

WELCOME TO OUR
October Newsletter



Lizzie English
Founder of WiNUK

From Lizzie...

HELLO WINUK COMMUNITY,

I hope you're having a wonderful October so far. Since our last WiNUK Newsletter, we've had several exciting new developments in...

AWARDS

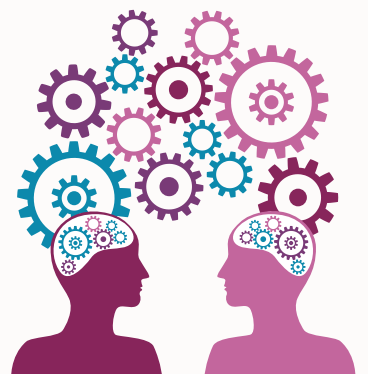
EVENTS

BLOG

SOCIALS

And we've expanded our team

MEET OUR 9 NEW VOLUNTEERS



AWARDS

I was kindly nominated by a mystery person/s for the **UK Dementia Research Institute's Engagement Prize** for founding Women in Neuroscience UK.

Thank you if you're reading this!
No win for us on this occasion, but the recognition and publicity for our cause is great to see.

A big congratulations to the winners, *Cliona, Paige and Emily*, for their work on World Down Syndrome Day.

EVENTS



Save the Date: 13 November 2023



7 - 8 PM (GMT)



Virtual Event on Microsoft Teams

“Inclusion and Belonging: Addressing Neurodiversity”

This event aims to shed light on the importance of neurodiversity in the field of neuroscience. It will feature remarkable speakers who will share their invaluable experiences and research.

Stay tuned to our social media channels for further details including speaker line-up and event sign-up.

The event will be hosted by our virtual event officers Sirjan and Shloka. Don't hesitate to get in touch if you have any questions or suggestions.

BLOG

We've seen the launch of our inspiring new monthly blog series, 'Spotlight On', with authentic reflections on the lives of women in neuroscience, interviewed by the fantastic Lauren Wallis.

Over summer we've seen blogs flooding in for all three of our blog topics, Research, Reality and Review, spanning topics from Pint of Science to conference tips to wearable technologies to book reviews.

Thank you to our Resident Writers, Guest Writers, and Blog Editors Ailie McWhinnie and Julia Dabrowska, for supporting the blog's continued growth and engagement.

Fancy writing for the WiNUK blog, but not sure what to write about?

Not to worry - the editors regularly put together a collection of prompts to get you started.

REALITY

Section Editor: Ailie McWhinnie

- Doctor and a scientist?
- A collection of days in the lives

RESEARCH

Section Editor: Julia Dabrowska

- The effect of mindfulness training on executive function

<https://www.nature.com/articles/s44159-023-00242-4/>

- Neuron death in Alzheimer's Disease

<https://www.ucl.ac.uk/news/2023/sep/scientists-discover-how-neurons-die-alzheimers-disease>

REVIEW

Section Editor: Ailie McWhinnie

- Event review
- Book review: An Immense World: How Animal Senses Reveal the Hidden Realms Around Us by Ed Yong

Every month we will share a new set of prompts, and you can sign up to any of them by commenting on the Slack post.

Feel free to reach out to the section editor to discuss before you commit - we are here to help.

blog.womeninneuroscience.uk@gmail.com



SOCIALS

The "Present Your Lab Technique" (PYLT), made its debut last month with success as our social media team conducted a successful live Q&A session on Instagram.

This engaging series is set to become a monthly highlight, so be sure to stay tuned to our social media platforms for updates on the next installment of PYLT.

If you happen to be a WiNUK member or a science communicator with a keen interest in showcasing your laboratory techniques, whether they be wet lab or computational, we encourage you to get in touch with Abi, our social media coordinator.

She can be reached at socials.womeninneuroscience.uk@gmail.com.

In addition, Part 2 of our "The Gender Equity Issue in Science" series has been posted and has received positive feedback from both WiNUK members and the broader scientific community.

Other valuable educational materials have been shared to our social media, including our team's tips on writing a CV and personal statement, and poster design.

It's wonderful to see us developing and sharing resources to educate, inspire & support, with community members crediting WiNUK for help on securing their internships and science-related jobs.

Follow us on social media

 @womeninneuro_uk

 @WomeninNeuro_UK

 WOMEN IN NEUROSCIENCE UK

 @womeninneuro

Meet Our New Volunteers!

Finally, it's a pleasure to welcome nine new volunteers to WiNUK spanning various areas of our operations, from design to secretarial to events.

It's exciting to have each of you join our team, with your new enthusiasm, skills, and ideas. A big thank you to current volunteers, *Sirjan Chhatwal* and *Giny Sperandio*, for supporting me with the recruitment processes.



Marleyzna Zonde

Graphics Creator:
Social Media (month trial)



Lily Green

Blog Illustrator



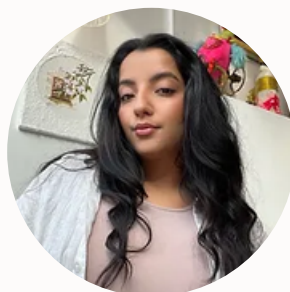
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Virtual Events Officer
(month trial)



Ananya Shankar

Deputy Virtual Events
Coordinator



Charlotte Qi

Virtual Events
Coordinator



Lakshaa Srishankar

Virtual Events Officer



Lizzie English
Founder of WiNUK

Quote of the Month

“

*‘Empowered women
empower women’*

”

I'll leave you with my quote of the month: *“Empowered women empower women”*.

There is a huge amount of inspiration for everyone especially women and girls from platforms like ours, that highlight the stories of confident, resilient, and honest neuroscientists who identify as female, in a field where women have been historically excluded and to an extent continue to be.

This is not to say that people of all genders cannot empower people of all genders- I am proud that WiNUK invites people of all genders to attend our events and engage with our blogs and social media to make the biggest positive societal impacts towards gender equity that we can as a collective.

How will you help to empower and support women in science this month?

I wish our volunteers and all our readers a brilliant October.

Lizzie English

Founder of Women in Neuroscience UK

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