

WELCOME TO OUR  
**January Newsletter**

From Dana and Giada...

“ *"I was taught that the way of progress was neither swift nor easy."* ”

- Marie Curie, physicist, chemist, and winner of the 1903 Nobel Prize in Physics and the 1911 Nobel Prize in Physics



**Dana Visnitchi**  
(she/her)  
Newsletter Co-director

**HELLO WINUK COMMUNITY,**

With a new year comes new resolutions, and here at WiNUK our goal is to keep growing: keep growing our impact, our team, our collaborations and so much more!

Your support has allowed us to get this far and we hope you'll keep accompanying us on our journey to advocate and inspire women in neuroscience.

Keep an eye out on our socials for what's to come!



**Giada Vanacore**  
(she/her)  
Newsletter Director

**FOLLOW US ON SOCIAL MEDIA**

@WomeninNeuroUK

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

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

<https://www.womeninneuroscienceuk.org>



## 2024 COMMUNITY SURVEY

Be part of shaping WiNUK's path. Your voice and thoughts are important to us as we want to offer you the most tailored experience possible. With your feedback, you'll help us:

- Highlight the impact of our work
- Establish meaningful collaborations
- Secure funding for our initiatives
- Understand what's important to you and how we can improve to support you



We appreciate your **FEEDBACK**

**WiNUK 2024**  
Community Feedback Form

10-15  
Minutes!

Quick &  
Easy

Enter for a chance to win  
**WiNUK merch!**

20  
24



Our survey will only take you 10-15 minutes max, and by completing it, you'll enter a draw for a chance to win some of our amazing WiNUK merch!

Here's the link: [WiNUK 2024 Community Feedback Form](https://www.womeninneuroscienceuk.org/wi-nuk-2024-community-feedback-form)

# WiNUK 2024 WRAPPED

As you might have read on our blog, 2024 has been a year of growth and development for WiNUK. Here are some highlights of the past year:

- Over **40 volunteers** joined the team
- Audiences from **33 countries** interacted with WiNUK in different ways
- **323 new subscribers** joined our mailing list
- We were more present at in-person events with **4 conference stalls** and **6 workshops**
- We hosted our **first WiNUK Awards** with **more than 100 attendees**
- We established new collaborations with different types of organisations including **Wellcome Trust, ARUK, UKDRI, BNA, IBRO, Scientifica and the University of Cambridge**
- We hosted **7 virtual events** with a total of **331 participants**
- Our social media grew in both content (**209 + posts**) and engagement (**3.2K followers**)
- Our blog gained attraction, offering you **40 new posts** with **3.8K readers** and **180 new subscribers**

This is only the “tip of the iceberg” but there’s so much more! So if you want to know all the details, and you haven’t had the chance to do so yet, you can read the the full article here: [WiNUK Wrapped 2024: A Year in Review](#)

# WiNUK EVENTS 2025

Let's see some sneak peeks of what's to come with  
**WiNUK in 2025...**

## WiNUK events for 2025!

## WiNUK events for 2025!



**WiNUK Speed Networking**  
Virtual  
28th Feb

**ALZHEIMER'S RESEARCH UK**

**ARUK2025 Research Conference,**  
Birmingham  
25-26 Feb

**Sheffield Neurosoc**

**National Neurology and Neurosurgery Conference,**  
Sheffield  
1st Mar

**The Rosalind Franklin Institute**

**International Women's Day,**  
Oxford  
7th Mar

**BNA British Neuroscience Association**

**BNA2025: International Festival of Neuroscience,**  
Liverpool  
27-30 Apr

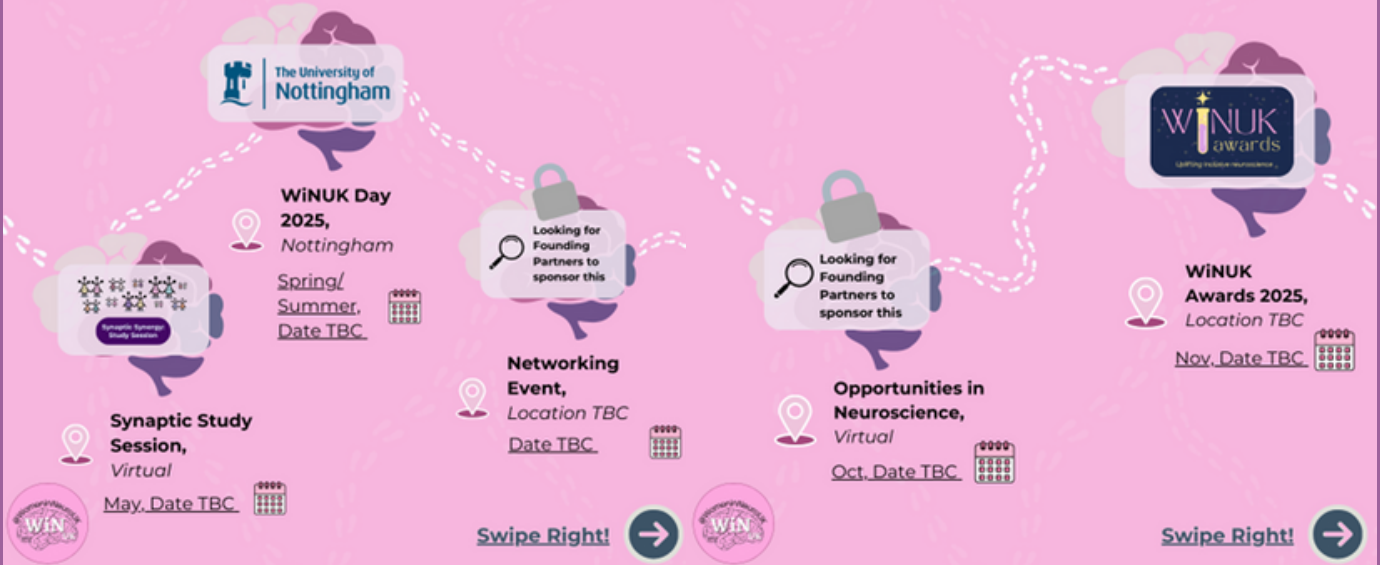
**PAIN**  
Women do not just have pain and they certainly don't die

**Women in Pain,**  
Virtual  
Apr. Date TBC

**Swipe Right!** →

## WiNUK events for 2025!

## WiNUK events for 2025!



**The University of Nottingham**

**WiNUK Day 2025,**  
Nottingham  
Spring/Summer,  
Date TBC

**Synaptic Study Session,**  
Virtual  
May, Date TBC

**Looking for Founding Partners to sponsor this**

**Networking Event,**  
Location TBC  
Date TBC

**Looking for Founding Partners to sponsor this**

**Opportunities in Neuroscience,**  
Virtual  
Oct, Date TBC

**WiNUK awards**  
Lifting voices neuroscience

**WiNUK Awards 2025,**  
Location TBC  
Nov, Date TBC

**Swipe Right!** →



## UPCOMING IN-PERSON EVENTS

### 28th Feb- Speed Networking session

This event is 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 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.



The graphic features a network of diverse human icons connected by dashed lines, with clock icons indicating time. A central pink box contains the event title and details. A smaller pink box at the bottom contains the social media handle and a QR code.

**Speed Networking Session**

Friday 28th Feb  
5:30-6:30 PM (GMT), Online

@WomeninNeuroUK



Don't miss out on this opportunity to grow your network!  
Sign up here: <https://forms.gle/S62Dc43Qvipchgn66>

## SOCIAL MEDIA

### PYLT Series

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!

The WiNUK inspirational project of the year highlights diverse lab techniques in neuroscience, welcoming both early-career researchers and senior professionals to showcase their innovative methods.

At WiNUK, we believe in breaking down barriers and changing perceptions in the field of neuroscience. PYLT isn't just a series—it's a movement towards inclusivity and diversity in science. We celebrate the unique contributions of scientists from all backgrounds, challenging stereotypes along the way.

Participating is easy! Submit your lab technique video, graphic, or photos to WiNUK. Our team will review submissions and provide support throughout the process. Whether you're showcasing cutting-edge technologies or classic methodologies, your contribution is valued.

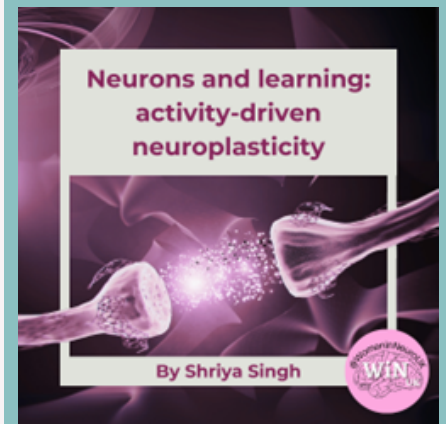
Ready to Present Your Lab Technique?  
Fill out this form:

[https://docs.google.com/forms/d/e/1FAIpQLSeALjqVlt\\_YCajAEEJFZObt0KaKi07PIZurO3qdoE2GRA-Fug/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeALjqVlt_YCajAEEJFZObt0KaKi07PIZurO3qdoE2GRA-Fug/viewform) and submit your proposal today! 🧠💡

## BLOG 'MONTH IN REVIEW'

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

Chatted to the judges, winners and finalists from the WINUK awards to discuss their advice for creating an inclusive and supportive work environment for all



Explained how activity drives new neuronal connections and learning



Summarised our 2024 highlights at WINUK



Interviewed journalist, Rachel Horne, discussing her experience with multiple sclerosis (MS) and the lack of recognition for female MS researchers



Pondered the binary perception of the words 'feminine' and 'scientist' in a response to Becca Williams' blog post

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

Blog | Womeninneurouk  
([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

- Planning for the year ahead - tips and tricks
- Coping with Seasonal Affective Disorder

### RESEARCH

Section Editor: Julia Dabrowska

- Pregnancy and the brain (<https://www.nature.com/articles/d41586-024-03942-w>)
- How evolution shaped the brain's understanding of numbers (<https://neurosciencenews.com/numeracy-evolution-neuroscience-28170/>)

### REVIEW

Section Editor: Rebecca Pope

- Podcast Review: Naked Neuroscience, from the Naked Scientists (<https://www.thenakedscientists.com/podcasts/naked-neuroscience>)
- Review British Neuroscience Association's Festive Symposium 2024: The Resilient Brain

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

     @WomeninNeuroUK

 [Women in Neuroscience UK](https://www.linkedin.com/company/womeninneuroscienceuk)

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

 <https://www.womeninneuroscienceuk.org>



Empowered women  
empower women!

