




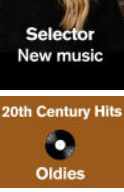











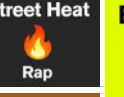



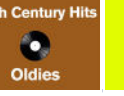





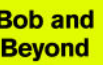

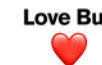
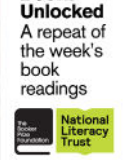





National Prison Radio June 2026

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.

	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun								
7am	Porridge With your main man Ali 					The Request Show A repeat of the week's request shows 7am Monday 9am Tuesday 11am Wednesday 1pm Thursday 3pm Friday	 Selector New music	5pm	Thinking Matters Psychology 	HOLD OR FOLD Gambling support 	## THE SECRET LIFE OF PRISONS	LIFE AFTER PRISON	Thinking Matters Psychology 	Free Flow	HOLD OR FOLD Gambling support 							
8am	Bob and Beyond Reggae & Dancehall 	NPR Fresh New music 	Free Flow Instrumentals 	Street Heat Rap 	Rock Show Rock music 		The Request Show A repeat of the week's request shows 7am Monday 9am Tuesday 11am Wednesday 1pm Thursday 3pm Friday	 20th Century Hits Oldies	6pm	NPR Talk Unmissable stories and important prison news.					Instrumentals with Lady Unchained Supported by Shannon Trust 	NPR Talk Best of						
9am	Bob and Beyond Reggae & Dancehall 	NPR Fresh New music 	Free Flow Instrumentals 	Street Heat Rap 	Rock Show Rock music 			The Request Show A repeat of the week's request shows 7am Monday 9am Tuesday 11am Wednesday 1pm Thursday 3pm Friday	 20th Century Hits Oldies	7pm	The Request Show Monday HMP Styal Tuesday HMP Brixton Wednesday HMP Brixton Thursday Family & Friends Friday NRG					Rock Show Rock music 	Decibel Dance music 					
10am	NEWSCAST								The Request Show A repeat of the week's request shows 7am Monday 9am Tuesday 11am Wednesday 1pm Thursday 3pm Friday	 Love Bug Love songs	8pm	The Request Show Monday HMP Styal Tuesday HMP Brixton Wednesday HMP Brixton Thursday Family & Friends Friday NRG					Rock Show Rock music 	Decibel Dance music 				
11am	Porridge									The Request Show A repeat of the week's request shows 7am Monday 9am Tuesday 11am Wednesday 1pm Thursday 3pm Friday	 Motherland Afrobeats	9pm	 20th Century Hits Oldies	 Motherland Afrobeats	 Vibes R'n'B	 Love Bug Love songs	 Decibel Dance music	 Street Heat Rap	 Bob and Beyond Reggae & Dancehall			
12pm	NPR Talk Unmissable stories and important prison news.										The Request Show A repeat of the week's request shows 7am Monday 9am Tuesday 11am Wednesday 1pm Thursday 3pm Friday	 Vibes R'n'B	10pm	 Thinking Matters Psychology	 HOLD OR FOLD Gambling support	 ## THE SECRET LIFE OF PRISONS	 LIFE AFTER PRISON	 Decibel Dance music	 20th Century Hits Oldies	 Bob and Beyond Reggae & Dancehall		
1pm	The Request Show Monday HMP Styal Tuesday HMP Brixton Wednesday HMP Brixton Thursday Family & Friends Friday NRG											The Request Show A repeat of the week's request shows 7am Monday 9am Tuesday 11am Wednesday 1pm Thursday 3pm Friday	 NPR Fresh New music	11pm	Books Unlocked This month: Trust by Hernan Diaz. Write to National Prison Radio, HMP Brixton, London SW2 5XF for a free copy.							
2pm	The Request Show Monday HMP Styal Tuesday HMP Brixton Wednesday HMP Brixton Thursday Family & Friends Friday NRG												The Request Show A repeat of the week's request shows 7am Monday 9am Tuesday 11am Wednesday 1pm Thursday 3pm Friday	 Books Unlocked A repeat of the week's book readings	11.30	Dream Time  Relaxing music and advice through the night Meditations at 11.30pm and 6:45am Monday to Friday						
3pm	Free Flow Instrumentals 	Bob and Beyond Reggae & Dancehall 	NPR Fresh New music 	Street Heat Rap 	Love Bug Love songs 									The Request Show A repeat of the week's request shows 7am Monday 9am Tuesday 11am Wednesday 1pm Thursday 3pm Friday		Call National Prison Radio for free on 0808 123 1234						
4pm	Free Flow Instrumentals 	Bob and Beyond Reggae & Dancehall 	NPR Fresh New music 	Street Heat Rap 	Love Bug Love songs 										The Request Show A repeat of the week's request shows 7am Monday 9am Tuesday 11am Wednesday 1pm Thursday 3pm Friday	Call National Prison Radio for free on 0808 123 1234						