

# WELCOME TO OUR August Newsletter

## From Dana and Giada...

“When I was in high school, I was certain that being an astronaut was my goal. Sally Ride was making her first flight into space and she had a real impact on me. Those ‘firsts’ kind of stick in your head and really become inspirations for you.”

- Karen Nyberg, NASA astronaut.



Dana Visnitchi  
(she/her)  
Newsletter Co-director

## HELLO WINUK COMMUNITY,

Research has shown that having women role models in different STEM positions can encourage young girls to pursue a career in this field and thrive.

At WinUK we aim to give exposure to accomplished women in neuroscience who have succeeded despite obstacles. We are honoured to give you a voice to make an impact, highlighting your contributions to neuroscience and your career journeys.

We hope to inspire younger audiences to see themselves in different scientific roles and to not be afraid to reach for higher positions:

*‘If you can see it, you can be it’* – Billie Jean King, American tennis player, former world no.1.



Giada Vanacore  
(she/her)  
Newsletter Director

## FOLLOW US ON SOCIAL MEDIA

@WomeninNeuroUK

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## NEW VOLUNTEERS

Welcome to new WiNUK volunteers joining our new Human Resources subteam!

Ciara McCready- HR Coordinator  
Kristina Ulicna- Administration  
Amy Boyack- Lead Interviewer  
Sofia Johnston- Volunteer Wellbeing  
Ruta Cakla- Onboarding

## EVENTS RECAP

We hosted Stephanie Grönke, a womens' leadership coach to carry out a dynamic workshop focusing on learn how to tackle imposter syndrome, embrace feminine traits and take charge of shaping your career.

Participants engaged in self-reflection and left empowered with actionable strategies to confidently shape their professional futures.

If you were there, we'd love to hear how your experience was:

[https://docs.google.com/forms/d/e/1FAIpQLSct4JgfI-e8SvYcITykFIznIV5tzqrRckvQmbhc9PI2qu3gTA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSct4JgfI-e8SvYcITykFIznIV5tzqrRckvQmbhc9PI2qu3gTA/viewform?usp=sf_link)

**FEMALE LEADERSHIP**  
**BEING SUCCESSFUL WHILE BEING YOURSELF**

**JOIN US FOR AN EMPOWERING WORKSHOP WITH STEPHANIE GRÖNKE**

Discover how to tackle impostor syndrome, embrace your unique traits, and take charge of your career.

Don't miss this chance to be inspired and transform your professional journey!

**9TH AUGUST 6PM BST**

**SIGN UP**

**FEMALE LEADERSHIP**  
**BEING SUCCESSFUL WHILE BEING YOURSELF**

**WITH STEPHANIE GRÖNKE**  
**9TH AUGUST 6PM BST**

Stephanie works as a career and leadership coach and supports ambitious individuals in building a fulfilling career without sacrificing their mental health. She holds an MBA from the University of Cambridge and is a professionally trained coach. Through her work with more than 150 clients from various countries, she has helped people transition careers, master the next leadership level, and dissolve Imposter Phenomena once and for all. Female empowerment is very close to Stephanie's heart. She works with women to reconnect with their female energy, build their confidence, and strive in their careers in their own unique way.

**STEFANIE GRÖNKE**

**SIGN UP**

## UPCOMING EVENTS

### September 4th: WiNUK On Tour: South West at the University of Plymouth

WiNUK on tour! Our founder Lizzie will be presenting at the ARUK ECR day at University of Plymouth on the 4th September!

If you've signed up for the conference, come find us!

We may even have some free merch! We're excited to meet you!



Save the Date

October: Virtual event on the Neuroscience of Psychedelics

## UPCOMING EVENTS

### November 29th: WiNUK Awards 2024 at the University of Cambridge and virtually'

Women in Neuroscience UK are holding their first WiNUK Awards, in person and online on November 29th. The WiNUK Awards aim to uplift female neuroscientists by rewarding positive contributions to neuroscience research and community.

Nominations are open until September 13th!

Nominate here:

<https://docs.google.com/forms/d/e/1FAIpQLSe6uT62e2ZlkxQlwxXYzEm-m0q4IZS9eAWIEKwjggAUVLtMPQ/viewform>

Get nominating now to celebrate a woman who has made an impressive contribution to neuroscience research or to recognise someone who has improved the neuroscience community through mentorship, science communication, and/or championing diversity in STEM.



<p><b>Research Award Categories</b></p> <p><i>Open to female-identifying nominees:</i></p> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p><b>WiNUK Rising Star of the Year</b></p> <p>Undergraduate Postgraduate Postdoc Early Group Leader</p> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p><b>WiNUK Leading Researcher of the Year</b></p> <p>Neurodevelopment &amp; Plasticity Cognition &amp; Behaviour Neuropathology &amp; Ageing Computational Neuroscience</p> </div> </div>	<p><b>Research Award Categories</b></p> <p><i>Open to nominees of all gender identities:</i></p> <div style="border: 1px solid black; padding: 5px; width: 80%; margin: 0 auto;"> <p><b>WiNUK Leading Researcher of the Year</b></p> <p>Sex/Gender in Neuroscience</p> </div> <p>Nominations for all awards open on August 12th!</p>	<p><b>Community Award Categories</b></p> <p><i>Open to nominees of all gender identities:</i></p> <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p><b>WiNUK Neuroscience Communicator of the Year</b></p> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p><b>WiNUK Award for Inclusive Workplace Development</b></p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p><b>WiNUK Mentor of the Year</b></p> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p><b>WiNUK Gender Equity Advocate of the Year</b></p> </div> </div> <p>Nominations for all awards open on August 12th!</p>
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## UPCOMING SOCIALS

### PYLT (Caitlin)

We're back with the PYLT series. PhD student Caitlin will take over this month's series, sharing her groundbreaking research on extracellular vesicle (EV) derived microRNAs and their potential as biomarkers and therapeutics for ischemic stroke. EVs, released by all cells, are crucial for intracellular communication and carry diverse cargo, including proteins, lipids, and RNAs, which reflect the physiological state of their originating cells.

In her PYLT session, Caitlin will showcase how EVs can be engineered to deliver therapeutic microRNAs to treat ischemic stroke, offering insights into the promising future of EV-based therapies for neurological conditions.

**Join the Present Your Lab Technique (PYLT) Series with WiNUK!**

**What is PYLT?**  
PYLT stands for Present Your Lab Technique, an initiative that shines a spotlight on diverse lab techniques in neuroscience

**Why Participate?**

- Visibility
- Impact
- Community

Contact us: [socials.womeninneuroscience.uk@gmail.com](mailto:socials.womeninneuroscience.uk@gmail.com)

Interested in partaking in WiNUK's PYLT series? Fill out this form:

[https://docs.google.com/forms/d/e/1FAIpQLSeAljgVlt\\_YCajAEEJFZObt0KaKi07PIZurO3qdoE2GRA-Fug/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeAljgVlt_YCajAEEJFZObt0KaKi07PIZurO3qdoE2GRA-Fug/viewform) and submit your proposal today! 🧠💡

## SOCIALS RECAP

### Spinal Muscular Atrophy Awareness Month

Throughout August, we recognise Spinal Muscular Atrophy (SMA) Awareness Month, a crucial time to raise awareness about this genetic disease affecting the motor nerve cells in the spinal cord. SMA can significantly impact mobility and muscle strength, particularly in children and young adults.

WiNUK developed a graphic to highlight key facts and promote understanding about SMA. Together, we can make a difference in raising awareness and advocating for those living with SMA. If you missed it, make sure to check out our socials!

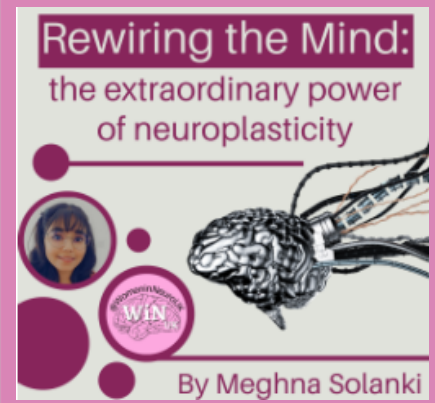


## BLOG 'MONTH IN REVIEW'

Over the last month, we have brought you lots of fascinating articles. We:



Discussed how Dr Eva Kreysing applies her love for physics and neuroscience to her research



Marvelled at the brain's incredible capacity for rewiring itself

Considered consciousness and the subjectivity of human experience in our review of Anil Seth's *Being You*



MYSTERIES OF PSILOCYBIN  
By Shriya Singh



Considered the utility of psilocybin for anxiety, depression and addiction



Chatted about the sex and racial disparities in the diagnosis and experience of multiple sclerosis with Professor Ruth Dobson

If you've missed these thought-provoking articles, visit the blog to catch up:

Blog | Womeninneurok  
([womeninneuroscience.wixsite.com](https://womeninneuroscience.wixsite.com))

## 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

- Neurosurgery Awareness Month! - discuss novel findings/papers, the ethics and complexities of conducting research on human patients.
- Advice for A-Level Results Day

### RESEARCH

Section Editor: Julia Dabrowska

- Mirroring Minds: How Brain Circuits Drive Imitative Behaviour  
(<https://neurosciencenews.com/imitative-behavior-social-neuroscience-27527/>)
- The impacts of social drinking  
(<https://neurosciencenews.com/dopamine-social-drinking-27524/>)






### REVIEW


Section Editor: Rebecca Pope

- Book Review: Descartes' Error: Emotion, Reason and the Human Brain by Antonio Damasio
- Review a conference, 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](mailto:blog.womeninneuroscience.uk@gmail.com)

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empower women!

