

WELCOME TO OUR January Newsletter

From Giada...

“I tell young people: Do not think of yourself, think of others. Think of the future that awaits you, think about what you can do and do not fear anything”

- Rita Levi Montalcini, Neurologist and Nobel Prize winner in Physiology



Giada Vanacore
Newsletter Director

Happy New Year from the WiNUK community!

As we step into the madness of 2024, It is important to look back to the greatest achievements and the lessons learned in this past year while looking forward to the greater things ahead that are waiting to happen.

2023 has seen the rise of our community and platform with inspiring events, blogs and networking opportunities with many neuroscientists around the world and at different career stages. The cooperation between these amazing female neuroscientists helped shape the direction of our platform. We thought and fought for what we could do, pushing our limits and aspirations, and, for 2024, we will continue to not fear anything. We hope to see you joining in by our sides.

Check out WiNUK's 2023 wrapped

These 2024 updates are incredibly exciting but they couldn't have happened without the strong base of virtual content that our team has been cultivating.



Our first ever in-person event!

We are thrilled to announce Women in Neuroscience UK's first ever in-person event is happening in March.



WiNUK WRAPPED


Here are WiNUK's 2023 highlights:

 We took things global! With 6 virtual events on a range of topics, we attracted 555 registrants from 38 countries.

 Our blog took off! With 38 new blog posts and 2433 total reads.

 Our social media and newsletters reached so many of you!

 We are thrilled to have had some amazing testimonials on our impact in 2023.

 Finally, we had some exciting collaborations and nominations for our work on gender equality and public engagement!

Read more about the WiNUK highlights of 2023 in Lizzie's blog: [WiNUK Wrapped 2023: A Year in Review \(womeninneuroscience.wixsite.com\)](https://womeninneuroscience.wixsite.com/wi-nuk/wrapped-2023-a-year-in-review)

NEW VOLUNTEERS

The social media team has grown with many new recruits this New Year!

Look out for their faces joining us on our Team page of the website very soon 👁️. With several new video editors, we'll be relaunching our TikTok and increasing our video content across our other channels too.

To keep up to date, be sure to follow us on socials if you don't already!

 @womeninneuro_uk

 @womeninneuro

 @WomeninNeuro_UK

 @womeninneuro

 Women in Neuroscience UK

Save the Date

OUR FIRST EVER IN-PERSON EVENT

 March 20th -21st 2024

 ACC Liverpool

We are thrilled to announce Women in Neuroscience UK's first ever in-person event is happening in March.

Look out for our first exhibition stand and our inaugural in-person event at Alzheimer's Research UK's annual conference, the largest dementia research meeting in the UK!

Special thanks to our graphics team for the amazing work on our upcoming social media graphics, as well as the banner and merchandise for our exhibition stand. This will be the first time we will have physical WiNUK content and we can't wait to share this with you (who doesn't love a conference freebie!).

I'm so excited to meet WiNUK members old and new whilst behind the exhibition stall and up on stage at our lunchtime session. Please join me on March 20th-21st in Liverpool to dig into discussions of gender disparities in dementia research workplaces, and together let's inspire positive cultural change in the dementia research community. ~ Lizzie



MARCH 20TH & 21ST | ACC LIVERPOOL

OUR FIRST IN-PERSON EVENT!




ALZHEIMER'S RESEARCH UK CONFERENCE
Liverpool

EXHIBITION STALL & LUNCHTIME WORKSHOP:

"Tackling gender gaps in dementia research with WiNUK."
March 21st, Auditorium 2

HELP US TO RAISE FUNDS

Please visit our GoFundMe page and share it with everyone you can, to help Lizzie and WiNUK to maximise our first ever in-person activities.

Women in Neuroscience UK has operated until now with no funds and pure dedication from our team on a virtual basis, but to make our physical resources for ARUK 2024, Lizzie may have to pay out of pocket. With your support, we will kickstart conversations on gender equality issues in dementia research, further our research into these, provide our recommendations towards inclusive workplaces and continue to push for change:

<https://gofund.me/accb0532>

EVENTS AND BLOG

Events Recap

In December, we hosted our virtual event on “Decoding the Application Process”.

We are aware how daunting, scary and hard can be the application process for jobs and degrees. With a formidable panel of scientists of diverse backgrounds and professional levels, we gathered during this event to share our journeys, tips and strategies on how to successfully overcome this process.

Emma Soopramanien, MSc graduate, gave us insights into the science communication world, WiN volunteers Mahnoor Khalid and Emily Beswick discussed their lives as a scientific consultant and a postdoctoral researcher, respectively, and Dr Kamar Ameen-Ali shared her advice on lectureships applications and employability both within and outside of academia. What a great way to end 2023!

If you missed this event, look out for the recording coming to our YouTube channel soon.

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: Rebecca Pope

- Helpful Habits to Bring into the New Year
- Is Overworking a Requirement in Academia?

RESEARCH

Section Editor: Julia Dabrowska

- Virtual reality therapy approved for NHS mental health services

<https://www.neuroscience.ox.ac.uk/news/virtual-reality-technology-to-treat-agoraphobia-approved>

- Cannabis may enhance empathy & brain connectivity

<https://neurosciencenews.com/cannabis-emotion-brain-connectivity-25505/>

REVIEW

Section Editor: Rebecca Pope

- Event Review
- Book Review - The Brain: The Story of You by David Eagleman

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

blog.womeninneuroscience.uk@gmail.com

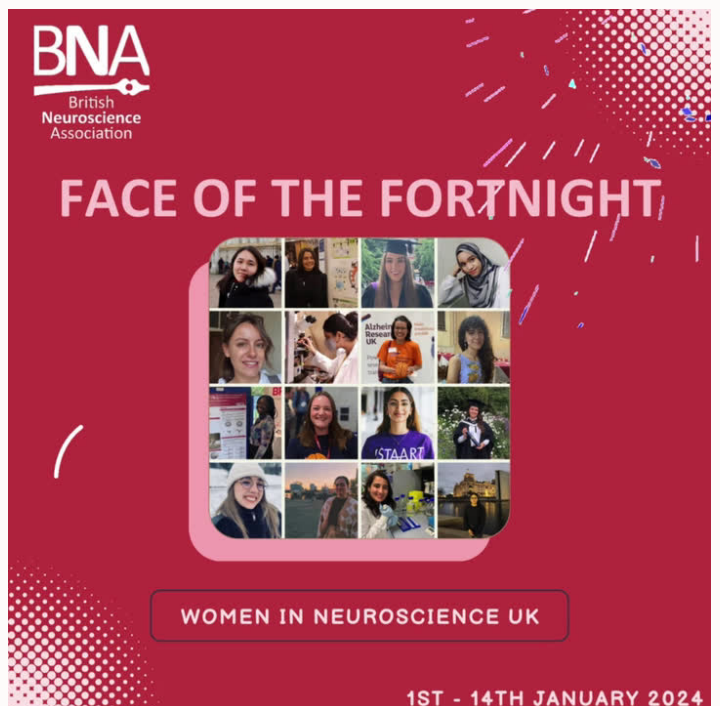
CHEERS TO WINUK 🥂

At WiNUK, we aim to celebrate and acknowledge all of the achievements within our community.

Therefore, we could not conclude this month's Newsletter without mentioning that WiNUK was selected as the **British Neuroscience Association (BNA) Face of the Fortnight** for 2024.

What a way to kick off the New Year! ¹⁰⁰. The BNA Face of the Fortnight is a new initiative created to showcase the variety of neuroscience in the UK and further afield.

You can read the article here: www.bna.org.uk/Face of the Fortnight



Follow us on social media

 @womeninneuro_uk

 @womeninneuro

 @WomeninNeuro_UK

 @womeninneuro

 Women in Neuroscience UK

