

National Prison Radio May 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> 					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.	Mother Land Music from across the globe.	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 	Street Heat 	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.					Vibes The best in RnB from the team in HMP.		
09:00			With Lady Unchained 	The best rap, grime and R&B			Mother Land	Outside In 	And Breathe Guided meditation to help you feel at peace.	NPR Talk Helping you make the most of your time behind bars.	LIVE AFTER PRISON THE SIT DOWN 	NPR Friday Get set for the weekend.	With Lady Unchained 		
10:00	Extra Time Sports chat.	NEWSCAST 					NPR Fresh Two hours of the freshest music.	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.								Free Flow 	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 	Decibel The finest dance music from around the world, direct to your ears.	Mother Land	
12:00 (or local shows)	Outside In 	And Breathe Meditation	NPR Talk See 18:00	LIVE AFTER PRISON THE SIT DOWN 	NPR Friday		Takeover Tuesdays One day, one jail.	With Lady Unchained 	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							Books Unlocked A repeat of the week's book readings	Books Unlocked This month: Western Lane by Chetna Maroo Write to National Prison Radio, HMP Brixton, London SW2 5XF for a copy.						
14:00								NPR Talk							
15:00	NPR Fresh Two hours of the freshest music.							Outside In 	Dream Time Music and advice to help you sleep safe and sound through the night.						
16:00								And Breathe Meditation							

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.