

WEEKLY  
NEWSLETTER

# HEART AND HAND

ISSUE 9  
08/11/2021

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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. WE HEAD INTO THE INTERNATIONAL BREAK ON A HIGH AS THE MEN'S SIDE STAYS FOUR CLEAR AT THE TOP OF THE LEAGUE ALONGSIDE A SMASHING OLD FIRM VICTORY FOR THE WOMEN'S SIDE. WE NOW HAVE A BREATHER BEFORE THE SEMI-FINAL AGAINST HIBS BUT UNTIL THEN YOU WILL HAVE LOADS OF CONTENT TO KEEP YOU ENTERTAINED DURING THE INTERNATIONAL BREAK.

# HEART AND HAND • WEEKLY NEWSLETTER

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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

### *Tuesday*

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**7am** The Time Capsule  
**3:30-5pm** Daily Update  
**7pm** Fantasy Football

### *Wednesday*

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**7am** When Walter Returned  
**3:30-5pm** Daily Update  
**7pm** The International Football  
Show  
**10pm** [Rangers B Team Show](#)

### *Thursday*

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**7am** Seagulls - The EPL Show  
**3:30-5pm** Daily Update  
**7pm** Tactics Talk

### *Friday*

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**7am** RBR  
**12pm** In Conversation With Leggat  
**3:30-5pm** Daily Update  
**7pm** Rangers Women

### *Saturday*

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**7am** Rangers Then, Rangers Now  
**12pm** The Strips That Made Us  
**7pm** The European Hangover  
**9pm** [Rangers B Team Show](#)

### *Sunday*

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**7am** That Was The Week That Was  
**12pm** Milestones  
**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. Do not fear about the International break as we have you covered for content, including a new show focusing on the Rangers B team (highlighted in blue) where Ross and James will bring you full coverage of the young bears.

## LAST WEEK ON HEART AND HAND

Last week on Heart and Hand, Marina and Caroline returned with [Blue Scarves On](#) discussing all things Rangers and the man who comes from Zambia. Furthermore, there was a new look [After Ibrox](#) team as Simon hosted Alan and Ross to discuss the glittering and somewhat maddening career of Rino Gattuso. Finally, David sat down to read [A Tribute to Walter](#) from the Patrons who shared their stories about the great man.

## YOUR WEEKLY RECOMMENDATION

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

This week your weekly recommendation is an extended breakdown of [Rangers Annual Accounts](#) from our resident financial expert at Heart and Hand, Andy McGowan.

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