

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

**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.**