

WEEKLY  
NEWSLETTER

# HEART AND HAND

ISSUE 19  
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YOUR WEEKLY HEART AND HAND NEWSLETTER

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## HELLO AND WELCOME!

HELLO AND WELCOME TO YOUR WEEKLY HEART AND HAND NEWSLETTER! WE'RE THERE! WE'VE MADE IT! RANGERS ARE FINALLY BACK THIS WEEK WITH THE ADDED BOOST THAT WE WILL ALL BE BACK AT IBROX ON FRIDAY EVENING AS VAN BRONCKHORST'S RANGERS AIM TO PUSH ON AND DO THE DOUBLE IN THE SECOND HALF OF THE SEASON. FULL COVERAGE OF THE GAMES (AND GOD KNOWS I'VE MISSED SAYING THAT) CAN BE FOUND 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** Archive

### Wednesday

**7am** McCoist the Manager  
**3:30-5pm** Daily Update  
**7pm** Signing Sensations

### Friday (Scottish Cup vs Stirling Albion)

**7am** RBR  
**3:30-5pm** Daily Update  
**7pm** Pre-Match Show  
**Post-Match** Post-Match Press Conference  
CarPod  
Executive Report (Chief Execs Only)

### Sunday

**7am** Archive  
**7pm** SPFL Roundup Show

### Tuesday (League vs Aberdeen)

**7am** Dominant - Rangers 1986-98  
**12pm** Fantasy Football  
**3:30-5pm** Daily Update  
**Post-Match** Post-Match Reaction Pod  
Executive Report (Chief Execs  
Only)

### Thursday

**7am** Seagulls  
**3:30-5pm** Daily Update  
**7pm** Transfer Talk  
**9pm** CroPod

### Saturday

**7am** Rangers Then, Rangers Now  
**7pm** Archive

## THIS WEEK ON HEART AND HAND

Normal service is resuming with Rangers games being at the forefront of this weeks schedule, with your full coverage and reaction coming here on Heart and Hand. There are of course other shows coming throughout the week, as part 2 of dominant comes out tomorrow along with the second episode of Signing Sensations this week.

## LAST WEEK ON HEART AND HAND

Last week on Heart and Hand, the first episode of *Dominant* went live to an absolutely fantastic response so if you've been on Mars and not listened to that yet it comes highly recommended. Further to this, *Transfer Talk* was aired and gives a good insight into new signing John Souttar and a new show was aired on Sunday called *Feeling Blue*, where myself and Andy invite guests for a session of Rangers catharsis. Finally, Stevie Clifford sat down with Martyn and the returning prodigal son Cammy Bell to discuss all things Rangers on *Rangers Corner*.

## YOUR WEEKLY RECOMMENDATION

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

In keeping with the theme of Dominant after it's successful release, this weeks recommendation is an interview with 9IAR captain Richard Gough.

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

WATP.