

WELCOME TO OUR
June Newsletter

From Dana...

“You cannot innovate if you do not have diversity of thought, diversity of experience, and perspectives. Leaders need to cultivate an inclusive environment so we can innovate and solve the world's problems.”

– Jacky Wright, Chief Digital Officer at Microsoft U.S.



Dana Visnitchi
(she/her)
Newsletter Co-director

HELLO WINUK COMMUNITY,

Pride Month is here: at WiNUK we believe that neuroscientists should be fairly acknowledged for their work and ideas, without facing disadvantages due to biases against sex, gender identity, sexual orientation or other protected characteristics.

We are proud to uplift women including trans women in the neuroscience community. We are proud to collaborate to provide tailored support for our non-binary and gender non-conforming allies who may also encounter sexism and/or gender biases in the workplace.

We are proud to provide education and advice to enable all members of the neuroscience community to contribute towards inclusive workplaces to the benefit of all.

FOLLOW US ON SOCIAL MEDIA

 [@WomeninNeuroUK](https://www.instagram.com/WomeninNeuroUK)

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 [Women in Neuroscience UK](https://www.linkedin.com/company/Women in Neuroscience UK)

 [@womeninneuro](https://www.youtube.com/@womeninneuro)

 [@womeninneuro](https://www.tiktok.com/@womeninneuro)



EVENTS RECAP

This month, we are especially proud to have collaborated with The Faculty of Brain Sciences' LGBTQ+ Committee at University College London in co-organising a panel discussion on issues impacting LGBTQ+ researchers in academia, including interactive audience Q&A.

We've got the chance to hear insightful discussions on navigating neuroscience with gender and queer identity intersections. This session was part of the second Annual LGBTQ+ ECR Research Showcase on 26th June 2024.

Our **Synaptic Synergy: Study Session** was a success!

We were pleased to provide a productive and friendly space for attendees to make great progress on revision and work projects, and to cash in endorphin boosts through study break smiles over shared study tips.

If you enjoyed this session or have recommended changes for next time, let us know in our feedback form:

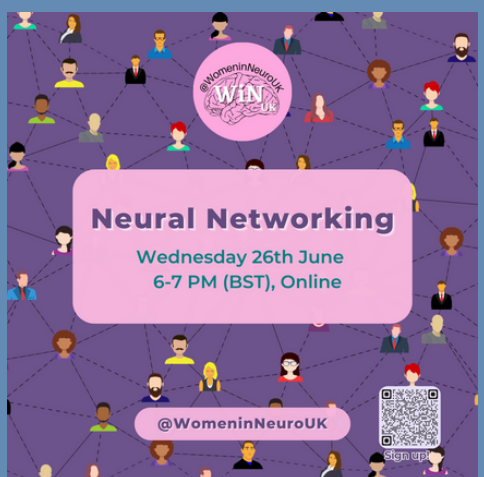
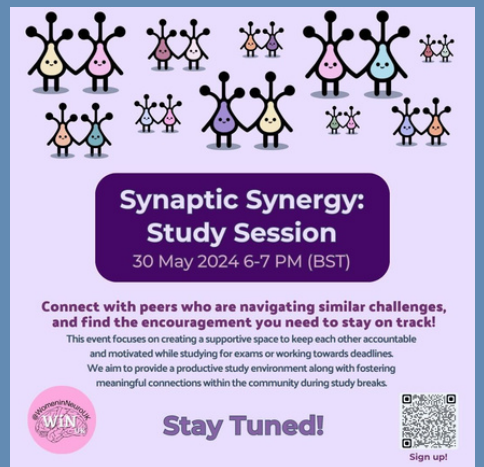
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Neural Networking 3.0

This past 26th of June we held the third edition of our much-anticipated Neural Networking event. Hosted by Anwasha, Shloka and Mahnoor, our volunteers had a fruitful discussion about conferences and careers with the attendees.

If you were there, we'd love to get some feedback:

https://docs.google.com/forms/d/e/1FAIpQLSd9jfhQymu9ZoP-g5ahxOkGcvnxjfi74R4O7avALsjfej2qcQ/viewform?usp=sf_link



Computation/AI event information

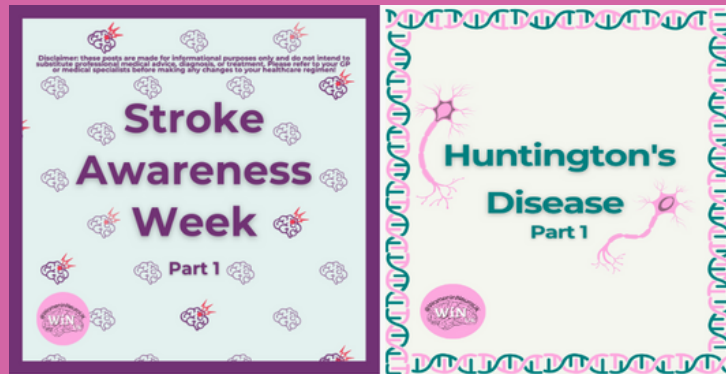


Look forward to our Impostor Syndrome Workshop (9th August 6-7pm) with inspiration from a women's leadership coach!

SOCIALS RECAP

Awareness Month:

In May, we covered Stroke Awareness Week and Huntington Disease Awareness Month, and the gender disparities in research and treatment development for both conditions.



Equity Issue in Neuroscience Series:

In the latest segment of the Equity Issue in Neuroscience series, we discussed the important findings from Joyce et al. (2024) study on gender inequality in academia (with a focus on STEM subjects like biology and medicine).

It's an important message on what the authors have coined the "scissor effect", which illustrates how men and women start equally, but women's representation declines sharply in later career stages. At WiNUK one of our main goals is to champion gender equality, diversity and inclusivity, and as the study emphasizes, we still have a way to go before achieving this.



Day in the Life (DITL):

Our lovely Instagram coordinator, Rachel, took over this month's DITL. Check out what she gets up to as a neuroscience PhD student on IG or TikTok!



FENS CONFERENCE



Are you going to the FENS 2024 conference, in Vienna, Austria? WiNUK members Abi, Katie, and Rachel will be attending this year.

Keep an eye out on TikTok and Instagram, where we'll post some exciting content during the week (25-29 June).

WINUK'S FIRST LARGE GRANT!

The WiNUK team are thrilled to share that we have been awarded an [#IBRODiversityGrant](#) to launch our first independent in-person event!

The [International Brain Research Organization \(IBRO\)](#) aims to promote and support neuroscience around the world through training, teaching, collaborative research, advocacy and outreach.

Keep an eye out on our socials for more information about this upcoming in-person WiNUK event! Any guesses on what it might be?



BLOG

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: Lauren Wallis

- Is Overworking a Requirement in Academia?
- Tackling Impostor Syndrome

RESEARCH

Section Editor: Julia Dabrowska

- PCOS and the brain:
<https://pubmed.ncbi.nlm.nih.gov/26574952/>
- ADHD and emotional dysregulation:
<https://neuroscience.cam.ac.uk/one-in-two-children-with-adhd-experience-emotional-problems-study-finds/>






REVIEW


Section Editor: Rebecca Pope

- Book Review: 'Why We Sleep: Unlocking the Power of Sleep and Dreams' by Professor Matthew Walker
- Review an event, lecture or discussion!

To pitch an idea for the blog, or to select a prompt, please contact us on blog.womeninneuroscience.uk@gmail.com

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Empowered women
empower women!

