

## **6 Inspirational Women Engineers from History**

These pioneering women led the way in making engineering a career choice for all women.

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## **Why Exercising in Historic Green Spaces is Good for Your Mental (and Physical) Health**

Explore the benefits of historic public parks and green spaces across England.

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## **150 Years of Alexandra Palace**

Sitting high in north London's skyline, Alexandra Palace has been a prominent leisure attraction since the 19th century.

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## **High Explosive: Bootle's Cunard Shell Works During the First World War**

The Shell Works in Bootle fulfilled part of a complex process, with most of the production done by the factory's female workforce.

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## Ghost Signs: Spooky Remains of a Hidden Past

Once you're on the look out for ghost signs, you'll find they are frequently hidden in plain sight.