

National Prison Radio May 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 	Fresh Music with NPR	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: The Sweetness Of Water by Nathan Harris. 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	 Books Unlocked A repeat of the week's book readings	4pm	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	 Books Unlocked A repeat of the week's book readings						