

# National Prison Radio September 2022

## 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	<b>Porridge</b> The world's first national breakfast show for people in prison.					<b>The Request Show</b>		17:00 (or local shows)	 <b>48 Songs</b>	 Classic tracks and oldies	 The finest Afrobeats		 Write to the ones you love	 Lady Unchained brings the inspiration	 Yoga and meditation	
08:00	 Reggae and dancehall classics.	 The finest dance music from around the world, direct to your ears.	 Two hours of new British music from Jamz Supernova	 The best rap, grime and R&B.	 Turn it up loud. Join the Rock Show Family.			18:00	<b>NPR Talk</b> Make the most of your time.							
09:00							 Real talk. Don't just do your time, use your time.		 Helping you make the most of your time behind bars.	 An Olive Grove in Ends.	 Get set for the weekend.					
10:00								19:00	<b>The Request Show</b> To hear your song, message or poem on the radio, write to us at: <b>National Prison Radio, HMP Brixton, London SW2 5XF</b> Family and Friends Request Show every Wednesday and Thursday: <a href="http://www.nationalprisonradio.com">www.nationalprisonradio.com</a>					 Join the Rock Show family.	 Reggae and dancehall classics.	
11:00	<b>Porridge</b> Another chance to hear this morning's show.							20:00			 Two hours of the freshest new music. If it's fresh, we've got it.	 The best rap, grime and R&B.	 The finest dance music from around the world, direct to your ears.	 Two hours of new British music from Jamz Supernova		
12:00 (or local shows)	 See 18:00		 See 18:00	 See 18:00				21:00	 With Lady Unchained	 Classic tracks and oldies					  Write to the ones you love.	
13:00	<b>The Request Show</b> To hear your song on NPR, write to us at: <b>National Prison Radio, HMP Brixton, London SW2 5XF</b> Your loved-ones can send shouts at <a href="http://nationalprisonradio.com">nationalprisonradio.com</a>							22:00	<b>Books Unlocked</b> Audiobooks broadcast every night for your listening pleasure. Write to National Prison Radio, HMP Brixton, London SW2 5XF for a copy.							
14:00	<b>The Request Show</b>							23:00	<b>Dream Time</b> Music and advice to help you sleep safe and sound through the night.							
15:00	<b>NPR Fresh</b> Two hours of the freshest music.							 A repeat of the week's book readings								
16:00																

**National Prison Radio is your place for information and inspiration to help you in prison. Hourly news, and updates from prisons across the country.**