

# ENERGY INSIGHT

This month, we bring you a comprehensive overview of energy consumption, generation, prices, and carbon intensities. Our analysis includes regional variations and fuel type breakdowns to provide a complete picture of current energy trends. Explore the insights in our latest newsletter!

## Key Highlights on Energy Demand

Total Overall Demand for Energy: 41857374

Average Daily Demand: 25821.95

Highest Demand: 34459 on 2025-04-09 19:10:00

Lowest Demand: 20802 on 2025-04-12 10:55:00

## Key Highlights on Energy Consumption

Total Energy Generated: 39913770 mw

Total Renewable Energy Generated: 8127213 mw (20.36%)

## Key Highlights on Energy Prices

Average Price: £76.84

Highest Price: £113.24 on 2025-04-10 07:00:00

Lowest Price: £-0.86 on 2025-04-12 14:00:00

## Key Highlights on Carbon Intensities

Average Carbon Intensity: 113.66

Region with the Greenest Energy: North Scotland

Region with the Least Green Energy: South Wales

Hour with the Greenest Energy: 11:00

Hour with the Least Green Energy: 19:00



## **Tips and Tricks: How to reduce carbon emissions and energy bills**

To reduce carbon emissions and your carbon footprint, aim to perform tasks such as laundry or using the dishwasher around 11:00 and avoid using energy at 19:00