



WELCOME TO OUR December Newsletter

NEWSLETTER CURATED BY GIADA VANACORE AND DANA VISNITCHI

Hello WiNUK community,

We couldn't open this month's newsletter without mentioning our inaugural WiNUK Awards. This was the perfect opportunity to celebrate the amazing and hard-working members of the WiNUK community, and everyone who has supported us throughout the years.

WiNUK founder, Elizabeth English, wrote a letter to personally thank all of you for the support shown:



Lizzie English
(She/Her)
Founder of WiNUK

WiNUK Awards 2024 was a huge success! Bringing together over 100 attendees, across our in-person event at the Department of Chemistry at the University of Cambridge, and our livestream.

We celebrated inspiring women neuroscientists from undergraduates to senior researchers, trailblazing sex/gender neuroscience research, and vital work towards inclusive neuroscience, highlighting mentors and communicators.

A huge thank you to the incredible Women in Neuroscience UK volunteer team for making this event so smooth. It was amazing to have 20 of us there in person, after years of virtual collaboration.

Special mentions also must go to our expert judges, keynote speaker, Dr Flaminia Ronca, and our amazing sponsors - this event was made possible through your collaborative support!

Here's to 2025, as we look to continue our collective efforts towards more inclusive neuroscience, for women and for all.

~ Lizzie

WiNUK AWARDS 2024

WiNUK Awards feedback and photos

If you joined us in-person or online for WiNUK Awards 2024, please share your feedback here: <https://forms.gle/zMyF1FpDXb9WHtHx9>

Just two minutes of your time could be a huge help for us to shape our future events and/or secure funding for these! 🧠❤️



We have loved seeing your feedback and photos across social media too!

If you have any photos or videos from the event, please share these with us, to womeninneuroscience.uk@gmail.com - either via email or via WeTransfer for large file sizes.

WiNUK AWARDS WINNERS


We would like to share our congratulations with our WiNUK Awards finalists and this year's winners:

 **WiNUK's Leading Researcher:
Sex/Gender Research in Neuroscience**


Winner: **Dr Joana Pinto**
(Shortlisted: Prof Heather Mortiboys, Dr Poulomi Banerjee)

 **WiNUK's Leading Researcher:
Neuropathology and Ageing**

Winner: **Prof Tara Spires-Jones**
(Shortlisted: Dr Franziska Denk, Prof Heather Mortiboys)

 **WiNUK's Leading Researcher:
Cognition and Neurodevelopment**


Winner: **Prof Nathalie Rochefort**
(Shortlisted: Dr Rebecca Bromley, Dr Beatriz Rico)

 **WiNUK's Neuroscience
Communicator of the Year**

Winner: **Rebecca Williams**
(Shortlisted: Selina Abel, Katherine Birditt)

 **WiNUK's Award for Inclusive
Workplace Development**

Winner: **Dr Rebecca Trueman**
(Shortlisted: Dr Katie Long)

 **WiNUK's Leading Researcher:
Computational Neuroscience**

Winner: **Dr Flavia Mancini**
(Shortlisted: Ludmila Kucikova)

 **WiNUK's Mentor of the Year**

Winner: **Dr Joanne Jones**
(Shortlisted: Dr Emma Cahill, Dr Hilary Richardson)

 **WiNUK's Rising Stars**

Undergraduate Winner: **Shloka Dhareshwar**
(Shortlisted: Maria Sanita)

Postgraduate Winner: **Katie Mckinnon**
(Shortlisted: Charlotte Rye, Alya Masoud Abdelhafid)

Postdoctoral Researcher Winner: **Dr Coco Newton**

(Shortlisted: Dr Marie-Stephanie Cahart, Dr Rebecca Saleeb, Dr Siobhan Crilly)

Early Group Leader Winner: **Dr Maura Malpetti**

(Shortlisted: Dr Divyangana Rakesh, Dr Dorothy Tse)



WiNUK AWARDS WINNERS

A huge shoutout to the amazing volunteers who won the WiNUK internal awards! Let's celebrate everyone nominated and the winners here 🙌

- 📌 EDI Advocate: Winner Ginevra Sperandio
(Shortlisted: Charlotte McGuinness and Sakaorna Jeyanathan)
- 🦸 Unsung Hero: Winner Amy Boyack
(Shortlisted: Abinayah John, Adriana Zainurin, Becky Csöndör, Lizzie English and Shloka Dhareshwar)
- 💪 Leadership: Winners Storm Johnson and Abinayah John
(Shortlisted: Ciara McCready, Katie Birditt and Anwasha Chakraborty)
- 🌟 Volunteer of the year: Winner Becky Csöndör
(Shortlisted: Abinayah John, Amy Boyack, Georgie Savastano, Neave Smith, Shauna Angell, Sirjan Chatwal and Storm Johnson)
- 🕒 Commitment awards - shoutout to all the volunteers who have shown love and dedication to WiNUK for over a year!



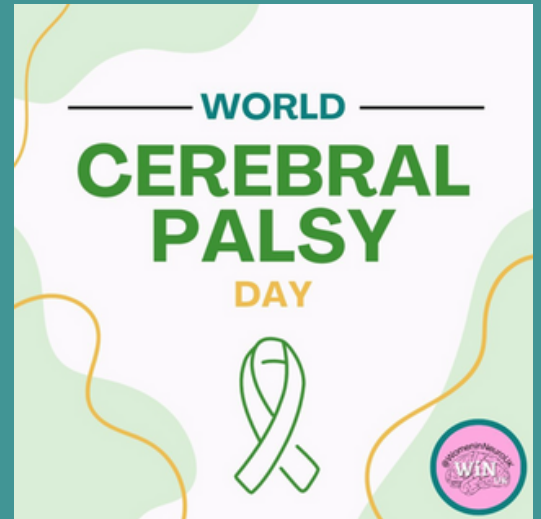
SOCIALS

Awareness posts

As usual, WiNUK content creators and the graphics team have been busy creating informative graphics for our social media. We highlighted Cerebral Palsy Awareness Day and Mental Health Awareness Day.

Cerebral Palsy Awareness Day

This day is dedicated to raising awareness about cerebral palsy (CP), a group of neurological disorders that primarily affect movement, coordination, and posture, often due to brain damage occurring before, during, or shortly after birth. CP is the most common motor disability in childhood, and it affects each individual differently. The severity of the symptoms can range from mild, where a person may have slight motor difficulties, to severe, where a person may need assistance with most daily tasks.



Mental Health Awareness Day

Observed annually on **October 10**, Mental Health Awareness Day is dedicated to raising awareness about mental health issues, promoting mental well-being, and advocating for better mental health services and resources worldwide. It is also known as **World Mental Health Day** and is led by the World Health Organization (WHO) and the World Federation for Mental Health (WFMH).

We also covered gender differences in mental health, influenced by both social and biological factors.



BLOG 'MONTH IN REVIEW'

Over the last month, we posted lots of exciting articles. We:

Spotlight on Women in Neuroscience

Hannah K Jackson
Postdoctoral Research Fellow at the University of Nottingham

Examined Dr Hannah K Jackson's academic career path and her medulloblastoma research for brain tumour awareness week

Sheltering from Time:
A Review of Time Shelter

By Rebecca Pope

Explored immersive therapy as a treatment for Alzheimer's Disease in a review of 'Time Shelter'

We've got some more fascinating articles coming soon:

- Reviewing IASP's World Congress
- Chatting to the finalists and judges for the WiNUK awards to discuss the amazing work they are doing and to hear their tips and tricks
- Interviewing journalist Rachel Horne about her experience with multiple sclerosis and why she set up a prize to celebrate women-led MS research

If you've missed these thought-provoking articles, visit the blog to catch up:
Blog | Womeninneurouk
(womeninneuroscience.wixsite.com)

Is this really me?
How to tackle imposter syndrome!

BY RIYA VERMA

Tackled feelings of imposter syndrome

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

- National Epilepsy Awareness and Alzheimer's Disease Awareness Month - write a reflective post to share a personal or inspirational story to help raise awareness.
- Winding down over Christmas - share tips for switching off and emphasise how crucial taking a break is!

RESEARCH

Section Editor: Julia Dabrowska

- Engineering Brain Stimulation (<https://news.mit.edu/2024/tiny-magnetic-discs-offer-remote-brain-stimulation-without-transgenes-1011>)
- Autistic traits, exploration, & learning - those with stronger autistic traits show more persistence and exploration in curiosity-driven tasks (<https://neurosciencenews.com/asd-exploration-learning-27955/>)

REVIEW

Section Editor: Rebecca Pope

- Book Review: The Psychopath Inside: A Neuroscientist's Personal Journey into the Dark Side of the Brain by Professor James H Fallon
- Review the International Conference on Dementia and Brain Disorders (ICDB 2024, Dubai UAE) - 'Mind Matters: Unravelling the Mysteries of Brain Disorders'.

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!

