

# WELCOME TO OUR February Newsletter

## From Dana and Giada...

“We have to break down stereotypes of what a scientist looks like and show young girls that a career in science is open to them.”

- Dr Oluyinka Opoola, Scientist



Dana Visnitchi  
(she/her)  
Newsletter Co-director



Giada Vanacore  
(she/her)  
Newsletter Director

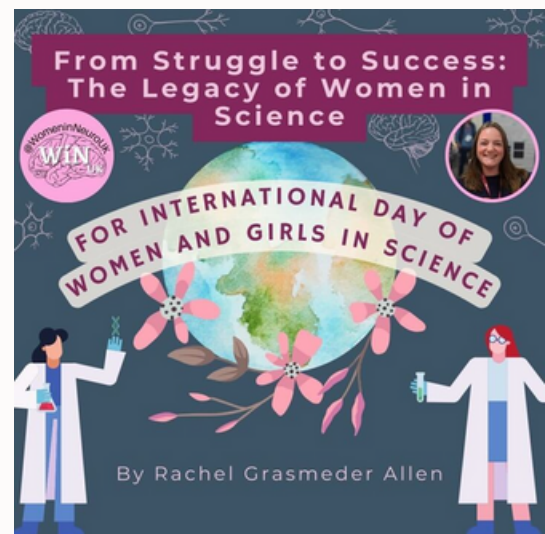
### HELLO WINUK COMMUNITY,

This past 11th of February was the 10th anniversary of the International Day of Women and Girls in Science (IDWGS). This day aims to recognise the crucial role women have in STEM fields.

At WiNUK, our goal is to achieve an equitable and full involvement of women in neuroscience, whilst properly acknowledging and recognising your contributions and accomplishments.

For International Day of Women and Girls in Science, our Instagram admin, Rachel, wrote a blog post featuring some pioneers in neuroscience.

[Read the article here](#)



## FOLLOW US ON SOCIAL MEDIA

@WomeninNeuroUK

[Women in Neuroscience UK](#)

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

<https://www.womeninneuroscienceuk.org>



## 2024 COMMUNITY SURVEY

Your feedback matters! 📝 By sharing your thoughts, you help us grow our community, create meaningful collaborations, and secure funding to keep our initiatives thriving. Plus, your input will shape future activities that better support YOU!



💡 Bonus: Complete the form, and you'll be entered into a prize draw to win exclusive WiNUK merch! 🎁👕

We respect your privacy—your data is protected under GDPR regulations and used only to improve our services.

✉️ Have questions? Email us at [hr.womeninneuroscience.uk@gmail.com](mailto:hr.womeninneuroscience.uk@gmail.com)—we're happy to help! 😊



👉 Fill out the form now for your chance to win:  
Here's the link: [WiNUK 2024 Community Feedback Form](#)





## UPCOMING IN-PERSON EVENTS

### **1st March - WiNUK at the National Neurology and Neurosurgery Conference**

We are excited to be attending the National Neurology & Neurosurgery Conference 2025, hosted by NeuroSoc Sheffield! This event will feature inspiring talks, hands-on workshops, and opportunities for attendees to present their research.

Our Founder, Lizzie, will be speaking about her journey in dementia research, how to get involved in Women in Neuroscience UK, and the gender disparities in both dementia-related diseases and research workplaces. It's a great chance to connect, learn, and discuss ways to improve inclusivity and representation in neuroscience.

The conference runs from 9:30 AM – 5:00 PM and includes lunch, refreshments, and a certificate of attendance.

[Click here](#) to register for the conference

### **7th March - WiNUK x RFI: Celebrating International Women's Day**

For International Women's Day, we're collaborating with the Rosalind Franklin Institute (RFI) to bring you an inspiring event celebrating the achievements of women in neuroscience.

Expect a day filled with talks, panel discussions, and networking opportunities, all designed to spotlight the challenges and successes of women in research. We'll be sharing stories from female neuroscientists at different career stages, offering insights into navigating academia, leadership, and work-life balance.

- Gain valuable career advice from leading women in neuroscience.
- Connect with like-minded researchers and expand your network.
- Discuss the importance of diversity and representation in science.

More details on speakers and the full program coming soon—stay tuned!

## UPCOMING IN-PERSON EVENTS

### **March with Date TBC: WiNUK x University of Birmingham: Tea & Talk**

We believe that meaningful conversations spark change, which is why we're teaming up with the University of Birmingham's Psychology Department to host a Tea & Talk session.

This informal gathering is designed to provide a safe and welcoming space for discussions on gender equity in neuroscience. Whether you're looking to share your experiences, seek advice, or simply connect with others over a cup of tea, this event is for you.

Join us for a relaxed yet impactful discussion with the chance to meet fellow researchers and build a supportive community

### **27-30th April: Women in Neuroscience UK at BNA 2025: Tackling Gender Disparities in Neuroscience - Liverpool |**

We're excited to be attending the British Neuroscience Association (BNA) Festival of Neuroscience, where we'll have both a conference stall and a dedicated talk on sex and gender disparities in neuroscience.

Our talk, "Understanding and Tackling Sex/Gender Disparities Across Neuroscience," will explore the systemic challenges faced by women and gender minorities in neuroscience research, from funding gaps to career progression barriers. We'll also discuss actionable solutions to foster inclusivity, improve representation, and promote equity in the field.

If you're attending BNA 2025, don't miss the chance to meet our team and learn about WiNUK initiatives!

Sign up to visit the WiNUK stall at the BNA 2025 Festival of Neuroscience through the official [registration link](#).

## UPCOMING VIRTUAL EVENTS

### 28th Feb- Speed Networking session

This event brings neuroscientists, researchers, and enthusiasts to foster meaningful connections, exchange ideas, and expand professional networks. Whether you seek mentorship, collaboration, or inspiration, this session is your chance to engage with like-minded individuals.

We will also have a few mentors onboard to answer some of your questions, stay tuned to our socials for more details.



### PAST EVENTS

#### Thanks for visiting us at ARUK 2025!

Stay tuned to our social media for photos of our stall and wonderful volunteers.

If you visited our stall to say hi and grabbed some merch, we'd love to see your photos! Tag us on social media  
@WomeninNeuroUK

Don't miss out on this opportunity to grow your network!

Sign up here:

<https://forms.gle/S62Dc43Qvipchgn66>

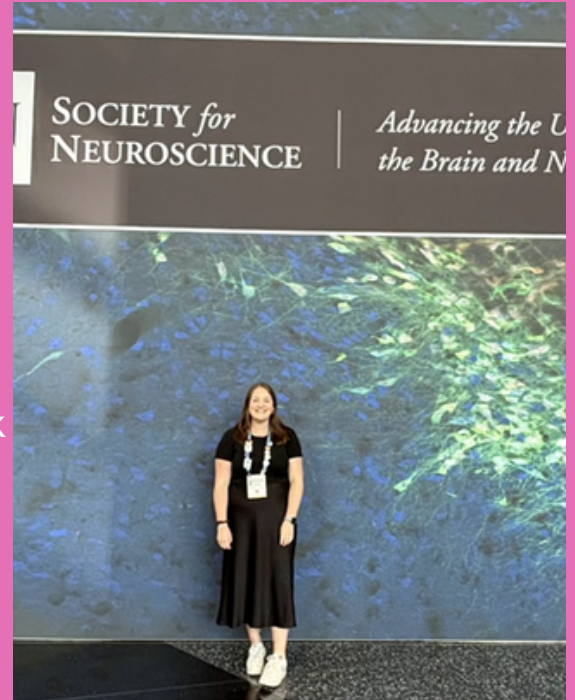
## SOCIALS

### DITL:

Our lovely Instagram admin, Rachel, made an appearance on last month's 'Day in the Life' (DITL), showcasing her attendance at [SfN2024](#) last year.

Have you ever wondered what it's like to attend the largest Neuroscience conference in the world?!🌍 In October, Rachel, attended the SfN conference in Chicago, where she documented her experience. Check out her day in the life at SfN on our socials!

From sharing groundbreaking research and networking with peers to seeing new places, we think conferences are one of the best parts of being a scientist! 🧑🏻‍🔬🧠



### IDWGS:

The International Day of Women and Girls in Science is celebrated on February 11th each year. It's all about recognising the achievements of women and girls in science, highlighting their contributions, and promoting gender equality in STEM fields (Science, Technology, Engineering, and Mathematics).

It matters because historically, women have been underrepresented in these fields despite having made significant contributions. This day raises awareness about the importance of empowering women and girls to pursue careers in science and technology, ensuring they have equal opportunities for education, research, and professional growth. By encouraging more women and girls to enter STEM, we can tap into a broader talent pool, foster innovation, and address global challenges more effectively.

WiNUK aims to empower women in neuroscience by amplifying voices, fostering connections, and creating opportunities for growth. Together, we're breaking barriers and inspiring the next generation of female neuroscientists!

Make sure to check our social media platforms to see all the inspiring posts about women who continue to inspire and excel in neuroscience and beyond.

## SOCIAL MEDIA

### PYLT Series

- Present your Lab Technique is back this year, and this month, Anna Jansson from MRC Laboratory of Molecular Biology, Cambridge, showcases using an automated two-electrode voltage clamp to identify G-protein coupled receptors using *Xenopus oocytes*. Stay tuned to learn more about the world of electrophysiology.

Are you passionate about neuroscience and eager to share your expertise? The Present Your Lab Technique (PYLT) series, hosted by WiNUK, is your perfect platform! PYLT highlights diverse lab techniques in neuroscience, welcoming both early-career researchers and senior professionals to showcase their innovative methods.

### Why Participate?

- **Visibility:** Reach a wider audience of neuroscience enthusiasts, researchers, and students.
- **Impact:** Inspire the next generation of scientists by sharing your knowledge and passion.
- **Community:** Join a supportive network of individuals dedicated to advancing neuroscience and gender equity.

Participating is easy! Fill out this form, and our team will review submissions and provide support throughout the process: <https://forms.gle/HKscPrhRwXZATtMb9>. Whether you're showcasing cutting-edge technologies or classic methodologies, your contribution is valued.

### YouTube

Sad to have missed a virtual event? Want more educational content from fundamental neuroscience to career advice? Don't worry, WiNUK has all of this on our YouTube channel: <https://www.youtube.com/@WomeninNeuroUK>. Make sure to subscribe for more content.

## BLOG 'MONTH IN REVIEW'

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

Discussed new findings relating to ADHD brain structures



And keep your eyes peeled for:

An interview with the British Neuroscience Association President, Professor Tara Spire-Jones



Celebrated International Day of Women and Girls in Science by highlighting some trailblazers in the world of neuroscience, past and present

Chatted to Dr Joana Pinto, in the first of our award winner interview series posts, about gender- and sex-inclusive research



A deep dive into the brain changes that occur during pregnancy



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

Blog | [Womeninneurouk](https://www.womeninneurouk.com)  
([womeninneuroscience.wixsite.com](https://www.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

- Academia vs Industry
- Putting Yourself First - tips and tricks to ensure you don't burnout from your busy work and social life

### RESEARCH

Section Editor: Julia Dabrowska

- A view on developmental disabilities - neuroscience of a condition, recent research, or a general overview (in honour of Developmental Disabilities Awareness Month in March)
- Women & Alzheimer's Disease (<https://www.thetransmitter.org/sex-differences-in-the-brain/brains-biases-and-amyloid-beta-why-the-female-brain-deserves-a-closer-look-in-alzheimers-research/>)

### 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](mailto:blog.womeninneuroscience.uk@gmail.com)

## FOLLOW US ON SOCIAL MEDIA

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

 <https://www.womeninneuroscienceuk.org>



Empowered women  
empower women!

