

WELCOME TO OUR

# October Newsletter

## From Dana...

“I hadn't been aware that there were doors closed to me until I started knocking on them.”

— Gertrude B. Elion, pharmacologist, and winner of the 1988 Nobel Prize in Physiology or Medicine



Dana Visnitchi  
(she/her)  
Newsletter Co-director

### HELLO WINUK COMMUNITY,

Gender disparity in STEM is very much a present issue where women still encounter resistance and need to navigate obstacles to get a space in this field. Despite this, plenty of women broke through these barriers and significantly contributed to neuroscience.

At WiNUK, we want to open these doors and acknowledge and promote women neuroscientists who made a contribution to research and inclusive workspaces. That's why we've come up with the WiNUK Awards, to be held in November 2024. We hope with this award ceremony we don't only highlight amazing achievements in neuroscience but also serve as an inspiration for the next generation of women neuroscientists. Stay tuned not to miss anything!

## FOLLOW US ON SOCIAL MEDIA

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## PAST EVENTS

### Psychedelics event

We held our psychedelics event where we explored their role in neuroscience.

Our speakers included Ms. Susan Guner, a holistic psychotherapist and host of the Psychedelics Conversations podcast, who shared insights into how psychedelics are helping those suffering from illness, Professor Emma Robinson, Professor of Psychopharmacology who explored her research on affective biases and emotional behaviour in rodents using psychedelic drugs, and Dr Danielle Kurtin a research fellow at Imperial College London who investigates the neural underpinnings of substance (mis)use/dependence.

If you had the chance to attend, we'd love to hear your thoughts about it.

[https://docs.google.com/forms/d/e/1FAIpQLScjy5w2OjwjfxYr4AV\\_tX0556BWzOX-ss1yXUVI1jM\\_5W8Mg/viewform?usp=sharing](https://docs.google.com/forms/d/e/1FAIpQLScjy5w2OjwjfxYr4AV_tX0556BWzOX-ss1yXUVI1jM_5W8Mg/viewform?usp=sharing)

## UPCOMING EVENTS

### WiNUK Awards

November is getting closer and that means \*drum roll\* the WiNUK Awards. Keep an eye on our social media to follow all the updates, nominees and more!



## EXTERNAL SUPPORT FOR SCIENTISTS

### Black Women in Science Network

This month, we want to bring to your attention The Black Women in Science (BWIS) Network. This is a community for women of African and Caribbean heritage in various stages of their scientific careers. You can check out their blog, podcast, events and more on their website [bwisnetwork.co.uk/](https://bwisnetwork.co.uk/)

### Daphne Jackson Fellowship

Applications are invited for a three-year Daphne Jackson Fellowship sponsored by Alzheimer's Society. The Fellowship is open to talented dementia researchers with biomedical or care specialisms who wish to return to research within a UK university or research institution.

For more information, visit:

<https://daphnejackson.org/fellowships/alzheimers-society/>

## Alzheimer's Research UK South West Network Event

Lizzie participated in the Early Career Researchers Day at the University of Plymouth. She gave a talk on creating inclusive workplaces, which received positive feedback for its practical insights and inclusive approach. Lizzie also served as a judge for the event's Early Career Researcher talks and poster sessions, further contributing to the advancement of research and inclusivity in the field.



## PAST SOCIALS

### Pain Awareness Week Content

The team created content focused on Pain Awareness Week. Neave attended the international pain conference in Amsterdam, highlighting current discussions and advancements in pain management. Additionally, senior Content Creator Katie reviewed "Empire of Pain" by Patrick Keefe.

This book explores the controversial history of Purdue Pharma and its opioid, OxyContin, shedding light on its medical and societal implications.

Neave designed a graphic and social media post discussing sex differences in the context of pain, aiming to raise awareness and foster understanding.



## PRESENT YOUR LAB TECHNIQUE (PYLT):

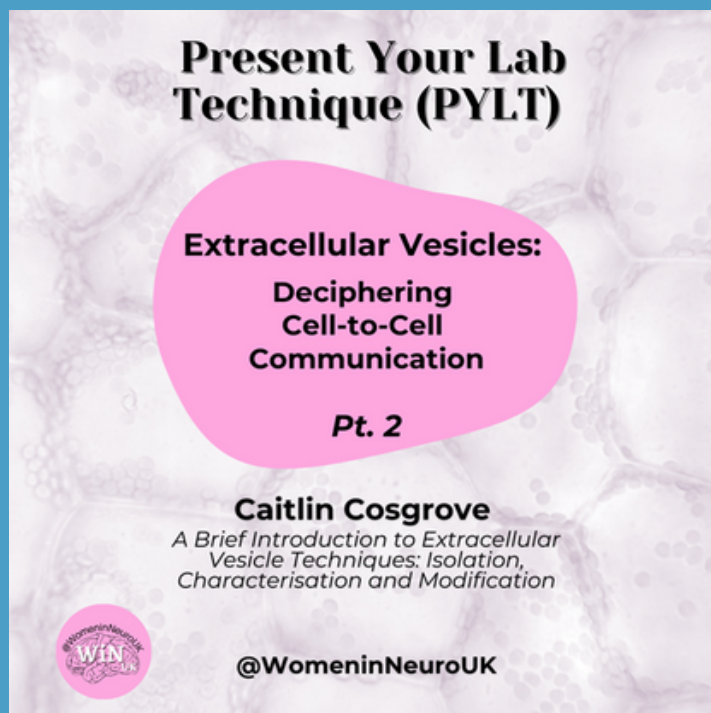
WiNUK also posted Part 2 of Caitlin Cosgrove's PYLT (Present Your Lab Technique). This post delved into the technical aspects of extracellular vesicle (EV) research, providing an insightful look at:

- EV isolation using Size Exclusion Chromatography (SEC)
- EV characterization through Nanoparticle Tracking Analysis (NTA), determining particle size and concentration
- EV modification via Electroporation for therapeutic cargo loading
- The application of these modified EVs in a cell model of ischaemic stroke, highlighting their potential in medical research and therapeutic development.

Do you know an interesting technique we have not covered yet?

If you're interested in participating in the PYLT series, fill out this form:

<https://forms.gle/DuncyUueYzZ41JX39>





## BLOG 'MONTH IN REVIEW'

Over the last month, we posted some exciting articles, ranging from promising psychedelic research to the disparities still faced by women in neuroscience. We:



Shared insights from Dr Agnew-Blais, including navigating job searches, balancing home life and academia and tips for students and early career researchers



Delved deep into the statistics about the sex and gender disparities that still exist today in neuroscience



Covered the history of psychedelics, from their use in sacred rituals to their investigation in cutting-edge research, for example showing potential as treatments for mental health.



If you've missed these thought-provoking articles, visit the blog to catch up:  
Blog | Womeninneurouk  
([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

- International Awareness Days in October (World Cerebral Palsy Day, World Mental Health Day, and World Stroke Day) - highlight research or personal stories!
- Presenting at scientific conferences - your tips and tricks, or reach out to someone in the neuroscience field for their advice.

### RESEARCH

Section Editor: Julia Dabrowska

- ADHD & the brain (e.g., write about causes, latest research, environmental effects or genetics)
- Mapping of the fruit fly connectome  
(<https://www.nature.com/articles/d41586-024-03190-y>)






### REVIEW

Section Editor: Rebecca Pope

- For ADHD Awareness Month review 'ADHD 2.0: New Science and Essential Strategies for Thriving with Distraction - from Childhood through Adulthood' by Drs Hallowell and Ratey
- Review the Society for Neuroscience (SfN) Conference 2024 (Chicago, 5th-9th October)

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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