

National Prison Radio

December 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.</div>						<div>LIFE AFTER PRISON GETTING OUT</div> <div>National Prison Radio</div>	<div>17:00 (or local shows)</div> <div>LIBERTY CHOIR RADIO</div> <div></div> <div>48 Songs</div>	<div>Deja Vu</div> <div>Classic tracks and oldies</div>	<div>Desi Drop</div> <div>An hour of bhangra.</div>	<div>Vibes</div> <div>The best in RnB from the team in HMP.</div>	<div>Love Bug</div> <div>Write to the ones you love. An hour of back-to-back love songs.</div>	<div>Free Flow</div> <div>ShannonTrust</div>	<div>Freedom Inside</div> <div>Yoga and meditation</div> <div></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>Free Flow</div> <div></div> <div>With Lady Unchained</div>	<div>Street Heat</div> <div></div> <div>The best rap, grime and R&B</div>	<div>The Rock Show</div> <div>Turn it up loud. Join the Rock Show Family.</div>										
09:00															
10:00	<div>Extra Time</div> <div>Sports chat.</div>	<div>NEWSCAST</div> <div>BBC</div>													
11:00	<div>Porridge</div> <div>Another chance to hear this morning's show.</div>														
12:00 (or local shows)	<div>NPR Special</div> <div>See 18:00</div>	<div>LIFE AFTER PRISON THE SIT DOWN</div> <div>ShannonTrust</div>	<div>NPR Talk</div> <div>See 18:00</div>	<div>My Name Is Why</div> <div>ShannonTrust</div>	<div>NPR Friday</div>										
13:00	<div>The Request Show</div> <div>To hear your song on NPR, write to us at: National Prison Radio, HMP Brixton, London SW2 5XF Your loved-ones can send shouts at nationalprisonradio.com</div>														
14:00															
15:00	<div>NPR Fresh</div> <div>Two hours of the freshest music.</div>						<div>Freedom Inside</div> <div></div>								
16:00							<div>LIFE AFTER PRISON THE SIT DOWN</div> <div>ShannonTrust</div>								
<div>The Request Show</div> <div>Write to us at: National Prison Radio, HMP Brixton, London SW2 5XF</div>															
<div>17:00</div> <div>LIBERTY CHOIR RADIO</div> <div></div> <div>48 Songs</div>															
<div>18:00</div> <div>Freedom Inside</div> <div></div> <div>Love Bug</div> <div>An hour of love songs</div>															
<div>19:00</div> <div>Desi Drop</div> <div>An hour of bhangra.</div>															
<div>20:00</div> <div>LIBERTY CHOIR RADIO</div> <div>48 Songs</div>															
<div>21:00</div> <div>NPR Talk</div>															
<div>22:00</div> <div>My Name Is Why</div> <div>ShannonTrust</div>															
<div>23:00</div> <div>LIFE AFTER PRISON GETTING OUT</div> <div>ShannonTrust</div>															
<div>23:30</div> <div>Books Unlocked</div> <div>A repeat of the week's book readings</div> <div></div> <div></div>															
<div>17:00 (or local shows)</div> <div>LIBERTY CHOIR RADIO</div> <div></div> <div>48 Songs</div>															
<div>18:00</div> <div>NPR Special</div> <div>Real talk. Don't just do your time, use your time.</div>															
<div>LIFE AFTER PRISON THE SIT DOWN</div> <div>ShannonTrust</div>															
<div>NPR Talk</div> <div>Helping you make the most of your time behind bars.</div>															
<div>My Name Is Why</div> <div>Lemn Sissay</div>															
<div>NPR Friday</div> <div>Get set for the weekend.</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 Family and Friends Request Show every Wednesday and Thursday: www.nationalprisonradio.com</div>															
<div>20:00</div> <div>Free Flow</div> <div></div> <div>With Lady Unchained</div>															
<div>Vibes</div> <div>The best RnB in HMP.</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></div> <div>The best rap, grime and R&B</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>Love Bug</div> <div>Write to the ones you love.</div>															
<div>21:00</div> <div>Free Flow</div> <div></div> <div>With Lady Unchained</div>															
<div>Vibes</div> <div>The best RnB in HMP.</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></div> <div>The best rap, grime and R&B</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>Love Bug</div> <div>Write to the ones you love.</div>															
<div>22:00</div> <div>My Name Is Why</div> <div>ShannonTrust</div>															
<div>23:00</div> <div>Books Unlocked</div> <div>A repeat of the week's book readings</div> <div></div> <div></div>															
<div>23:30</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>															