

#022 // AUG 2022
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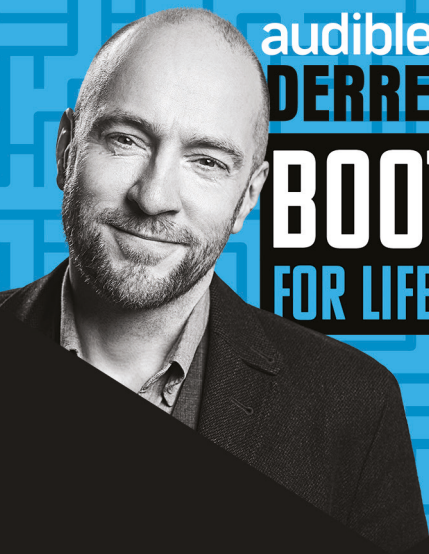
POD BIBLE

THE ESSENTIAL GUIDE TO PODCASTS

FEATURING **SIMON MAYO & MARK KERMODE**,
NAMULANTA KOMBO, **ATHLETICO MINCE** AND A VARIETY
OF PODCAST REVIEWS AND RECOMMENDATIONS!

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EDITORS NOTE

Welcome to Issue #022 of Pod Bible and would you look at that... we've finally got **Kermode & Mayo** as our lead interview for the magazine! As you'd imagine we've had the pair of them on our wishlist since the first issue so it's a pleasure to finally have them grace our cover. **Kermode & Mayo's Take** is a firm favourite here at Pod Bible Towers after years of listening to their BBC 5 Live show.

As well as the dynamic duo we're also delighted to welcome Namulanta Kombo as our second interview for this issue. Namulanta's podcast **Dear Daughter** won Podcast of the Year as well as Best Family Podcast at this year's British Podcast Awards!

Alongside our own interviews you'll find Acast speaking to Bijal Shah, producer of **Growing Up with gal-dem**, Apple Podcasts speaking to Andy Dawson from **Athletico Mince**, Lucy Pinder picking her top 5 podcasts and the team at Stak discussing their amazing new show **BOOM!**

Finally, big shout out to Jason Reed who is back with another excellent Good Samaritan column, this time talking to Tom Davies from the **Proper Mental** podcast.



Remember to head to podbiblemag.com to read back issues, subscribe to the magazine or catch up on all the other wonderful interviews, reviews and recommendations that are exclusive to the website.

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“IT FEELS REALLY LIBERATING NOT TO HAVE TO BREAK FOR NEWS AND SPORT...”

YES, **KERMODE & MAYO'S TAKE** IS BRAND NEW, BUT IT'S ALSO REASSURINGLY THE SAME THING THEY'VE BEEN DOING SINCE 2001. KERMODE GETS EXCITED ABOUT FILMS, MAYO DRILLY UNDERCUTS HIM AND THERE'S A LOT OF CHATTER ABOUT STUFF THAT HAS NOTHING TO DO WITH ANYTHING. IT'S GREAT TO HAVE THEM BACK...

PB: TELL US ABOUT YOUR NEW SHOW! WHAT CHANGES HAS THE MOVE TO A PURE PODCAST FORMAT BROUGHT ABOUT?

Simon Mayo: Well, it's everything and nothing really. On the one hand, it's the same because we are still just chatting about films, life, getting distracted by avocados and elementary physics etc, but delivering a number of pods a week has obviously modernised what we do, breaking it down into more digestible chunks. So hopefully the heritage listeners feel well served, and the new listeners feel fabulously welcome.

Mark Kermode: We also have a new studio with a new neon sign – which obviously you can't see when you're listening to the podcast. But take my word for it, it's there. And it makes a huge difference to the listening experience. HUGE.

WERE YOU TEMPTED TO TRY SOMETHING COMPLETELY DIFFERENT OR WAS IT A CASE OF “IF IT AIN'T BROKE...”?

MK: Wherever we go, and whatever we do, there's no getting away from the fact that this show is essentially me and Simon sitting in a room, talking to each other about movies (and now 'cinema-adjacent' TV) with occasional bickering and a huge amount of input from the listeners. That's it – that's the show. So it's not just that 'it ain't broke', it's more that 'it is what it is'. You can take or leave it, but you can't really change it.



The new home of Mark Kermode and Simon Mayo. They're back, and it's bigger, and better and larger-er and more-er. Film reviews, TV reviews, and all your conversation around movie and non-movie related stuff. Plus a whole bunch of recommendations to watch in cinemas, on all streaming services and on physical media.



SM: I don't do "completely different".

HOW IMPORTANT WAS IT TO YOU TO KEEP THE SAME PRODUCTION TEAM TOGETHER FOR THE NEW SHOW?

SM: Was this question inserted and written by the production team? Sure sounds like it. No one normal asks that question! However, the answer is yes. Continuity in an upheaval is a good thing and this team has worked with us since forever. The heritage of the program is very important and so understanding that is absolutely essential in crafting the next steps.

MK: Well obviously it's a huge relief to the listeners that we are still subject to the whims of the Redactor in Chief, meaning that there's someone reigning in all the nonsense. From our point of view, it's very reassuring to have the same production team because we know that they understand the show, and they get what works about it. Also it means that we can keep using running

jokes that are way past their tell-by date, so that's a bonus.

"TO ME HE'S MORE THAN JUST A FRIEND AND COLLEAGUE; HE'S A PENSION PLAN."

AS RADIO VETERANS, HOW EASY DID YOU FIND ADJUSTING TO THE WORLD OF PODCASTING IN THE EARLY DAYS?

SM: We didn't even know it was happening. Someone just said it was being turned into a podcast and we said ok. Whatever that is, it sounds like a good idea. So yes, we were early adopters even if we had no idea what we were doing.

MK: Extremely easy, not least because we've been doing the show as a podcast for years. In fact, one of the reasons we moved to Sony was

because both Simon and I were aware that if someone said something nice to us about the show it was always 'love the podcast' as opposed to 'love the broadcast'. It began life as a radio show but it's been gradually mutating into a podcast that happened to be broadcast for many years. Also, it feels really liberating not to have to break for news and sport, which would always take priority on the radio, as indeed they should.

WHAT'S THE SECRET TO YOUR LONGEVITY AS A DUO?

SM: Having very clearly defined roles is helpful. There is only one critic and only one host. My main job is to ask the questions you at home are asking. It's a choric role, akin to the ancient Greek Chorus explaining what on earth is happening to the audience. So, when Mark is being incomprehensible, I have to step in. That is my job, to interrupt on behalf of the nation.

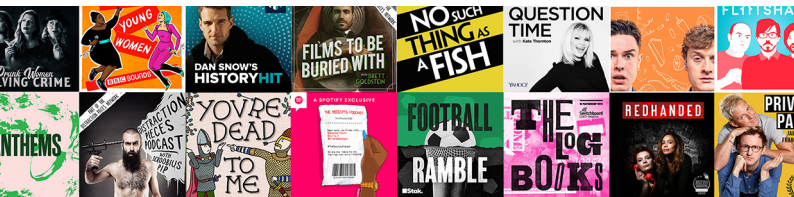
MK: Simon is the best broadcaster in the world and so from my point of view it's been a simple matter of shackling my wagon to his star and refusing to let go. To me he's more than just a friend and colleague; he's a pension plan.

FINALLY, COULD YOU RECOMMEND A PODCAST AWAY FROM THE WORLD OF FILM & TV?

MK: *Pod Save America* is my favourite podcast. It has seen me through the grotesque insanity of the Trump years, and it continues to be the best, most accessible, and most entertaining explanation of US politics. It's addictive and I would advise everyone to subscribe.

SM: Other podcasts? Really? OK well I like *The Rest Is History* with Tom Holland and Dominic Sandbrook, *Unholy* with Jonathan Freedland and Yonit Levy and *Get Onto My Cloud*, Tim Rice's podcast.

  kermodeandmayo



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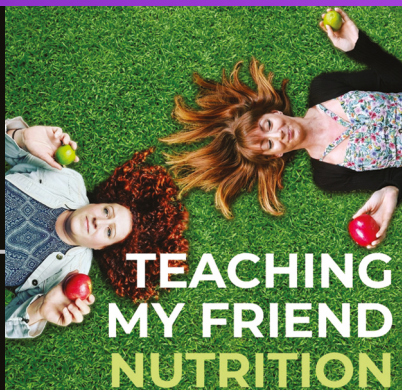
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THE NEW TESTAMENT //

RECENT EPISODE HIGHLIGHTS

THE ADAM BUXTON PODCAST

Ep.184 // Louis Theroux // July 2022

Interview & Conversation

1hr 20m



Adam Buxton's semi-regular chats with old school friend and documentarian Louis Theroux are some of the most reliably fun and engrossing episodes of any podcast, and the latest is typical. In part, it digs a little further into the morality of sharing the most intimate moments in your family's life as part of your work. On the other side of the coin, Theroux does his very good impression of Joe Wicks again, during an anecdote in which the actual Wicks demands he do his impression of Wicks at him.

A POSITIVE LIFE

See You On The Dance Floor // July 2022

Society & Culture

33m

Over the last few years there's been a swelling acknowledgement of how important it is to remember the people lost to the AIDS epidemic, whether on social media or on BBC TV's AIDS: The Unheard Tapes. Sam Smith narrates the story of one of the very first people known to have been killed by the virus: Terrence Higgins, for whom the Terrence Higgins Trust was founded. We hear about his arrival in London, how his eyes were opened by the burgeoning gay scene, and just how deeply he's missed. Very affecting.

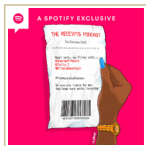


THE RECEIPTS

Episode 149 // Messy Boots Galore // June 2022

Lifestyle & Culture

1hr 28m



There is no topic that Audrey Indome, Tolani Shoneye and Milena Sanchez won't talk about, and no subject they can't make both fun and accessible. This time we start off with chat about early jobs – and a surefire hack that will make you star of the week at Barratts shoe shop, but which will probably change how you look at Barratts shoe shop – and go via the palaver of unlocking a phone, whether it's a good idea to air dirty laundry on social media, and the joys of J-Lo's Super Bowl documentary.

CURL UP & D.I.

Feathering the Waddle // June 2022

Under the neon lights of Slatby, a slightly tacky North Yorkshire seaside town way past its past days, there's something gruesome at work. Murders keep coming, and the useless police force haven't got the first idea how to stop it. Up step Yacky and Reuben, Slatby's most celebrated hairdressers and armchair sleuths, to help sort things out. Sitcom podcasts can be tricky to pull off but with Vic Reeves, Morgana Robinson and Mark Benton leading the cast of this surreal comedy, it all clicks.

Comedy / Fiction

49m



DISH

Comedian Ed Gamble and barbecue cauliflower wings // July 2022

Interview

24m



For each bitesized episode of *Dish*, DJ Nick Grimshaw and Michelin star chef Angela Hartnett are joined by a guest to talk food, drink, entertaining and more while enjoying a meal prepared for them by Angela. Who better to provide belting dinner party chat than Ed Gamble, comedian, one half of the *Off Menu* podcast and a judge on Great British Menu! Ed's into his barbecue food so Angela fires up the grill to make food that'll have you popping to the garage forecourt for charcoal in no time.

A HOT DOG IS A SANDWICH

What's the Best Pasta Shape? // July 2022

Food & Drink

53m

This may be pushing the boundaries of what's considered 'new' but this recently re-released episode of one of the best food podcasts around is well worth a listen. Hosts Josh Scherer and Nicole Enayati debate the pros and cons of every type of pasta from its versatility, its ability to hold onto a sauce and whether it lives up to being baked as well as boiled. Sure to have you reaching past the spaghetti next time you're at the supermarket.



WHO KILLED DAPHNE?

Now I'm Really Going // June 2022

True Crime

40m



Wondery's true crime thriller has already leapt toward the top of the charts, though given the raw materials with which it works that's perhaps not surprising. It turns on a shocking death, that of the investigative reporter Daphne Caruana Galizia on the island of Malta where she was a prominent journalist. A team of journalists and Galizia's son try to work out who set the car bomb that killed her, and whether it was something she wrote which made her a target.

TALKING PODCASTS WITH PODCASTERS



IN EACH ISSUE, ACAST — HOME OF THE UK'S BEST PODCASTERS — SITS DOWN FOR A CHAT WITH ONE OF ITS CREATORS TO HEAR WHAT THEY LOVE ABOUT MAKING PODCASTS. FOR THIS ISSUE ACAST SPEAKS WITH **BIJAL SHAH** - HEAD OF COMMERCIAL AT GAL-DEM ABOUT THE JOURNEY OF THE **GROWING UP WITH GAL-DEM** PODCAST.

Acast: With gal-dem being such a successful online publication, what was the allure to start a podcast?

gal-dem: gal-dem publishes both online and in print, and when we first started we were known for our events as well - for us, being accessible in as many ways as possible is so important, not just for creating content and community spaces that can be accessed by a wide range of people, but also for selecting the most appropriate medium for stories. Both *Growing up with gal-dem* and *Reclaimed & Rewritten* can deal with difficult but important themes. Audio is such an intimate medium that it allows for the sort of storytelling we need, that is engaging and detailed and informative, but also delivers on emotive impact and connection.

What do you find your listeners enjoy about being able to reach you through this medium?

Podcasting allows for a humanising style of content that is not always achievable in other mediums. You get a feel for the host, who they are, their sense of humour and what makes them tick. While we only have two podcasts out at the moment, our audience can get a feel for who we are as a publication through

our amazing hosts and the ways that they interact with guests and sources. It's also a type of engaging you can do wherever - you don't need to be sat at a screen, or dedicate time away for print. With podcasting the conversation comes with you, whether you're commuting, working, or resting.



Do you think there needs to be more women in the podcasting space?

Yes, but representation and inclusion in the space needs to be expanded beyond making more room for just cis-gendered women. We need to create space recognising incredible voices from a wide range of marginalised voices, be they disabled, queer, trans, POC,



Hosts Natty Kasambala and Niellah Arboine

working class, migrants... Quite often we can look at one specific audience and try to tick boxes, but that approach is reductive and means further marginalisation can occur. What would be more fruitful is considering what barriers to access and audience exist across a wide range of intersecting identities, and start to consider as an industry, how can we begin dismantling them ourselves to improve the space overall. The more voices that are heard, the more stories that are told, the better this is for all podcasters.

What is one of the most important stories that have been told on *Growing up with gal-dem*?

Hard to pick! The first season of *Reclaimed & Rewritten* covered state sanctioned anti-black violence both in the US and in the UK and draws parallels between the ways in which policing specifically targets and affects Black communities on both sides of the Atlantic. It was a hugely important series and remains an incredibly important topic.

Every season of *Growing up with gal-dem* brings the most beautiful vulnerability from both our guests and our hosts, but I think one of my favourite episodes has to be from the latest season when Nie and Natty met with and spoke to Paapa Essiedu. It was warm, funny, sweet, and open, and you really got a feel for how much shared empathy there was in the conversation. Give it a listen!!

What do you love about making a podcast?

The ability to have conversations, unfiltered, and publish them for audiences to listen in on in a way that isn't always possible via print or digital mediums. With a podcast, you have an audience who are plugged in and actively listening. For 20-30 minutes you can sit in with incredible hosts, speakers, interviewees, guests, and just be part of their world, sit in on a conversation, and feel connected. Knowing that is how the episodes are received and enjoyed makes the production process so rich and exciting. We've also got an incredible team around us. We work really closely with our producers Ai Ai Studios, and

have formed the sort of creative relationship you often dream of - they just get what we're trying to achieve, and drive us to do bigger and better each season.

How do you think podcasting can change to highlight more voices?

Like we've said above - it's not a one-step solution. Highlighting the barriers to entry for both listeners and creators is the first

step, and then having buy-in across the industry (from the publishers to the indies to the hosts to the tech platforms) to address these barriers, dismantle them, and create continually expanding and inclusive spaces that welcome and learn from new voices and new perspectives.

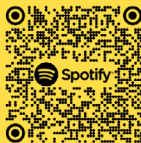
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EACH ISSUE WE BRING YOU A ROUND-UP OF THE **AUDIBLE ORIGINAL PODCASTS** OUR MEMBERS ARE LOVING AND PRESS ARE BUZZING ABOUT TOO. WITHOUT FURTHER ADO HERE'S OUR MEMBERS ON THEIR FAVOURITE LISTENS...



THE GRAHAM NORTON BOOK CLUB (SERIES 3)

Welcome to our third series of The Graham Norton Book Club where stories – reading them, writing them, listening to them, talking about them – are still front and centre. Featuring special guests including Jonathan Van Ness, Jilly Cooper, James Acaster, Kevin Bridges and many more.

"Great generator of book ideas and highly listenable" **Mr Grant**

"This is a lovely, gentle listen, and some recommendations to boot. What more could you want?" **Mary**



PHIL WANG HATES HORROR

Not only does Phil Wang hate scary films, he cannot see any value to horror cinema at all. In this series, he gives fellow comedians including Ed Gamble, Nish Kumar and Fern Brady a rare chance to convince him otherwise. Before each episode, Phil will watch the one film his famous guest views as the pinnacle of the genre, which they will then hilariously discuss, analyse and react to throughout.

"Humour paired with intelligent analysis" **Anon**

"I loved this podcast, comedians and horror films, my two favourite things!" **Anon**



DEEPEST DIVE

On 8 March 2014, a Boeing 777 disappeared with 239 people onboard. Despite the most expansive search in human history, it has never been found. This podcast re-examines the evidence and tells the inside story of those whose lives have been consumed by aviation's most perplexing mystery.

"A Podcast with brain and heart" **Anon**

"A harrowing but captivating insight into MH370 disappearance" **Anon**

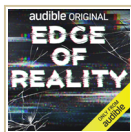


RADIOMAN

When a series of gruesome murders leaves a community in despair, a former local DJ starts a podcast to do something about it. But as his following grows, long-buried secrets resurface revealing not everyone is who they truly seem...

"Simply phenomenal. It keeps you guessing right up to the end" **Erin**

"If you love a good crime story with amazing characters, a fantastic story and incredible sound design then you will absolutely love Radioman." **Anon**



THE EDGE OF REALITY

In this powerful series, journalist Jacques Peretti charts the meteoric rise of reality TV, revealing the lengths it takes to make such sensational viewing possible, and exploring the collateral damage that follows.

"This is a stunning listen, so well researched and reported." **Rach**

"A really eye-opening podcast series. This is an excellent podcast for anyone who enjoys investigative journalism and a well told story." **Anon**



COUPLEDOM 2

Can finding the perfect partner – whether in friendship, business, love, creativity or family – help us reach our full potential? In Coupledom season 2, Idris & Sabrina Elba sit down with more of the world's most interesting duos including Tom Daley, Rita Ora and George RR Martin for honest, unguarded conversations about all the complexities of living a shared life.

"Love it!" **Ms Green**

"Such fun to listen to" **Anon**

PODCASTS WITH BACK CATALOGUES THAT ARE ALL KILLER, NO FILLER

SOME PODS YOU DIP IN AND OUT OF, OTHERS YOU LISTEN TO RELIGIOUSLY. HERE'S OUR LATEST SELECTION OF PODCASTS THAT ARE WELL WORTH YOUR SUBSCRIPTION.



VISIBLE WOMEN

Society & Culture

Tortoise's 12-part series is hosted by journalist and campaigner Caroline Criado Perez, and riffs on the title of her 2019 book *Invisible Women*. In it, she exposed how sexist biases in big data collection were making life harder for women across the world, affecting everything from what healthcare women get to how car safety systems are designed. Here she digs deeper, going looking for answers from the companies and bodies which have the opportunity to sort things out.

UNREAL: A CRITICAL HISTORY OF REALITY TV

Film & TV

Investigative reporter Sirin Kale and journalist Pandora Sykes – both massive reality TV fans, both conflicted about what the industry does to its stars – present this exhaustive and very revealing retrospective of the 21st century's definitive art form. Starting with *Big Brother* and its slightly quaint mission statement as a social experiment, Kale and Sykes talk to those on screen and behind the scenes about how reality TV developed and what our bottomless appetite for it says about us.



TEN THOUSAND POSTS

Current Affairs

There are a lot of good current affairs podcasts out there, but they do tend to revolve around the same poles of political discourse that Westminster commentary usually has: by-elections, parliamentary maths, policy triangulation, focus groups. Hussein Kesvani and Phoebe Roy look instead at how the internet has started shaping the way that politicians function, with a big emphasis on social media warping what mad nonsense people are prepared to say out loud.



RUN, BAMBI, RUN

True Crime

Apple's 10-part retelling of the extraordinary story of Laurie R. King's Milwaukee police officer and then, following her sacking, a Playboy Club waitress, 'Bambi' Bembenek was convicted of having her new husband's ex-wife killed. But when she escaped prison in 1990 and went on the run, she became a symbol of rebellion against what she regarded as a sexist police system, and a new kind of American folk hero.

FOLLOWING ON

Sport & Leisure

As England's men's team embarks on a swashbuckling new era of Baz-ball, and our women gear up to go one better than being beaten finalists in this year's 50-over World Cup when they get to South Africa's T20 World Cup next February, it's an exciting time to be a cricket fan. TalkSPORT's magazine show pulls in host Jon Norman, England legend Steve Harmison and Kiwi all-rounder Iain O'Brien to chew over the latest news from the game either side of the boundary rope.



BACK ISSUE

History

The most celebrated, most embarrassing, and most thoroughly WTF moments of yesteryear get a critical reappraisal courtesy of Tracy Clayton and Josh Gwinn. The early, messy years of Top Model, the feud between rappers Brandy and Monica, the joy of RuPaul's Drag Race - all the good stuff. Even Mariah Carey's notorious box office bomb Glitter gets a second look, though we'd argue there are some corners of pop culture which it's impossible to rehabilitate.

COME INTO MY KITCHEN

Comedy

Improv experts Daniel Nils Roberts and Ralph Jones invade the kitchens of some of the world's most famous, daring, and entirely made-up chefs in their workplaces. On the way we drop in on Newcastle United chef Gary, see what's happening around Arnie Schwarzenegger's house and see the future of food at NASA. This is a drily surreal antidote to the all-you-can-eat buffet of food podcasts out there, and Roberts and Jones have got the smug, unctuous foodie vibe down pat.



THE SUPERHERO COMPLEX

Documentary

Seattle is protected by a watchful protector, a dark knight. Or so former cage fighter Phoenix Jones says. Jones is one of many citizens who mask up and fight crime as superheroes, but it seems his fellow crusaders are disillusioned with him. Is he a man on a mission, or a fraud? As allegations of drug dealing start to follow him around, so the question of whether he's either the hero that Seattle deserves or the one it needs right now mount.

BOOM: PODCASTING'S ANSWER TO STRANGER THINGS

STAK'S GROUNDBREAKING NEW AUDIO DRAMA BRINGS TOGETHER SPELLBINDING SOUND DESIGN WITH SOME OF BRITISH ACTING'S HOTTEST PROPERTIES

"It's the most ambitious project we've tried". That's Joel Emery, the writer of *BOOM*. Launched in June, it's the third drama that he and his partner, Adam Jarrell, have created with Stak, following in the footsteps of chart-topping comedy *Jackie the Ripper* and the award-winning mockumentary *The Offensive*. But *BOOM* is certainly like nothing they – or anyone else in fiction podcasting – has ever tried before.

"We wanted to achieve what The Duffer Brothers have with *Stranger Things* and the 80s, but with 1999-2001 - and in audio," director Adam Jarrell explains. It's taken hours of tweaking, experimenting, listening, tweaking again. Thanks to Adam and Tom Whalley's (BBC Radio 6 Music, *His Darker Materials*) expert sound design, *BOOM* has lived up to its lofty ambitions: "Hearing the sounds of a 56k dial-

up, 'You've Got Mail', Nokia 3310 ringtones and Windows '98 starting up is not just there for a bit of nostalgia, it's all to ensure listeners believe they're there with Jim in 1999."



Set at the turn of the century in the headquarters of America's doomed services and tech giant Enron, the story follows Jim Yang, a Finance Manager who is moved to their Broadband Services department to help fulfil the company's chilling strategy: to control the internet.

As Enron keeps growing, the once introverted Jim is thrust into the greed, chaos and dazzling debauchery of the late 90s. But it isn't the new friends and soaring share price that changes his life. It's an email. An email from a company in the future, who claim to have saved Jim's life. And in return? They want Enron's money.



What follows is an edge-of-your-seat thriller with a gripping dystopian twist, as Jim becomes embroiled in a time-travelling conspiracy that will blow his world apart.

Few fiction podcasts can match the scope and ambition of *BOOM*'s plot, which reads more like that of a TV show than the first six-episode season of a podcast. The show also boasts a hugely talented, star-studded cast, led by Akie Kotabe (*Mad Men*) - "a director's dream, the perfect lead for our show", says Jarrell. "Joining him are Omari Douglas (*It's A Sin*), Sharon D Clarke MBE, Meg Cavanaugh and Mike Cappazola. What an absolute joy to be able to work with a cast like that!"

Each member of the cast spent hours with Adam in Stak's studio in North London perfecting every last line – sometimes alone, but often recording with each other to capture the energy, tension and romance

between the show's characters.

Most of all, *BOOM* is a must-binge. The story will have listeners instantly hooked and wanting to come back for more. Because beneath the show's futuristic twists and turns, listeners will be gripped by the touching story of Jim's self-discovery as well as the ticking time bomb at Enron. The company's infamous boom and bust is a timeless story of greed and the human condition – one that is more relevant than ever in our hyper-digital, hyper-corporate age today.

So, what are you waiting for? Grab your Sony Walkman and climb into your own time machine – it's going to be quite the ride...

All six episodes of BOOM's first season are available to listen to now - just search 'Boom' and hit subscribe.

— stakpod stakpod —

Stak produces podcasts that entertain and inform, including some of the UK's biggest and most popular shows - boasting a combined 4 million monthly listens and over 45 years of podcasting experience. Whether recording remotely or in our broadcast-grade London studio, we specialise in every stage of the podcasting process. To find out more or get in touch, visit our website at stak.london!

FOOTBALL RAMBLE

THE UK'S BIGGEST INDEPENDENT FOOTBALL PODCAST GEARS UP FOR ITS SIXTEENTH SEASON!

The *Football Ramble* has been at the centre of football podcasting across the world for 15 years. What started out as four blokes sitting round a kitchen table with a minidisc player has grown into a varied slate of shows, including everything from studio discussions dissecting both the men's and women's game, to interviews, documentaries and immersive on-location features. Through all that the team maintain a keen eye for the absurd, and it's been that way since its inception in 2007.

With the new football season starting this month ahead of a World Cup starting in November, we sat down with Charlie Morgan - Head of Production at Stak and a *Football Ramble* producer - to discuss what we can expect from the year ahead.

So, what does your day as a producer look like?

A real joy of the job is that no two days are the same. Mondays and Fridays are still dominated by the main *Football Ramble* episodes that we record at Stak HQ, so the content-planning and organisation for those hugely popular episodes is always a priority - listeners want to hear from us as soon as possible!

Away from that, it could be anything! I might be heading to a match to record an episode of *At The Match* with Andy Brassell, or we might be in

the Stak office planning our next documentary series. I think listeners really enjoy the variety of what we do - so my job is equally as varied.

What are you most excited for on the Ramble network this season?



Charlie Morgan, Head of Production at Stak

Upfront, our award-nominated women's football show, has been really successful throughout the Euros this summer, and it's a true joy to work on. I can't wait to do more with Flo, Rachel and Chloe as we continue to grow the show and truly set our stall out as the definitive place for women's football audio. Watch this space!

What's the hardest part of producing the Football Ramble?

The range of content means we're constantly juggling different deadlines! Some shows need to be recorded, edited and made available for listeners within an hour while others take months to produce, so keeping track of various spinning plates can be tricky.

Thankfully I've got a great team around me who keep things running smoothly. Luke Moore, Stak's COO and *Football Ramble* host, has a wealth of experience we often draw on, while Finn Ranson and Rory Evans are the true workhorses of the Ramble team. It's gone from a passion project to one of the biggest podcasts in the UK, but it's safe to say the passion hasn't gone anywhere.

FOR THE LOVE OF POD //

LUCY PINDER



THE MODEL, ACTRESS AND CO-HOST OF THE **SMASHING SUNDAYS** PODCAST TELLS US ABOUT HER CURRENT TOP 5 SHOWS...



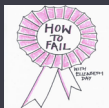
1 OFF THE BEAT & TRACK

I could listen to people talk about music forever. So I love listening to the tracks that have shaped peoples lives. I'm also massively angling to be asked by Stu to come on as a guest!



2 FEEL BETTER, LIVE MORE

I love this podcast from Dr Rangan Chatterjee. He has such a variety of interesting & informative guests chatting about a range of mental and physical health issues.



3 HOW TO FAIL

I really enjoyed Eliza's recent chat with Self Esteem, it's such an interesting insight into the lives of the guests when they're discussing their failures not just the wins.



4 GROUNDED WITH LOUIS THEROUX

I love anything and everything that Louis does. He's an absolute master conversationalist and manages to be inquisitive without ever making guests uncomfortable.



5 HAPPY PLACE

Fearne is one of the earliest podcasts I listened to. She gets some great guests & manages to get such candid content it feels like you're sat having a cuppa with her and her guest.

On *Smashing Sundays*, Lucy Pinder and Beth Granville, talk about the quintessential British Sunday. Finding themselves single in their mid 30s after decade long relationships meant the end of the weekend had the potential to be rather a lonely affair; until they made the decision to move in together and make their Sundays smashing. With a different guest comedian, actor or musician each week, they discuss their most awful and most smashing Sundays to date...



HOW ATHLETICO MINCE MAKES PODCASTING THEIR PLAYGROUND



CO-HOST ANDY DAWSON OF **ATHLETICO MINCE** TALKS ABOUT SUBSCRIPTION FLEXIBILITY, AND THE FREEDOM AND FUN OF PODCASTING.

Apple Podcasts and Pod Bible partnered up for a series of interviews with creators to share how they use Apple Podcast Subscriptions to connect with their fans. Andy Dawson and Bob Mortimer make up the comedy podcast *Athletico Mince*. We spoke with Andy to find out how they went from talking football to covering everything from blue drink to nonsense pottery — all while earning more for themselves with subscriptions. You can listen to *Athletico Mince* on Apple Podcasts. apple.co/athleticomince



Listen on
Apple Podcasts

Apple: Tell us a bit about your show and how you came to podcasting.

We fancied doing a football podcast in 2016 because we're both from the same part of the world and are both ardent fans of the game. Sadly, we quickly realised our footballing opinions were a total waste of breath. The pod morphed into the two of us talking rubbish and doing silly characters, some of which have a vague link to football.

What made you decide to launch a subscription on Apple Podcasts?

We set up a Patreon about three years ago after asking our listeners if there was any demand for an ad-free version of *Mince*, with early access and bonus stuff chucked in — and thankfully, there was! It made sense to add Club Parsnips (as it's called) to Apple Podcasts recently because it's an easy sign-up for anyone who wants to subscribe.

How has your business model changed as a result of Apple Podcast Subscriptions?

Subscriptions keep the podcast going. Everyone wants to be paid for their work, and having subscribers means we know there's a guarantee of some payment each month.

What has surprised you about Apple Podcasts Subscriptions?

The nicest surprise has been on a couple of occasions when we've wanted to put an episode out for free at the same time for subscribers and free listeners — we asked the subscribers if they were okay with that,



and they overwhelmingly were. They're a truly lovely bunch!

Where do you see Athletico Mince in a year's time?

We've got no idea where we'll be in a year, to be honest. We'll keep bumbling along for as long as it's fun, and we feel the quality is as high as we want it to be.

Tell us about an episode you've worked on that you are most proud of and why?

I always think the turning point was episode 15, My Jambon Hell, where I visited Bob in

his French hotel room — the room was full of ham, and he didn't have a clue what to do with it. That was when the podcast hit a glorious new level, and we never looked back after that. Viva tomatoes!



What kind of advice would you give someone trying to break into the industry?

Try to make the most of the freedom that podcasting allows you. There are no commissioners to please, and you can literally do anything you like, so try to play with that as much as you can. If anyone listens to it, that's a lovely bonus!

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NAMULANTA KOMBO

IN EVERY ISSUE WE ASK A PODCAST DISCIPLE FIVE QUESTIONS ABOUT THEIR LOVE OF PODCASTS AND PODCASTING. FOR THIS ISSUE WE'RE JOINED BY **NAMULANTA KOMBO**, HOST OF **DEAR DAUGHTER** AND WINNER OF *BEST FAMILY PODCAST* AND THE OVERALL *PODCAST OF THE YEAR* AT THE BRITISH PODCAST AWARDS 2022!

WHY DO YOU LOVE PODCASTS?

So many reasons! Listening to a podcast, I definitely feel more connected to a world full of dissonance. We don't all have to get along or agree but podcasts have opened me up to different perspectives and I realise we are not all that different. Ultimately though, I love the intimacy of listening to my favourite podcast. It always feels like you are wrapped up in a blanket talking to a friend about life.

WHAT WAS THE FIRST POD YOU EVER LISTENED TO?

The Moth. It was my introduction to podcasts and helped me realise what I prefer when listening to one. I loved how the personal stories were shared covering topics that were important to different people. I enjoy hearing people share their stories from their own point of view and in their own words. It helped me empathise as I heard more about the human experience and actually helped set me on the path I'm on today.

WHICH POD MAKES YOU LAUGH THE MOST?

Jesus & Jollof. Its two successful Nigerian women talking about their life interjected with lots of humour and honesty. It feels like you are listening to your sister circle give you encouraging and inspiring words to do better and be great. I am able to relate to so much of their conversation as an African woman and aspire to be just as fiery, fabulous and funny!



WHICH PODCAST HAS EDUCATED YOU THE MOST?

My own podcast, *Dear Daughter!* In hosting and co-producing the podcast, I have learnt to have more grace with others and myself. Listening to other people share their stories and trying to understand their perspectives is a step closer to me being more patient, forgiving and gentle with myself. It has been so enlightening to discover how many people experience life in a similar way and I have discovered a virtual support system in listening



to others share their stories, it has been cathartic and quite honestly a life-changer.

CAN YOU RECOMMEND A SHOW OUR READERS MAY NOT HAVE HEARD OF YET?

Mantalk.ke. It's a refreshing and candid take on the world around us. It's hosted by two men so the commentary is from the male perspective but includes female guests to offer insight. They talk about everything from holding each other accountable to self-expression and I love the elevating conversation especially now that I am mother to a son.

Dear Daughter - Your letters to your daughters. What do you want them to know? What do they need to know? With Namulanta Kombo, winner of the BBC's International Podcast Competition 2021.

We Have Things To Say.

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THE OLD TESTAMENT //

CLASSIC EPISODES FROM THE PODCAST ARCHIVES

WE WERE ALWAYS HERE

First Response // Nov 2021

Society & Culture

30m



The first series to be released under Broccoli Production's documentaries feed, *We Were Always Here* highlights untold perspectives of the UK HIV epidemic. In 'First Response', host Marc Thompson speaks to a number of individuals from the communities and support systems that were first to respond. Marc's lyrical commentary weaves together the historical context with his personal experience, but the most memorable interview is retired journalist Arnold Gordon talking about the helpline he set up in his bedroom.

IN OUR TIME

Doggerland // June 2019

History

55m

Melvyn Bragg's inexhaustible audio encyclopaedia barrels through the history of an oddity buried under the waves off the east coast of the UK with the help of three academics. Up to about nine thousand years ago, Doggerland was a land bridge between mainland Britain and continental Europe, which stretched across the North Sea, and was inhabited by our ancestors. Now, divers and sonar surveys are revealing more and more about life for the people, plants and animals who once scurried across it.



RULE OF THREE

Cariad Lloyd on Whose Line Is It Anyway // Jul 2018

Comedy

1hr 12m



On *Rule Of Three*, comedy writers Jason Hazeley and Joel Morris talk to people who make comedy about something funny that they love. In this episode Cariad Lloyd (host of Griefcast) gets nostalgic as she discusses 90's classic *Whose Line Is It Anyway*. With tales of recording every episode on VHS, Cariad goes deep into the intricacies of improvised comedy and the different qualities brought to the table by contestants such as Tony Slattery, Paul Merton and Josie Lawrence.

MISSION LOG

The One With George Takei // Jul 2015

After 10 years podcasting from the bow of the starship Enterprise, boldly going and so on and so forth, this Star Trek fan podcast is still nowhere near completing its mission of discussing every single one of the 726 Trek episodes. They've still got about 300 to go, but on their spin-off pod *Supplemental*, they did get a very forthright chat with a rambunctious George Takei, which took in public transport, human rights and politics. And a bit of Star Trek.

Film & TV
1hr 11m



POWER HOUR

Ben Smith // Jan 2020

Self Improvement
53m



Adrienne Herbert's motivational podcast majors in telling incredible events with the fascinating people who did them, but this is a cut above. Ben Smith ran 401 marathons in 401 days, which is ridiculous in itself. But at 29 years old Smith was 17 and a half stone, a 40-a-day smoker and an alcoholic. Then he had a stroke which left him blind, mute and deaf. This is the story of how he bounced back. Prepare to be inspired as Ben and Adrienne come together to create one of *Power Hour's* finest episodes.

THE GREAT JAMES BOND CAR ROBBERY

Episode 1 // Perfect Getaway // Aug 2021

True Crime
30m

It's probably the most famous car in the world: James Bond's Aston Martin DB5 from Goldfinger. One of the cars used in the film sold for \$250,000 in 1986 – but in June 1997, it disappeared and hasn't been seen since. Liz Hurley narrates as we meet a man obsessed with finding it again. There's a \$100,000 reward on offer for information that leads to the car's recovery, so if you do know anything we'll go 60/40 on it, yeah?



SLOW RADIO

Nick Luscombe's Japanese Journey // May 2018

Atmospheric
31m



For something properly atmospheric and immersive, Slow Radio's wordless soundscapes are hard to top. DJ and broadcaster Nick Luscombe is based in Tokyo and over 20 years has recorded dozens of aural snapshots of life in Japan, from ritual music and the rhythms of the natural world to neon-lit video arcades and echoing railway stations, and this episode swirls them all together to create a vivid, living portrait of a country full of contrasts.



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INSTRUMENTS OF THE LORD //

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RECORDING HIGH QUALITY GUEST AUDIO

A STEP-BY-STEP GUIDE ON HOW TO GET GUEST CONTRIBUTORS ONTO YOUR PODCAST WITH PROPER AUDIO QUALITY USING **CALLME-DIRECT**.

So, you've done all the clever stuff; good idea – check; home studio sorted – check; decent microphones – check; headphones – check; recording – check; editing – check; publisher – check; sponsor – check (fingers crossed). Your first podcasts are doing really well; lots of followers; not bad for an idea hatched round the kitchen table and indeed recorded there.

But now the next stage; why not have some guest contributors; people not around the same kitchen table; but how? **CallMe-diRECT** to the rescue.

CallMe comes from broadcast and is used to put guest contributors live on-air to the studio with 20kHz audio without them needing to have dedicated hardware or download custom software.

With **CallMe-diRECT**, you – the host – logs into your CallMe Account and you see details of your previous guests. You can use of the stored links or add a new guest – but in any case, you send them a web link which can be as a QR Code. Once your guest connects to your page on the **CallMe-diRECT** server, you as the host will see them arrive and can select them, connect to them and talk live browser-to-browser. The connection is end-to-end encrypted.

The 20kHz audio can stream live into your home studio kit and be recorded but there is always the danger of an internet issue causing glitches. This is where **CallMe-diRECT** comes into its own. The host can initiate in-browser recordings where the host's audio is recorded in their browser and the guest's in their browser with nothing stored on any server – ie fully GDPR-Compliant; the CalMe server is simply for addressing and connectivity whilst the audio travels directly between the browsers.

Cleverly, whilst the conversation is being recorded, the guest's recording is being transferred to the host in the background and is shown on the host's display. There are two recordings for each session – on with the host's audio and the other with the guest's. Multiple recordings can be included in any session with each on showing on the host's screen. The recordings

are in a standard format - lossless FLAC which can be imported to most editing software and is the standard for lossless audio quality.

Guest contributors; sorted – even when the internet connection is not so hot.



FULL DETAILS CAN BE FOUND AT
WWW.CALLME.FM/D

PODCASTS WITH A SOCIAL CONSCIENCE



JASON REED FROM LEAP UK & THE **STOP AND SEARCH** PODCAST SPEAKS TO THE PEOPLE BEHIND PODCASTS FROM THE CHARITY AND CAUSES SECTOR

The inspiration for starting a podcast is intrinsically personal - Tom Davies has used his own journey as the foundation for his highly regarded *Proper Mental Podcast*, a show which leaves no stone unturned for mental health. Tom has always been beautifully open about his own experiences:

“I started *Proper Mental* to create the sort of platform that I needed when I was struggling. Initially it was going to be a short series of conversations but it seemed to resonate with so many people it made more sense to start making a weekly show.

In 2016 my mental health declined to the point of collapse and I experienced a breakdown. I didn't tell anyone what was happening to me. Mental health just wasn't on my radar and I'd never heard anyone I could relate to talk about being poorly. I didn't have the words to describe what was going on, I didn't know who I could tell if I did. I thought I was going 'Proper Mental'.”

Tom's audience continues to grow and the national award nominations are also starting to roll in - but Tom makes it clear that the outreach of the podcast is the most rewarding part of the process.

“It wasn't until I started speaking openly about my mental health and listening to others talk about their own experiences that I could really start working towards recovery. Speaking to so many people has given me an incredible understanding of my own mental health journey and a fascinating insight into what other people are going through.

I make the podcast so that anyone who listens might feel less alone, get a better understanding of their own experiences or gain insight into the experiences of others and maybe find out about organisations, support systems or self-care techniques that they might not know much about.”

As with any aspect of mental health, Tom has to skilfully and humbly steer the conversations with his guests.



"It feels like a real privilege to be able to hold space for my guests and the fact that they trust me with their stories is an honour I will never take lightly. I recently recorded an episode with a street artist, and former soldier called Jay Wheeler, who was medically discharged. It was incredibly moving and I couldn't be prouder of how we navigated such a challenging story.

Another episode that was an incredible experience was one I recorded with my wife. We talked through my experience with mental ill health from her perspective and the effect it had on our family and that resonated with a massive amount of people."

The Proper Mental Podcast has plans to continue, and Tom is also putting a lot of time into further outreach efforts.

"I did my first live show last year, it was really well received and a lot of fun. I'm currently in the process of pulling together everything I've learned from almost 100 conversations about mental health and putting it all into a talk that I'd like to deliver to schools, workplaces or at events.

I try to introduce my listeners to charities and organisations that they might not be aware of and speak to experts about different aspects of support and self-care so anyone listening can get a better idea of what's out there."



With a mix of live panel discussions, celebrity guests, policy experts and general inquisitiveness, **STOP AND SEARCH** discusses drugs, addiction, mental health and the media. Available on Spotify, Acast and all other platforms.

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OH MY POD //

INDEPENDENT PODCASTS

WITH BIG BRANDS AND FAMOUS NAMES CONTINUING TO DOMINATE THE CHARTS, IT CAN BE TOUGH FOR INDEPENDENT SHOWS TO BREAK THROUGH. HERE AT POD BIBLE WE WANT TO ENSURE THAT WHILE CONTINUING TO CELEBRATE THE BIG GUNS, WE'RE ALSO CHAMPIONING THE INDIES. IN EACH ISSUE WE ASK AMATEUR OR INDEPENDENT PODCASTS TO GET IN TOUCH WITH A SHORT DESCRIPTION OF THEIR SHOW. HERE ARE OUR CURRENT FAVES...



NO GARNISH

A cocktail podcast like no other. One part history, one part humour, a dash of confession and a twist of absurdity. Make yourself one of whatever we're drinking (recipes are in the descriptions) and join us! New episodes every other Tuesday.



FRIENDS TALKING SHOP

Three friends from diverse backgrounds get together to solve life's "not-so-vital" problems. The guys debate and excessively dissect three unprepared topics, one presented by each of them, and heard for the first time on the recording by the other two.



TALKIN' POLITICS & RELIGION WITHOUT KILLIN' EACH OTHER

Tired of the "screamers" dominating all the talk about politics and religion? Wouldn't you love a little more nuance, civility and fun with the topics that matter most in our culture? Then *Talkin' Politics & Religion Without Killin' Each Other* is for you!



THE TALES OF HOBGOB & MULCH

Fairytales, folktales, adventure! Trolls, trees and dwarfs! Original stories for all the family, written and narrated by George Prince.



THE NORDIC PODCAST

Each episode sees host Xander Brett joined by new guests, before sharing a 'recipe of the month' and 'track of the month' with listeners worldwide. It rides the wave of 'Scandimania', the craze that first gripped the UK in 2010, with our crime fiction obsession.



FINDING LAND FOLK SHOW

Nick and Hannah McMaster from alt-folk band The Sweet Ordeal present *Finding Land Folk Show*, a quirky, imaginative and celebratory podcast showcasing the broad genre of traditional and the contemporary folk music from the UK and around the world.



STRONG SENSE OF PLACE

In each bi-weekly episode, we get curious about one destination and discuss what makes it different than everywhere else on Earth, then we recommend five great books that took us there on the page.



THE BUDDHIST MILLIONAIRE PODCAST

When asked, eight of ten people said they would not return to their places of work if given a million pounds. In modern times, is it really possible to enjoy meaningful heart-lifting work that also turns a decent wage or profit? This is what we investigate.



TURNED UP DEAD

A true-crime podcast. Each episode weaves the facts of a crime, police investigation and trial into a compelling narrative without fluff or banter. Join Fiona each month to respectfully explore cases from around the world.



TAKING ON THE CHANGE

Taking on the Change is all about raising awareness and sharing stories of #Menopause. A weekly dose of chat, info, laughs and sometimes tears to support women everywhere!



AS IT COMES

Through conversations with a diverse range of musicians, *As It Comes* explores the peaks, the troughs, and the downright weird things about being a classical musician, to create a sense of solidarity and relatability within the industry.



CUTTING CLASS

A podcast about film and video editors, as told through the lives of some of the best in their fields. From features to commercials, documentaries, TV, art, music videos, etc. The most recent is with Oscar-winner Mikkel E.G. Nielsen.



ALL THINGS UNDONE

A sci-fi audio fiction series centred around the theme of social justice and asks the question "What if black people couldn't have been killed during the time of slavery in America?" Due to an astrological event the DNA of every living thing on earth is altered....



SLIDING DOORS

The podcast that delves into the decisions and moments that build the path of our lives. Host, Jennie Becker, chats to some amazing people from all walks of life about their three Sliding Doors Moments, and how things might have looked if they had never happened.



STORY WORTHY

Listen to true stories from the best comedians and writers in Hollywood. I celebrate 12 years (independently) in July. Over 700 shows down, infinity to go!

GOT A PODCAST YOU'D LOVE TO SEE FEATURED IN ISSUE #023?
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Blue *Murder Club*

A new true crime podcast



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TOM NICHOLSON & JASON REED

SPECIAL THANKS TO ACAST, AUDIBLE, STAK, APPLE, MELISSA MATANDA, GIORGIA SMITH,
CHARLIE MORGAN, BLANDINE HOGE, BRANDON SHRIBER, CAROL WHIFFE, SAMANTHA
DOWNES, LLAMA MATTINGLEY & ALEXANDRA RICHARDSON



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