

WELCOME TO OUR December Newsletter

From Lizzie...

HELLO WiNers

Happy December.

Since our last newsletter, we delved into the fascinating topic of neurodiversity in our blogs and at our first event of the academic year.



Lizzie English
Founder of WiNUK

It's been a joy to learn about cutting-edge neurodiversity research and to connect with accounts from inspiring neurodiverse women in academia, including our very own Julia Dabrowska! If you want to catch up or share the wisdom with others, read on for the links.

We've seen our website buzzing with invaluable advice in our new blog series, *Preparing your Postgraduate Pathway*, and on social media we've covered a broad range of topics this month, from Brain Tumour Awareness Day, to paper writing advice, to exciting lab technique videos. A big thanks to you if you've engaged with this content - I hope you've found it inspiring and useful!

Read on for more WiNUK updates, including upcoming events for your diary and motivational blog prompts.

WiNUK's First Birthday

On 23rd November we celebrated Women in Neuroscience UK's first birthday- a whole year since our launch event!



ACHIEVEMENT HIGHLIGHTS

WiNUK aims to celebrate the achievements of its members!

If you would like to contribute to this new initiative get in contact. This month we are celebrating the achievements of both Lizzie English, founder of WiNUK, and Dr Emily Beswick.

Lizzie

Lizzie is a 3rd year PhD student at the University of Cambridge and in November she gave her very first talk at the UK Dementia Research Institute's annual conference, Connectome.

It may have (only) been a one-minute flash talk, but she enjoyed being creative with this! The uniqueness of her talk definitely paid off, with lots of enthusiastic and curious poster visitors afterwards.

Congratulations Lizzie, this is just the beginning of many successes.

Emily

Emily completed her PhD earlier this year at the University of Edinburgh and this year she attended a lovely graduation. Congratulations Dr Beswick from everyone at WiNUK. Emily is now working as a post doctoral researcher at the Trinity College in Dublin. Best of luck for this new chapter.

EVENTS

Neurodiversity event recap

This was a great month for the community which gathered for the “Inclusion and Belonging: Addressing Neurodiversity” event on 13th November. Stimulating conversations and inspiring presentations from the speakers formed the core of the event which saw a tremendous engagement and desire to create a more inclusive community in science.

Our guests for the night were, **Dr. Ellie Dommett** (Professor of Neuroscience at King’s College London) where she discussed pivotal points in neurodiversity research as well as her role as a science educator. Next up, we had **Dr Mallika Chatterjee** (Assistant Professor at Amity Institute of Neuroscience, India) where she discussed her research on investigating the molecular mechanisms underlying autism and schizophrenia. The event proceeded with **Sofia Krylova** (MD/PhD student at the Albert Einstein College of Medicine) discussing her personal experience in navigating higher education with an adult ADHD diagnosis. She uses her instagram page @sofia.in.the.lab to share her journey as a scientist and her experience with ADHD. Last, but not the least we ended the event with a spectacular talk by **Julia Dabrowska** (DPhil student at the University of Oxford) who also discussed the struggles of ADHD highlighting how frequent and hard to recognise in females it is.



Wednesday 13 December 2023



7 - 8 PM (GMT)



Virtual Event on Microsoft Teams



Hosts: Anwasha & Ananya S

Q&A “Decoding the Application Process”

This event focuses on guiding future applicants through the intricate paths of academia and industry in the UK. Not only will we tackle the undergraduate and postgraduate application process but also discuss scientific job applications.

Hear from a panel with diverse backgrounds in neuroscience, who have navigated the application process successfully.

Do submit your questions for the panellists as they are ready to share their advice, tips, and strategies. Stay tuned to our social media channels for the Google form, speaker lineup, and more exciting details.

Link to sign-up form:

https://docs.google.com/forms/d/e/1FAIpQLScnNyYblHMJw9Lt_PTDM8QxBu0A6YgwwmOzk6dhwTI3htbURg/viewform?usp=sf_link



BLOG

This month we've launched a new series, *Preparing your Postgraduate Pathway*, giving advice and insights on the process of choosing, applying to and starting a Master's or PhD. We hope you will find something useful here! Alongside this we've had some fantastic articles by guest writers including 'PhD with ADHD: The Highs and Lows' by Katherine Mortimer and 'How does boredom affect our mental health' by Giulia Lima.

We're always open to pieces from guest writers.

If you'd like to know more about the writing process as WiNUK, drop us an email or fill in the contact form on the blog page, all commitment free. Our writers' guide is available online.

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: Tarika Sodhi

- Data-driven feature on gender equality in neuroscience
- Neurodiversity in neuroscience

RESEARCH

Section Editor: Julia Dabrowska

- Spinal stimulation for Parkinson's Disease

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

- The science of smelling

<https://www.nature.com/articles/d41586-023-03386-8>

REVIEW

Section Editor: Rebecca Pope

- Event review
- Book review: *Musicophilia: Tales of Music and the Brain* by Oliver Sacks

[View this month's prompts here](#), including 'Neurodiverse in neuroscience' and 'The science of smelling'.

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

blog.womeninneuroscience.uk@gmail.com

WiNUK's First Birthday!

On 23rd November we celebrated Women in Neuroscience UK's first birthday- a whole year since our launch event!

I'm so proud of how much we have achieved in such little time. Our community is growing bigger and stronger every day, united in our mission to inspire, connect and advocate for women in neuroscience.

Our journey has been marked by insightful monthly virtual events and engaging social media and blog discussions, bringing together individuals across the UK and the world.

Looking ahead, the WiNUK team is excited to continue empowering voices, championing diversity, and shaping a more inclusive future for women in neuroscience.

Thank you for being a fantastic part of our journey so far!





Lizzie English
Founder of WINUK

Quote of the Month



“ *‘be kind to yourself’* ”

As we close 2023, remember to be kind to yourself with the amount of pressure you're putting on yourself at work. You are amazing and capable, but it's important to acknowledge that you have human boundaries; you deserve rest, especially when you're telling yourself that you could be doing more. This might be hard to accept in work cultures where exhaustion can be celebrated as a status symbol, but we know deep down that this isn't healthy. You might have ambitious end-of-year goals, but don't forget to prioritise your mental and physical health throughout.

Join us as we reflect on our recent successes and let's look forward to a happy, healthy and successful 2024 together with the support of Women in Neuroscience UK.

Lizzie English
Founder of Women in Neuroscience UK

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