

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

Listen to meditations every morning at 6.45 and every evening after Books Unlocked.

Call National Prison Radio for free on 0808 123 1234.