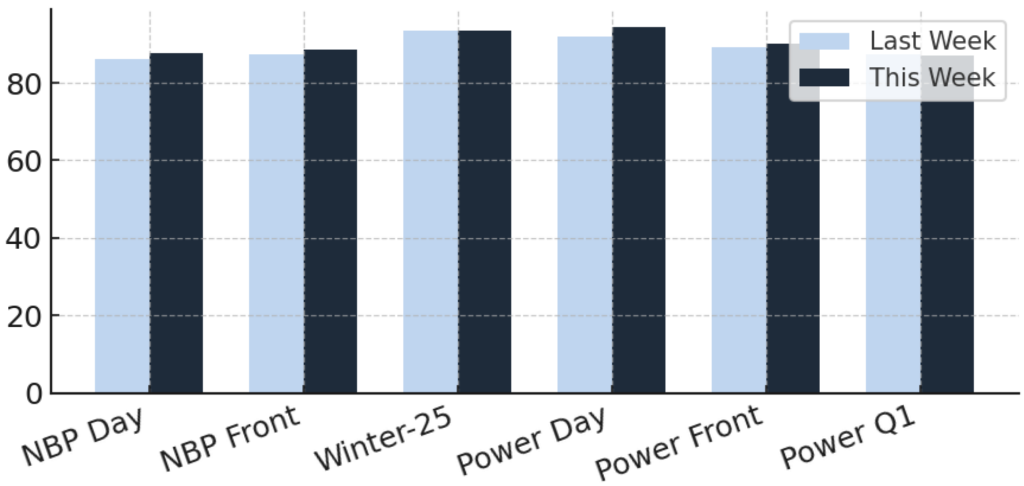
UK Energy Market Insights

Week Commencing 1 December 2025



Market	This Week	Last Week	% Change
NBP Gas Day-Ahead	87.80	86.00	↑ 2.1%
NBP Gas Front-Month	88.50	87.20	↑ 1.5%
NBP Gas Winter-25	93.60	93.40	↑ 0.2%
GB Power Day-Ahead	94.40	92.00	↑ 2.6%
GB Power Front-Month	90.20	89.10	↑ 1.2%
GB Power Q1-26	87.00	87.30	↓ 0.3%

Wholesale prices were mixed this week as colder weather increased demand but strong European storage and steady LNG arrivals helped limit any major price spikes. Gas firmed slightly, with NBP Day-Ahead and Front-Month edging higher. Power followed, supported by periods of lower wind generation.

Key drivers this week included colder UK and European temperatures, variable wind output, strong gas storage levels, and consistent LNG deliveries. Carbon prices also influenced forward power costs, although movements remained moderate.

What this means for you: For businesses, this is a good time to review renewal windows and benchmark pricing as winter demand increases. For households, checking tariff options remains worthwhile, as usage rises and non-energy costs continue to influence bills.