25% chance the season will be WINDY
0.8× the normal chance	1.0× the normal chance	1.3× the normal chance

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

2016-17	2017-18	2018-19	2019-20	2020-21	2021-22	2022-23	2023-24	2024-25	2025-26
NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE	MILD	NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE
DRY	NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE	DRY	NEAR AVERAGE	WET	NEAR AVERAGE	WET
CALM	NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE	CALM	NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE	NEAR AVERAGE

Outlook in context

Drivers of UK weather for November to January:
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
• A very strong and already unprecedented El Niño event, with further strengthening expected this month, which is likely to persist through this period
• Whilst El Niño is just one of many factors influencing the UK weather, it can increase 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. For this 3-month period, there is a signal for lower-than-normal pressure in the vicinity of the UK, meaning an increased chance of 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 late autumn and early winter. Despite the seemingly clear effect of El Niño on the forecast, it is important to emphasise that it alone cannot determine the type of weather expected and other outcomes remain possible.

Impacts
Consistent with our warming climate, mild conditions overall are more likely than usual 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 impacts from cold weather, especially later in the period. The three-month period as a whole is twice as likely to be wet than normal. Despite this, there remains a significant chance of normal or even dry conditions during this period, meaning drought-related pressures have the potential to persist in some areas. Simultaneously however, there is an increase in the potential for impacts resulting from heavy rainfall. There is also in increased chance of a windy period, making stormy conditions and wind related impacts more likely than normal.

Outlook compared to normal likelihood

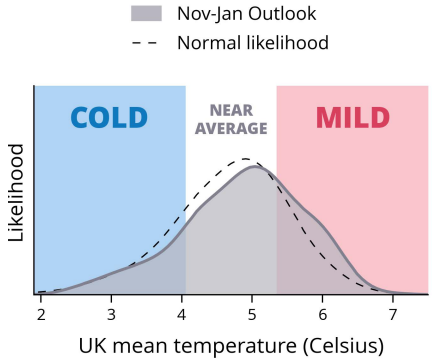
The curves below show the likelihood of the 1- and 3-month average temperature, precipitation and wind speed taking specific values. In each case:

- 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.

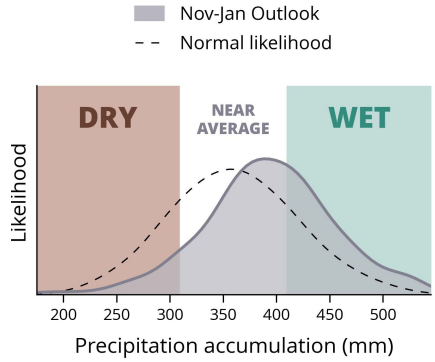
A shift of the solid curve to the left of the dashed curve indicates an increase in the chances of below-average temperature, rainfall or winds. A shift to the right, meanwhile, indicates increased chances of above-average values.

3-month temperature Outlook compared to normal



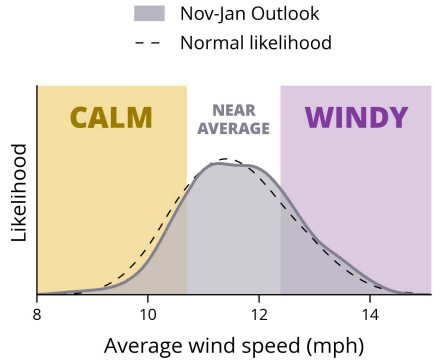
Likelihood leans towards Mild

3-month precipitation Outlook compared to normal



Likelihood leans towards wet

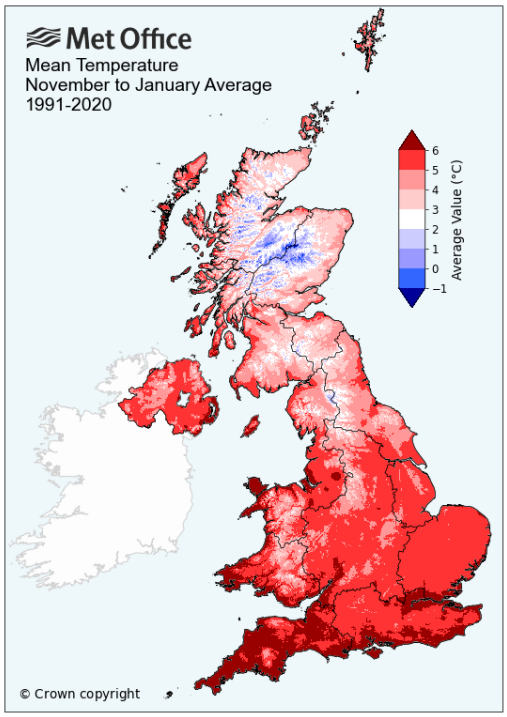
3-month wind speed Outlook compared to normal



Likelihood leans slightly towards windy

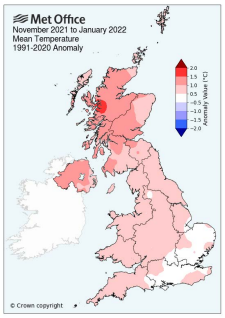
Long-term average temperatures (3-month)

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

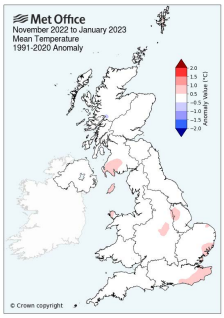


Average temperatures for November - January based on observations of past years.

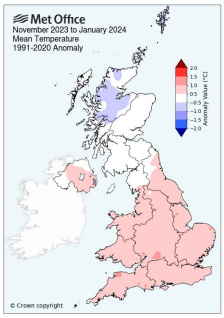
Last 5 years temperatures, difference from average (3-month)



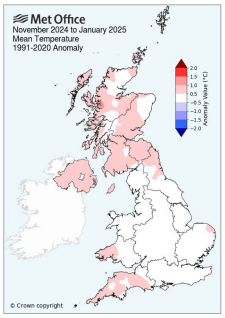
Nov - Jan 2021/22



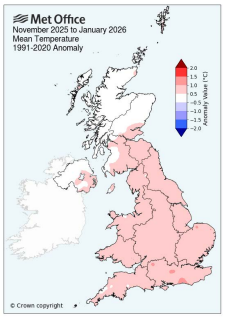
Nov - Jan 2022/23



Nov - Jan 2023/24



Nov - Jan 2024/25



Nov - Jan 2025/26

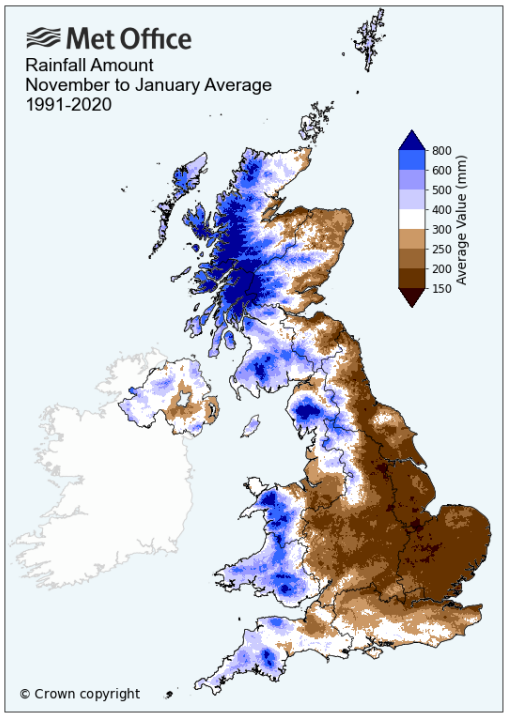
Anomaly (°C)

< -2.0	-2.0 to -1.5	-1.5 to -1.0	-1.0 to-0.5	-0.5 to 0.5	0.5 to 1.0	1.0 to 1.5	1.5 to 2.0	> 2.0

These maps show how November - January 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.

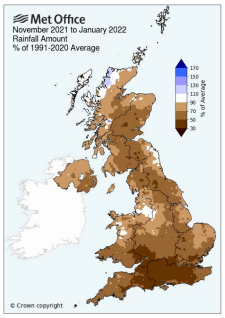
Long-term average precipitation (3-month)

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

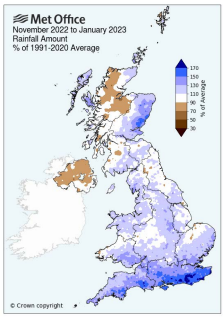


Average precipitation for November - January based on observations of past years.

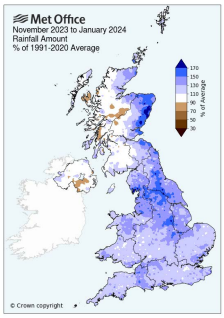
Last 5 years precipitation, difference from average (3-month)



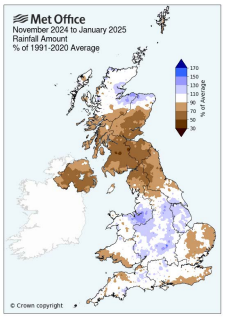
Nov - Jan 2021/22



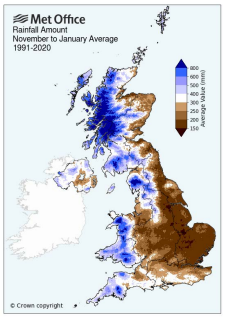
Nov - Jan 2022/23



Nov - Jan 2023/24



Nov - Jan 2024/25



Nov - Jan 2025/26

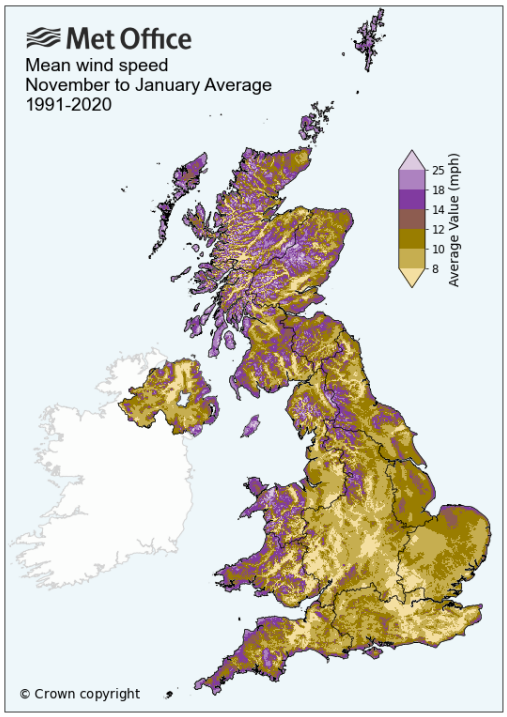
% of average

< 30	30 to 50	50 to 70	70 to 90	90 to 110	110 to 130	130 to 150	150 to 170	> 170

These maps show how November - January 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.

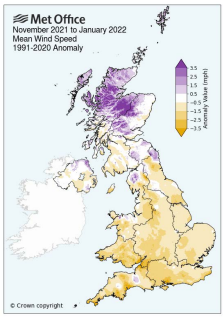
Long-term average wind speed (3-month)

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

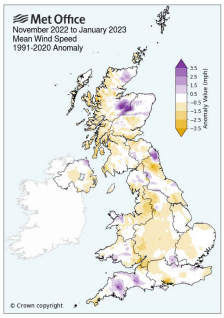


Average wind speed for November - January based on observations of past years.

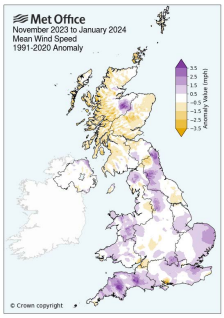
Last 5 years wind speed, difference from average (3-month)



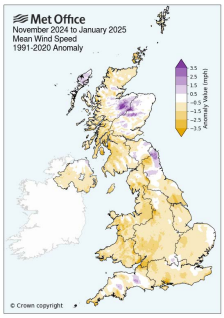
Nov - Jan 2021/22



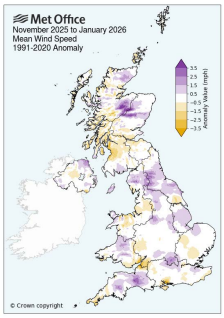
Nov - Jan 2022/23



Nov - Jan 2023/24



Nov - Jan 2024/25



Nov - Jan 2025/26

Anomaly (mph)

< -3.5	-3.5 to -2.5	-2.5 to -1.5	-1.5 to -0.5	-0.5 to 0.5	0.5 to 1.5	1.5 to 2.5	2.5 to 3.5	> 3.5

These maps show how November - January 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.

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 latest outlook suggest for drought conditions?
A.The latest Outlook indicates that the chances of a wet three-month period are higher than normal. However, it is too early to categorically say whether this will deliver the sustained and widespread rainfall needed to make a significant difference to drought conditions. Rainfall deficits have built up over several months, and recovery typically requires rainfall over an extended period. As a result, drought-related pressures have the potential to persist in some areas.

The Outlook also highlights an increased potential for impacts from heavy rainfall and storms during the period. It is possible to experience both drought and flooding at the same time, as short-lived periods of intense rainfall can cause flooding but may not be decisive in alleviating longer-term rainfall deficits.

Q. Is El Niño affecting the weather this winter?
A. A very strong El Niño event is currently underway and is expected to persist through this forecast period. While El Niño is only one of several factors that influence UK weather, it can increase the likelihood of wetter and stormier conditions across north-west Europe during late autumn and early winter. The forecast models are showing a pattern that is consistent with previous El Niño events, with lower-than-average pressure near the UK and more frequent unsettled weather.

However, El Niño does not determine the UK's weather on its own and other outcomes remain possible. It shifts the odds towards wetter conditions rather than guaranteeing them.

Q. Does this outlook rule out cold spells?
A. No. While the latest Outlook indicates that a mild three-month period is more likely than normal, it does not rule out this period being cold. As is typical during the UK winter, periods of frost, ice, snow and disruptive cold weather remain possible, even within a season that is mild overall.

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.