

WEEKLY  
NEWSLETTER

# HEART AND HAND

ISSUE 7  
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YOUR WEEKLY HEART AND HAND NEWSLETTER

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## HELLO AND WELCOME!

HELLO AND WELCOME BACK TO YOUR WEEKLY HEART AND HAND NEWSLETTER. HAS THE HEARTRATE SETTLED DOWN YET? GOOD! THAT WAS A FAR BETTER WEEK FOR THE TEDS AS WE GOT OFF THE MARK IN EUROPE AND CAME FROM BEHIND TO WIN IN PAISLEY, EXTENDING OUR LEAD AT THE TOP OF THE TABLE. ITS ANOTHER MASSIVE WEEK COMING UP AGAINST ABERDEEN AND MOTHERWELL WITH FULL COVERAGE HERE ON HEART AND HAND.

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## *Your Heart and Hand Week*

### *Monday*

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**7am** Who Are You?  
**3:30-5pm** Daily Update  
**7pm** Flagship

### *Wednesday (League vs Aberdeen)*

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**7am** When Walter Returned  
**3:30-5pm** Daily Update  
**Pre-Match** Pre-Match Show  
**Post-match** Car Pod  
Post-Match Press Conference  
Executive Report (Chief Execs Only)

### *Friday*

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**7am** RBR  
**3:30-5pm** Daily Update  
**7pm** Heart and Hand Extra  
**9pm** Rangers Women

### *Tuesday*

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**7am** The Time Capsule  
**12pm** Aberdeen Preview  
**3:30-5pm** Daily Update  
**7pm** Fantasy Football  
**9PM** The Strips That Made Us

### *Thursday*

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**7am** Seagulls - The EPL Show  
**3:30-5pm** Daily Update  
**7pm** European Hangover  
**9pm** CroPod

### *Saturday*

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**7am** Rangers Then, Rangers Now  
**12pm** Motherwell Preview  
**7pm** After Ibrox

### *Sunday (League vs Motherwell)*

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**7am** That Was The Week That Was  
**Post-Match** Post-Match Reaction Pod  
Executive Report (Chief Execs Only)  
**7pm** Futurama

## THIS WEEK ON HEART AND HAND

Your full Heart and Hand schedule can be found here with all your favourite shows coming throughout the week. It is a huge week for the club on both a domestic front and full matchday coverage of both fixtures can be seen here underlined in blue, alongside all your regular shows.

## LAST WEEK ON HEART AND HAND

Last week on Heart and Hand, Steven and Kevin returned for part 2 of their examination of the making of the modern Chelsea on Harrigans History, Craig sat down with Kevin and Simon to discuss a popular era for Rangers strips on The Strips That Made Us and finally, Andy McGowan reported on last weeks meeting with Club 1872 and the Rangers board at Ibrox.

## YOUR WEEKLY RECOMMENDATION

This is the part of the newsletter that is used to suggest some pods or pieces of writing from the past.

This week your weekly recommendation takes you from one tight win away at St Mirren to another as we return to 1991 with Martyn and Andy on the Time Capsule.

From everyone at Heart and Hand, we hope both you and your team have a fantastic week. WATP.