

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>Deja Vu</div> <div>Classic tracks and oldies</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>World Wide</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>Another chance to hear this week's show.</div>	<div>NPR Friday</div> <div>Another chance to hear this week's show.</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>Shannon Trust</div>	<div>Street Heat</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>			<div>Love Bug</div> <div>Write to the ones you love. An hour of love songs.</div>	<div>18:00</div> <div>NPR Talk</div> <div>Make the most of your time.</div>					<div>With Lady Unchained</div> <div>Shannon Trust</div>	<div>Vibes</div> <div>The best in RnB from the team in HMP.</div>		
09:00								<div>World Wide</div>	<div>Outside In</div>	<div>Hold or Fold</div>	<div>NPR Talk</div> <div>Helping you make the most of your time behind bars.</div>	<div>THE SIT DOWN</div> <div>Shannon Trust</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>NPR Fresh</div> <div>Two hours of the freshest music.</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>20:00</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>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>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 with Sian Eleri</div>	<div>World Wide</div>		
12:00 (or local shows)	<div>Outside In</div>	<div>Hold or Fold</div>	<div>NPR Talk</div> <div>See 18:00</div>	<div>THE SIT DOWN</div> <div>Shannon Trust</div>	<div>NPR Friday</div>			<div>Takeover Tuesdays</div> <div>One day, one jail.</div>	<div>22:00</div> <div>With Lady Unchained</div> <div>Shannon Trust</div>	<div>Takeover Tuesdays</div> <div>One day, one jail.</div>	<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>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</div> <div>Your loved-ones can send shouts at nationalprisonradio.com</div>							<div>Write to us at: National Prison Radio, HMP Brixton, London SW2 5XF</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>23:30</div> <div>Dream Time</div> <div>Music and advice to help you sleep safe and sound through the night.</div>				<div>The Booker Prize Foundation</div>	<div>National Literacy Trust</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</div> <div>Your loved-ones can send shouts at nationalprisonradio.com</div>							<div>Write to us at: National Prison Radio, HMP Brixton, London SW2 5XF</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>								
15:00	<div>NPR Fresh</div> <div>Two hours of the freshest music.</div>							<div>Outside In</div>	<div>Hold or Fold</div>	<div>Books Unlocked</div> <div>A repeat of the week's book readings</div>	<div>The Booker Prize Foundation</div>	<div>National Literacy Trust</div>					
16:00	<div>NPR Fresh</div> <div>Two hours of the freshest music.</div>							<div>Outside In</div>	<div>Hold or Fold</div>	<div>Books Unlocked</div> <div>A repeat of the week's book readings</div>	<div>The Booker Prize Foundation</div>	<div>National Literacy Trust</div>					