

WEEKLY
NEWSLETTER

HEART AND HAND

ISSUE 22
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YOUR WEEKLY HEART AND HAND NEWSLETTER



HELLO AND WELCOME!

HELLO AND WELCOME TO YOUR WEEKLY HEART AND HAND NEWSLETTER! APOLOGIES FOR THE DELAY IN THE NEWSLETTER THIS WEEK, IT WAS DUE TO SOME TECHNICAL DIFFICULTIES. SUNDAY WAS A GOOD END TO WHAT HAD BEEN THE MOST TESTING WEEK WE'VE HAD IN YEARS AS A CLUB AND AS A SUPPORT. NO GETTING AWAY FROM IT, WE'RE IN A TITLE RACE HERE. THERE ARE 13 REMAINING GAMES TO GO AND WIN THIS LEAGUE, IT'S THERE IF WE WANT IT AND, NO MATTER WHAT, HEART AND HAND WILL BE THERE EVERY STEP OF THE WAY.

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Your Heart and Hand Week

Monday

7am	Who Are You?
12pm	SPFL Roundup
3:30-5pm	Daily Update
6pm	Flagship
9pm	Signing Sensations

Wednesday (League vs Hibs)

7am	Ally's Adventure
3:30-5pm	Daily Update
7pm	Pre-Match Show
Post-Match	Post Match Car Pod Post-Match Show

Friday

7am	RBR
12pm	Annan Preview
3:30-5pm	Daily Update
7pm	Extra
9pm	Rangers Women

Sunday

7am	Milestones
12pm	James Bond Show
7pm	SPFL Roundup

Tuesday

7am	Dominant - Rangers 1986-98
12pm	Hibs Preview
3:30-5pm	Daily Update
Post-Match	Rangers B Team
7pm	Fantasy Football
9pm	Strips

Thursday

7am	Seagulls
3:30-5pm	Daily Update
7pm	The European Hangover
9pm	Transfer Talk: January Roundup

Saturday (Scottish Cup vs Annan)

7am	Rangers Then, Rangers Now
12pm	Dart in Hand
4pm	Rangers B Team
Post-Match	Post-Match Reaction Pod Executive Report (Chief Execs Only)

THIS WEEK ON HEART AND HAND

A packed schedule this week with full coverage of both our fixtures against Hibs and Annan. It is a massive week for the B Team as well who take on Sevilla in the UYL tomorrow, as well as for the Womens side who now sit top of the table and their dedicated shows can be found throughout the week as well.

LAST WEEK ON HEART AND HAND

Last week on Heart and Hand, the two Laura's brought us all the latest [Fantasy Football](#) news while James, Derek and Greame welcomed guest Jan-Fredric Theess to discuss all things HSV on [The Hamburg Hangover](#). As always, Jack and Colin lightened the mood on [RBR](#) and finally, [Strewth](#) returned with a look at the highs and lows of Claudio Caniggia.

YOUR WEEKLY RECOMMENDATION

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

This is a show that was posted on the site a few days ago but is a cracking wee show from the archives, Its [Colins Moments that Matter - The 90s English Premier League](#).

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

WATP.