

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>	17:00 (or local shows)	<div>LIBERTY CHOIR RADIO</div> <div>48 Songs</div> <div></div>	<div>Deja Vu</div> <div>Classic tracks and oldies</div>	<div>Desi Drop</div> <div>The best Asian beats.</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>Shannon Trust</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>With Lady Unchained</div> <div></div>	<div>Street Heat</div> <div>The best rap, grime and R&B</div> <div></div>	<div>The Rock Show</div> <div>Turn it up loud. Join the Rock Show Family.</div>	<div>The Request Show</div>						18:00	<div>NPR Talk</div> <div>Make the most of your time.</div>				<div>With Lady Unchained</div> <div></div>	<div>Vibes</div> <div>The best in RnB from the team in HMP.</div>	
09:00												<div>Freedom Inside</div> <div></div>	<div>NPR Special</div> <div>Real talk. Don't just do your time, use your time.</div>	<div>AT EASE</div> <div></div>	<div>NPR Talk</div> <div>Helping you make the most of your time behind bars.</div>	<div>Unspoken</div> <div>by Guvna B</div> <div></div>			<div>NPR Friday</div> <div>Get set for the weekend.</div>
10:00	<div>Extra Time</div> <div>Sports chat.</div>	<div>NEWSCAST</div> <div>BBC</div> <div></div>										<div>Desi Drop</div> <div>The best Asian beats</div>	19:00	<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>The Rock Show</div> <div>Join the Rock Show family.</div>
11:00	<div>Porridge</div> <div>Another chance to hear this morning's show.</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 Your loved-ones can send shouts at nationalprisonradio.com</div>						20:00	<div>Family and Friends Request Show every Wednesday and Thursday: www.nationalprisonradio.com</div>				<div>THE SELECTOR RADIO</div> <div>Two hours of new British music from Jamz Supernova</div>	<div>Desi Drop</div>
12:00 (or local shows)	<div>NPR Special</div> <div>See 18:00</div>	<div>AT EASE</div> <div></div>	<div>NPR Talk</div> <div>See 18:00</div>	<div>Unspoken</div> <div>by Guvna B</div> <div></div>	<div>NPR Friday</div>	21:00							<div>Free Flow</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>The best rap, grime and R&B</div> <div></div>	<div>Decibel</div> <div>The finest dance music from around the world, direct to your ears.</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>												<div>LIBERTY CHOIR RADIO</div> <div>48 Songs</div> <div></div>	<div>NPR Talk</div>	22:00	<div>With Lady Unchained</div> <div></div>	<div>Deja Vu</div> <div>Classic tracks and oldies</div>		
14:00	<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>						<div>Unspoken</div> <div>by Guvna B</div> <div></div>	<div>LIFE AFTER PRISON GETTING OUT</div> <div>National Prison Radio</div>	23:00	<div>Books Unlocked</div> <div>This month's title: Such A Fun Age by Kiley Reid. Write to National Prison Radio, HMP Brixton, London SW2 5XF for a copy.</div>				<div>The Booker Prize Foundation</div> <div></div>	<div>National Literacy Trust</div> <div></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 and inspiration to help you in prison. Hourly news, and updates from prisons across the country.</div>											
16:00	<div>AT EASE</div> <div></div>						<div>Books Unlocked</div> <div>A repeat of the week's book readings</div> <div></div>												