

WEEKLY
NEWSLETTER

HEART AND HAND

ISSUE 17
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YOUR WEEKLY HEART AND HAND NEWSLETTER



HELLO AND WELCOME!

HELLO AND WELCOME TO YOUR FIRST WEEKLY NEWSLETTER OF 2022! A VERY HAPPY NEW YEAR TO YOU ALL FROM EVERYONE AT HEART AND HAND, WE HOPE YOU ALL HAD A WONDERFUL FESTIVE PERIOD. AS WE ALL KNOW WE ARE WITHOUT RANGERS FOR THE FIRST FEW WEEKS OF 2022 BUT THE NEWS HAS NOT STOPPED WITH BREAKING REPORTS THAT NATHAN PATTERSON LOOKS SET TO LEAVE FOR EVERTON FOR A CLUB-RECORD FEE. YOU CAN OF COURSE HAVE FULL COVERAGE OF THIS AS IT DEVELOPS HERE ON HEART AND HAND.

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Your Heart and Hand Week

Monday

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

Tuesday

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

Wednesday

7am Transfer Talk
3:30-5pm Daily Update
7pm The European Hangover

Thursday

7am Seagulls
3:30-5pm Daily Update
7pm [The Evolution of Alfredo Morelos](#)
9pm [AFCON Preview](#)

Friday

7am RBR
3:30-5pm Daily Update
7pm Heart and Hand
At The Movies

Saturday

7am Rangers Then, Rangers Now
7pm Rangers B

Sunday

7am Archive
7pm Blue Scarves On

THIS WEEK ON HEART AND HAND

Much like last week, the schedule will look somewhat different over the next few weeks given that there are no Rangers games to speak of. We will get there folks!

Specifically look out for a new show focusing on the Evolution of Alfredo Morelos (highlighted in blue) that is coming out on Thursday evening!

LAST WEEK ON HEART AND HAND

Last week on Heart and Hand, Adam and Martyn were joined by Joshua Barrie on [Tactics Talk](#) to go over your comments and questions. There was a [Seagulls Live Show](#) to end the year but don't worry if you missed it as you can catch up with it by clicking the link and finally, the [Bluenose Bits and Bytes](#) end of year awards were announced by David, James and Zander.

YOUR WEEKLY RECOMMENDATION

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

As his week your weekly recommendation is from the archives but was also reposted on Patreon yesterday. Iain MacLennan and Ian Hogg look back on the darkest day in the clubs history - [The Ibrox Disaster of 2nd January 1971](#).

Absent Friends, forever in our hearts.

From everyone at Heart and Hand, we hope both you and your team have a very happy and prosperous New Year WATP.