



Laois GAA's Health & Wellbeing Top 20 PodCasts

PodCasts

Podcasts are a great way to keep your mind active and are growing in popularity as they are an ideal distraction and escape from the news cycle. It is a great home entertainment option, and something many older people may not have discovered yet. With the familiarity of radio but with the modern benefit of instant accessibility, podcasts have a lot to offer all generations. With a plethora of podcasts on almost any topic, there is no better time to get lost in a good podcast and learn something new or laugh your way through the day.

This guide takes you through how to get started with podcasts and provides our Top 20 recommendations of good podcasts to get you going.

What is a podcast?

Podcasts are like radio programmes that you can tune in and listen to whenever you like as long as you access from a device that can listen to them.

There is a podcast out there to suit everyone and one on almost any topic! Whether you want to listen to a true crime podcast, listen to recent sporting highlights or hear your favourite comedians in action, they're never too far away.

How to listen to a podcast

You can listen to a podcast from several devices e.g. a desktop computer, laptop, tablet or smartphone.

Podcasts can be listened to on a few streaming services or listening apps. You can find some of the best places to listen to podcasts below:

- **Spotify** – Spotify is home to not only music but a selection of some of the world's best podcasts too, you'll find almost any podcast about any topic on here.
- **Apple's Podcast** – Apple have their very own podcast app that offers a selection of amazing podcasts at the touch of a button.
- **Google Podcasts** – If you don't use an iPhone, the easiest way to listen to a podcast is via the Google Podcasts App.

Our top 20 podcasts to listen to

With so many great podcasts out there, it is hard to know where to start. We have selected some of the best podcasts so you can get stuck into the greats and see how much variety there is in the world of podcasting.

The Nobody Zone

This award winning six-part nail-biting podcast is a tale of murder and deceit. It centres around Kieran Patrick Kelly born in Rathdowney, Co Laois who confesses to multiple murders in London during the 50s, 60s and 70s. Made by the team behind RTE's Documentary on One podcast in collaboration with Danish podcast company Third Ear this podcast has been downloaded in over 190 countries, spent 9 weeks at No.1 in the Irish Apple podcast chart and was winner of Podcast of the Year at the 2020 IMRO awards. This is addictive listening and will keep you guessing right up to the very end. How often do you get to solve a cold cast so close to home?

To listen

Listen to The Nobody Zone Podcast:

[The Nobody Zone on Spotify](#)

[The Nobody Zone on Apple Podcasts](#)

The Almanac of Ireland

The Irish History Podcast brings you on a journey through Ireland's fascinating past. Manchán Magan investigates the quirks, conundrums and wonders of Ireland such as, how were the Irish able to make a cheese hard enough to kill the semi-divine leech of Connaught, Queen Maeve? How to spot a changeling, a human child that has been replaced by a fairy? Or what exactly is the neurological effect of staring at an artwork? The Almanac of Ireland aims to answer these and many more questions.

To listen

Listen to The Almanac of Ireland podcast:

[The Almanac of Ireland on Spotify](#)

[The Almanac of Ireland on Apple Podcasts](#)

Tell Me a Story with Eddie Lenihan

Eddie Lenihan is Ireland's most well-known storyteller. He has been telling tales for over 35 years. Each month, Eddie will share Irish wisdom and stories from the past on the Tell Me A Story with Eddie Lenihan podcast.

As a cultural preservationist, Eddie has amassed the largest collection of folk stories and tales in Ireland. His dedication to the tradition has seen him collect and compile stories from all across the country, particularly those that deal with the themes of the supernatural, fairies and Irish lore.

To listen

Listen to the Tell Me a Story podcast:

[Tell Me a Story on Spotify](#)

[Tell Me a Story on Apple Podcasts](#)

[Tell Me a Story on ACast](#)

Irish Music Stories

This is a show about traditional music, and the bigger stories behind it. Host Shannon Heaton talks to musicians, dancers, and scholars about where Irish music has been, where it's going, and what it means to so many people around the globe. Whether you already play fiddle or know dance steps, or you don't know anything about traditional music, the emphasis of this show is creativity, community, and heritage.

To listen

Listen to the Irish Music Stories podcast:

[Irish Music Stories on Spotify](#)

[Irish Music Stories on Apple Podcasts](#)

[Irish Music Stories on PodBean](#)

Irish History Podcast

With over 200 episodes to choose from the Irish History Podcast brings you on a journey through Ireland's fascinating past. This podcast is not just dates but an enthralling account of Ireland's history, looking at daily life through the ages

To listen

Listen to Irish History podcast:

[Irish History on Spotify](#)

[Irish History on Apple Podcasts](#)

An Irishman Abroad

An Irishman Abroad features rare long-form interviews with extraordinary characters such as Sir Bob Geldof, Sharon Horgan, Hozier, Brian O'Driscoll, Chris O'Dowd, Boy George, Dara O'Briain, Gabriel Byrne, Lisa Hannigan and Dylan Moran. In each episode, comedian Jarlath Regan is joined by a well-known writer, actor, performer, athlete or public figure to discuss their life and shared experiences of Ireland and abroad. An Irishman Abroad is a former winner of the iTunes Store's Best New Audio Podcast Award and has been a fixture in iTunes' Best of the year list since its creation in 2013. An Irishman Abroad has been recommended by The Guardian, The Telegraph, The Irish Times and The London Metro.

To listen

Listen to An Irishman Abroad podcast:

[An Irishman Abroad on Spotify](#)

[An Irishman Abroad on Apple Podcasts](#)

[An Irishman Abroad on PodBean](#)

[An Irishman Abroad on ACast](#)

Motherfoclóir

Behind the wall of grammar homework lies the amazing world of the Irish language, and Darach (that @theirishfor guy) wants to take you there.

With a crack team of the internet's soundest Irish speakers, Darach will explore topics like differences between the Irish and English versions of the Constitution, silent letters, Gaeilge and technology, how new words get added to the dictionary and which old words have fallen out.

It's an all slammer, no grammar half hour.

To listen

Listen to Motherfoclóir podcast:

[Motherfocloir on Spotify](#)

[Motherfocloir on Apple Podcasts](#)

Blindboy

Hosted by Blindboy, of the Rubberbandits. An eclectic podcast containing short fiction, interviews and comedy.

To listen

Listen to the Blindboy podcast:

[Blindboy on Spotify](#)

[Blindboy on Apple Podcasts](#)

[Blindboy on ACast](#)

A Hurler's Life

A Hurler's Life' is a podcast hosted by Brian Carroll - each episode chats with a former great of the game about their hurling lives!

To listen

Listen to A Hurler's Life podcast:

[A Hurler's Life on Spotify](#)

[A Hurler's Life on Apple Podcasts](#)

The GAA Off the Ball

With OTB AM, Off The Ball and our world famous roadshows, we'll be bringing you the yarns, the tales, the fallouts and the analysis right across Hurling and Gaelic Football.

To listen

Listen to OTB Off the Ball podcast:

[OTB Off the Ball on Spotify](#)

[OTB Off the Ball on Apple](#)

Talking Sport with Laois Today

LaoisToday weekly sports podcast featuring Steven Miller, Alan Hartnett and a host of guests from the local sporting world.

To listen

Listen to Talking Sport with Laois Today podcast:

[Laois Today on LaoisToday.ie](#)

[Talking Sport with LaoisToday on Spotify](#)

[Talking Sport with LaoisToday on Apple](#)

The LaoisToday Podcast

The LaoisToday Podcast, brings you in-depth interviews with Laois people from the world of business, politics, sport and arts.

To listen

Listen to The LaoisToday podcast:

[The LaoisToday Podcast on LaoisToday.ie](#)

[The LaoisToday Podcast on Spotify](#)

[The LaoisToday Podcast on Apple](#)

The 2 Johnnies

Comedy & life stories from Irish duo The 2 Johnnies. Hotter than fresh tay. Weekly Podcasts. 4 Irish no.1 singles.

To listen

Listen to The 2 Johnnies podcast:

[The 2 Johnnies on Spotify](#)

[The 2 Johnnies on Apple](#)

[The 2 Johnnies on ACast](#)

Mothers of Invention

Climate change is a man-made problem with a feminist solution! Join former Irish President Mary Robinson and comedian Maeve Higgins in this uplifting and fascinating podcast and meet a host of game-changing women fighting to save all our lives.

To listen

Listen to Mothers of Invention podcast:

[Mothers of Invention on Spotify](#)

[Mothers of Invention on Apple](#)

Laois Connects Podcasts

Listen to '[Laois Connects Podcasts](#)' that were recorded and developed as part of the annual Laois CONNECTS event, which promotes mental health and wellbeing. The podcasts explore a wide range of lifestyle topics with people working in the Statutory, Community & Voluntary sector in Laois and offer a diverse and interesting range of conversations which are suitable for everyone, young and old.

To listen

Listen to Laois Connects podcast:

[Laois Connects on Apple](#)

[Laois Connects on PodBean](#)

[Laois Connects on Laois Partnership.ie](#)

Owning It: The Anxiety Podcast

From the number one non-fiction bestseller, comes Owning It: The Anxiety Podcast - with everything you need to hear to get on top of your anxiety. This practical and relaxed series explores everything from what anxiety is and why it happens to us, how our brains work and why it's actually very normal to the various tools and techniques necessary for owning it. Author Caroline Foran shares her story, along with some expert input, in an attempt to help you show your anxiety who's boss. Most importantly, this is a series that tackles the reality of anxiety from a refreshing and relatable perspective.

To listen

Listen to Owning It podcast:

[Owning It on Spotify](#)

[Owning It on Apple](#)

Where is My Mind?

Where is my Mind? is a podcast about how we can navigate the manic, always-on, and head-melting world we live in. Produced by Niall Breslin and Ciara O'Connor Walsh.

To listen

Listen to Where Is My Mind? podcast:

[Where Is My Mind? on Spotify](#)

[Where Is My Mind? on Apple](#)

Words Lightly Spoken

Words Lightly Spoken is a weekly podcast of poetry from Ireland. In each episode we bring you a poem, with an introduction.

To listen

Listen to Words Lightly Spoken podcast:

[Words Lightly Spoken on Spotify](#)

[Words Lightly Spoken on Apple](#)

The Hut Near The Bog – A Wisdom Podcast

In this bi-weekly podcast, mum, Sheila, a life coach, and son, James, a philosopher, draw on the collective wisdom of Irish generations past as well as their own expertise and life experiences to discuss various aspects of life. Plus, guest episodes—where they get to know some fascinating Irish people & the wisdom they offer. Episodes drop every second Saturday.

To listen

Listen to The Hut Near The Bog podcast:

[The Hut Near The Bog on Spotify](#)

[The Hut Near The Bog on Apple](#)

[The Hut Near The Bog on ACast](#)

Farming for Nature

A podcast by Irish farmers about how they make space for nature on their farms. FFN is a not-for-profit initiative set up by scientists and farmers to restore the ecological health of the Irish countryside.

To listen

Listen to Farming For Nature podcast:

[Farming for Nature on Spotify](#)

[Farming for Nature on Apple](#)