

# National Prison Radio April 2022

## What's on National Prison Radio?

National Prison Radio is available in prisons across England and Wales, and HMP Grampian in Scotland.

We broadcast 24 hours a day, 7 days a week, into your cell. If your prison has National Prison Radio, you can listen through your TV by using the tuning buttons on your remote control.

Day	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Eve	Mon	Tue	Wed	Thur	Fri	Sat	Sun
07:00	<div>Porridge</div> <div>The world's first national breakfast show for people in prison. With daily NPR Reflections from the major faiths.</div>							<div><div>EAR HUSTLE</div><div>Freedom Inside</div><div>Love Bug</div><div>Six Building Blocks of Modern Music</div><div>LIBERTY CHOIR RADIO 48 Songs</div><div>NPR Talk</div><div>New Chapters</div><div>EAR HUSTLE</div><div>Books Unlocked</div></div>	<div>17:00 (or local shows)</div> <div>LIBERTY CHOIR RADIO</div> <div>48 Songs</div> <div>Deja Vu</div> <div>Classic tracks and oldies</div> <div>Desi Drop</div> <div>An hour of Bhangra from HMP Brixton</div> <div>The Intro</div> <div>Your guide to the music industry</div> <div>Love Bug</div> <div>Write to the ones you love</div> <div>Free Flow</div> <div>Lady Unchained brings the inspiration</div> <div>Freedom Inside</div> <div>Yoga and meditation</div>						
08:00	<div>Bob and Beyond</div> <div>Reggae and dancehall classics.</div>	<div>Decibel</div> <div>The finest dance music from around the world, direct to your ears.</div>	<div>THE SELECTOR RADIO</div> <div>Two hours of new British music from Jamz Supernova</div>	<div>Street Heat</div> <div>The best rap, grime and R&amp;B with Jerelle.</div>	<div>The Rock Show</div> <div>Turn it up loud. Join the Rock Show Family.</div>	<div>The Request Show</div> <div>To hear your song, message or poem on the radio, write to us at: National Prison Radio, HMP Brixton, London SW2 5XF</div> <div>Family and Friends Request Show every Wednesday and Thursday: <a href="http://www.nationalprisonradio.com">www.nationalprisonradio.com</a></div>									
09:00															
10:00	<div>NEWSCAST</div> <div>BBC</div>							<div>Love Bug</div> <div>ShannonTrust</div> <div>Six Building Blocks of Modern Music</div> <div>LIBERTY CHOIR RADIO 48 Songs</div> <div>NPR Talk</div> <div>New Chapters</div> <div>EAR HUSTLE</div> <div>Books Unlocked</div>	<div>18:00</div> <div>NPR Talk</div> <div>Make the most of your time.</div> <div>NPR Special</div> <div>Real talk. Don't just do your time, use your time.</div> <div>khulisa</div> <div>NPR Talk</div> <div>Helping you make the most of your time behind bars.</div> <div>New Chapters</div> <div>Gucci Mane Auto-biography</div> <div>NPR Friday</div> <div>Get set for the weekend.</div> <div>You bring the flow.</div> <div>The Intro</div> <div>Your inside-out guide to the music industry</div>						
11:00	<div>Porridge</div> <div>Another chance to hear this morning's show.</div>							<div>Love Bug</div> <div>ShannonTrust</div> <div>Six Building Blocks of Modern Music</div> <div>LIBERTY CHOIR RADIO 48 Songs</div> <div>NPR Talk</div> <div>New Chapters</div> <div>EAR HUSTLE</div> <div>Books Unlocked</div>	<div>19:00</div> <div>The Request Show</div> <div>To hear your song, message or poem on the radio, write to us at: National Prison Radio, HMP Brixton, London SW2 5XF</div> <div>Family and Friends Request Show every Wednesday and Thursday: <a href="http://www.nationalprisonradio.com">www.nationalprisonradio.com</a></div> <div>The Rock Show</div> <div>Join the Rock Show family.</div> <div>Bob and Beyond</div> <div>Reggae and dancehall classics.</div>						
12:00 (or local shows)	<div>NPR Special</div> <div>See 18:00</div>	<div>khulisa</div>	<div>NPR Talk</div> <div>See 18:00</div>	<div>New Chapters</div> <div>See 18:00</div>	<div>NPR Friday</div>	<div>The Request Show</div> <div>To hear your song on NPR, write to us at: National Prison Radio, HMP Brixton, London SW2 5XF</div> <div>Your loved-ones can send shouts at <a href="http://nationalprisonradio.com">nationalprisonradio.com</a></div>									
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14:00	<div>NPR Fresh</div> <div>Two hours of the freshest music.</div>							<div>Love Bug</div> <div>ShannonTrust</div> <div>Six Building Blocks of Modern Music</div> <div>LIBERTY CHOIR RADIO 48 Songs</div> <div>NPR Talk</div> <div>New Chapters</div> <div>EAR HUSTLE</div> <div>Books Unlocked</div>	<div>21:00</div> <div>Free Flow</div> <div>The Intro</div> <div>Guide to the music industry</div> <div>NPR Fresh</div> <div>Two hours of the freshest new music. If it's fresh, we've got it.</div> <div>Street Heat</div> <div>The best rap, grime and R&amp;B with Jerelle.</div> <div>Decibel</div> <div>The finest dance music from around the world, direct to your ears.</div> <div>THE SELECTOR RADIO</div> <div>Two hours of new British music from Jamz Supernova</div> <div>Desi Drop</div> <div>An hour of Bhangra</div> <div>Love Bug</div> <div>Write to the ones you love.</div>						
15:00	<div>Freedom Inside</div> <div>khulisa</div>							<div>Love Bug</div> <div>ShannonTrust</div> <div>Six Building Blocks of Modern Music</div> <div>LIBERTY CHOIR RADIO 48 Songs</div> <div>NPR Talk</div> <div>New Chapters</div> <div>EAR HUSTLE</div> <div>Books Unlocked</div>	<div>22:00</div> <div>Deja Vu</div> <div>Classic tracks and oldies</div> <div>Books Unlocked</div> <div>This month: Light Perpetual by Francis Spufford</div> <div>Write to National Prison Radio, HMP Brixton, London SW2 5XF for a free copy.</div> <div>The Booker Prize Foundation</div> <div>National Literacy Trust</div>						
16:00								<div>Love Bug</div> <div>ShannonTrust</div> <div>Six Building Blocks of Modern Music</div> <div>LIBERTY CHOIR RADIO 48 Songs</div> <div>NPR Talk</div> <div>New Chapters</div> <div>EAR HUSTLE</div> <div>Books Unlocked</div>	<div>23:00</div> <div>Books Unlocked</div> <div>This month: Light Perpetual by Francis Spufford</div> <div>Write to National Prison Radio, HMP Brixton, London SW2 5XF for a free copy.</div> <div>The Booker Prize Foundation</div> <div>National Literacy Trust</div>						
									<div>Dream Time</div> <div>Music and advice to help you sleep safe and sound through the night.</div>						
<div>National Prison Radio is your place for information and inspiration to help you in prison. Hourly news, and updates from prisons across the country.</div>															

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