

National Prison Radio October 2024

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	 <h3>Porridge</h3> <p>With your main man Ali!</p>					The Request Show	 <h3>Deja Vu</h3> <p>Classic tracks</p>	17:00	 <h3>Deja Vu</h3> <p>Classic tracks</p>	 <h3>Takeover Tuesdays</h3>	 <h3># THE SECRET LIFE OF PRISONS</h3>	 <h3>Vibes</h3> <p>The best RnB</p>	 <h3>Love Bug</h3>	 <h3>Free Flow</h3>	 <h3>NPR Friday</h3> <p>Another chance to hear this week's show.</p>					
08:00	 <h3>Bob and Beyond</h3> <p>Reggae and dancehall</p>	 <h3>decibel</h3> <p>Dance music</p>	 <h3>Free Flow</h3> <p>With Lady Unchained</p>	 <h3>Street Heat</h3> <p>Rap music</p>	 <h3>The Rock Show</h3>		 <h3>Love Bug</h3>	18:00	 <h3>NPR Talk</h3> <p>Make the most of your time.</p>					 <h3>OUTSIDE IN</h3>	 <h3>Hold or Fold</h3> <p>Gambling support in prison</p>	 <h3>NPR Talk</h3>	 <h3>THE SIT DOWN</h3>	 <h3>NPR Friday</h3> <p>Get set for the weekend.</p>	 <p>With Lady Unchained Shannon Trust</p>	 <h3># THE SECRET LIFE OF PRISONS</h3>
09:00								 <h3>World Wide</h3>	19:00	 <h3>Request Show</h3>					 <h3>The Rock Show</h3>	 <h3>Bob and Beyond</h3>				
10:00	 <h3>NEWSCAST</h3> <p>BBC</p>							 <h3>NPR Fresh</h3> <p>New music</p>	20:00											
11:00	 <h3>Porridge</h3>							 <h3>Takeover Tuesdays</h3>	21:00	 <h3>Free Flow</h3> <p>With Lady Unchained Shannon Trust</p>	 <h3>Vibes</h3>	 <h3>NPR Fresh</h3> <p>New music</p>	 <h3>Street Heat</h3> <p>Rap music</p>	 <h3>decibel</h3> <p>Dance music</p>	 <h3>World Wide</h3>					
12:00	 <h3>OUTSIDE IN</h3>	 <h3>Hold or Fold</h3>	 <h3>NPR Talk</h3>	 <h3>THE SIT DOWN</h3>	 <h3>NPR Friday</h3>			 <h3>NPR Talk</h3>	22:00	 <h3>Free Flow</h3> <p>With Lady Unchained Shannon Trust</p>	 <h3>Takeover Tuesdays</h3>	 <h3>NPR Fresh</h3> <p>New music</p>	 <h3>Street Heat</h3> <p>Rap music</p>	 <h3>decibel</h3> <p>Dance music</p>	 <p>Two hours of new British music from Sian Eleri.</p>	 <h3>Love Bug</h3>				
13:00	 <h3>Request Show</h3>							 <h3>NPR Talk</h3>	23:00	 <h3>Books Unlocked</h3> <p>This month: <i>In Ascension</i> by Martin MacInnes</p> <p>Write to National Prison Radio, HMP Brixton, London SW2 5XF for a copy.</p>										
14:00								 <h3>THE SIT DOWN</h3>	23:30	 <h3>Dream Time</h3> <p>Music and advice to help you sleep safe and sound through the night.</p>										
15:00	 <h3>NPR Fresh</h3> <p>Two hours of the freshest music.</p>			 <h3>OUTSIDE IN</h3>			 <h3>Books Unlocked</h3> <p>A repeat of the week's book readings</p>		 <h3>Listen to meditations every morning at 6.45 and every evening after Books Unlocked.</h3>											
16:00				 <h3>Hold or Fold</h3>					 <h3>Call National Prison Radio for free on 0808 123 1234.</h3>											