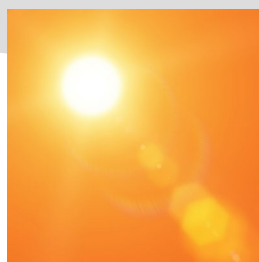


Its hot !

June 2025



Amongst other matters, both serious and not, these blogs form a record, so Yes it is exceptionally HOT.

Here at the near month end we are in another heatwave with some areas experiencing record breaking highs with temperatures expected to exceed the UK June record of 35.6 degrees C. Reports suggest that heatwaves in June are becoming more common and that this is linked to climate change – the definition of a heatwave varies but is generally over 25 to 38 C.

Heatwaves did occur during what's called the Medieval Warm Period or Medieval Climate Anomaly, from around 950 to 1250 AD recording some temperatures greater than mid 20<sup>th</sup> C. During that period summers were warmer and drier – ideal for harvest time, vital to communities in those times. Important to recognise that whilst these conditions were experienced in many parts of the world they cannot be said to be globally uniform in growth, as we are currently experiencing.

Since 1960 UK temperatures in June have been beyond 34C in only 3 years. The summer of 1976 heatwave was hot and long – Heathrow had 16 days of over 30C and in 2003 Wisley had 10 days of it.

Whilst enjoyable for many, England has an average of 2,000 heat related deaths every year, especially the elderly and those with underlying health conditions – the issues being dehydration, overheating for those with heart and breathing difficulties, heat exhaustion and heatstroke.

So, look out for those who may struggle, stay cool in and out, do take plenty of fluids – avoiding excess alcohol. Don't leave anyone, including animals in a closed car. Stay out of the sun between 11am & 3 if you can. Do take care of pets – especially some vulnerable dog breeds – get advice.

But, have fun and take care while it lasts.

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