

WELCOME TO OUR
April Newsletter

From Dana and Giada...

“Just because you are young or early in your career doesn't mean that you can't add value. Speak up! Be confident, curious, and persistent”

Marla Shapiro, Founder of HERmesa.



Dana Visnitchi
(she/her)
Newsletter Co-director

HELLO WINUK COMMUNITY,

Still today, women are more prone to suffer from imposter syndrome and continuously fight underrepresentation when it comes to covering higher positions.

At WINUK we want to encourage women to chase their passions and their careers. Don't be scared to take up space, there are many routes to success and if one fails, try the next one and the next again until the best opportunity for you arrives.



Giada Vanacore
(she/her)
Newsletter Director

FOLLOW US ON SOCIAL MEDIA

- @WomeninNeuroUK
- @WomeninNeuroUK
- Women in Neuroscience UK
- @womeninneuro
- @womeninneuro



**Empowered women
empower women!**



EVENTS (PAST AND UPCOMING)

Our organisation keeps growing and gaining visibility, which means new exciting opportunities arise for us to fulfil our purpose and represent and empower women in neuroscience. There's so much more to come and we'd love to thank you for your support during this incredible journey! Keep up with WinUK to see what we're doing next, meanwhile, here's where you might have come across us:

Our exhibition stall at Queen's College at the University of Cambridge for the [#CamNeuro2024](#) annual conference



Our "Tackling gender gaps in dementia research" talk, at ARUK Early Career Researchers Networking Day

Don't want to miss us next time? Subscribe to our mailing list and follow us on social media!

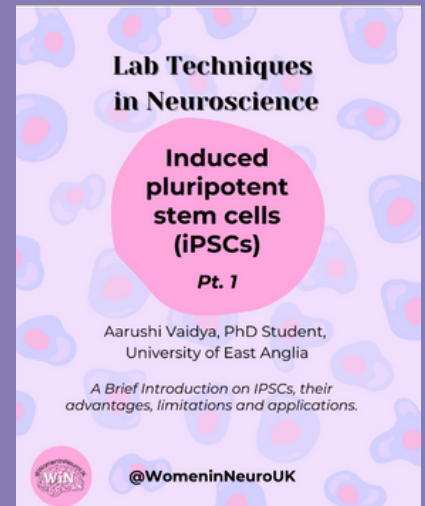


SOCIALS

PYLT series

The monthly PYLT is featuring Aarushi presenting iPSCs as a research model in neuroscience this month.

Stay tuned to our social media channels for updates!



A Day in the Life (ADITL)

Curious about the daily experiences of neuroscientists? Visit our TikTok and Instagram accounts, where our team members share insights into their lives as neuroscientists.



APRIL AWARENESS MONTH

April has been dedicated to raising awareness about various neurological conditions and neurodiversity.

We began with Autism Awareness Week and have since highlighted MS Awareness Week, Parkinson's Disease Awareness Month, and Stress Awareness Month through our WINUK social media channels.





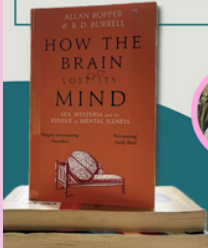
BLOG 'MONTH IN REVIEW'

This month, our blogs delved into historical medical mysteries, tackled accessibility in conferences, and highlighted inspiring journeys in neuroscience.

A REVIEW OF

'How the Brain Lost its Mind'

By Emily Beswick



We travelled back to the 1800's to discover the 'plague' of neurosyphilis, the once medical mystery, in a review of 'How the Brain Lost its Mind'.

From Uncertainty to Clarity:

A First-Gen Student's Discovery of Neuroscience

by Christabelle Asamoah



We shared a first-generation student's journey to studying neuroscience and the things that have helped her along the way.

Finding Funding:

How to finance a conference trip.

By Naomi Thorne



We made conferences more accessible by pointing you in the direction of places to find funding.

A reminder:

- Did you go to ARUK 2024?
- What did you think?
- Want to gain some writing experience by sharing your experience on our blog?

Email us at...
blog.womeninneuroscience.uk@gmail.com

How to find and apply to post-docs during your PhD



by Emma Garland

We gave you advice on how to make applying to post-docs easier, whilst still completing your PhD!

If you've missed these thought-provoking articles, visit the blog to catch up:
Blog | Womeninneurouk ([womeninneuroscience.wixsite.com](https://womeninneuroscience.wixsite.com/winuk))

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

- How can communication with academic supervisor(s) be improved?
- Interview an inspiring woman in neuroscience!

RESEARCH

Section Editor: Julia Dabrowska

- Environmental toxins & their impact on the development of Parkinson's Disease (<https://neurosciencenews.com/parkiinsons-toxins-nose-gut-25902/>)
- Mechanisms underlying COVID-associated brain fog (<https://www.nature.com/articles/s41583-024-00809-x>).

REVIEW

Section Editor: Rebecca Pope

- Review of BNA Members' Meeting 2024 (24th-25th April)
- Book Review: 'Brain Storms: The Race to Unlock the Mysteries of Parkinson's Disease' by Jon Palfreman

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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