Spirit.

Video podcasts, made for every platform.

Development, production, distribution and audience growth from our multi-camera studio in Southwark.



PODCAST & STUDIO SERVICES · 2026

Spirit.

WHO WE ARE

A digital-first studio making shows people watch, listen to and share.

Multi-award winning

For It's A Sin: After Hours, Music for Mental Health and The Lion Whisperer, amongst others.

Billions of views

Across our network of podcasts and digital-first shows.

Trusted

By broadcasters, producers, talent, creators and brands.

IP360™ Every show starts with a platform strategy, proves demand early, scales across platforms and earns beyond its first commission.

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Shows for broadcasters, talent, creators and brands



You Alright, Hun?
ITVX



Catching Up with the Royals
Channel 5



A Night In with Sally Lindsay
Channel 5



Private Parts
Amy Hart



Every Cloud
Ferne McCann



TellyCast
Justin Crosby



Spill With Will
William Grande



Homo Sapiens
Chris Sweeney



The Unprocessed Truth
Tonic Health



Save Your Game
Red Bull



ROAR
The Children's Society



Dirty Mother Pukka
Live show

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WHAT WE DO

End to end, from idea to income

01

Develop

Concept, format and platform strategy. Host and talent booking.

02

Produce

Studio, location or remote records. Multi-camera video and audio edit.

03

Distribute

Podcast platforms, YouTube, TikTok, Instagram, Tubi and broadcaster streaming.

04

Grow

YouTube channel management, clips and Shorts, titles, thumbnails and analytics.

05

Monetise

Ad sales, brand integrations, MCN and Content ID, live shows and format sales.

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Packages & pricing

Audio

From £1,500 per episode

- Producer and audio engineer
- Studio, location or remote
- Edited and delivered to all podcast platforms

Video podcast

From £2,100 per episode

- Multi-camera HD & 4K records with multi-channel audio, lighting and the option to live vision mix the output
- Full-length video and audio edit, plus Shorts and cut-downs
- Delivered to YouTube, Apple and Spotify, with Shorts to social media platforms

Full 360

From £3,500 per episode

- Everything in Video podcast
- Broadcast quality for delivery to broadcasters and streamers
- Clips, Shorts and vertical cut-downs
- Channel management, distribution, MCN and ad sales

Studio hire

£600 per half day
£1,000 per day

- Studio engineer required: £250 per half day, £400 per day
- AM or PM half-day sessions
- Weekdays 9am–6pm; after hours and weekends also possible
- Our set, yours, or a commissioned one

All prices exclude VAT. Bespoke packages on request.

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THE STUDIO

A multi-camera video and audio podcast studio

> **The Print Rooms, 164–180 Union Street, Southwark, London SE1 0LH**
>
> Nearest Tube: Southwark, Waterloo and London Bridge





A multi-camera 4K video set-up with studio-grade audio and lighting.

Our set. Full access to the studio and props to make it your own.

Bring your own set. Already have one? Bring it in.

Commission a set. We'll work with your set designer, or use our own in-house art director and set builder.

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One studio, many worlds



Every Cloud
Ferne McCann



You Alright, Hun?
ITVX / TOWIE



A Night In with Sally Lindsay
Channel 5



Filtered Interiors
Channel 4 x Wayfair



Catching Up with the Royals
Channel 5



Hotline Hut
Three



Living in the Comments
LADbible x KFC



The Unprocessed Truth
Tonic Health

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COMMISSION A SET

From brief to build



01

Brief & moodboard

Your format, talent and brand shape the look. We source props and furniture to match.



02

3D render

You see and sign off the set before anything is built.



03

Build in studio

Our team and set designer build it in Southwark.



04

On air

Every Cloud with Ferne McCann, shot on the finished set.

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INSIDE THE STUDIO

Broadcast-grade kit, included

Video

- Multi-camera 4K and HD
- Sony A7 III cameras
- Blackmagic ATEM live switching
- Full lighting rig
- Green screen

Audio

- Shure SM7B and Rode NT2-A mics
- Focusrite Clarett+ interface
- Pro Tools and Adobe Audition edit
- Headphone distribution for every guest

Live

- Live vision mixing
- Distributed to websites, YouTube and social media





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OUR WORK

One show, every platform



Channel 5 vodcasts

Catching Up with the Royals and A Night In with Sally Lindsay: podcast, YouTube, 5 streaming and linear.

Premiered as visual podcasts, then went out on linear TV



Filtered Interiors

Wayfair x Channel 4 interiors vodcast, hosted by Vogue Williams and Danny Campbell.

21m views across YouTube, social and streaming



You Alright, Hun?

The official TOWIE visualised podcast, for Objective/ITV, distributed on Apple, Spotify, YouTube and ITVX.

Re-commissioned for series 3 & 4 in 2027

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WHO WE WORK WITH

Broadcasters, platforms, brands and producers



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Let’s make something.

Book a studio tour or talk to us about your show.

CONTACT

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STUDIO

The Print Rooms
164–180 Union Street
London SE1 0LH

ONLINE

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