National Prison Radio

June 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
07:00	**Porridge** The world's first national breakfast show for people in prison. Including: Money Mondays! With Ali					**The Request Show** Write to us at: National Prison Radio, HMP Brixton, London SW2 5XF	**Deja Vu** Classic tracks and oldies
08:00	**Bob and Beyond** Reggae and dancehall classics.	**Decibel** The finest dance music from around the world, direct to your ears.	**Free Flow** With Lady Unchained Shannon Trust	**Street Heat** The best rap, grime and R&B	**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.
09:00							**Mother Land**
10:00	**Extra Time** Sports chat.	**NEWSCAST** BBC					**NPR Fresh** Two hours of the freshest music.
11:00	**Porridge** Another chance to hear this morning's show.						
12:00 (or local shows)	Outside In	**And Breathe** Meditation	**NPR Talk** See 18:00	THE SIT DOWN	**NPR Friday**		Takeover Tuesdays One day, one jail.
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**						THE SIT DOWN
14:00							**NPR Talk**
15:00	**NPR Fresh** Two hours of the freshest music.				Outside In		**Books Unlocked** A repeat of the week's book readings
16:00					**And Breathe** Meditation		The Booker Prize Foundation / National Literacy Trust

Eve	Mon	Tue	Wed	Thur	Fri	Sat	Sun
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** With Lady Unchained Shannon Trust	**NPR Friday** Another chance to hear this week's show.
18:00	**NPR Talk** Make the most of your time.						# THE SECRET LIFE OF PRISONS
19:00	Outside In	**And Breathe** Guided meditation to help you feel at peace.	**NPR Talk** Helping you make the most of your time behind bars.	THE SIT DOWN	**NPR Friday** Get set for the weekend.	**The Rock Show** Join the Rock Show family.	**Bob and Beyond** Reggae and dancehall classics.
20:00	**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**						
21:00	**Free Flow** With Lady Unchained Shannon Trust	**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** The best rap, grime and R&B	**Decibel** The finest dance music from around the world, direct to your ears.	Selector Radio Two hours of new British music from Sian Eleri.	**Mother Land**
22:00		Takeover Tuesdays One day, one jail.					**Love Bug** Write to the ones you love.
23:00	**Books Unlocked** This month: **Study for Obedience** by **Sarah Bernstein** Write to **National Prison Radio, HMP Brixton, London SW2 5XF** for a copy.					The Booker Prize Foundation	National Literacy Trust
23:30	**Dream Time** Music and advice to help you sleep safe and sound through the night.						

Listen to meditations every morning at 6.45 and every evening after Books Unlocked.

Call National Prison Radio for free on 0808 123 1234.