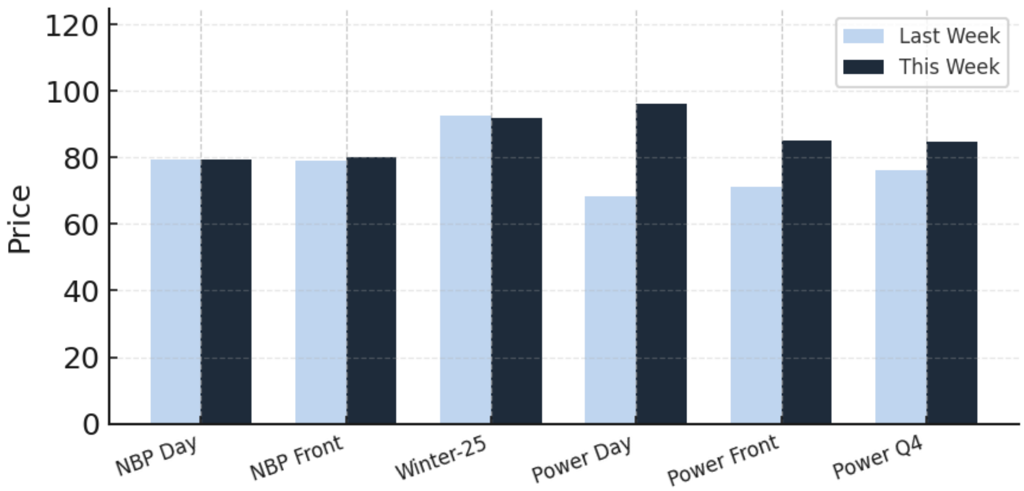
UK Energy Market Insights

Week Commencing 29 September 2025



Market	This Week	Last Week	% Change
NBP Gas Day-Ahead	79.40	79.50	↓ 0.1%
NBP Gas Front-Month	80.20	79.10	↑ 1.4%
NBP Gas Winter-25	91.90	92.80	↓ 1.0%
GB Power Day-Ahead	96.10	68.40	↑ 40.5%
GB Power Front-Month	85.00	71.30	↑ 19.2%
GB Power Q4-25	84.80	76.30	↑ 11.1%

Gas prices remained broadly stable this week, with NBP Day-Ahead closing around 79p/therm. Front-Month gas edged slightly higher, while Winter-25 softened a little. Power markets were more volatile, as Day-Ahead prices spiked to approximately £96/MWh, and forward power (Front-Month and Q4-25) climbed compared to last week's levels.

Key drivers included healthy European gas storage, steady pipeline and LNG supply, and variable wind generation. Periods of low renewable output pushed power prices higher on certain days. Looking ahead, Ofgem's standing charge reforms remain in focus, alongside shifting weather forecasts as we move into October.

What this means for you: Businesses have a short window to review contracts while gas prices remain relatively steady. Rising volatility in power markets highlights the value of securing competitive fixed rates early. For households, non-energy charges and fluctuating wholesale power costs will continue to influence bills, so comparing tariffs remains worthwhile.

Data as of 29 September 2025 closes | Sources: Reuters / ICE, Smart Energy UK, EnergyMarketPrice daily summaries

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