

National Prison Radio July 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	Porridge <p>The world's first national breakfast show for people in prison. Including: Money Mondays!</p> <p>With Ali</p>					The Request Show Write to us at: National Prison Radio, HMP Brixton, London SW2 5XF	Deja Vu Classic tracks and oldies	17:00 (or local shows) Deja Vu Classic tracks and oldies	Takeover Tuesdays One day, one jail.	# THE SECRET LIFE OF PRISONS	Vibes The best in RnB from the team in HMP.	Love Bug Write to the ones you love. An hour of back-to-back love songs.	Free Flow 	NPR Friday Another chance to hear this week's show.		
08:00	Bob and Beyond Reggae and dancehall classics.	Decibel The finest dance music from around the world, direct to your ears.	Free Flow <p>With Lady Unchained</p>	Street Heat <p>The best rap, grime and R&B</p>	The Rock Show Turn it up loud. Join the Rock Show Family.		Love Bug Write to the ones you love. An hour of love songs.	NPR Talk Make the most of your time.					# THE SECRET LIFE OF PRISONS			
09:00							Mother Land	Outside In 	AT EASE 	NPR Talk Helping you make the most of your time behind bars.	LIFE AFTER PRISON THE SIT DOWN 	NPR Friday Get set for the weekend.	With Lady Unchained <p>Shannon Trust</p>			
10:00	NEWSCAST BBC Followed by: Euros Extra Time							The Request Show 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 Thursday: www.nationalprisonradio.com					The Rock Show Join the Rock Show family.	Bob and Beyond Reggae and dancehall classics.		
11:00	Porridge Another chance to hear this morning's show.							NPR Fresh Two hours of the freshest music.	21:00 Free Flow <p>With Lady Unchained</p>	Vibes The best RnB in HMP.	NPR Fresh Two hours of the freshest new music. If it's fresh, we've got it.	Street Heat <p>The best rap, grime and R&B</p>	Decibel The finest dance music from around the world, direct to your ears.	Mother Land		
12:00 (or local shows)	Outside In 	AT EASE 	NPR Talk See 18:00	LIFE AFTER PRISON THE SIT DOWN 	NPR Friday		Takeover Tuesdays One day, one jail.	22:00 With Lady Unchained <p>Shannon Trust</p>	Takeover Tuesdays One day, one jail.				Love Bug Write to the ones you love.			
13:00	The Request Show 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							23:00 Books Unlocked Write to National Prison Radio, HMP Brixton, London SW2 5XF for a copy.	This month: The Unlikely Pilgrimage of Harold Fry by Rachel Joyce 					National Literacy Trust		
14:00								NPR Talk	Dream Time Music and advice to help you sleep safe and sound through the night.							
15:00	NPR Fresh Two hours of the freshest music.							Books Unlocked A repeat of the week's book readings	Listen to meditations every morning at 6.45 and every evening after Books Unlocked.							
16:00								Outside In 	Call National Prison Radio for free on 0808 123 1234.							