

Ah, Hear

Programmed by Naoise Nunn

FRIDAY

14.30-15.30

MAMIA AND ME BY ALDI HOSTED BY JEN HOGAN WITH GUEST UNA HEALY

Jen is an award winning journalist, broadcaster and columnist for the Irish Times. She is also the author of *The Real Mum's Guide to Surviving Parenthood* and the proud mammy of seven children. Jen works across national radio and TV contributing to many shows such as *Today with Maura and Daithi*, *Prime Time*, *Ireland AM*, *Today with Claire Byrne*, *Drivetime*, *Newstalk Breakfast*, *Lunchtime Live* and many more. Jen is a child and parent advocate, lending her voice to discussions which effect families across education, social issues, and the day to day challenges of parenting.

15.45-16.45

LOUISE COONEY'S OPEN BOOK WITH CHRISTY CASHMAN

On Louise Cooney's *Open Book*, blogger Louise invites friends, authors and some of Ireland and UK's most well-known personalities on for honest chats about life lessons and what success really looks like, sharing experiences like persevering through grief and recognising that it's time to leave your dream job and much more - all to help inspire you to live your best life. A GoLoud original podcast, new episodes of Louise Cooney's *Open Book* come out every Wednesday and as well as a bonus episode each Monday.

17.00-18.00

THE BLACK AND IRISH PODCAST

The *Black & Irish Podcast* explores the lived experiences of black and mixed-race people living in Ireland through culture, society, politics, entrepreneurship and family. The series, made by RTÉ, launched in 2020 with the aim of having transformational conversations. Host Leon Diop is joined by his colleagues and friends from *Black & Irish*, as well as members of the wider community to help bring about positive change. The overall vision of *Black & Irish* is to create a more equal and inclusive Ireland and improve the quality of life for black and mixed-race people.

18.15-19.15

I'M GRAND MAM

Cork-born PJ Kirby and Kevin Twomey are co-hosts of popular weekly podcast *I'm Grand Mam*, which has accrued millions of listens to date. As well as being podcasters, the pair have also written two comedy shows, *Pure Brazen* (2019) and *Glory Holy* (2021) that have toured the UK and Ireland to sold-out audiences. They have been featured in many publications, including the *Irish Times*, *Irish Examiner*, *Sunday Independent*, *Grazia*, *Vogue* and *GCN*. They're also no strangers to TV, having appeared on *The Late Late Show*, *Ireland AM* and *The Six O'Clock show*. PJ currently lives in Dublin and Kevin is based in London, but there's no separating these two; more often than not, you'll find them together, working on their next project.

19.30-20.30

STALL IT WITH DARREN CONWAY AND JOE MCGUCKEN

Stall It, a GoLoud Original podcast that unites two of Ireland's most promising comedic talents for a weekly show. The podcast is presented by Darren Conway and Joseph McGucken, two young Dubliners best known for their online comedy sketches and digital shorts that bring to life relatable Irish characters in everyday scenarios.

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SUNDAY

12.00-13.00

INSIDE POLITICS PODCAST FROM THE IRISH TIMES

Pat Leahy is political editor of The Irish Times. He is the author of two books about Irish politics: The Price of Power and Showtime. Aoife Moore is a political journalist and author of The Long Game, her forthcoming debut book about the rise of Sinn Féin as a major political force. Harry McGee is a political correspondent with The Irish Times. He is the presenter of the Gubu podcast and author of The Murderer and the Taoiseach, both about the murderer Malcolm Macarthur.

13.15-13.55

ORGASM WITH JENNY KEANE

Jenny Keane is electric, potent, infectious. Holistic Sex educator, Tantra Yoga teacher and a crusader for self love through self exploration. Jenny Keane is a professionally trained, trauma certified, holistic Sex educator with a background in Somatic Therapy. On a mission to ignite a sexual revolution in Ireland, she has certainly done that. Known as the Orgasm Queen of Ireland, over the last three years, thousands of people across Ireland and the globe have participated in Jenny's renowned online sex education workshops. Dedicated to putting pleasure at the centre of the conversation, Jenny is the creator of SEXED UP, a best-selling sex education show that is currently on Tour with multiple dates in Dublin, Cork and Belfast this September. Making adult sex education simple, fun and unashamedly normal, she teaches people how to take an active role in their sex lives.

14.30-15.30

THE GROUP CHAT WITH GAVAN REILLY, ZARA KING AND RICHARD CHAMBERS

The Group Chat, hosted by Virgin Media News' Gavan Reilly, Zara King and Richard Chambers, is one of Ireland's most popular and best loved podcasts. If your WhatsApp chats are hopping with links and memes when big news breaks - this is the podcast for you. Richard, Zara and Gavan take listeners behind the headlines to explain what matters and why with trademark insight, clarity and humour. The perfect way to keep up to date with the state of the world in a fun and sharp package.

15.45-16.45

THREE CASTLES BURNING WITH DONAL FALLON AND GUEST JIM FITZPATRICK

Three Castles Burning is a social history podcast, dedicated to the story of the Irish capital. Dublin is a city of many stories, Three Castles Burning tells some of the more forgotten ones.

17.00-18.00

MATT COOPER: MAGNIFIED WITH GUEST DONIE O'SULLIVAN

A podcast hosted by Matt Cooper featuring intimate, in-depth and insightful interviews with guests from across the worlds of entertainment, business, sports, politics and more. Audiences are long familiar with Matt's skill as an interviewer through his radio and TV work. Now for the first time, his podcast offers him (and his guests) the opportunity to chat more personally than we've heard before. It's a Matt Cooper interview, magnified.

19.00-20.00

TONY CANTWELL'S HIT SHOW

Hilarious ramble from the man Hot Press magazine named the 2nd best comedian in Ireland.

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SATURDAY

12.00-13.00

UNVEILED WITH NIAMH CULLEN AND NESSA MORRISSEY

Niamh Cullen and Nessa Morrissey offer a balanced and tongue in cheek approach to life with their GoLoud Original Podcast, Unveiled. One host loves a sea dip, while the other won't even consider a cold shower. This lifestyle podcast sees the two friends discuss, dissect and often debunk the latest health and wellness trends and techniques all to help listeners live life to the fullest and have a good time doing it!

13.15-14.15

LEFT ON READ WITH JULIE HAYNES AND BRENDA DENNEHY

Left on Read is a weekly podcast brought to you by Instagram sensation Julie Haynes aka Twins N' Me and TV producer Brenda Dennehy also known as Brenda's Bits.

14.30-15.30

OFF THE BALL

Off The Ball is Ireland's leading sports podcast platform, producing over 60 podcasts a week with regular guests including Brian O'Driscoll, Ronan O'Gara, Brian Kerr and Emma Byrne.

15.45-16.45

RTE ULYSSES PODCAST WITH JANET MORAN, PATRICK DAWSON AND TOM MATHEWS

The team from RTE's Drama On One explore one of the most unlikely Irish podcast phenomena of recent years, the classic RTE Radio 1 production of James Joyce's Ulysses. The full dramatised production — originally broadcast in 1982 to celebrate the centenary of Joyce, and totalling 29 hours and 45 minutes in duration was re-released in podcast form, topping podcast charts worldwide and introduced a literary masterpiece to a new audience worldwide. Guests include Irish acting legend Patrick Dawson, who featured in the original 1982 recording, acclaimed actor and Joycean Janet Moran and cartoonist Tom Matthews.

17.00-18.00

TALKING BOLLOX WITH CALVIN O'BRIEN AND TERENCE POWER WITH GUEST WILLA WHITE

Talking Bollox released its first episode in November 2020. The podcast is hosted by Calvin O'Brien and Terrence Power, the young men, in their mid 20s from inner city Dublin. The podcast initially was born out of a desire to display a more positive side to their local area. Over the decades coverage in the media of inner-city Dublin has been inherently negative and often focused on crime, drugs, and social issues. Calvin and Terence set about changing that, and created Talking Bollox to highlight the good and the great of Dublin 1 and other working-class areas.

18.15-19.15

HOLD MY DRINK WITH CHARLEEN MURPHY AND ELLIE KELLY

Hold My Drink is presented by Charleen Murphy and Ellie Kelly. This GoLoud Original podcast channels the vibe of the girls group chat and aims to help you with your love life, insecurities, fashion fails and general dilemmas with plenty of craic thrown in too.

19.30-20.30

THE BLINDBOY PODCAST

The Blindboy Podcast, hosted by Blindboy, of the Rubberbandits, is an eclectic podcast containing short fiction, interviews and comedy.