

## 1. Who we are

The Met Office is the UK's National Meteorological Service. We provide trustworthy forecasts for citizens at home and abroad through the Public Weather Service. This includes provision of the [National Severe Weather Warning Service](#).



## 2. Severe Weather Warnings – User Guide

The National Severe Weather Warning Service (NSWWS) warns people, businesses, emergency responders and governments about severe weather events and their potential impacts. Warnings are issued up to seven days in advance for rain, thunderstorms, wind, snow, lightning, ice, extreme heat, and fog.

The forecasting and warning process relies on a robust system. Decisions to issue warnings are carefully considered and continuously monitored. The NSWWS combines observational data, numerical weather models and forecaster expertise to predict severe weather. When a potential threat is identified, forecasters evaluate the likelihood and impact before issuing a warning. This ensures clear communication and public awareness, helping to protect lives and property. Each warning contains a range of valuable information and we recommend they are read fully. This includes:

**The type of warning**, its colour and the time period when it applies.

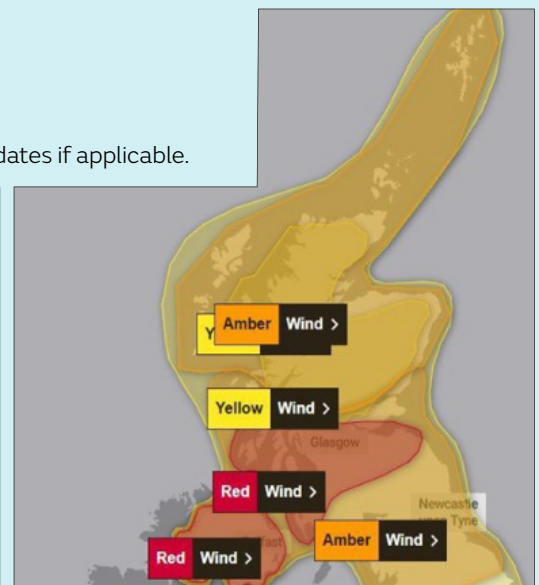
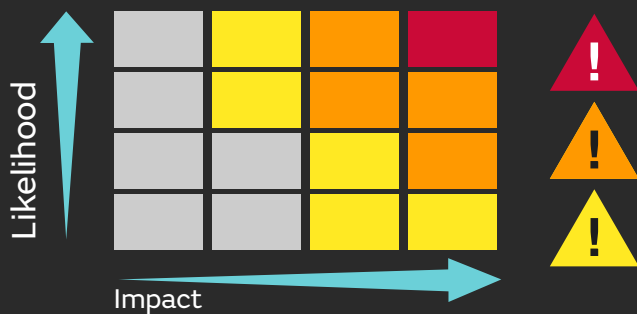
**The geographic area where the warning applies.**

**What to expect** - details of the type of impact forecast and how likely they are.

**What should I do** - advice and guidance on how to stay safe in severe weather.

**Further details** - additional information on the weather forecast, including any updates if applicable.

Each warning will be given a colour (yellow, amber or red), depending on a combination of both the impact the weather might have and the likelihood of those impacts occurring.



### What do the colours mean?

#### Yellow Warning

Yellow warnings can be issued for a range of weather situations.

- Many are issued when it is likely that the weather will cause low level impacts in a few places, for example disruption to travel.
- Other yellow warnings are issued when the weather could bring much more severe impacts to the majority of people in the area but the certainty of those impacts occurring is much lower.

It is important to read the content of yellow warnings to determine which weather situation is being covered by the yellow warning.

#### What should I do?

- **Stay Informed:** Keep an eye on weather updates through the Met Office website, app, or social media channels.
- **Plan Ahead:** Consider how the weather might affect your plans and make any necessary adjustments.
- **Travel Caution:** If traveling, check for any disruptions and allow extra time for your journey.
- **Safety Measures:** Secure loose objects outside your home and take basic precautions to protect yourself and your property.

#### Amber Warning

Amber – Issued when there is an increased likelihood of more significant impacts, including the possibility of travel delays, road and rail closures, power cuts and the potential risk to life and property. People should consider taking action to protect themselves, their property and the wider community.

#### What should I do?

- **Prepare for disruptions:** Expect significant travel delays and disruptions. Avoid non-essential travel if possible.
- **Protect Property:** Take steps to protect your property from potential damage, such as securing outdoor items and ensuring your home is weatherproof.
- **Stay Indoors:** If the weather is severe, stay indoors as much as possible to avoid exposure to dangerous conditions.
- **Emergency Kit:** Have an emergency kit ready, including essentials like water, food, medications, and a flashlight.

#### Red Warning

Red – Issued when very dangerous and disruptive weather is expected. This warning signals that action needs to be taken and it is very likely that there will be a risk to life, with substantial disruption to travel, energy supplies and possibly widespread damage to property and infrastructure.

#### What should I do?

- **Immediate Action:** Take immediate action to protect yourself, your family, and your property.
- **Follow Official Advice:** Follow advice and instructions from local authorities and emergency services.
- **Stay Indoors:** Stay indoors and avoid all non-essential travel. Only go outside if absolutely necessary.
- **Emergency Contacts:** Keep emergency contact numbers handy and ensure your mobile phone is charged.
- **Evacuation Plans:** Be prepared to evacuate if instructed by authorities. Know your evacuation routes and have a plan in place.

### 3. Where to get our authoritative weather forecasts and warnings

Weather forecasts from a variety of sources can be found across the internet, but where can you be sure to find an authoritative Met Office weather forecast for Scotland and the rest of UK?

- You can find the latest forecast and additional information on our [website](#) or by following us on [X](#), [WhatsApp](#), and [Facebook](#).
- The Met Office [mobile app](#) is available for iPhone from the App store and for Android from the [Google Play](#) store. It contains a wealth of useful information including video forecasts, rainfall maps and warnings.
- Our [YouTube](#) channel not only provides daily forecasts but also a range of more detailed briefings on longer term weather or severe weather events. Met Office YouTube videos received up to 9 million video impressions a day in January 2025.



### 4. Storm naming

Storm naming was first introduced in the UK in 2015 with the aim of raising awareness of the potential impacts of severe weather, helping people keep themselves, and their property and businesses safe.

The Met Office works with Met Éireann (the Irish National Meteorological Service) and KNMI (the Royal Netherlands Meteorological Institute) to name storms affecting multiple countries.

The initiative is a single authoritative system which provides a consistent message and helps provide clear communication to the public through the media and other government agencies.

Storm naming has proven to be highly effective in raising public awareness and prompting precautionary measures. Storms that are named are perceived as more severe, leading to increased preparedness and safety actions among the public.







## 2025/26 storm names

<b>Amy</b>	<b>Fionnuala</b> (Fee-new-lah)	<b>Kasia</b> (Ka-shaa)	<b>Patrick</b>	<b>Wubbo</b> (Vuh-boh)
<b>Bram</b>	<b>Gerard</b> (Jer-ard)	<b>Lilith</b>	<b>Ruby</b>	Q, U, X, Y, Z not included to be in line with US National Hurricane Centre naming convention
<b>Chandra</b> (Ch-an-dra)	<b>Hannah</b>	<b>Marty</b>	<b>Stevie</b>	
<b>Dave</b>	<b>Isla</b>	<b>Nico</b>	<b>Tadhg</b> (Tie-g)	
<b>Eddie</b>	<b>Janna</b> (Yah-nah)	<b>Oscar</b>	<b>Violet</b>	

**Keeping you safe when it matters the most #StormNames**

- **Impact-Based Criteria:** A storm is named if it is expected to have medium or high wind impacts, raising awareness and prompting public precautions.
- **Naming Lists:** Each year a new list of names is compiled jointly between Met Éireann, the Met Office and KNMI and issued in September. The list runs from early September to late August the following year, to coincide with the start of autumn and the end of summer, when we see the likelihood of low-pressure systems and the potential for named storms increase.
- **Public Engagement:** The public can suggest names through the Name our Storms campaign, increasing engagement and awareness of severe weather.
- **Communication:** Once named, storm information is shared via the Met Office website, apps, social media, and traditional media to keep the public and emergency responders informed.

## 5. A bit more about what we do







- The Met Office is a Public Sector Research Establishment and Executive Agency of DSIT, the Department for Science, Innovation and Technology.
- We're also home to the Met Office Hadley Centre which provides authoritative scientific advice to governments on climate variability and change.
- The Met Office works with academic partners across the science community to ensure the Government has access to the latest scientific understanding of extreme weather and future research is targeted to address the key questions it faces.
- Beyond these, the Met Office provides a range of services and scientific research for key areas such as defence and security, international development and transport.
- We have Category 2 responder status under the Civil Contingencies Act and our Civil Contingency Advisers (CCAs) are based locally across the country, and we have dedicated CCAs for Scotland, Wales and Northern Ireland. They support local resilience forums, emergency responders and local government during severe weather. The CCAs provide detailed weather briefings based on local knowledge and participate in coordination groups. They are often embedded in multi-agency resilience command centres and contribute to high level government meetings during emergencies.
- SEPA and the Met Office jointly operate the Scottish Flood Forecasting Service (SFFS) to support flood risk decision-making.



## 6. Disinformation and misinformation

- As a Member of the Scottish Parliament (MSP) you might get letters or messages from your constituents concerned about issues on weather and climate which may be based around disinformation and misinformation. Examples include concerns that the Met Office is manipulating the weather or misrepresenting climate observations.
- This type of misinformation is increasing in volume and sophistication, especially on social media where we have even seen 'deep fake' videos purporting to be of Met Office staff giving false information.
- In order to tackle misinformation and ensure that everyone has access to trusted and up-to-date information on climate change, we have developed a toolkit to provide information and clarity around topics on which misinformation is sometimes shared. The guide is available at <https://weather.metoffice.gov.uk/climate-change/tackling-climate-misinformation> and can be shared with constituents who might have concerns about what they have seen online.
- Together with Exeter University and UK Parliamentary group Peers for the Planet we have also helped produce an authoritative Parliamentarians' guide to climate change which provides accessible overviews of a range of climate change related topics: [greenfutures.exeter.ac.uk/parliamentarians-guide-to-climate-change](https://greenfutures.exeter.ac.uk/parliamentarians-guide-to-climate-change)

## Wider environmental warnings and their issuing authorities

Weather type	What	Where (click on logo for direct link)	Full link name
Rain, wind, thunderstorm, lightning, snow, ice, fog, extreme heat.	National Severe Weather Warning Service.	 <b>Met Office</b>	<a href="https://weather.metoffice.gov.uk/warnings-and-advice">https://weather.metoffice.gov.uk/warnings-and-advice</a>
Areas at risk from all flooding sources.	Flood Warnings and Alerts.	 <b>sepa</b> <small>Scottish Environment Protection Agency</small>	<a href="https://www.sepa.org.uk/">https://www.sepa.org.uk/</a>
Severe flooding and other crises requiring an immediate action to save life.	Emergency Alerts.	 <b>Cabinet Office</b>	<a href="https://www.gov.uk/alerts">https://www.gov.uk/alerts</a>
Poor Air Quality and/or Air Pollution.	UK Air Pollution Alerts.	 <b>Department for Environment Food &amp; Rural Affairs</b>   <b>sepa</b> <small>Scottish Environment Protection Agency</small>	<a href="https://uk-air.defra.gov.uk/forecasting/">https://uk-air.defra.gov.uk/forecasting/</a>  <a href="https://uk-air.defra.gov.uk/forecasting/">https://uk-air.defra.gov.uk/forecasting/</a>  <a href="https://www.sepa.org.uk/regulations/air/air-quality/">https://www.sepa.org.uk/regulations/air/air-quality/</a>

If you would like any further information please visit [www.metoffice.gov.uk](http://www.metoffice.gov.uk) or contact [parliamentary.enquiries@metoffice.gov.uk](mailto:parliamentary.enquiries@metoffice.gov.uk)