

National Prison Radio 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	<div>Porridge</div> <div>The world's first national breakfast show for people in prison. Including: Money Mondays!</div> <div><div>With Ali</div><div></div></div>							<div>Outside In</div> <div></div>	<div>17:00 (or local shows)</div> <div>Deja Vu</div> <div>Classic tracks and oldies</div>	<div>Takeover Tuesdays</div> <div>One day, one jail.</div>	<div>Mother Land</div> <div>Music from across the globe.</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></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>Street Heat</div> <div></div>	<div>The Rock Show</div> <div>Turn it up loud. Join the Rock Show Family.</div>	<div>The Request Show</div> <div>Write to us at: National Prison Radio, HMP Brixton, London SW2 5XF</div> <div>Your loved-ones can send shouts at nationalprisonradio.com</div>									<div>Freedom Inside</div> <div></div>	<div>18:00</div> <div>NPR Talk</div> <div>Make the most of your time.</div>			<div>Vibes</div> <div>The best in RnB from the team in HMP.</div>				
09:00			<div>With Lady Unchained</div> <div></div>	<div>The best rap, grime and R&B</div>											<div>Love Bug</div> <div>An hour of love songs</div>	<div>Outside In</div> <div></div>	<div>Hold or Fold</div> <div></div>	<div>NPR Talk</div> <div>Helping you make the most of your time behind bars.</div>	<div>THE SIT DOWN</div> <div></div>	<div>NPR Friday</div> <div>Get set for the weekend.</div>	<div>With Lady Unchained</div> <div></div>		
10:00	<div>Extra Time</div> <div>Sports chat.</div>	<div>NEWSCAST</div> <div></div>			<div>Mother Land</div> <div>Global beats.</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 Thursday: www.nationalprisonradio.com</div>			<div>The Rock Show</div> <div>Join the Rock Show family.</div>	<div>Bob and Beyond</div> <div>Reggae and dancehall classics.</div>				
11:00	<div>Porridge</div> <div>Another chance to hear this morning's show.</div> <div><div></div><div></div></div>			<div>Deja Vu</div> <div>Classics</div>	<div>20:00</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 Thursday: www.nationalprisonradio.com</div>																		
12:00 (or local shows)	<div>Outside In</div> <div></div>	<div>Hold or Fold</div> <div></div>	<div>NPR Talk</div> <div>See 18:00</div>	<div>THE SIT DOWN</div> <div></div>	<div>NPR Friday</div> <div></div>										<div>Takeover Tuesdays</div> <div>One day, one jail.</div>	<div>21:00</div> <div>Free Flow</div> <div></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>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>Mother Land</div> <div></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</div> <div>Your loved-ones can send shouts at nationalprisonradio.com</div>				<div>THE SIT DOWN</div> <div></div>										<div>22:00</div> <div>With Lady Unchained</div> <div></div>	<div>Takeover Tuesdays</div> <div>One day, one jail.</div>	<div>23:00</div> <div>Books Unlocked</div> <div>The Seven Moons of Maali Almeida by Shehan Karunatilaka</div> <div>Write to National Prison Radio, HMP Brixton, London SW2 5XF for a copy.</div>				<div>Love Bug</div> <div>Write to the ones you love.</div>		
14:00					<div>NPR Talk</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>								
15:00	<div>NPR Fresh</div> <div>Two hours of the freshest music.</div>				<div>Freedom Inside</div> <div></div>										<div>National Prison Radio is your place for information, hourly news and updates from across the country. Call us for free on 0808 123 1234 to leave a message.</div>								
16:00					<div>Hold or Fold</div> <div></div>																		

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