

National Prison Radio October 2025

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 requests 7am - 9am Monday Request Show 9am - 11am Takeover Requests 11am - 1pm Wednesday Request Show 1pm - 3pm Family & Friends 3pm - 5pm NRG		5pm	OUTSIDE IN with Richie	BEHIND THE CRIME	# THE SECRET LIFE OF PRISONS	LIFE AFTER PRISON	OUTSIDE IN with Richie	Free Flow	BEHIND THE CRIME	
8am	Bob and Beyond	NPR Fresh	Free Flow with Lady Unchained	Street Heat	Rock Show				6pm	NPR Talk News, interviews and chat					Instrumentals with Lady Unchained	NPR Talk Best of	
9am	Reggae & Dancehall	New music		Rap music	Rock music					Monday Extra Time Sports Chat	Tuesday Takeover Day Prison Visits	Wednesday Health Advice & Interviews	Thursday Porridge's Ali & Lady Unchained	Friday Best of the week	Made in partnership with Shannon Trust		
10am	NEWSCAST									7pm	The Request Show					Rock Show	Decibel
11am	Porridge								8pm	Monday HMP Styal	Tuesday Takeover	Wednesday HMP Brixton	Thursday Family & Friends	Friday NRG	Rock music	Dance music	
12pm	NPR Talk News, interviews and chat								9pm	20th Century Hits Oldies	Motherland Afrobeats	Vibes R'n'B	Love Bug Love songs	Decibel	Street Heat	Bob and Beyond	
1pm	The Request Show								10pm	OUTSIDE IN	BEHIND THE CRIME	# THE SECRET LIFE OF PRISONS	LIFE AFTER PRISON	Dance music	Rap music	Reggae & Dancehall	
2pm	Monday HMP Styal	Tuesday Takeover	Wednesday HMP Brixton	Thursday Family & Friends	Friday NRG			11pm	Books Unlocked This month: In Ascension by Martin MacInnes Write to National Prison Radio, HMP Brixton, London SW2 5XF for a free copy.					The Booker Prize Foundation National Literacy Trust			
3pm	Free Flow with Lady Unchained	Bob and Beyond	NPR Fresh	Street Heat	Love Bug Love songs			11.30	Dream Time Relaxing music and advice through the night Meditations at 11.30pm and 6:45am Monday to Friday								
4pm		Reggae & Dancehall	New music	Rap music	LIFE AFTER PRISON				Call National Prison Radio for free on 0808 123 1234								