

WELCOME TO OUR
March Newsletter

From Dana and Giada...

“ *Humanity will draw more good than evil from new discoveries.* ”

– Marie Curie



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HELLO WINUK COMMUNITY,

Over the past centuries, we have witnessed great advances in medical research that highlight how supporting scientific research leads to a better future. Despite the significant improvements, there are still medical conditions that lack a strong translational result, placing greater attention on the importance of scientific progression in these areas. March represents Brain Tumour Awareness Month. Brain tumours are one of the research priorities in urgent need of treatments that are safer and more effective.

At WiNUK, we celebrate the amazing achievements made by scientists over the years to tackle medical conditions like brain cancer and we support the research in this area to help those affected live longer and better. Moreover, as March represents the month for International Women’s Day, we want to particularly emphasise the contribution of women in this field who tirelessly and constantly work towards scientific progression.

FOLLOW US ON SOCIAL MEDIA

@WomeninNeuroUK

[Women in Neuroscience UK](https://www.womeninneuroscienceuk.org)

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<https://www.womeninneuroscienceuk.org>



SOCIAL MEDIA

PYLT Series

PYLT is back, and this month, Anna Jansson, from the MRC Laboratory of Molecular Biology at the University of Cambridge, showed how she uses automated two-electrode voltage clamp on *Xenopus* oocytes (frog eggs) to study G-protein coupled receptors in the octopus visual system.

This powerful technique allows her to screen for ligands that bind to protein targets identified through genomic data, helping unravel key neurobiology molecular mechanisms. 🔍✨

[Head over socials to learn more.](#)

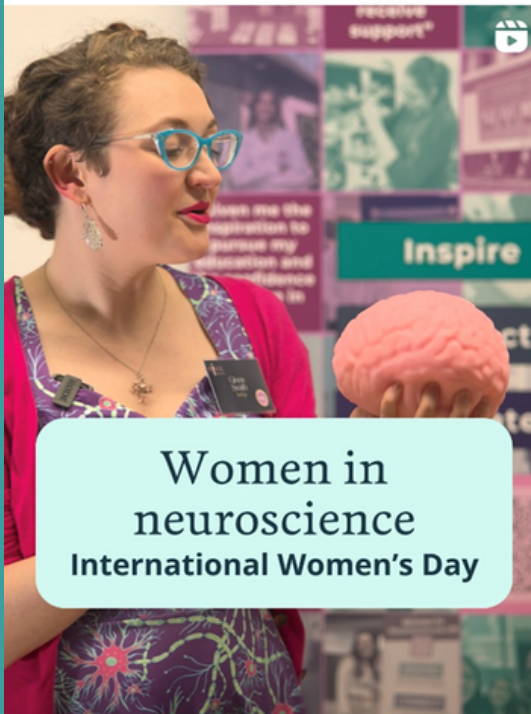


Do you have a lab technique you'd love to showcase?
Submit your work here: <https://forms.gle/reTAjj9RrNGqA2SBA>

INTERNATIONAL WOMEN'S DAY (IWD)

The 8th of March marked International Women's Day. It celebrates women's achievements while acknowledging the ongoing fight for gender equity. In neuroscience and beyond, women continue to face barriers to career progression, recognition, and leadership opportunities. Women in Neuroscience UK (WiNUK) is working to change that.

Event in response to International Women's Day is on 2nd April at The Rosalind Franklin Institute called Women in Science: Overcoming Barriers and Unlocking New Career Opportunities.



Last November, we hosted the inaugural WiNUK Awards, celebrating trailblazing women in the field. Our mission is to inspire, connect, and advocate for women* and girls* interested in neuroscience. From cutting-edge research to career advice and gender equity advocacy, we amplify the voices of women in neuroscience and drive meaningful change.

By fostering an inclusive and supportive community, we're creating a future where all women in neuroscience can thrive. Together, we can break barriers, challenge biases, and shape a more diverse and inclusive scientific landscape.

In a [special IWD video](#), women neuroscientists from the University of Cambridge shared their insights into the mysteries of the brain. 🧠✨ A special thank you to Adam from the Cambridge University Social Media team for enabling this collaboration.

BRAIN AWARENESS WEEK (BAW)

This is the third year WiNUK has participated in BAW, which takes place from 10 to 16 March. It typically involves various activities organised by universities, hospitals, research institutes, and advocacy groups.

The goal is to educate people about the brain, neuroscience research, and brain disorders, fostering a greater understanding of how our brains work and how to maintain their health. It's a great initiative to promote brain science and its importance in our lives!



Our content creators, social media, graphics and blog teams came together to create interesting content about the brain. Make sure to check it out if you missed it!

PAST IN-PERSON EVENTS

Exploring what's next: Tea and Talk, University of Birmingham - 26th Feb

Our first Tea and Talk event hosted at The University of Birmingham was a success! A group of hosts, mentors and attendees had an informal but productive chat covering advice for finding a good PhD supervisor, the perks of moving around to different labs vs staying put and the mentors' paths to their careers now – all over a cup of tea and snacks!

One of the biggest worries about entering postgraduate life was the idea of committing to one decision, so it was inspiring and reassuring to hear about different pathways into the field!

Thank you to our amazing mentors and to everyone who attended the event. We hope to put on more Tea and Talk events at other universities in the future!

Sheffield Medical School talk at National Neurology and Neurosurgery Conference - 1st March

WiNUK founder, Lizzie English, attended the National Neurology and Neurosurgery conference 2025, hosted by NeuroSoc Sheffield and gave an exciting talk about her journey in dementia research, the work of WiNUK and gender disparities in research and the workplace. It was a great opportunity to speak and connect with medical students to improve inclusivity and representation in neuroscience. Thank you to Sheffield NeuroSoc for having Lizzie and WiNUK!





PAST IN-PERSON EVENTS

WiNUK at ARUK Conference – 25th-26th Feb

It was great to see so many of you at our Alzheimer's Research UK conference stall. We had some interesting discussions about the need for gender equity in Neuroscience and the work that WiNUK is doing to tackle this.

We also had an interactive 'guess how many sweets are in the jar' game and lots of WiNUK merch!

Make sure to visit us next at the British Neuroscience Association conference in Liverpool on 27th-30th April!

PAST VIRTUAL EVENTS

Speed Networking, 28th feb 5:30-6:30pm

Our first event of the year and what better way than connecting with the neuro community. This event was designed to bring together neuroscientists, researchers, and enthusiasts to foster meaningful connections, exchange ideas, and expand professional networks.

Whether you're seeking mentorship, collaboration, or inspiration, this session provides a chance to engage with like-minded individuals.

We were joined by Shivali Verma (MSc student at UCL & Sorbonne), Maria de Araújo Vitória (PhD student at Maastricht University) and Laura Pellegrini (Wellcome Trust CDA Research Fellow, Group Leader at KCL). The audience members described this session as 'insightful' and 'supportive'.

UPCOMING EVENTS

2nd April - WiNUK x RFI Women in Science: Overcoming Barriers and Unlocking New Career Opportunities

Celebrate International Women's Day 2025 with an exciting event hosted by the Rosalind Franklin Institute in collaboration with Women in Neuroscience UK! Join us for an afternoon of expert speakers and engaging panel discussions on careers for women in science and how to overcome the unique challenges faced by women. Our speakers and panelists come from a variety of different backgrounds and will be discussing opportunities both in and out of academia. Confirmed speakers include Professor Lise Eliot and Shefali Sharma.

The event will be held at the Rosalind Franklin Institute from 1-5pm. Registration link coming soon.

9th May - WiNUK: Minds Matter

Join Women in Neuroscience UK (WiNUK) at the University of Nottingham for an inspiring event dedicated to fostering equity, diversity, and inclusion (EDI) in Psychology and Neuroscience. This event will bring together researchers and post-graduate students to explore the challenges and opportunities in creating a more inclusive scientific community, along with a focus on how to look after your mental health while climbing the career ladder.

Expect a thought-provoking talk from the WiNUK founder, Elizabeth English, panel discussions, flash talks and interactive activities designed to encourage productive conversation around EDI and mental health in research and the workplace.

More information on the full program to be released soon. We will shortly be reaching out for mental health themed abstract submissions for ECR flash talks and/or poster presentations so do keep your eye out for that!

UPCOMING EVENTS

Synaptic Synergy: Study Session (May, tbd)

The second edition of this event continues to create a supportive space to keep each other accountable and motivated while studying for exams/ working towards deadlines.

We aim to provide a productive environment for your pending tasks along with fostering meaningful connections within the community. Connect with peers who are navigating similar challenges, and find the encouragement you need to stay on track!

Stay tuned to our social media channels for the sign up form and more exciting details.



BLOG 'MONTH IN REVIEW'

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

Shed light on the International Association for the Study of Pain's World Congress



Shared thoughts about the censorship on science and public health occurring and why this is regressing progress in diversity, equality and inclusivity (EDI), for International Women's Day



Discussed the science behind premenstrual dysphoric disorder (PMDD)

Chatted to neonatal registrar, Dr Katie McKinnon, about how she balances frontline care with academic research



Explored the brain structure changes that occur during pregnancy



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

- Discuss upcoming awareness weeks, for example: world autism acceptance week, mental health awareness week, dementia action week
- It was recently International Women's Day: write about, or interview a female academic, supervisor or other woman in STEM that you know of, and share their amazing contribution to the scientific field

RESEARCH

Section Editor: Julia Dabrowska

- The Brain Prize: review the work/topic of recipients of the award
<https://brainprize.org/winners>
- Maternal diet & its links to ADHD/Autism
<https://neurosciencenews.com/pregnancy-siet-asd-adhd-28457/>

REVIEW

Section Editor: Rebecca Pope

- Podcast Review: Lost Women of the Manhattan Project: Carolyn Beatrice Parker (<https://www.lostwomenofscience.org/podcast-episodes/lost-women-of-the-manhattan-project-carolyn-beatrice-parker>)
- Book Review: Phantoms in the Brain: Human Nature and the Architecture of the Mind by V.S. Ramachandran and Sandra Blakeslee

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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empower women!

