

#025 // FEB 2023
FREE



THE ESSENTIAL GUIDE TO PODCASTS

FEATURING **JANE GARVEY & FI GLOVER** FROM *OFF AIR WITH JANE AND FI*, **JORDAN GRAY**, **JOHNNY VAUGHAN** AND A VARIETY OF PODCAST REVIEWS AND RECOMMENDATIONS!

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EDITORS NOTE

Welcome to Issue #025 of Pod Bible, our first magazine of 2023! We trust you've settled nicely into the year so far? We are delighted to be back again, especially with our brand new cover stars **Jane Garvey and Fi Glover** from **Off Air!** Many of us will have been familiar with Jane & Fi's voices from their extensive radio experience and successful BBC show **Fortunately...** Now with Times Radio, the pair join us to discuss their latest show and a whole lot more.

Elsewhere in this issue we have an interview with comedian **Jordan Gray**, **Johnny Vaughan** picking his top 5 podcasts, columns from **Audible** and **Stak** and a new set of recommendations for podcast series and episodes we think you should be listening to.

There's also an update on **The Podcast Show** and another brilliant **Good Samaritan** interview from Jason Reed.



As always our entire back catalogue, including Issue #024 with **Marc Maron**, is available to read or order from podbiblemag.com and whilst you're there, why not read one of the thousands of additional articles and interviews we have available for your enjoyment! That's it for now, enjoy the mag and catch you in April.

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“IT'S JUST NICE TO BE LOOSER AROUND THE EDGES AND TO NOT BE TOLD WHAT TO SAY SO MUCH.”



AFTER LONG AND AUSPICIOUS CAREERS WITH THE BBC AND HUGE SUCCESS WITH THEIR FIRST PODCAST *FORTUNATELY...* **JANE GARVEY** AND **FI GLOVER** DECIDED TO TAKE THE PLUNGE INTO THE COMMERCIAL SECTOR WITH A NEW TIMES RADIO SHOW AND SPINOFF PODCAST, **OFF AIR WITH JANE AND FI**. WE CAUGHT UP WITH THE DUO TO DISCUSS THE DIFFERENCES BETWEEN RADIO AND PODCASTS AND MUCH MORE...

PB: TELL US ABOUT *OFF AIR WITH JANE AND FI*! WHAT WOULD BE YOUR PODCAST ELEVATOR PITCH?

Fi: Women of a certain age have their sentences finished by other women of a certain age.

Jane: ...and sometimes it's funny

AS RADIO VETERANS, WHAT IS IT ABOUT THE PODCAST FORMAT THAT INITIALLY APPEALED TO YOU?

J: It's broadcasting but without the on air live corset.

Fi: After a long time in broadcasting it's just

nice to be looser around the edges and to not be told what to say so much.

HOW DO YOU FIND THE SWITCH FROM RADIO MODE TO PODCAST MODE FOR YOUR SHOW *OFF AIR...*?

J: I think we do it seamlessly. Now actually it's almost as if we broadcast a bit like we podcast.



F: There is a difference!

J: Is there though?

F: Definitely! Because this is just rambling, we couldn't get away with saying this on air could we?

J: We might try.

F: I also actually look forward to this because it acts as a kind of cathartic debrief.

J: Yes that's true.

WHAT'S THE SECRET TO YOUR LONGEVITY AS SUCH A SUCCESSFUL BROADCASTING DOUBLE ACT?

J: We don't see each other on the weekends.

F: Yep, we never see each other outside of

school! Oh...and we're paid the same!

J: *Laughing* - Also true....and important!

“ IT WAS HIGH JEOPARDY, HIGH STAKES, HIGH JINX ”

WHICH EPISODE OR MOMENT FROM YOUR SHOW HAS MEANT THE MOST TO YOU SO FAR?

J: I couldn't actually pick one. What I would say is that the more I've done it, the more I've enjoyed it. I also think originally we both found it quite stressful, although it quickly became not so, and is now 95% enjoyment.

F: And the first couple of weeks we started was in the hullabaloo of the brief Liz Truss premiership and...I'll just be honest...it was really fun because so much kept on happening. Sometimes you'd bend down to pick something up from the floor and when you popped back up half the cabinet would have gone!

J: It was high jeopardy, high stakes, high jinx.

WHAT TOP TIP WOULD YOU GIVE TO AN ASPIRING PODCAST HOST?

F: Find something that you just really can't wait to tell people about.

J: Yeah, don't make a podcast unless you really, really mean it.

FINALLY, WHAT ARE YOUR CURRENT FAVOURITE PODCASTS?

F: Well I REALLY like *The Rest is Politics*. I think that's a genius mix of Alistair Campbell and Rory Stewart.

J: I don't think their egos are big enough. Although to be fair I listen to that too. But, I've also just started listening to the BBC's podcast about the rise of the Nazis; *Nazis: The Road to Power*. It's beautifully done, is fascinating and has really taught me quite a lot. I've come to the age now where I've started to find WWII absolutely gripping.

 janegarvey1 / ffiglover

WHAT'S A PODCAST?!

A QUICK RUN DOWN ON WHAT A PODCAST ACTUALLY IS AND HOW YOU CAN START LISTENING!

A podcast is a digital audio file made available on the internet for downloading or streaming to a computer or an alternative device such as a phone. To be a little less clinical, it's essentially a radio show that you can listen to wherever and whenever you choose without being interrupted by regular weather bulletins or travel updates.

access to extra content for a small fee but 99% of podcasts are available for you to listen to on demand for nothing at all.

There are literally millions of hours of top quality content out there for you to explore - so what's stopping you?!

SO HOW DO I LISTEN?

If you're an iPhone user then the Apple Podcasts app should already be on your phone. The same applies for the Google Podcasts app on Android phones. Within these apps you can search for and follow shows so that the latest episodes will be downloaded to your phone without you having to seek them out.

If you have a Spotify account you can use it to listen to the majority of podcasts, including shows that are exclusive to the platform. The Audible app can be used to listen to Audible original podcasts. There are a number of other podcast apps available to download such as our personal recommendation, Pocket Casts.

If you're on a desktop computer then you can use the Spotify desktop application (which is also available in your browser) the Acast website or the Audible Cloud Player. Alternatively you can use iTunes or go direct to the website of the podcast you want to listen to.

Finally, you can use your home smart speakers as a way to listen too. Just ask them to play you a podcast and go from there!



Right now there are over 2.4 million different podcasts with over 66 million episodes in 100 different languages available to listen to. These range from highly produced shows recorded in professional studios by major broadcasters to rough and ready homemade shows recorded on a laptop in someone's bedroom. If you have a phone or a computer and an internet connection, you can make a podcast, making it one of the most democratic mediums around. Is it time to see what all the fuss is about?

HOW MUCH DO THEY COST?

Nothing! They're absolutely free which makes them one of the most accessible forms of entertainment around. Many of the larger podcasts will feature adverts and some offer

THE NEW TESTAMENT //

RECENT EPISODE HIGHLIGHTS



THE HOLY GRAIL //

IN ASSOCIATION WITH **audible** 

DON'T JUST TAKE OUR WORD FOR IT...



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...

LISTEN NOW. SUBSCRIPTION REQUIRED. SEE [AUDIBLE.CO.UK](https://audible.co.uk) FOR TERMS.

JORDAN GRAY



IN EVERY ISSUE WE ASK A PODCAST DISCIPLE FIVE QUESTIONS ABOUT THEIR LOVE OF PODCASTS AND PODCASTING. FOR THIS ISSUE WE'RE JOINED BY **JORDAN GRAY**, COMEDIAN, PERFORMER AND HOST OF **TRANSPPLAINING** PODCAST!

WHY DO YOU LOVE PODCASTS?

Being a comedian can get lonely. Podcasts make me feel like I'm travelling with friends (especially since most podcasts are stacked with comedians I hang out with in real life).

WHAT WAS THE FIRST POD YOU EVER LISTENED TO?

It's gotta be a toss-up between *The Ricky Gervais Show* and *The Russell Brand Show*. I lived on a ranch in Sweden for a long time and both those shows are SO English, they helped me stay tuned-in to the British sense of humour, while I was chopping firewood and eating smorgastarta.

WHICH PODCASTER MAKES YOU LAUGH THE MOST?

There is nobody like Alan Partridge. I can't fathom how he stays so consistently funny – the quality of writing and performance are both insane. *Alan Partridge From The Oasthouse* is never anything less than exceptional comedy.

WHICH PODCAST HAS EDUCATED YOU THE MOST?

I was lucky enough to be asked onto *The Guilty Feminist* and I learned so much about self-acceptance and social conditioning. That said, also went on *Hardcore Listing* and learned about how much coffee to shove up your arse for the perfect enema. You never stop learning.

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



Kill James Bond! is a very funny in-depth movie analysis podcast that rips into James Bond films, as well as a growing library of other action-thrillers. I personally got a huge

kick out of the episode breaking-down 2002 film *Equilibrium*.

  talldarkfriend

THE SCRIPTURES //

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.

A NEW PLAYER HAS ENTERED THE GAME!



‘VIDEO GAME CHRONICLES – A VIDEO GAME PODCAST’. THE NEW GAMING PODCAST ON THE BLOCK

Video Game Chronicles, or VGC, is the go-to destination for all the latest and greatest in the gaming world. Founded by gaming journalists Jordan Middley (former BBC ‘King of Gaming’), and Andy Robinson (Ex-Playtonic writer), VGC has quickly become one of the most influential gaming media platforms in the world.

Now, in partnership with Stak, the podcast production company behind some of the world’s biggest podcasts (Football Ramble, Abroad in Japan, Eureka!), VGC are firing up the podcasting mic and bringing their expertise into the audio space with the launch of their new podcast – *VGC – The Video Game Podcast*. Every week there will be a new expert joining the hosts to give reliable video game news but with a unique perspective into the gaming world. And it’s now reaching an even broader scope of video game fanatics!

From exclusive pre-launch access to massive gaming scoops, VGC is set to be a daily destination for gaming enthusiasts; now easier than ever to hear trusted news on the go. We caught up with hosts; Jordan & Andy to see

what they are most excited for in their new podcasting venture.

Hi guys! So where did the idea for VGC come from? How did it come about?

VGC was formed by a group of experienced reporters looking to build an expert source and trusted voice for video game news. Since it launched in 2019, VGC has become the destination for industry professionals, aspiring creators and the most informed consumers, who want reliable, no-nonsense reporting on the games people care about and the people who make them.



And why enter the world of podcasting?

In a short space of time, Video Games Chronicle.com has already established itself as a key publication in the games media, regularly delivering exclusive scoops and no-nonsense reporting to an audience who trust our coverage. Expanding our reporting to the podcast space is well overdue, and we plan to deliver one of the most insightful video game shows on the market, with weekly exclusives



and insight direct from the source.

What are you most excited for in the gaming space this year?

2023 is the year of the blockbuster video game as the pandemic hangover finally comes to an end. Headlined by industry-leading RPG maker Bethesda's *Starfield* and Nintendo's *The Legend of Zelda: Breath of the Wild*, each month is punctuated with multiple big-name titles. That's not to mention PlayStation's *Spider-Man 2*, and the launch of PlayStation VR2.

What can the listeners expect from the VGC Podcast?

VGC – A Video Games Podcast delivers exclusive news, experienced insight, and expert critique on the fast-moving world of video games, plus more than a few

entertaining anecdotes on what it's like to cover this exciting industry.

And lastly, what do you think VGC's plans are for the future?

The VGC podcast is the start of our expansion beyond the written word. In 2023 we hope our readers will follow us on their favourite podcast app, and across social media, for the most up-to-date coverage of the games industry.

VGC – A Video Game Podcast is launching on Thursday 23rd February with a show every week and new gaming experts on every single episode.

So don't miss out on the gaming show of the year! Subscribe to 'VGC – A Video Game Podcast' wherever you listen to your podcasts and catch episodes of VGC, weekly.

— 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!

3 THINGS YOU NEED TO LOOK OUT FOR IN WOMEN'S FOOTBALL THIS YEAR.

UPFRONT IS BACK FOR 2023; WITH ALL THE WOMEN'S FOOTBALLING ESSENTIALS AND EXCITEMENT FOR THE YEAR TO COME.

Women's football is BACK! And that means that the world's leading podcast; 'Upfront', will be giving you all the women's football insight every step of the way. Join hosts Chloe Morgan (ex-Tottenham & Crystal Palace player) & Rachel O'Sullivan (founder of Girlsontheball) for their pre-game predictions, off-pitch opinions & post-match chitchat.

Following on from the unbelievable success of the Lionesses last year, the craze for women's football has skyrocketed – paving the way for all eyes to be on the remainder of the women's football season in 2023.

Continuing to serve their hilarious and topical insight, Chloe & Rachel will be tackling the hard-hitting topics from both on and off the pitch alongside special guests each week. From women's health, to championing the women's grassroots game, they are set to analyse all the key moments from another exciting year.

So, without further ado, here are the 3 key

things to look out for in this year of women's football...according to Upfront.

1. THE WOMEN'S SUPER LEAGUE.

The WSL has already shot into action for 2023, with some hot contenders for the title. "Chelsea and Arsenal are the obvious choices but with all top 4 teams dropping points, Man United are also looking a real threat in the title race." Rachel predicts. "You can't count out Man City either, who are going quietly about their business. I think we will see a very tight top 4 with the potential for goal difference to play a part." The rest of the league is hotting up too. "Also Villa - had a great

Jan recruitment session and now bolstered by Wardy extending her contract!" adds Chloe.

2. THE AUSTRALIAN & NEW ZEALAND WOMEN'S WORLD CUP

"This is probably England's best chance to win a World Cup." With the Lionesses roaring

success at the Euros last year, this year's World Cup in Australia and New Zealand could be the perfect opportunity to grab another victory! However, Chloe explains that there's, "a lot of tough competition with teams like Brazil and Canada being involved!". "Of course there are a lot of outside factors that will play a part such as travel, and time difference and the calibre of teams involved is higher than the Euros. A big challenge ahead but the Lionesses are in a great place." Rachel responds.

3. THE CONTINUING GROWTH OF WOMEN'S FOOTBALL

It is undeniable that the popularity of women's football is going to "continue to soar" as Chloe suggests. "Of course we're seeing an impact in attendances but we're seeing even more investment within the clubs." Rachel notes "The big area of growth will be at grassroots level and seeing more and more opportunities for young girls to get involved and continue to stay involved. That's key to longevity in the game."

To hear more of Chloe & Rachel and their thoughts on this year of women's football, subscribe to 'Upfront' in your podcast app and keep up to date with episodes every Tuesday.

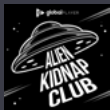
FOR THE LOVE OF POD //

JOHNNY VAUGHAN



THE TV AND RADIO PRESENTER AND HOST OF THE UPCOMING **ALIEN KIDNAP CLUB** PICKS OUT HIS CURRENT TOP 5 SHOWS...

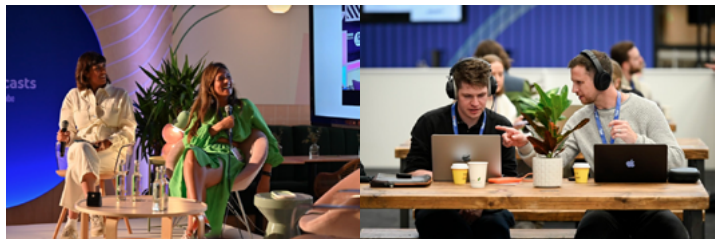
In 6 exclusive interviews, Johnny Vaughan talks to people who say they've experienced contact with extra-terrestrial beings. Some of them believe they are aliens living among us. Some of them explain they have travelled to other dimensions, opened portals, and travelled huge distances in the blink of an eye. Some have visited distant galaxies they call home and tell us they have been to meet other beings in the centre of the sun. Whether you believe in life out there, or think we are alone in the universe, we just want you to listen and make up your own mind.



THE PODCAST SHOW 2023 //

THE CENTRE OF THE PODCASTING UNIVERSE HITS LONDON THIS MAY

3 DAY LIVE EVENT | LIVE PODCAST FESTIVAL | 15,000
PEOPLE DAY & NIGHT | NETWORKING PARTIES
GLOBAL PODCAST COMMUNITY | CELEBRITY SPEAKERS
INDUSTRY FIGUREHEADS | £55 DAY PASSES ON SALE



The Podcast Show, the biggest international festival for the business of podcasting, is back by popular demand for its second edition this spring and will, by day, bring together thousands from the global podcast community under one roof at the **Business Design Centre, 24 - 25 May, Islington**.

Whether you're an independent podcast creator, an established industry professional or brand, you can be rest assured this one-of-its-kind event will inspire, power and support the future of the entire podcasting world.

The show has secured massive industry support with **Amazon Music | Wondery** and **Acast** as Headline Partners and returning as Official Partners are **Audioboom, BBC Sounds, Global, Veritone** and many more.

The extensive daytime programme will feature keynotes from industry leaders, in-conversations with the most recognisable talent, in-depth business insights from brands and hands-on practical advice for creators at every level.

Already the lineup boasts some of the



most recognisable celebrity faces and will once again deliver on its promise of being the number one international event for podcasting with major players in the business confirmed with speakers participating from Australia, India, Brazil, Canada, France, the Netherlands, Belgium, Sweden, the U.S. and across the UK.

Check out the first release of speakers in the lineup live on their website.

And if you're looking for a podcast fan fix, by night, **The Podcast Show LIVE** brings a week-long live podcast festival from **22 - 28 May**, celebrating world class talent and bringing your favourite voices to life in major venues across Islington.

For details on those shows announced plus, much more visit thepodcastshowlondon.com



This will be one industry party you won't want to miss!

On **Tuesday 23 May**, The Podcast Show will open the festival with an evening **Pre Show Party** from **6 - 9pm** and with a limited number of passes on offer, this promises to be podcasting's hottest ticket of the year.

Look forward to: complimentary drinks, music, special guest appearances, your chance to meet all our international exhibitors and partners FIRST and a few other surprises along the way!

Passes are limited so don't hang out about snapping up yours!

THE OLD TESTAMENT //

CLASSIC EPISODES FROM THE PODCAST ARCHIVES



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

Dr Sohère Roked is a GP, hormone expert and an adept host for the podcast It's Your Hormones - the inspiration for the show came from a place quite close to home, or should that be quite close to work...?

The podcast was an idea of one of my patients actually! They felt the conversation we had in my clinic room was so powerful for them and suggested talking to patients during the podcast who feel comfortable sharing their stories about their own hormone journeys. I started the podcast to spread the message about why hormones are so important and how they can affect everyone. As a GP I was seeing so many patients with symptoms that I couldn't find the reason for, be it low mood, low energy, sleep issues, even aches and pains - when I learnt about hormones and how they can affect every area of health it was a lightbulb moment for me. As well as treating hormone issues day in and day out, I want to give people as much information as possible about hormones so they can know how it

may be affecting their own health and more importantly what they can do about it.

Like most podcasts, the guests are the key component to accessible conversations to which everyone can be a part of.

I've been so lucky that people have felt comfortable to share their stories. Some of them are really personal, about menopause and the loss of sense of self and identity, to my good friend Mike sharing his story of depression and suicidal thoughts before he got diagnosed with low testosterone. Catherine shared her story of struggling to conceive and then coping with two little kids and her busy job, and how balancing her hormones, thyroid and taking testosterone as a woman has helped her manage everything.

Tiffany shared a really interesting story about her gut health and feeling bloated and unwell for months before we worked together and diagnosed her with SIBO (small intestinal

bacterial overgrowth). I've also been open with my own hormone story and how I've worked hard to sort out my hormone levels, especially my cortisol and adrenal stress hormones. We've also talked about how to manage the menstrual cycle with diet and exercise and lifestyle changes, which is more commonly known as 'cycle syncing'.

It's been so lovely to get messages from people telling me how much they've enjoyed the podcast, or learning about an aspect of health they didn't know about, such as low testosterone in men, or how vitamin D can really affect mood and energy.

With an important message and mission, Dr Sohère Roked shows no signs of slowing down and aims to keep the dialogue going, as well as keeping up with

her personal projects and passions:

I'm excited to keep interviewing guests for the podcast and spreading the word about hormonal health. I have just got back from climbing to Everest Base Camp, and I'm planning on running the London Marathon next year.

I also volunteer with Care4Calais in London, where we support refugees and asylum seekers with clothing, support and I also help teach English classes which is really rewarding.

OH MY POD //

INDEPENDENT PODCASTS

WITH BIG BRANDS AND FAMOUS NAMES DOMINATING THE CHARTS, IT CAN BE TOUGH FOR INDIE 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 INDIE PODCASTS TO GET IN TOUCH WITH A SHORT DESCRIPTION OF THEIR SHOW. HERE ARE OUR CURRENT FAVES...



SOMEWHERE IN THE SKIES

A podcast covering UFOs and the unexplained. Hosted by author, Ryan Sprague, and investigative journalist, Chrissy Newton, who explore these topics through guest interviews, case histories, and audio documentaries as they try to make sense of the mysteries that lay somewhere in the skies.



HISTORY OF THE GERMANS

The History of the Germans is the podcast that does exactly what it says on the tin - German history from the year 919 to 1990 in weekly 25-30 minute episodes. We start with the epic struggle between emperor and pope and will end with reunification.



THE OUTDOORS STATION

The Outdoors Station is the longest running self powered outdoors based podcast in the world. Since 2005 we've produced over 550 podcasts on every subject walking, hiking, backpacking, paddling, cycling, world travel and more reaching over 15 million downloads.



THE EVERYDAY STORYTELLER

A daily show with tonnes of bite sized tips and inspiration to help women learn to use their voice and be confident to tell their story. Perfect for female entrepreneurs and those just starting out with their business. The show is about to hit it's 50th episode after only launching in November!



HACK THE DINO

We take a nonsense look at the past, present and future of video games. I've the past 5 years we've been able to break the biggest news, interview the coolest guests (Team Cherry and Mr A-Game as an example) and just generally have a good time talking games and having fun.



A RICH COMIC LIFE

'Richard Gill's blog and podcast is a major index and archive of comedians. His blog describes his experiences of watching over 1000 comedians for nearly 50 years. His podcast features over 70 interviews with comedians including Barry Cryer, Al Murray, Angela Barnes and many more.



IT TAKES TWO

My partner and I host a podcast where we watch and compare films that have the same plot or premise - a lot are twin films, some are adaptations of the same source material, and others are totally different tonally but with surprisingly similar stories



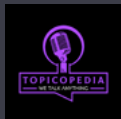
THERAPY DIARIES

An honest (and funny) podcast sharing experiences of navigating the therapy process and tips/tricks that have helped us along the way. It's not about the trauma - instead we unpick the taboos surrounding therapy... and have a few laughs along the way.



BEFORE THE CHORUS

Before The Chorus is a deep dive music interview podcast. It's all about the life stories behind the music - it's about humanizing artists. It's silly to think we put them on a pedestal, but we do! And it's nice to remember that music comes from a very human place.



TOPICOPEDIA

Two friends discuss various topics each week from current affairs, to shower thoughts, to chat up lines, we talk ANYTHING. Each week we painstakingly battle it out for winner of Meme of the Week, read listener feedback, and ask the all-important question; what's for tea tonight?



THE BLACK SHERPA PODCAST

The Black Sherpa Podcast shines a light on Social Mobility and explore the challenges, insights, and experiences that helped our guests get ahead in life and business.



RAMBLIN: AN AMBLIN PODCAST

A podcast ramblin' through the weird and wonderful films of Amblin Entertainment, with friends and special guests joining along the way as we unpack gems of nostalgia and never seen curiosities!

GOT A PODCAST YOU'D LOVE TO SEE FEATURED IN THE NEXT ISSUE?
SEND US A ONE OR TWO SENTENCE DESCRIPTION ON TWITTER!

#OHMYPD // @PODBIBLE

THANKS FOR READING!

POD BIBLE WILL BE BACK WITH
ISSUE #026 IN APRIL

   @podbible

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