Mary Seacole: A Jamaican nurse who travelled the world helping others. She nursed soldiers in the Crimean War.

Florence Nightingale: A British nurse who improved hospitals and saved soldiers' lives in the Crimean War.

Mary Seacole 1805-1881
- Mary was born in Jamaica.
- Her father was a Scottish soldier and her mother was a Jamaican nurse and healer.
- When she was 12, she helped her mother run a boarding house in Kingston for sick and injured soldiers.
- In 1836, Mary married Edwin Seacole.
- On hearing news of British soldiers going off to Russia to fight in the Crimean War she wanted to help.
- In 1866 she set off to the Crimea on a ship stocked with medical supplies.
- She opened a "British Hotel" near to the battlefields. It was a place where soldiers could rest and buy hot food, drinks and equipment.
- Mary used the money spent there to help treat and care for sick and wounded soldiers.
- She received a number of medals for her bravery from governments in different countries.
- Mary so was caring, she became known amongst the soldiers as "Mother Seacole".

Florence Nightingale 1820-1910
- She was born in 1820 in Italy.
- Her family moved to England when she was just a baby.
- She believed that God wanted her to spend her life looking after people so she became a nurse.
- When the Crimean War started Florence went to look after the soldiers who had been hurt.
- The soldiers called her 'The lady with the lamp' because she walked around the wards at night with a lantern.
- Florence spent her life trying to make hospitals better places for everybody.
- The Nightingale Fund was established for the training of nurses.
- Florence 'changed the world' by changing how sick people were cared for across Britain and the world.
- She was awarded the Royal Red Cross by Queen Victoria in 1883.

Things to do at home
- Use a map to find Jamaica and the Crimea.
- Visit the Florence Nightingale Museum in London.

The Florence Nightingale medal recognises exceptional courage and devotion to victims of armed conflict or natural disaster. It also recognises exemplary service or a pioneering spirit in the areas of public health or nursing education.

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