

National Prison Radio November 2023

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 The world's first national breakfast show for people in prison. Including: Money Mondays!					The Request Show Write to us at: National Prison Radio, HMP Brixton, London SW2 5XF	Outside In 	17:00 (or local shows) Deja Vu Classic tracks and oldies	Takeover Tuesdays One day, one jail.	World Wide 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 	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.	Free Flow With Lady Unchained	Street Heat The best rap, grime and R&B.	The Rock Show Turn it up loud. Join the Rock Show Family.		Freedom Inside 	NPR Talk Make the most of your time.					Vibes The best in RnB from the team in HMP.				
09:00							Love Bug An hour of love songs	Outside In 	Hold or Fold 	NPR Talk Helping you make the most of your time behind bars.	THE SIT DOWN With Lady Unchained	NPR Friday Get set for the weekend.	With Lady Unchained Shannon Trust	Freedom Inside 			
10:00	Extra Time Sports chat.	NEWSCAST 					World Wide Global beats.	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.						Deja Vu Classics	Free Flow With Lady Unchained	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 The best rap, grime and R&B.	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	World Wide			
12:00 (or local shows)	Outside In 	Hold or Fold 	NPR Talk See 18:00	THE SIT DOWN With Lady Unchained	NPR Friday		Takeover Tuesdays One day, one jail.	Free Flow With Lady Unchained	Takeover Tuesdays One day, one jail.								
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						NPR Talk 	Books Unlocked Audiobooks from the Booker Prize. 7 nights a week.									
14:00							NPR Fresh Two hours of the freshest music.	Books Unlocked A repeat of the week's book readings	Dream Time Music and advice to help you sleep safe and sound through the night.								
15:00							Freedom Inside 	National Prison Radio is your place for information, hourly news and updates from across the country.									
16:00							Hold or Fold 	Call us for free on 0808 123 1234 to leave a message.									