

UNIQUE **S**TYLE **P**LATFOM  
ESSENTIAL INSPIRATION FOR CREATIVE MINDS

**LOOK AHEAD TO:**  
PODCASTS  
**2023**





Our series of **Look Ahead to 2023** reports cover key things to look forward to in the coming year. Carefully selecting upcoming **exhibitions, films, books, TV series, podcasts** and **influencers** that we believe will inspire fashion, colour and lifestyle trends.

The latest in our series looks at the **new, upcoming or trending podcast releases**, as well as some of the USP regular favourites.

Covering a range of topics from **societal shifts** and **Gen Z culture** to **mental health, fashion** or **true stories**, podcasts allow us to escape from the daily grind and lose yourself in someone else's story.

## SO, HOW DO YOU...

TV Presenter, columnist, founder of foodie newsletter *Hoste* and Co-Founder of interiors brand **Glasette**, **Laura Jackson**, has just released the second series of her popular *So, How Do You* podcast. Each episode explores a new topic, revealing insider secrets to renovation and DIY on a budget, to help make your dream home into a reality.

**Laura Jackson**



## HIGH/LOW WITH EMRATA

Actress, model and best selling author **Emily Ratajkowski** is now delving into the podcast world, with her new podcast *High/Low with Emrata*. Hosting an impressive array of high profile celebrities, Ratajkowski discusses the topics which mean the most to her. Focusing heavily on feminism, sexuality and identity.

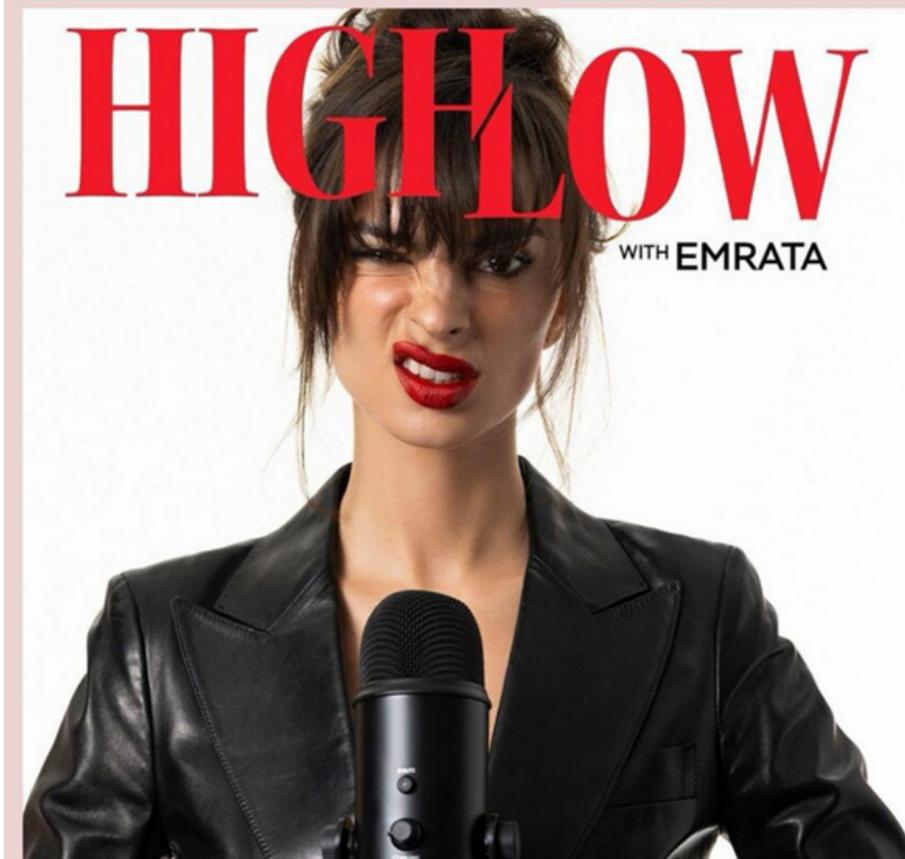
**Emrata Ratajkowski**



## IT'S GIVING FASHION

American drag queen **Shea Couleé** and costume designer **Tiger Lily** present their brand new fashion podcast, *It's Giving Fashion*, with **Sony Music**. Expect all the latest fashion gossip as Couleé and Lily shade and obsess over the latest fashion looks.

**Shea Couleé & Tiger Lily**



## TABOO TALK

High street pharmacy **Boots** is presenting a new health and wellbeing podcast hosted by Irish model and media presenter, **Vogue Williams**. Aiming to tackle the stigma around the more awkward or intimate health questions from living with hearing loss, to imposter syndrome to sex therapy.

**Vogue Williams**



## GROWN

Popular podcast *The Moth* has released a new spinoff podcast called *GROWN*, dedicated to guiding young adults through those awkward teenage years. Co-hosted by **Alleza Kazmi** and **Alfronso Lacayo**, both on the edge of adulthood themselves, *Grown* shares true stories about the trials and triumphs of young adulthood.

**Alleza Kazmi & Alfronso Lacayo**

## LAID BARE

Popular sex positive podcast *Laid Bare*, hosted by dating guru and sex expert **Oloni**, discusses taboo subjects, sex, the orgasm gap and relationships. Alongside her podcast and after her **Netflix** one-off special *Sex: Unzipped*, she also released a new book *The Big O: An Empowering Guide to Loving, Dating and F\*cking* at the end of last year.

**Dami Olonisakin**



## SHRINK THE BOX

*Shrink The Box* is co-hosted by actor and comedian **Ben Bailey** and psychotherapist **Sasha Bates**. With a unique blend of TV analysis and psychology, they discuss behavioural patterns of some of their favourite fictional characters. Including analysis of Tony Soprano (from the Sopranos) and Ross (from friends).

**Ben Bailey & Sasha Bates**

## BOOK CHAT

with Pandora and Bobby



## THE LAST OF US

Recent **HBO** series, *The Last of Us* - based on the critically acclaimed video game - which received rave reviews now has a companion podcast. Each week **Troy Baker** (who played Joel in the video game) breaks down each episode, diving into key moments and behind the scenes stories.

**Troy Baker**



## BOOK CHAT

For those still mourning *The High Low* podcast, **Pandora Sykes** is back, this time with author **Bobby Palmer** for new podcast, *Book Chat*. Each episode the pair will bring a much-loved book to discuss. Acting like an old-school book club in podcast form and avoiding hyped-up reads or best sellers, the monthly podcast aims to step away from non-stop consumption and cultural overload, by choosing books that are at least 2 years old.

**Pandora Sykes & Bobby Palmer**



## THE WITCH TRIALS OF J.K. ROWLING

With cancel culture becoming the norm - perhaps even the modern day version of Witch Trials - **J.K. Rowling** examines the most contentious conflicts of our time. The series hosted by **Megan Phelps-Roper**, follows Rowling speaking candidly about the controversies surrounding her - from book bans to debates on gender and sex.

**Megan Phelps-Roper & J.K. Rowling**



## DWELLING

As the housing crisis worsens and house prices become unattainable, we reassess what home is or means to many of us. While restrictions to alternative lifestyles continue to tighten, new podcast *Dwelling* follows nomadic lives and the shifting dynamics of 'home'. Host **Marnie Woodmeade** speaks to various people who are seeking alternatives - from abandoned buildings to lost rivers - redefining what home can be and protecting their sanctuaries.

**Marnie Woodmeade**

## BOT LOVE

With **ChatGPT** and AI booming at an exponential rate, **Radiotopia's** new podcast *Bot Love* draws focus on our relationships with Artificial Intelligence. Discussing true stories of how humans have developed intimate relationships with AI chatbots and exploring what impacts these relationships could have on both our physical and mental health.

**Anna Oakes and Diego Senior**



## BLACK PROSE

Journalist **Yolanthe Fawehinmi** interviews some of the most talented Black writers of our time in new podcast *Black Prose*. With an aim to become an archive for black writers around the world, Yolanthe speaks with writers from all backgrounds - from journalists and authors to songwriters and rappers - about their experiences, challenges and writing rituals.

**Yolanthe Fawehinmi**



## MADE WITH LOVE

Olympic champion diver and knitting enthusiast, **Tom Daley**, is on a mission to embrace the benefits of allowing the things we love to guide our lives in his new self-help podcast, *Made With Love*. Speaking with elite athletes and activists to musicians and influencers, the guests share their passions and the people and places who have enabled them to pursue a life they love.

**Tom Daley**



## THE LOUIS THEROUX PODCAST

British-American documentarian, journalist, broadcaster and author **Louis Theroux** has announced a new podcast in partnership with **Spotify**, aptly named *The Louis Theroux Podcast*. His previous BBC series *Grounded* (which is set to release a second series) featured star studded guests such as **Stormzy, Dame Judi Dench** and **Yungblud**, so we have high hopes for the new podcast releasing this Spring.

**Louis Theroux**



## STARTED FROM THE BOTTOM

**Justin Richmond** hosts insightful weekly interviews with some of the most successful and influential people, who grew up on 'the outside'. **Richmond** examines how his guests overcame all the odds and what challenges they faced along the way.

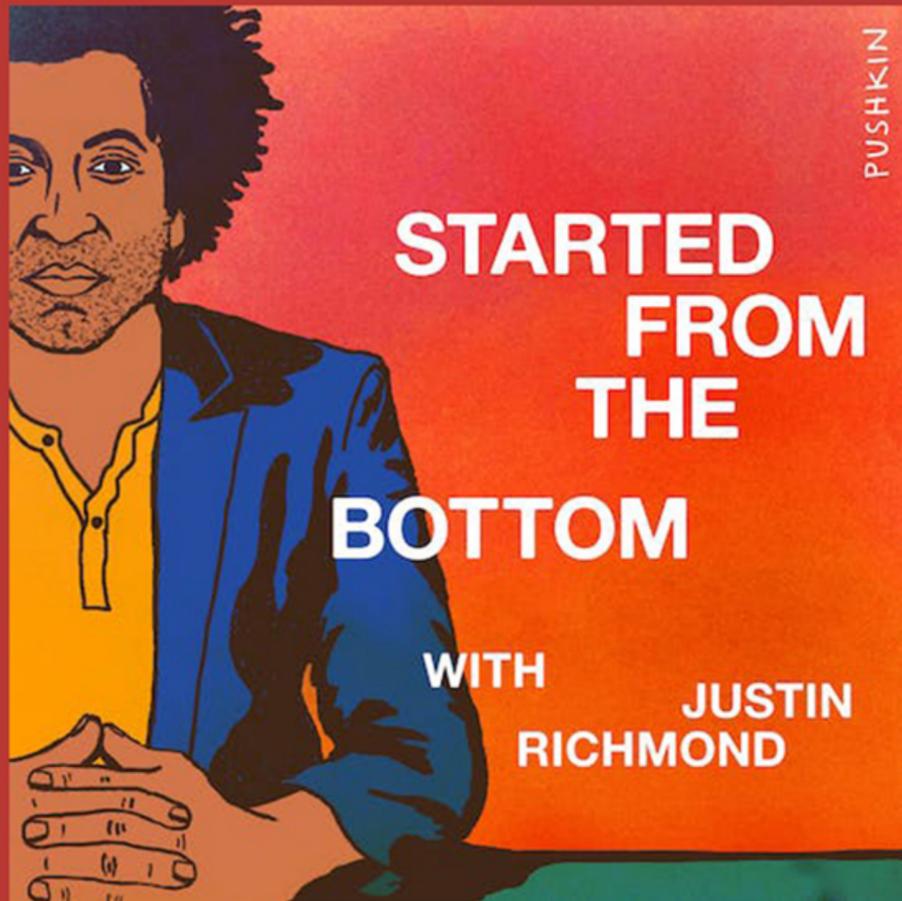
**Justin Richmond**



## THE TURNING ROOM OF MIRRORS

As the #Balletcore trend continues *The Turning Room Of Mirrors* is a weekly, non-biased documentary uncovering the complexity of ballet culture. Through an unbiased tone, *The Turning Room Of Mirrors* examines the origins of the ballet culture, ballet legacies and intimate stories of young dancers.

**iHeartPodcasts and Rococo Punch**



## BABY ON THE BRAIN

As we all struggle with the rising cost of living, becoming a parent is especially difficult to navigate today. Stylist's new podcast, hosted by **Felicity Thistlethwaite** explores the challenges mums have returning to work after maternity. Covering topics from parental leave to inequality of the sacrifices men and women, it tackles many conundrums and concerns. For more light-hearted parental advice also listen to **Rob Beckett** and **Josh Widdicombe's** trending podcast, *Parenting Hell*.

**Felicity Thistlethwaite**



## THE SYSTEM

American socialite **Kim Kardashian** takes her passion for advocating the wrongfully convicted to her new crime podcast, *The System*. The first eight-episode series documents the story of **Kevin Keith**, an Ohio man convicted of a triple murder.

**Kim Kardashian**

CAMPSIDE



## LOVE, JANESSA

New true crime podcast- *Love, Janessa* is a seven-part series investigating a global catfish scam. This jaw-dropping series sets to track down **Janessa Brazil**, who's photo has been used to scam people out of thousands.

**Host Hannah Ajala**



A SPOTIFY ORIGINAL

KIM KARDASHIAN'S  
**THE SYSTEM**  
THE CASE OF KEVIN KEITH

## THE EVAPORATED

**Jake Adelstein** and co-host **Shoko Plambeck** unearth the dark phenomenon of people who go missing in Japan under mysterious circumstances. Rather than solving missing person cases, they focus on investigating why and how people disappear. Touching on themes of shame, guilt and exploitation.

**Jake Adelstein & Shoko Plambeck**

BBC | CBC

LOVE,  
**Janessa**

## INNER MONOLOGUE

Famous **TikTok** and **YouTube** star **Olivia Neill**, who rose to fame before TikTok became mainstream, hosts her trending **Spotify** original podcast *Inner Monologue*. Known for her unfiltered honesty, Olivia navigates friendships in your twenties, career goals and sharing advice.

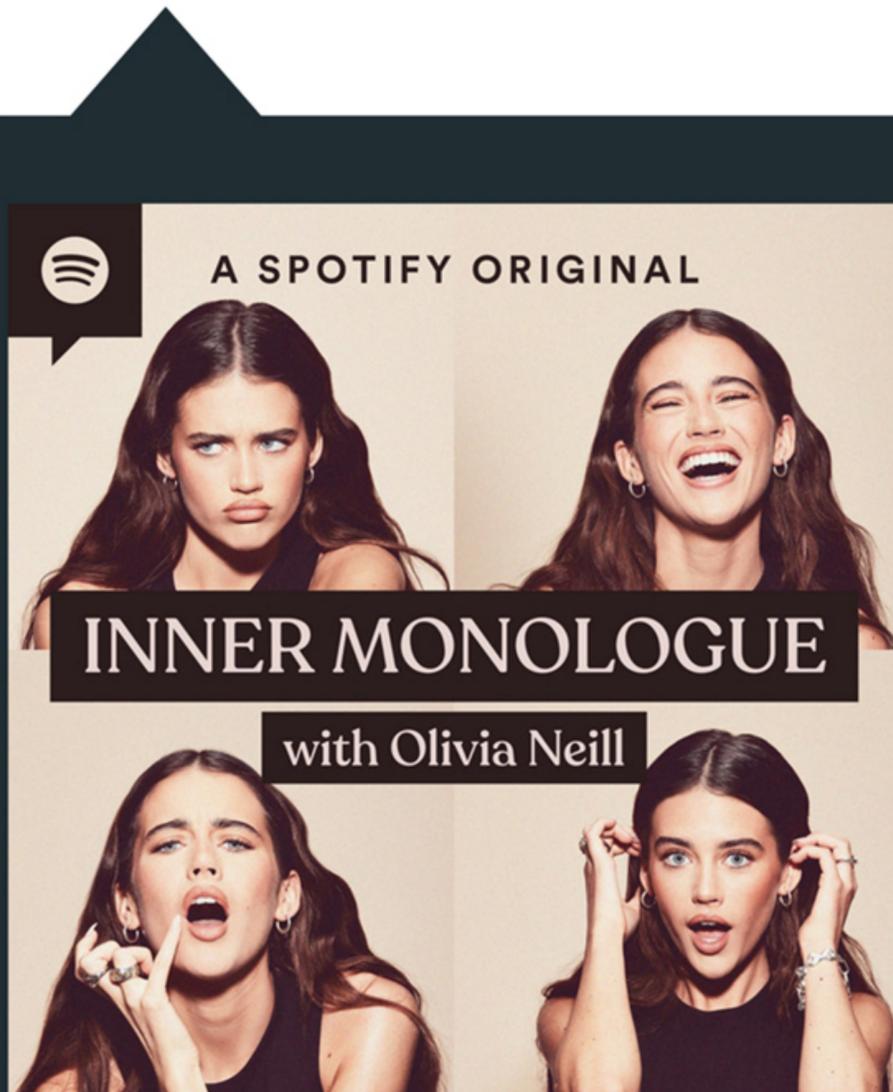
**Olivia Neill**



## COMMON CHAOS

Podcast *Common Chaos* is rapidly growing in popularity, amassing over 21k followers on Instagram. Hosted by influencer-models **Cartia Mallan** and **Ashton Wood** from Australia, who have recently made the move to London, the podcast discusses a broad spectrum of topics from mental health to relationships.

**Cartia Mallan & Ashton Wood**



## THE GIRLS BATHROOM

Popular podcast *The Girls Bathroom*, ranking at 40th on **Spotify**'s podcasts charts, recently raised their profile further after their *Galentines Live Tour* this February. Hosted by life long besties Sophia & Cinzia's, the podcasters gossip about all things girls and boys, trying to make sense of dilemmas sent in from listeners.

**Sophia & Cinzia**



## THE REST IS POLITICS

Ranking 3rd on **Spotify** podcast charts, *The Rest is Politics* - hosted by former Downing Street Director of Communications and Strategy, **Alastair Campbell**, and Cabinet Minister **Rory Stewart** - offers an insider's view on politics at home and abroad. Bringing back the lost art of disagreeing agreeably, they lift the lid on the secrets of Westminster from opposing political sides.

**Alastair Campbell & Rory Stewart**



## THE THERAPY CROUCH

Smash hit podcast *The Therapy Crouch* hosted by **Abbey Clancy** and **Peter Crouch** has a 4.9 star rating and sits steadily at number 3 in the **Spotify** podcasts charts. Weekly episodes navigate the trials and tribulations of relationships; expect tears, tantrums and lots of laughs.

**Abbey Clancy & Peter Crouch**

**The Rest**  
is **POLITICS**



## CALL HER DADDY

Currently number 5 in the **Spotify** podcasts charts, *Call Her Daddy*, hosted by **Alex Cooper** continues to grow its (particularly female) following three years on. With new guests and topics each week, Cooper puts "a modern twist on feminism" blending relationship advice, hilarious stories and taboo topics.

**Alex Cooper**

**The**  
**Therapy**  
Crouch





## CHANGES WITH ANNIE MAC

### For The Culture Vulture

DJ **Annie Macmanus** chats to people from a mix of backgrounds, from artists to writers or musicians, talking about the changes they have overcome throughout their lives. Discussing how we confront it, react to it and activate change.



## ANYTHING GOES

### For The Free Thinker

American personality and model, **Emma Chamberlain's** trending *Spotify Exclusive* is an open conversational podcast, covering a variety of topics, from philosophy and random stories to current topical subjects.



## CIRCULAR

### For The Conscious Crafter

Writer and speaker championing a circular approach to craft and design, **Katie Treggiden**, explores the intersection of craft, design and sustainability in her *Circular* podcast. Talking to the thinkers and doers challenging the linear model to production and consumption.



## DINNER SOS

### For The Foodie

The latest release from podcast favourites, **Bon Appétit**, *Dinner SOS* helps to answer desperate cries for help from home cooks. Covering last-minute party inspiration, small kitchen dilemmas or food for fussy toddlers.



## INCREDIBLE WOMEN

### For The Fashion-focused Feminist

Recently releasing its 6th season, titled *Champions of Change*, the **NET-A-PORTER** podcast talks with inspiring women, such as **Este Haim** and **Lisa Taddeo**, who are transforming the future in their domains; across fashion, beauty, film and design.



## EXPANDED

### For The Manifester

Self-help podcast *Expanded by To Be Magnetic*, hosted by **Lacy Phillips**, focuses on the science and psychology behind manifestation and how to utilise these tools to manifest your dreams.



## SAVING GRACE

### For the Gen Z'er

**TikTok** influencer **GKBarry** aka **Grace Keeling's** *Saving Grace* podcast, which is trending with the Gen Z population, despite only starting last April. Featuring conversations with a selection of very special guests covering embarrassing stories to pop culture.



## WARDROBE CRISIS

### For The Eco Warrior

Hosted by **Clare Press**, *Vogue's* first-ever sustainability editor, it features insightful interviews from global fashion change makers, activists, designers and scientists who are shaping a more sustainable and ethical future for fashion.