

National Prison Radio August 2024

What's on National Prison Radio?

National Prison Radio broadcasts out of HMP Brixton and HMP Styal into prisons across England and Wales.

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	<p>Porridge With your main man Ali!</p>					<p>The Request Show</p> <p>Write to us at: National Prison Radio, HMP Brixton, London SW2 5XF</p>	<p>Deja Vu Classic tracks</p>	17:00	<p>Deja Vu Classic tracks</p>	<p>Takeover Tuesdays One day, one jail.</p>	<p># THE SECRET LIFE OF PRISONS</p>	<p>Vibes The best RnB</p>	<p>Love Bug</p>	<p>Free Flow</p>	<p>NPR Friday Another chance to hear this week's show.</p>					
08:00	<p>Bob and Beyond Reggae and dancehall</p>	<p>decibel Dance music</p>	<p>Free Flow With Lady Unchained</p>	<p>Street Heat Rap music</p>	<p>The Rock Show</p>		<p>Love Bug</p>	18:00	<p>NPR Talk Make the most of your time.</p>					<p>OUTSIDE IN</p>	<p>Hold or Fold Gambling support in prison</p>	<p>NPR Talk</p>	<p>LIFE AFTER PRISON THE SIT DOWN</p>	<p>NPR Friday Get set for the weekend.</p>	<p>With Lady Unchained</p>	<p># THE SECRET LIFE OF PRISONS</p>
09:00	<p>Bob and Beyond Reggae and dancehall</p>	<p>decibel Dance music</p>	<p>Free Flow With Lady Unchained</p>	<p>Street Heat Rap music</p>	<p>The Rock Show</p>		<p>World Wide</p>	19:00	<p>National Prison Radio</p> <p>Request Show</p>					<p>The Rock Show</p>	<p>Bob and Beyond</p>					
10:00	<p>NEWSCAST BBC</p>						<p>NPR Fresh New music</p>	20:00	<p>National Prison Radio</p> <p>Request Show</p>					<p>The Rock Show</p>	<p>Bob and Beyond</p>					
11:00	<p>Porridge</p>						<p>NPR Fresh New music</p>	21:00	<p>Free Flow With Lady Unchained</p>	<p>Vibes</p>	<p>NPR Fresh New music</p>	<p>Street Heat Rap music</p>	<p>decibel Dance music</p>	<p>World Wide</p>						
12:00	<p>OUTSIDE IN</p>	<p>Hold or Fold</p>	<p>NPR Talk</p>	<p>LIFE AFTER PRISON THE SIT DOWN</p>	<p>NPR Friday</p>		<p>Takeover Tuesdays One day, one jail.</p>	22:00	<p>Free Flow With Lady Unchained</p>	<p>Takeover Tuesdays One day, one jail.</p>	<p>NPR Fresh New music</p>	<p>Street Heat Rap music</p>	<p>decibel Dance music</p>	<p>Love Bug</p>						
13:00	<p>National Prison Radio</p> <p>Request Show</p>						<p>NPR Talk</p>	23:00	<p>Books Unlocked This month: <i>In Ascension</i> by Martin MacInnes</p> <p>Write to National Prison Radio, HMP Brixton, London SW2 5XF for a copy.</p>					<p>The Booker Prize Foundation</p>	<p>National Literacy Trust</p>					
14:00	<p>National Prison Radio</p> <p>Request Show</p>						<p>NPR Talk</p>	23:30	<p>Dream Time Music and advice to help you sleep safe and sound through the night.</p>											
15:00	<p>NPR Fresh Two hours of the freshest music.</p>		<p>OUTSIDE IN</p>	<p>Hold or Fold</p>			<p>Books Unlocked A repeat of the week's book readings</p>	<p>Listen to meditations every morning at 6.45 and every evening after Books Unlocked.</p>												
16:00	<p>NPR Fresh Two hours of the freshest music.</p>		<p>OUTSIDE IN</p>	<p>Hold or Fold</p>			<p>National Literacy Trust</p>	<p>Call National Prison Radio for free on 0808 123 1234.</p>												