

National Prison Radio

October 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	<div>Porridge</div> <div>The world's first national breakfast show for people in prison.</div>							<div>NPR Special</div> <div>Real talk. Don't just do your time, use your time.</div>	17:00 (or local shows)	<div>Deja Vu</div> <div>Classic tracks and oldies</div>	<div>Takeover Tuesdays</div> <div>One day, one jail.</div>	<div>World Wide</div> <div>Music from across the globe.</div>	<div>Vibes</div> <div>The best in RnB from the team in HMP.</div>	<div>Love Bug</div> <div>Write to the ones you love. An hour of back-to-back love songs.</div>	<div>Free Flow</div> <div></div>	<div>Freedom Inside</div> <div>Yoga and meditation</div>						
08:00	<div>Bob and Beyond</div> <div>Reggae and dancehall classics.</div>	<div>Decibel</div> <div>The finest dance music from around the world, direct to your ears.</div>	<div>Free Flow</div> <div></div> <div>With Lady Unchained</div>	<div>Street Heat</div> <div>The best rap, grime and R&B.</div>	<div>The Rock Show</div> <div>Turn it up loud. Join the Rock Show Family.</div>	<div>The Request Show</div>										<div>Freedom Inside</div> <div></div>	18:00	<div>NPR Talk</div> <div>Make the most of your time.</div>				<div>Vibes</div> <div>The best in RnB from the team in HMP.</div>
09:00																<div>Love Bug</div> <div>An hour of love songs</div>		<div>THE SECRET LIFE OF PRISONS</div>	<div>Behind the Crime</div>	<div>NPR Talk</div> <div>Helping you make the most of your time behind bars.</div>	<div>LIFE AFTER PRISON THE SIT DOWN</div>	<div>NPR Friday</div> <div>Get set for the weekend.</div>
10:00	<div>Extra Time</div> <div>Sports chat.</div>	<div>NEWSCAST</div> <div></div>					<div>World Wide</div> <div>Global beats.</div>	19:00	<div>The Request Show</div> <div>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</div>					<div>The Rock Show</div> <div>Join the Rock Show family.</div>	<div>Bob and Beyond</div> <div>Reggae and dancehall classics.</div>							
11:00	<div>Porridge</div> <div>Another chance to hear this morning's show.</div>							<div>Deja Vu</div> <div>Classics</div>	20:00													
12:00 (or local shows)	<div>THE SECRET LIFE OF PRISONS</div>	<div>Behind the Crime</div>	<div>NPR Talk</div> <div>See 18:00</div>	<div>LIFE AFTER PRISON THE SIT DOWN</div>	<div>NPR Friday</div>	<div>Takeover Tuesdays</div> <div>One day, one jail.</div>	21:00	<div>Free Flow</div> <div>With Lady Unchained</div> <div>Shannon Trust</div>	<div>Vibes</div> <div>The best RnB in HMP.</div>	<div>NPR Fresh</div> <div>Two hours of the freshest new music. If it's fresh, we've got it.</div>	<div>Street Heat</div> <div>The best rap, grime and R&B.</div>	<div>Decibel</div> <div>The finest dance music from around the world, direct to your ears.</div>	<div>THE SELECTOR RADIO</div> <div>Two hours of new British music from Jamz Supernova</div>	<div>World Wide</div>	<div>Love Bug</div> <div>Write to the ones you love.</div>							
13:00	<div>The Request Show</div> <div>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</div>							<div>THE SECRET LIFE OF PRISONS</div>	22:00													
14:00								<div>THE SECRET LIFE OF PRISONS</div>	23:00	<div>Books Unlocked</div> <div>This month: Washington Black by Esi Edugyan Write to National Prison Radio, HMP Brixton, London SW2 5XF for a copy.</div>					<div>The Booker Prize Foundation</div>	<div>National Literacy Trust</div>						
15:00	<div>NPR Fresh</div> <div>Two hours of the freshest music.</div>							<div>Freedom Inside</div> <div></div>	23:30	<div>Dream Time</div> <div>Music and advice to help you sleep safe and sound through the night.</div>					<div>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.</div>							
16:00								<div>Behind the Crime</div>	<div>Books Unlocked</div> <div>A repeat of the week's book readings</div>													

The Request Show

Write to us at:
National Prison Radio, HMP Brixton, London SW2 5XF