

# WOMEN'S NETWORK

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## The Women's Network...

- early to mid-career researchers and lecturers across the University of Manchester
- an informal space
- bi-monthly meetings
- a chance to come together and discuss gender-related challenges

## Represent!

The Research Staff Representatives meeting is a positive place for research staff to speak and to learn about each others' work. Meetings happen regularly and representatives are actively being recruited in Humanities.

The Women's Network strongly encourages you to apply and make your voice heard! See the new [Online Research Staff Handbook](#).

**TWEET!** Follow us on Twitter @Women\_sNetwork and tweet us when you find something that the rest of the network ought to know!

## Get involved!

Send in stories, topics, ideas, questions blog posts, short articles or pictures to share with the Women's Network (or to contribute to the newsletter).

You deserve a platform and we would love to give you one!

## Shut Up and Write!



The Women's Network hosted a Shut Up and Write (SUAW) session at the Sustainable Consumption Institute's on May 3. SUAW sessions consist of four 25 minute long blocks of silent writing interspersed with 5 minute breaks. Participants find they can help prioritise the act of writing; somehow, a room full of quietly typing people provides a very useful accountability and motivation.

This first session was attended by seven women, but there are plans to hold sessions at least as often as once a month. Women's Network members have also suggested that it would be useful to hold a SUAW session on the same day as the Women's Network meetings so that those who typically work off campus can get more benefit from coming in.

WN members are free to hold their own SUAW sessions; there is very little involved, apart from booking a room and advertising. The WN will help promote your SUAW session, and Julia is happy to answer questions about how she organised this one.

## Sexual Harassment

The AMBS Equality and Diversity Committee recently held a meeting with an interesting and open discussion of sexual harassment. Motivated by #MeToo and what it means for AMBS staff and staff-student relations, the discussion covered possible updates to the sexual harassment policy. The discussion also featured ideas about how to raise awareness of what is considered inappropriate and how it can be policed. One point that came up was that there are a number of ways to report sexual harassment but these are not well known. Hopefully, this will be just the start of a much wider discussion and some important changes to policy, practice and culture in the workplace.

## Art, Domestic Labour and Social Reproduction.

A discussion with Silvia Federici and Leopolda Fortunati will take place on **May 10 from 5pm-8pm** in the Upstairs space of the Partisan, 9 Cheetham Hill Road, M4 4FY.

Both Federici and Fortunati were founding figures of the Wages for Housework Campaign in the 1970s and the discussion is sure to be interesting. It is free to attend. Anyone who does attend, please submit pictures to the WN shared photo album (see details next page).

## Next WN Meeting - TBD

The exact time and date of our next meeting is still not fixed. Please stay tuned for updates. Also, please feel free to put forward some suggestions of place, time or topic to cover!

## Young and female researchers at high risk

The Times Higher Education reports on two new worrying studies that highlight the need for better mental health support and work-life balance for post-graduate researchers. One global survey showed that 41% of postgraduate students reported severe to moderate anxiety and 39% reported severe to moderate depression, with female researchers reporting more problems than their male colleagues. In contrast, only 6% of the general population reports similar levels of anxiety or depression.

Another survey of Norwegian univer-

sity staff found that academia appears to be one of the occupations most prone to workaholism, matching levels of workaholism found in other 'high-flying' industries in the past. Of those who reported workaholism, young and female academics were most more likely to report that this impacted on their family life or their ability to maintain a health work-life balance.

The study authors recommend changing the culture of work to cultivate a mindful work ethic that supports good mental health and personal lives.

## Who wants a gold star on their CV?

Emma Richardson, a founding members of the WN, has a shiny new job with Leicester Uni. **Congratulations!** This creates an opportunity for you to help run the WN! No major time commitments are required, but if you would be willing to a) book a room for our meetings, b) represent the network at occasional panels, c) make useful contacts, or d) ask questions and flag up interesting details, then we need you!

Getting involved is not hard and can serve as a useful item on your CV in many of the different categories. Get in touch today!

### Map Your CV

Academic CVs have four main categories: research, teaching & education, impact, and service & leadership. Early career researchers are sure to have some categories stronger than others, but it can help to identify and correct any that are conspicuously weak. This could be as simple as adding in CV items that you had not considered or reorganising or rewording how things are listed to show your skills and experience in that category. If nothing else, you can identify opportunities for the future that are sure to have a big impact on your CV. The WN will run a "CV mapping" session to help members identify CV strengths and weaknesses as a start to making them more balanced and effective. Stay tuned for details!

## Random Feminist-ish Quote

*"Feminism is not a dirty word. It does not mean you hate men, it does not mean you hate girls that have nice legs and a tan, and it does not mean you are a 'bitch' or 'dyke'; it means you believe in equality"*

— Kate Nash, singer

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## Stuff on Social Media

### We need a photographer!

Please send in any photos you have of WN events or of other events of interest to the WN to this shared photo album <https://photos.app.goo.gl/RqYSXE9gUOnRQQH3>

### #WIASN

It has come up that women who belong to women's networks would like a badge to wear to conferences to help them identify other network members, to promote the networks and to represent the women who support each other in academia. Stay tuned for details about how to get a badge. Also, should we consider having a badge for the UoM WN? Is that too many letters?

### Ask yourself "Can I help some one in hygiene poverty?" ...

Next time you swipe a load of tiny hotel toiletries, buy menstrual products on a two-for-one offer, or get a gift of bath stuff that is not your favourite fragrance, consider donating to **Beauty Banks**. Unopened hygiene, menstrual and toiletry items are desperately needed by those living on the streets or in serious poverty. Get a stash together, remove any non-postable solvents (perfume, nail polish, nail polish remover), pack it all into a box and label it on every side with **Beauty Banks**, then post it to:

BEAUTY BANKS  
c/o JO JONES  
THE COMMUNICATIONS STORE  
2 KENSINGTON SQUARE  
LONDON W8 5EP

The Stuff on Social Media column is driven by user input ... So get in touch with ideas, comments and suggestions!

### Contact Information:

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To contribute to the newsletter, email [julia.kasmire@manchester.ac.uk](mailto:julia.kasmire@manchester.ac.uk)  
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