

National Prison Radio May 2020

What's on National Prison Radio?

National Prison Radio is available in prisons across England and Wales, and HMP Grampian in Scotland.

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 Supported by:  The world's first national breakfast show for people in prison. With daily services for Jewish, Hindu, Sikh, Pagan and Buddhist people.					The Request Show	Love Bug Write to the ones you love  Shannon Trust	17:00 (or local shows) ON THE ROAD	Deja Vu Classic tracks and oldies	Mother Land Music Afrobeat bangers.	Inside Music Artist profiles from HMP Peterborough	Love Bug Write to the ones you love  Shannon Trust	Free Flow Find your beat. Write your bars.	Freedom Inside Yoga and meditation 										
08:00	Bob and Beyond Reggae and dancehall classics.	Decibel The finest dance music from around the world, direct to your ears.	THE SELECTOR RADIO Two hours of new British music from Jamz Supernova	NPR Urban The best in urban music. Hip-hop, grime, R&B, bashment and afrobeat.	The Rock Show Turn it up loud. Join the Rock Show Family.		Freedom Inside Yoga and meditation 	18:00 NPR Talk Helping you make the most of your time.																
09:00							EAR HUSTLE	NPR Special Real talk. Don't just do your time, use your time.  George's Yard	NPR Talk Helping you make the most of your time behind bars.	Prisoner To The Streets Robyn Travis tells his amazing life story.	NPR Friday Sophie and Emma help you start the weekend.	EAR HUSTLE	Brixton Calling News and requests from HMP Brixton.											
10:00	THE CORONAVIRUS NEWSCAST  BBC							Sunday Service Prayers for all Christians	19:00 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 Get your loved-ones to request tracks for Thursday's show at: www.nationalprisonradio.com															
11:00	Porridge Another chance to hear this morning's show. 							ON THE ROAD	Free Flow Find your beat	ON THE ROAD	NPR Fresh Two hours of the freshest new music. If it's fresh, we've got it.	NPR Urban The best in urban music. Hip-hop, R&B and more.	Decibel The finest dance music from around the world, direct to your ears.	THE SELECTOR RADIO Two hours of new British music from Jamz Supernova	Mother Land Music									
12:00 (or local shows)	NPR Special See 18:00	George's Yard	NPR Talk See 18:00	Prisoner To The Streets	NPR Friday		NPR Talk	21:00	22:00	23:00	23:30	Free Flow Find your beat	ON THE ROAD	NPR Fresh Two hours of the freshest new music. If it's fresh, we've got it.	NPR Urban The best in urban music. Hip-hop, R&B and more.	Decibel The finest dance music from around the world, direct to your ears.	THE SELECTOR RADIO Two hours of new British music from Jamz Supernova	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				Friday Reflection		Prisoner to the Streets	22:00	23:00	Books Unlocked This month's book: Normal People by Sally Rooney Write to National Prison Radio, HMP Brixton, London SW2 5XF for a free copy.	23:30	21:00	22:00	23:00										
14:00	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						Write to us at: National Prison Radio, HMP Brixton, London SW2 5XF	NPR Friday	22:00	23:00	Books Unlocked A repeat of the week's book readings  	23:30	21:00	22:00	23:00	Free Flow Find your beat	ON THE ROAD	NPR Fresh Two hours of the freshest new music. If it's fresh, we've got it.	NPR Urban The best in urban music. Hip-hop, R&B and more.	Decibel The finest dance music from around the world, direct to your ears.	THE SELECTOR RADIO Two hours of new British music from Jamz Supernova	Love Bug Write to the ones you love.		
15:00	NPR Fresh Two hours of the freshest music	Penguin Life Stories Autobiographies read by musicians, sports stars and entertainers. 	Freedom Inside 					Books Unlocked A repeat of the week's book readings  	23:30	21:00	22:00	23:00	23:30	21:00	22:00	23:00	23:30	Free Flow Find your beat	ON THE ROAD	NPR Fresh Two hours of the freshest new music. If it's fresh, we've got it.	NPR Urban The best in urban music. Hip-hop, R&B and more.	Decibel The finest dance music from around the world, direct to your ears.	THE SELECTOR RADIO Two hours of new British music from Jamz Supernova	Love Bug Write to the ones you love.
16:00	NPR Fresh The freshest new music.	George's Yard	Freedom Inside 					Books Unlocked A repeat of the week's book readings  	23:30	21:00	22:00	23:00	23:30	21:00	22:00	23:00	23:30	Free Flow Find your beat	ON THE ROAD	NPR Fresh Two hours of the freshest new music. If it's fresh, we've got it.	NPR Urban The best in urban music. Hip-hop, R&B and more.	Decibel The finest dance music from around the world, direct to your ears.	THE SELECTOR RADIO Two hours of new British music from Jamz Supernova	Love Bug Write to the ones you love.

National Prison Radio is your place for information throughout the coronavirus outbreak. Hourly news, and updates from prisons across the country.