

WEEKLY
NEWSLETTER

HEART AND HAND

ISSUE 37
25/07/2022

YOUR WEEKLY HEART AND HAND NEWSLETTER



HELLO AGAIN

HELLO AND WELCOME BACK TO YOUR FIRST HEART AND HAND WEEKLY NEWSLETTER OF SEASON 2022/23. I HOPE YOU HAVE ALL HAD A GOOD SUMMER AND FEEL REFRESHED AHEAD OF WHAT PROMISES TO BE ANOTHER ROLLERCOASTER SEASON FOLLOWING THE TEDS. THE WOMENS SIDE KICKED OFF THEIR SEASON IN STYLE YESTERDAY BY WINNING THE INAUGURAL CITY OF GLASGOW WOMENS CUP MATCH IN A 2-1 OVER CELTIC. THE B TEAM OPENED THEIR LOWLAND LEAGUE CAMPAIGN WITH A DEFEAT TO CIVIL SERVICE STROLLERS ON FRIDAY AND THE MEN OF COURSE KICK OFF THE CAMPAIGN AWAY TO LIVINGSTON ON SATURDAY LUNCHTIME.

WHATEVER HAPPENS OVER THE NEXT 10 MONTHS, WHEREVER RANGERS TAKE US, YOU CAN FIND FULL COVERAGE OF OUR CLUB HERE ON HEART AND HAND. LETS GET GOING.

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Your Heart and Hand Week

Monday

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

Tuesday

7am Dominant
3:30-5pm Daily Update
10pm Rangers B Team

Wednesday

7am Ally's Adventure
3:30-5pm Daily Update
7pm CroPod

Thursday

7am Fantasy Football
12pm SPFL Show
3:30-5pm Daily Update
7pm European Hangover

Friday

7am RBR
12pm Livingston Preview
3:30-5pm Daily Update
7pm Extra

Saturday (League vs Livingston)

7am Hoggys Hamper
Post-Match Post-Match Show
Executive Report (Chief Execs Only)
8pm The Transfer Show

Sunday

7am Journey to Fame
7pm Blue Scarves On

THIS WEEK ON HEART AND HAND

The season has returned and so has your weekly schedule of shows on the network. There will be full coverage of both B Team games on Tuesday and Saturday this week as well as coverage of our trip to Livingston to kick off the season on Saturday. Keep an eye out for a new show on the network that takes a Deep Dive into the Rangers hall of Fame.

LAST WEEK ON HEART AND HAND

Last week on Heart and Hand, a lesser known Rangers great went under the microscope with [Steven and David](#) and James spoke to Ajax fan Ruud Meijdam to discuss the record breaking transfer of [Calvin Bassey](#) to the Dutch giants. Adam sat down with Joshua Barrie and Craig Vickers to [Scout our new signings](#) Tom Lawrence and Rabbi Matondo and finally, you can catch up with the very first episode of the new Hall of Fame pod called '[Journey to Fame](#)'.

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 in memory of [Andy Goram](#), as Colin and Stevie Clifford looked over the moments that mattered during his illustrious time at Rangers.

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

WATP.