

Podcasts

Podcasts can be fun, entertaining and interesting, and more often than not you'll learn something new! They are a great way to relax, help you go to sleep, take a break and can also be a good distraction if you are feeling low, anxious or stressed. Below is a list of some of the more popular podcasts covering a variety of topics, which are all available on a variety of platforms for free—there should be something for everyone! There are many, many, many more podcasts than are listed below. This is just a starting point...

Mental Health / Psychology

The Hilarious World of Depression

Depression is an incredibly common and isolating disease experienced by millions, yet often stigmatized by society. The Hilarious World of Depression is a series of frank, moving, and, yes, funny conversations with top comedians who have dealt with this disease, hosted by veteran humourist and public radio host John Moe.

All in the Mind

A programme exploring the limits and potential of the human mind.

Appearance Matters

Appearance Matters is a psychology podcast by the Centre for Appearance Research, a world leading centre in Bristol. Hosted by Nadia Craddock and Jade Parnel, this podcast is packed with evidence and research from conversations with experts from across the world to examine everything related to the way we look.

Film

How Did This Get Made

Each show, which typically has a different guest, features the deconstruction and mockery of outlandish and bad films.

The Director's Cut

Brought to you by the Directors Guild of America, "The Director's Cut" will bring you the behind-the-scenes stories of today's most talked about films.

Mark Kermode And Simon Mayo's Film Reviews

Mark Kermode joins Simon Mayo to give his verdict on the week's movies

History

The Memory Palace

The Memory Palace is a monthly historical podcast hosted by Nate DiMeo. The program features historical narratives concerning such subjects as the Cardiff Giant and the CIA project Acoustic Kitty.

An American History

The Dollop is a bi-weekly* American History Podcast. Every week, Dave Anthony reads a story to his friend, Gareth Reynolds, who has no idea what the topic is going to be about.

Culture / Society

Ctrl, Alt Delete

Emma Gannon interviews people she admires about the themes in her first book Ctrl Alt Delete, such as creativity, work, wellbeing, the internet, social media, feminism, identity, mental health, careers and everything in between.

The Read

Join Kid Fury and Crissle for their weekly podcast covering hip-hop and pop culture's most trying stars. Throwing shade and spilling tea with a flippant and humorous attitude, no star is safe from Fury and Crissle unless their name is Beyoncé. (Or Blue Ivy.)

Backlisted

Backlisted is a society and pop culture podcast with an urban slant. Topics covered include Pro Wrestling, Hip Hop, TV & Movies, comics and whatever tangents that come from them.

Under the Skin with Russell Brand

Russell Brand's podcast 'Under The Skin' asks: what's beneath the surface - of people we admire, of the ideas that define our time, of the history we are told. Speaking with guests from the world of academia, popular culture and the arts, they'll help us to see the ulterior truth behind our constructed reality. And have a laugh.

The Guilty Feminist

Join comedian Deborah Frances-White and her special guests as they discuss topics "all 21st century feminists agree on" while confessing their insecurities, hypocrisies and fears that underlie their lofty principles.

Beginner

In 2003, Misha came to America with her family. Beginner follows the 24-year-old Pakistani American immigrant as she learns to do the things she never did as a child, many of which are common parts of an American childhood, such as riding a bike. This beautiful podcast reflects our own insecurities about fitting in, regardless of where we came from. It is so engaging it is best consumed in one go

#LikeAGirl

The Always #LikeAGirl Squad, including Alesha Dixon and YouTuber Hannah Witton, take on confidence issues and the dreaded fear of failure. Together they are on a mission to empower young women to embrace failure as fuel and keep going #LikeAGirl.

Bang!

Bang! explores sex, sexuality and relationships over a lifetime, from parents attempting "the talk" with their children, through the fraught teenage years, modern dating, long-term relationships, contraception and conception, right up to intimacy in retirement homes. Using real stories told by real people, Melody Thomas leads a frank and often entertaining exploration of the sex we don't often hear about.

Griefcast

Funny people talking about death and grief, a podcast. Hosted by Cariad Lloyd.

Craft Beer

Good Beer Hunting

Half blog, half storytelling platform, goodbeerhunting.com is the brainchild of Pennsylvania native Michael Kiser. The Good Beer Hunting Podcast is the audio section of this project, with episodes featuring interviews with a variety of figures in beer (from self-proclaimed beer nerds to fermentation scientists). No matter the subject, all are conducted in the name of spreading the good word about craft beer.

She's Crafty

Catherine Contreas brings female perspective and an unfiltered sense of humor to the male dominated beer scene. Based in San Antonio, Contreas travels across the great state of Texas to talk beer with fellow beer lovers and brewers. Free from snobbery and pretension, this podcast is down-to-earth, informative, and just a little wacky.

Music

Bigmouth

Bigmouth is pop culture talk for discerning grown-ups. Music, TV, movies, books or something else entirely – we'll enthuse, argue, squabble and pick over the bones of what's happening in the world of the stuff we love

Sodajerker On Songwriting

Sodajerker On Songwriting is a programme devoted to the art and craft of songwriting. The show, created and hosted by the UK songwriting team Sodajerker, features interviews with some of the most successful songwriters and musicians in the world.

Books/ Writing

Imaginary Worlds

Imaginary worlds is a bi-weekly podcast about sci-fi and other fantasy genres

The Thrilling Adventure Hour

The Thrilling Adventure Hour Graphic Novel. Drawn from the popular stage show and podcast, The Thrilling Adventure Hour is a collection of original tales that harkens back to the heyday of genre entertainment.

True Crime

Serial

Serial tells one story — a true story — over the course of a season.

All Killa no Filla

Join comedians Rachel Fairburn and Kiri Pritchard-McLean as they explore a shared passion, serial killers. Each episode the pair will talk all things murder and macabre and have a right laugh doing it.

Sport

Cycling

The Bike Show

The Bike Show is a charming guide to the world of the two-wheeler. Unlike other bike-related podcasts, which tend to zero in on the lycra-clad pro racing scene, Thurston's show mixes a lively interest in racing with a wider sense of cycling at large — so listeners can expect reports on the likes of the Giro d'Italia as well as features on Britain's most beautiful bike rides, news of national cycle campaigns and interviews with people from across the cycling community.

The Cycling Podcast Féminin

The Cycling Podcast Féminin is a monthly show dedicated to women's cycling. It is hosted by Orla Chennaoui and Richard Moore.

Cricket

Flintoff and Holcroft's Podcast

Former England cricket captain and all-round top fella Andrew "Freddie" Flintoff co-hosts this immensely entertaining new podcast with his friend Clyde Holcroft. Recorded on Flintoff's phone, each episode is an unscripted, unedited, and refreshingly unguarded conversation between the two, generally starting on English cricket and meandering off onto everything from anecdotes about Apple's Genius Bar to advice on the best way to disguise a double chin in photographs. Flintoff, especially, is a delight, talking with remarkable wit and frankness about life inside the England team and his new career as a menswear model.

Cricket Writers on TV

Confirmed cricket obsessives will find themselves warmly embraced by this weekly podcast from the Sky Sports team, in which Paul Allott talks to an ebullient panel of Fleet Street sports writers about the game's big stories.

Running

Runners World podcast

Our friends at *Runner's World* really do know how to make one of the best health podcasts. Plus, they have all the right industry contacts to include stellar lineup of running VIPs, too. From endurance athletes, trail runners and ultramarathoners, there's an inspiring story from all sides of the run-sphere.

Run, Selfie, Repeat

One of the best health podcasts for female runners. Join Kelly Roberts on her journey of self-love and body positivity as a runner. It's a great quick listen for your speed sessions as most podcasts are only 15 minute long, but all involve Roberts sharing running anecdotes, funny stories and general fitness motivational.

Women in Sport

WiSP Sports

WiSP Sports tells the stories of sportswomen with integrity and respect while promoting gender equality, diversity, fairness and access. We celebrate women's achievements both in and out of competition through articles, video, blogs and podcasts. As thought leaders we are shifting the narrative from a mainstream perspective of women in sport by enabling women to tell their own stories without bias.

Sport cont.

Rugby

Egg Chasers

Anyone with an interest in the rough, tough, yet strangely gentlemanly world of Rugby Union should certainly give this new podcast a go. Presented by three lifetime Union players and enthusiasts – Tim Cocker, Jonathan Beardmore and Phil Largen – it's an energetic, informed and pleasingly convivial tour through the week's rugby news.

Formula 1

Sidepodcast

Listeners currently engrossed in the drama of the Formula 1 season may be pleased to learn of this excellent podcast, which blends race information, analysis and trackside gossip into a package that genuinely does give Five Live and ESPN a run for their money. F1 aficionado and author Christine Blachford presents, with regular appearances by other pundits and journalists.

Football

Men In Blazers

Men in Blazers is a collaboration of the British-American duo Roger Bennett and Michael Davies that exists as a website, weekly podcast and NBCSN television show about English Premier League and international soccer "driven by the belief that Soccer is America's Sport of the Future. As it has been since 1972."

The Sound of Football

A homespun podcast by three wizened football fans called Graham, Terry and Jan, which manages to be both quirky, funny and well-informed.

Athletico Mince

If you're more concerned with the state of Steve McClaren's hair than Soccer AM, this is the football podcast for you. You might find Harry Kane fighting over celery or Peter Beardsley feeling sorry for himself, but you'll rarely hear the final score.

Science/ Engineering

No Such Thing as a Fish

A podcast from the QI offices in which the writers of the hit BBC show huddle around a microphone and discuss the best things they've found out this week.

Say Why to Drugs

The internet is full of misinformation about recreational drugs - both legal and illegal. Dr Suzi Gage, a psychologist interested in understanding associations between substance use and mental health, tackles one substance per episode - providing information about what we know - the harms, but also potential benefits of these substances. There's no hype, no spin and no judgement, just information. In the first series, she is in conversation with rapper Scroobius Pip.

Embedded

Embedded, the show for people who love gadgets! Making them, breaking them, and everything in between. Interviews with engineers, educators, and enthusiasts.

Yoga/ Meditation

From The Heart

Rachel Brathen's calm voice, pranayama and meditation practices, and topical conversations about overcoming life's challenges will help you feel less alone and more grounded.

Awake in the World Podcast

Recorded live, awake in the World Podcast is a library of talks and meditation sessions guided by late Michael Stone on a wide-range of topics, from the practice of yoga and meditation to social change and ecological challenges.

Yoga land

Andrea Feretti was an editor at Yoga Journal for more than a decade before launching Yoga Land, her podcast covering all things yoga. Tune in if you're interested in hearing yogis discuss anatomy advice, yoga for the mind and how the practice can help you navigate your own emotions.

Health, Fitness and Nutrition

Deliciously Ella: The Podcast

She's one of the best selling cookery authors in the world and member of the original healthy eating is cool brigade –of course, we're talking about Deliciously Ella. Queen of vegan and plant based eating has teamed up with partner Matt to bring listeners podcasts covering wide ranging topics, from veganism and climate change to gut health. Not one to miss.

The Food Medic

Join *WH* columnist Dr Hazel Wallace and guests as she debunks nutrition myths, dietary rumours and training fads. With a gold lineup of experts in their field, if you're into nutrition and the way diet can affect your overall health, this isn't one to miss.

Muscle For Life

Mike Matthews, author of *Bigger Leaner Stronger* and *Thinner Leaner Stronger*, uses his podcast to give advice on all aspects of fitness, tailored to men and women. And hear real life stories from clients to discuss who've overcome gym intimidation and achieved personal weight-loss transformations.

The Joe Rogan experience

One if you want a laugh. Catch comedian Joe Rogan Not all episodes are health-related, but the ones that are are so good, they'd shouldn't be missed. Think Robb Wolf, former research biochemist and author of the *New York Times* bestselling *The Paleo Solution* and Chris Kelly Starett, internationally-renowned Crossfit trainer. These are long listens, perfect for walks to work or marathon training runs.

Comedy

Adam Buxton Podcast

British comedian Adam Buxton talks with interesting people. The rambly conversations are sometimes funny, sometimes more serious with funny bits.

Answer Me This!

Answer Me This! is a fortnightly comedy podcast in which Helen Zaltzman and Olly Mann answer questions submitted by their listeners, with the assistance of Martin the Sound Man.

News Roast

A comedy podcast in which award-winning satirists Heydon Prowse & Jolyon Rubinstein invite a new guest on each week to roast some hot topics in three courses of conversation.

2 Dope Queens

Phoebe Robinson and Jessica Williams's podcast is a perfect storm of comedy and representation, with the two US comedians hanging out with their mostly female, often non-white and LGBT guests to chat "race, gender, sex, and other less serious topics".

Politics/ News

Coffee House Shots

Instant political analysis from the Spectator's top team of writers, including Fraser Nelson, James Forsyth, Isabel Hardman, Katy Balls, Alex Massie and many others.

Pod Save America

Four former aides to President Obama — Jon Favreau, Dan Pfeiffer, Jon Lovett, and Tommy Vietor — are joined by journalists, politicians, comedians, and activists for a freewheeling conversation about politics, the press and the challenges posed by the Trump presidency.

From Our Own Correspondent

Insight, wit and analysis as BBC correspondents, journalists and writers take a closer look at the stories behind the headlines.