

National Prison Radio 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	<div>Porridge</div> <div>The world's first national breakfast show for people in prison.</div>							<div>NPR Special</div> <div>Real talk. Don't just do your time, use your time.</div>	<div>17:00</div> <div>(or local shows)</div>	<div>LIBERTY CHOIR RADIO</div> <div>48 Songs</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>Freedom Inside</div> <div>Yoga and meditation</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>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>The Request Show</div> <div>Write to us at: National Prison Radio, HMP Brixton, London SW2 5XF</div> <div>Write to us at: National Prison Radio, HMP Brixton, London SW2 5XF</div>							<div>Freedom Inside</div>	<div>18:00</div>	<div>NPR Talk</div> <div>Make the most of your time.</div>					<div>With Lady Unchained</div>	<div>Vibes</div> <div>The best in RnB from the team in HMP.</div>
09:00													<div>Love Bug</div> <div>An hour of love songs</div>	<div>NPR Special</div> <div>Real talk. Don't just do your time, use your time.</div>	<div>THE SIT DOWN</div> <div>LIFE AFTER PRISON</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>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>Desi Drop</div> <div>The best Asian beats</div>	<div>LIBERTY CHOIR RADIO</div> <div>48 Songs</div>	<div>NPR Talk</div>	<div>Free Flow</div> <div>With Lady Unchained</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 from Jamz Supernova.</div>
11:00	<div>Porridge</div> <div>Another chance to hear this morning's show.</div>					<div>LIBERTY CHOIR RADIO</div> <div>48 Songs</div>	<div>NPR Talk</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>Family and Friends Request Show every Wednesday and 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>						
12:00	<div>(or local shows)</div>	<div>NPR Special</div> <div>See 18:00</div>	<div>THE SIT DOWN</div> <div>LIFE AFTER PRISON</div>	<div>NPR Talk</div> <div>See 18:00</div>	<div>Unspoken</div> <div>by Guvna B</div>	<div>NPR Friday</div>	<div>20:00</div>	<div>21:00</div>	<div>Free Flow</div> <div>With Lady Unchained</div>	<div>Deja Vu</div> <div>Classic tracks and oldies</div>	<div>THE SIT DOWN</div> <div>LIFE AFTER PRISON</div>	<div>THE SELECTOR RADIO</div>	<div>Love Bug</div> <div>Write to the ones you love.</div>	<div>Books Unlocked</div> <div>This month's title: Such A Fun Age by Kiley Reid.</div> <div>Write to National Prison Radio, HMP Brixton, London SW2 5XF for a copy.</div> <div>Dream Time</div> <div>Music and advice to help you sleep safe and sound through the night.</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>Unspoken</div> <div>by Guvna B</div>	<div>NPR Special</div>	<div>22:00</div>	<div>23:00</div>	<div>Books Unlocked</div> <div>A repeat of the week's book readings</div>	<div>THE SELECTOR RADIO</div>									
14:00							<div>NPR Special</div>	<div>23:30</div>													
15:00	<div>NPR Fresh</div> <div>Two hours of the freshest music.</div>						<div>Freedom Inside</div>	<div>THE SIT DOWN</div> <div>LIFE AFTER PRISON</div>													
16:00							<div>THE SIT DOWN</div> <div>LIFE AFTER PRISON</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.