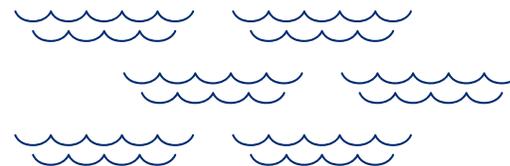
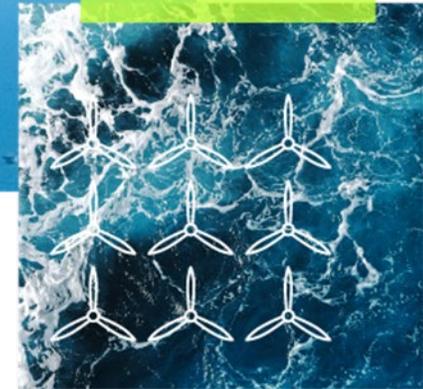


October 2025

Energy overview

Your monthly report featuring market updates and weather review





Market Update: Power

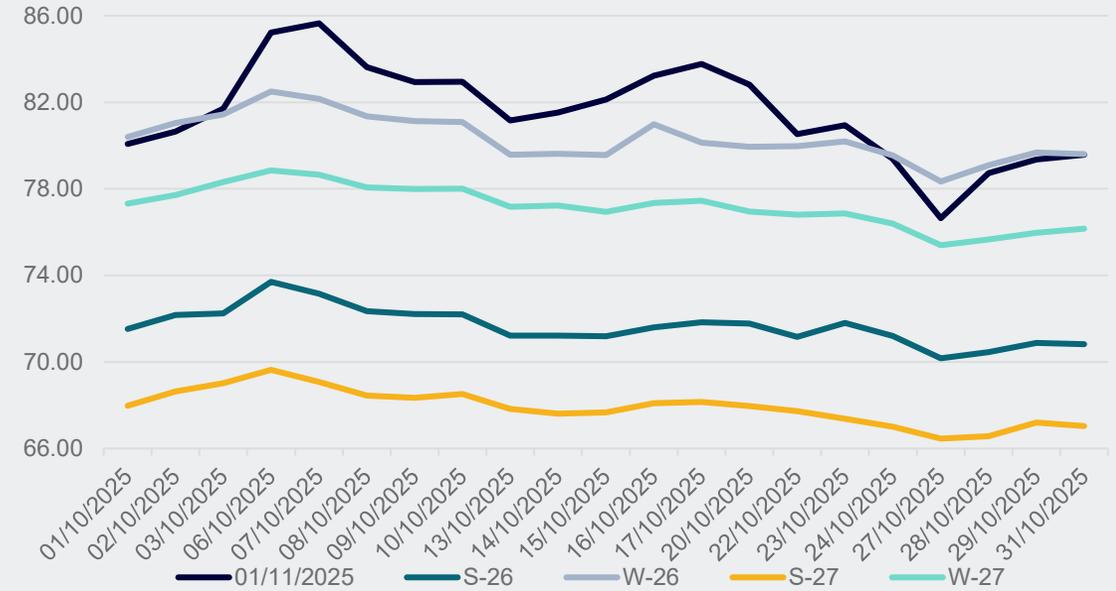
Review

October saw some extremes in Day Ahead clean spark spread outturns, as two named storms, Amy and Benjamin, bookended the month. During these particularly wet and windy events, sparks outturned at around the -£70/MWh mark; whereas mid-month, which experienced a lull in wind output, sparks lifted into positive territory.

Outlook

Curve sparks are showing signs of bullishness into December as cold weather could develop, though at this stage extreme cold is not expected.

Baseload Power



Power Bid (£/MWh)	1-Oct-25	31-Oct-25	Change	% Change	High	Low	Average
Nov-25	80.08	79.58	↓ -0.50	↓ -0.6%	85.65	76.64	81.55
Summer 26	71.52	70.82	↓ -0.70	↓ -1.0%	73.70	70.17	71.66
Winter 26	80.40	79.60	↓ -0.79	↓ -1.0%	82.50	78.34	80.35
Summer 27	67.98	67.04	↓ -0.94	↓ -1.4%	69.63	66.46	67.92
Winter 27	77.32	76.16	↓ -1.16	↓ -1.5%	78.85	75.40	77.20

*Clean Spark Spread: the margin for gas-fired power plants accounting for the difference between power price, the cost generation and the necessary emissions allowances required to produce it.



Market Update: Gas

Review

October was a fairly benign month for gas, as the shift towards winter failed to produce any cold weather to boost either heating demand or power station gas requirements. As a result, prompt and curve prices drifted lower month on month.

Post maintenance, Norwegian flows are back to around 320 mcm/d, despite some minor disruption following a short-lived field outage.

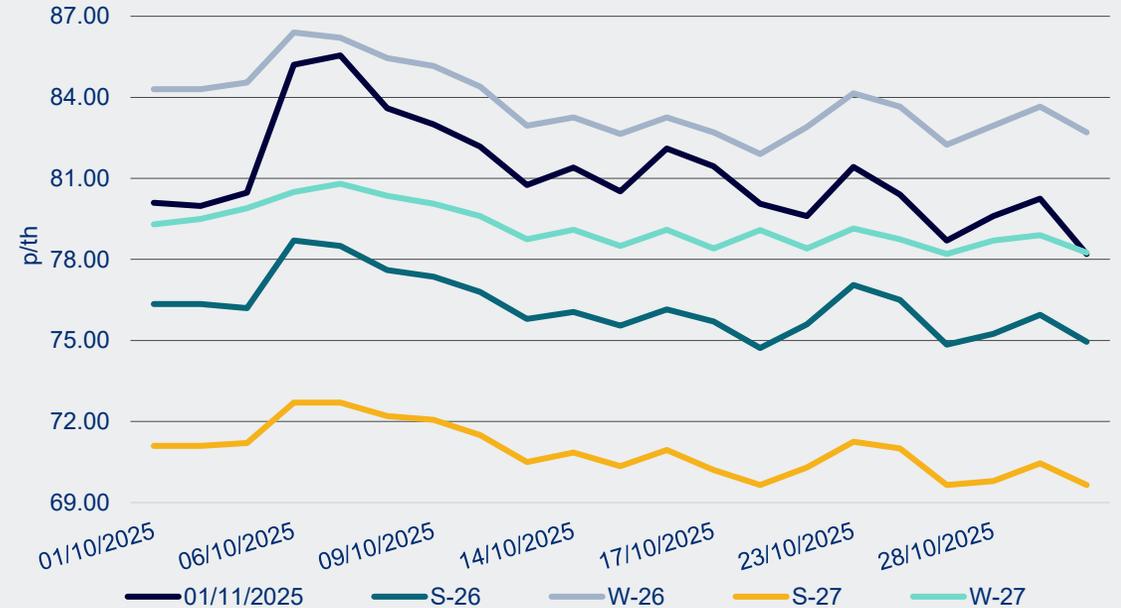
Despite the drop in prices, EU storage injections were disappointing. There was evidence of several European countries withdrawing gas from store.

The global gas picture also featured weak demand, with both China and Japan reducing the number of LNG cargoes.

Outlook

Near term fundamentals remain unchanged.

NBP Gas



Gas NBP (p/th)	1-Oct-25	31-Oct-25	Change	% Change	High	Low	Average
Nov-25	80.10	78.20	↓ -1.90	↓ -2.4%	85.55	78.20	81.17
Summer 26	76.35	74.95	↓ -1.40	↓ -1.9%	78.70	74.72	76.28
Winter 26	84.30	82.70	↓ -1.60	↓ -1.9%	86.40	81.90	83.80
Summer 27	71.10	69.65	↓ -1.45	↓ -2.1%	72.70	69.65	70.91
Winter 27	79.30	78.25	↓ -1.05	↓ -1.3%	80.80	78.20	79.20



Market Update: Oil

Review

October was marked by an easing of geopolitical tensions, with the announcement of a ceasefire in the Israel/Palestine conflict, which, for the time being, appears to be holding. The corollary effect for oil markets of the agreement holding may be that we see an end to the attacks by Houthi rebels on shipping in the Red Sea.

In fundamental news, there's little overall change, with the impending supply glut still anticipated next year. This despite OPEC+ announcing that after a small hike in production in December, they will pause increases in quarter one next year.

Outlook

While the sluggish demand growth trend is set to continue, the World Bank is also forecasting a large increase in supply into 2026. Current forecasts suggest an increase in daily production from 106.1 mb/d this year to over 108 mb/d by the end of next year.

Front Month Brent



Brent (\$/Barrel)	1-Oct-25	31-Oct-25	Change	% Change	High	Low	Average
Front Month	65.00	64.80	↓ -0.21	↓ -0.3%	65.80	60.99	63.83



Market Update: Carbon

Review

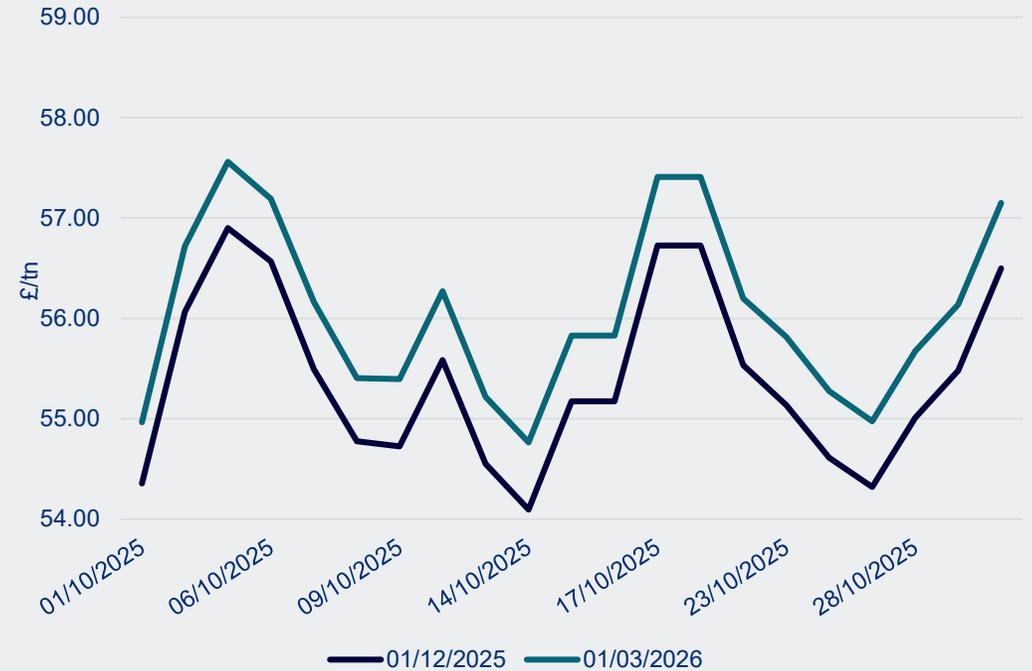
October was a fairly volatile month for the carbon markets, though UKAs traded within a tight range of c. £2/tn for most of the month, despite any major fundamental drivers.

Speculative length in the market has continued to grow, with funds extending their positions to nearly 91m tonnes of allowances – a seven-year high – amid speculation that supply will tighten, as a result of potential legislative changes due next year.

Outlook

A mild, wet and windy start to November is set to suppress UKA demand, but there are signs of a potential cold spell towards the back end of the month.

Carbon UKA



Carbon (£/ton)	1-Oct-25	31-Oct-25	Change	% Change	High	Low	Average
Dec-25	54.35	56.50	↑ 2.15	↑ 3.8%	56.90	54.09	55.40
Mar-26	54.96	57.15	↑ 2.18	↑ 3.8%	57.56	54.76	56.06



Weather Review and Outlook

October Review

October saw some changeable weather, broken up by a settled spell mid-month lasting around a week. Despite the cloudy, low-wind and dry spell, October was overall slightly windy and wet, especially in Scotland. Temperatures were slightly warmer than normal most of the month, but colder for the final week, which brought the average down.

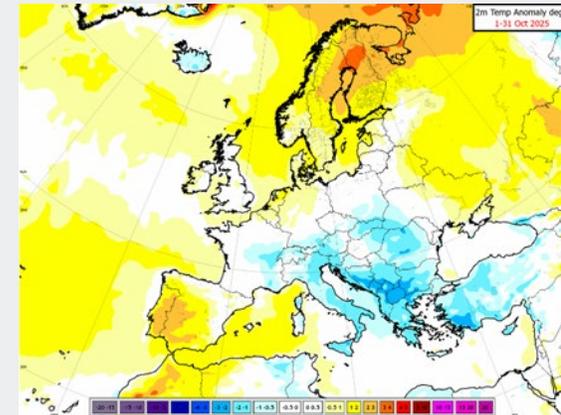
Two named storms impacted the UK during the month: Storm Amy early on, and Storm Benjamin toward the end of the month.

November Outlook

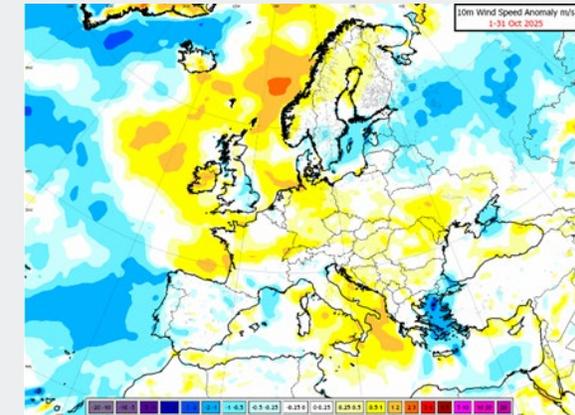
November started off much as October finished – unsettled. The remnant low of Hurricane Melissa brought some high winds.

For the next few weeks, lower winds and more settled, slightly cooler weather is expected across northwestern Europe. There isn't a lot of support for more extreme cold snaps, but we may see one develop later in the month or early December. Cold air would come on a northerly wind from the Arctic or an easterly wind from Russia, which for the next fortnight looks unlikely.

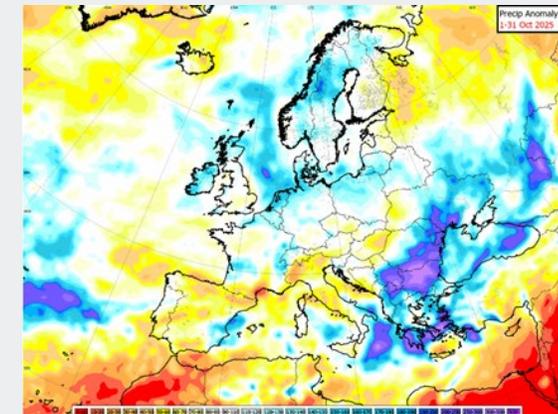
Higher winds and stormy spells will be at a premium for the rest of the month, meaning wind power should trend below average.



Temperature anomaly



Wind speed anomaly



Precipitation anomaly



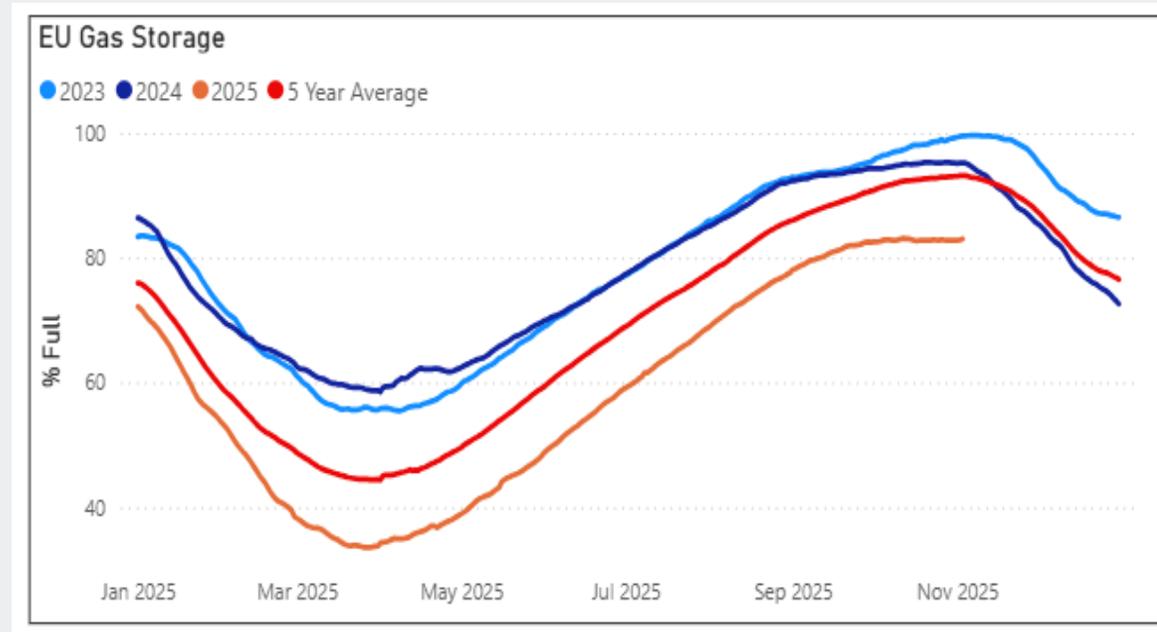
Monthly Report – October 2025

EU Gas Storage Watch

October saw inventories plateau as injections into storage slowed over the month. By the end of the month inventories were at 83%, compared to 95% full at the same stage last year.

However, EU rules have changed compared to last winter. Member states are now subject to a less rigid target of reaching 90% full at any point between 1 October and 1 December, rather than the previous hard stop level of 90% by 1 November.

The overall position masks some countries, notably Germany, where storage is only at around 75% full, compared to a five-year average of 95% by the start of November.



31 October – EU gas storage at 82.80%

Disclaimer: This communication is for information purposes only. It is not intended as an offer or solicitation for the purchase or sale of any physical or financial instrument or as an official confirmation of any transaction. All market prices, data and other information are not warranted as to completeness, accuracy, or reliability and are subject to change without notice. The use of, or reliance on, the information contained within this communication shall be at the user's risk, and accordingly SSE plc, its subsidiaries and affiliates shall have no liability to the user for any loss or damage caused by its use of (or inability to use), or reliance on such information. Any comments or statements made herein do not necessarily reflect those of SSE Energy Supply Limited or SSE plc.

Let's power change together

To explore our range of energy solutions for a net zero future,
talk to your account management team or visit:



[sseenergysolutions.co.uk](https://www.sseenergysolutions.co.uk)

SSE Energy Solutions is a trading name of SSE Energy Supply Limited, registered in England and Wales number 03757502, which is a member of the SSE Group.
The registered office of SSE Energy Supply Limited is No. 1 Forbury Place, 43 Forbury Road, Reading, RG1 3JH.

