## <u>6 Inspirational Women Engineers from History</u>

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

# 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.

#### 150 Years of Alexandra Palace

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

### <u>High Explosive: Bootle's Cunard Shell</u> <u>Works During the First World War</u>

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

## 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.