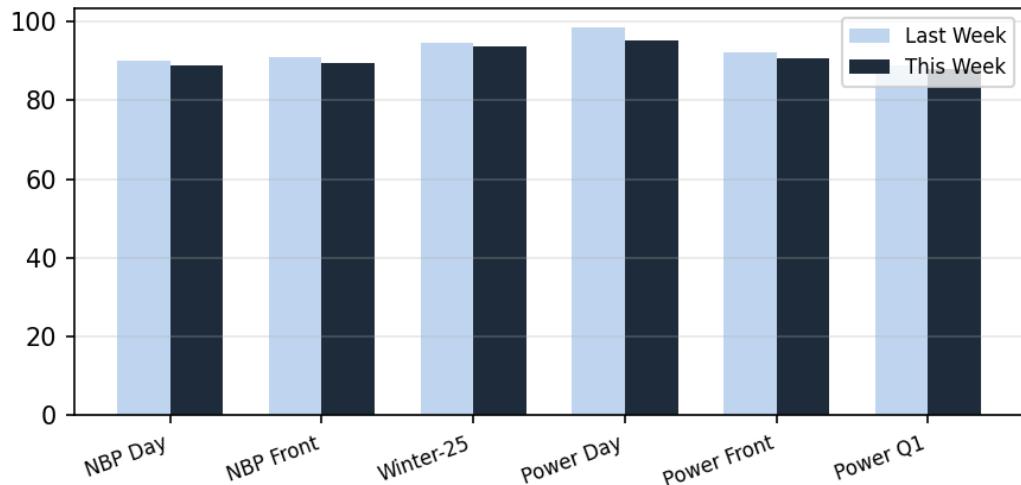


# UK Energy Market Insights

Week Commencing 12 January 2026



Market	This Week	Last Week	% Change
NBP Gas Day-Ahead	88.90	90.20	↓ 1.4%
NBP Gas Front-Month	89.60	91.00	↓ 1.5%
NBP Gas Winter-25	93.80	94.50	↓ 0.7%
GB Power Day-Ahead	95.20	98.60	↓ 3.4%
GB Power Front-Month	90.70	92.10	↓ 1.5%
GB Power Q1-26	88.10	88.90	↓ 0.9%

Wholesale gas and power prices eased back this week as milder weather reduced heating demand and wind generation improved. Gas prices softened across prompt and front-month contracts, while power followed on stronger renewable output.

Key drivers included milder temperature forecasts, improved wind generation, stable LNG flows, and healthy European gas storage levels.

What this means for you: Businesses may find short-term opportunities to benchmark prices following the recent pullback. Households could benefit from checking tariffs as prices ease slightly, even though usage remains seasonally high.