



## GRACE DARLING

Grace Darling was an ordinary girl who did an extraordinary act. One night a treacherous storm ripped through the sea. Grace caught sight of a ship that had run aground. In the darkness, Grace spotted people bobbing up and down in the water. Grace and her father rowed out to the stricken sailors and saved them. Today, we still remember the bravery of this fine young lady who, through her courageous and selfless act, became an example and inspiration to future women.



## FLORENCE NIGHTINGALE

Florence Nightingale was an inspirational woman who worked tirelessly to help sick people and made nursing a respectable career for all. This is her story. Florence was born in Florence, Italy but was of British nationality. When 16, she believed she heard a voice from God calling her to help the suffering. By 1830 she was a nurse running a woman's hospital in London. During the Crimean War, Florence and thirty other nurses cared for wounded soldiers. They dramatically improved conditions and reduced death rates and Florence was the first woman to receive 'The Order of Merit', an award from the Queen for anyone who carries out super special work!





# IMPORTANT BRITISH WOMEN

Researched and written by the  
children of  
**St Austin's Catholic  
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## EMMELINE PANKHURST

An inspirational leader of the British suffragette movement and an activist for woman's rights, Emmeline Pankhurst was a strong willed, brave and courageous woman who stood up for her beliefs and changed the lives of British woman forever. Her 40-year campaign to secure equal voting rights for woman became a reality just days after her death in 1928. Emmeline became an inspiration for all women for generations to come.



## HELEN SHARMAN

Helen Sharman became the first British astronaut and woman to visit the Mir space station. Before becoming an astronaut she worked as an engineer and chemist for a chocolate company. After hearing a radio advert, Helen was one of 13,000 applicants hoping to become an astronaut and she was chosen! After a long training programme in Russia, on 20th May 1991, Helen and her team docked on the Mir space station. She now shares her amazing experience with children by visiting schools all around the UK. She has been awarded an OBE from Queen Elizabeth II for her contributions to space exploration.



## AETHELFLAED THE LADY OF MERCIA

Aethelflaed was the eldest child of Alfred the Great, the ruler of the Anglo-Saxon Kingdom of Wessex, famous for being the person who began the process that led to the creation of the Kingdom of England. Aethelflaed completed Alfred the Great's work and her military achievements are impressive. She was also responsible for the education and training of her nephew, Athelstan, who became the first King to unite the Anglo-Saxon kingdoms into one United Kingdom of England.

