

Middle East Situation

Information Cut-Off: 1200h (BST), 14 April 2026

Executive Summary

The ceasefire between the US and Iran has held despite a US naval blockade being implemented yesterday (13 April). Unconfirmed reports suggest that a second round of negotiations with Iran is currently being prepared.

International officials have raised concerns over rising prices and the long-term consequences for the global economy. The director of the International Energy Agency (IEA) warned yesterday that the ongoing disruption is the “greatest energy security challenge in history”, with one-third of monitored Middle Eastern energy facilities damaged by the conflict.

Diplomatic

Anonymous officials familiar with negotiations reported to Reuters yesterday (13 April) that an agreement was very close, though final decisions require further external consultation and approval. The primary grievances continue to be US limits on Iran’s nuclear enrichment and Iranian control over the Strait of Hormuz.

President Trump claimed yesterday evening that Iran has expressed interest in a deal, amid unconfirmed reports that a second round of negotiations is being prepared.

The spokeswoman for Israeli Prime Minister Netanyahu ruled out talks with Hezbollah yesterday. Iran has repeatedly described Israeli attacks on Lebanon as a breach of the ceasefire. Israel and Lebanon are scheduled to commence negotiations in Washington today (14 April).

Unconfirmed reports from Arab sources claim that Saudi Arabia is urging the US to halt its blockade in the Strait of Hormuz and return to direct negotiations. This follows fears that Iran or its allies may attempt to block other regional maritime chokepoints, such as the Bab al-Mandeb in the Red Sea.

Israel

Hezbollah rocket fire triggered sirens in the Galilee region this morning and in Karmiel yesterday. One person was injured by shattered glass yesterday in the northern areas of the country.

Iran

Russia announced yesterday (13 April) that it was withdrawing the majority of its personnel from Iran's nuclear power plants.

International

The directors of the International Monetary Fund (IMF), the World Bank and the IEA warned yesterday that damage to energy facilities may keep fuel and fertiliser prices elevated for a prolonged period. One-third of the energy facilities in the region under IEA monitoring have been damaged.

The director of the IMF added that energy prices for April may increase further, as fuel shipments dispatched before the war were still arriving at ports in March.

A report released today by the UN Development Programme states that the conflict may cause output losses of between USD 97bn and USD 299bn in the Asia-Pacific region. This is attributed to the rising costs of transport, electricity and food.

European Commission President Ursula von der Leyen reported yesterday (13 April) that the EU's fuel bill has risen by over EUR 22bn.

United States

Senate Majority Leader John Thune said yesterday that although US operations have been successful, the country requires a definitive plan to end the conflict. He added that the Pentagon's USD200bn budget request for the war has been scaled back.

Regional

Bahrain

Authorities summoned the Iraqi envoy yesterday following drone attacks launched by Iraqi militants aligned with Iran. It remains unclear when these attacks occurred.

Lebanon

Israeli drone strikes on a vehicle killed at least two people in Nabatieh and three others in Sidon this morning. Israeli air attacks have also been reported in Bafliyah.

Hezbollah claimed this morning that it conducted rocket fire against Israeli military positions in Biyyada.

Travel

Maritime

The US naval blockade on Iran was implemented yesterday, with President Trump threatening that any Iranian naval vessels approaching the blockade will be “eliminated”. He added that 34 neutral ships had sailed through the Strait of Hormuz yesterday, which would be the highest daily figure since fighting began.

At least four vessels, including two that had visited Iranian ports, crossed the Strait of Hormuz today (14 April) despite the ongoing US blockade.

Aviation

Wizz Air has delayed the resumption of flights to Israel, moving the start date from 25 April to 04 May.

Advice

- Do not travel to Lebanon, especially south of the Litani River, Dahiyeh in Beirut, and in the Beqaa Valley.
- Reconsider travel to the Middle East, especially Israel, Iran and Iraq, but also the wider Gulf region.
- Remain aware of ongoing tensions, given the possibility of a sudden resumption in fighting.
- Monitor instructions from local authorities and any national embassy guidelines.
- Avoid any demonstrations or gatherings in the region.
- Globally, reconsider travel to any locations with links to Israel or Judaism.
- If you need further support, or wish to discuss options for evacuation, call NGS.

Contact us

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