

WEEKLY  
NEWSLETTER

# HEART AND HAND

ISSUE 32  
18/04/2022

---

YOUR WEEKLY HEART AND HAND NEWSLETTER

---



DUDUDUDUDUDUDUDUDUDUDUDU...

# GLASGOW RANGERS!

# HEART AND HAND • WEEKLY NEWSLETTER

---

## *Your Heart and Hand Week*

### *Monday*

---

**7am** Who Are You?  
**3:30-5pm** Daily Update  
**8pm** Flagship

### *Tuesday*

---

**7am** Stewth  
**3:30-5pm** Daily Update  
**6pm** Rangers B Team  
**7pm** Fantasy Football

### *Wednesday*

---

**7am** Ally's Adventure  
**3:30-5pm** Daily Update  
**7pm** European Hangover

### *Thursday*

---

**7am** Seagulls  
**3:30-5pm** Daily Update  
**7pm** The Interview

### *Friday*

---

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

### *Saturday*

---

**7am** Hoggys Hamper  
**12pm** Motherwell Preview  
**6pm** Rangers B Team  
**8pm** Rangers Then, Rangers Now

### *Sunday (League vs Motherwell)*

---

**7am** Singing Sensations  
**Post-Match** Post-Match Show  
Executive Report (Chief Execs Only)  
**9pm** SPFL Roundup

## THIS WEEK ON HEART AND HAND

I think we all need a bit of a breather after last week but we have plenty of shows coming to keep us entertained until Motherwell. The schedule is subject to some change if the Motherwell fixture does get rearranged but this is how we are looking for the week ahead at the time of writing.

## LAST WEEK ON HEART AND HAND

Last week on Heart and Hand, Marina and Caroline discussed a cathartic week following Rangers on [Blue Scarves On](#) while Stevie Clifford brought us an interview with former Rangers youngster [Peter MacDonald](#). James and Simon reviewed all the action in the [Champions League](#) and finally, if you want to relive the immediate aftermath of yesterday, here's the [Car Pod](#).

## YOUR WEEKLY RECOMMENDATION

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

This weeks recommendation is the managers [Moments That Matter](#) from his playing days. I feel he deserves his moment in the sun after last week.

From everyone at Heart and Hand, we hope both you and your team have a great week. If it is even half as good as last week then we're on to a winner.

WATP.