



## Welcome Pack for LMCB Early Career Researchers

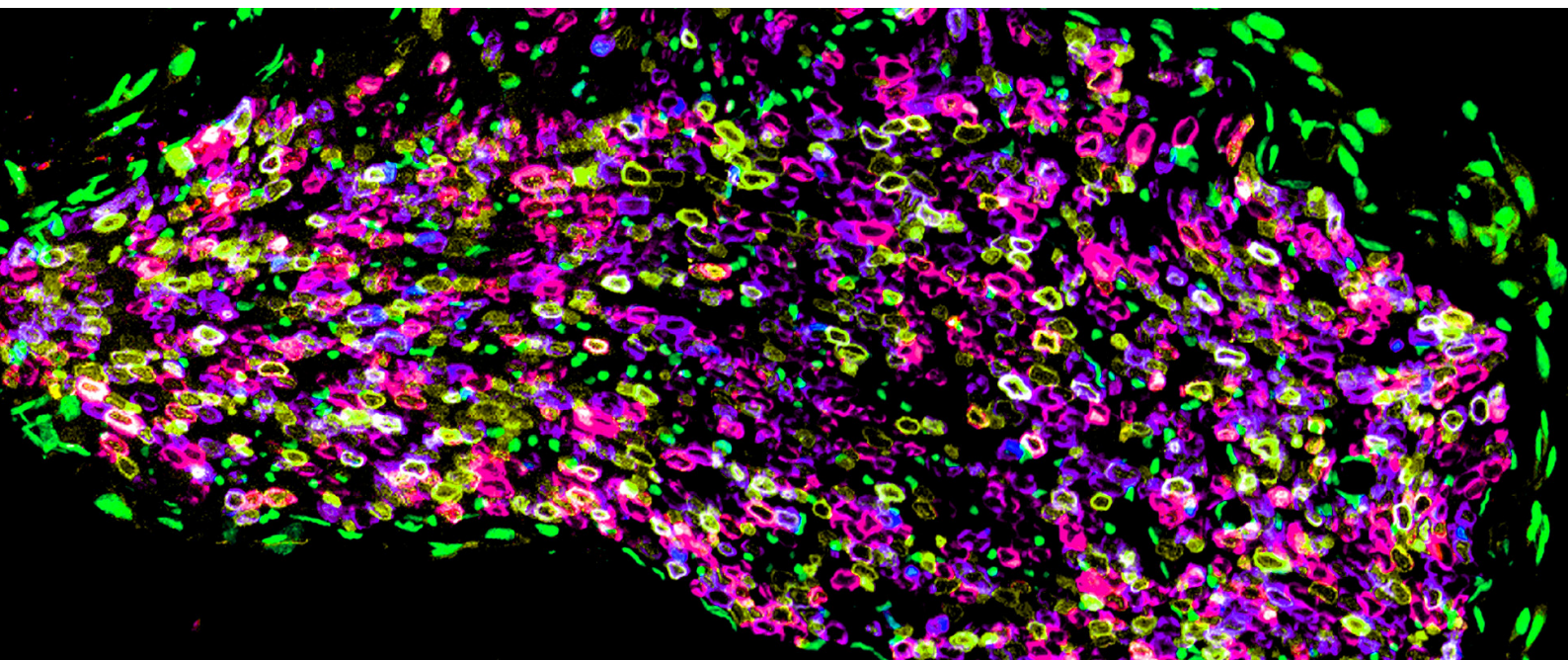
Welcoming our new  
researchers to the  
LMCB

[www.ucl.ac.uk/lmcb](http://www.ucl.ac.uk/lmcb)



# Your 6 simple steps to hit the ground running!

- 1 Contact the Postdoc Committee to let us know you're here, by [email](#) or via our [LMCB Postdoc Slack channel](#). If you spot any of us in the corridor or coffee room, please don't hesitate to introduce yourself - we're excited to meet you!
- 2 Visit the [LMCB website](#), especially our [Postdoc webpages](#)
- 3 Join our LMCB and Postdoc mailing lists. Contact our Administrative Assistant, [Beriten Kaya](#)
- 4 Join the [LMCB Postdoc Slack channel](#).
- 5 Follow us on social media:  
[X @LMCB\\_UCL](#)  
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## Our Mission: postdocs for the 21st century

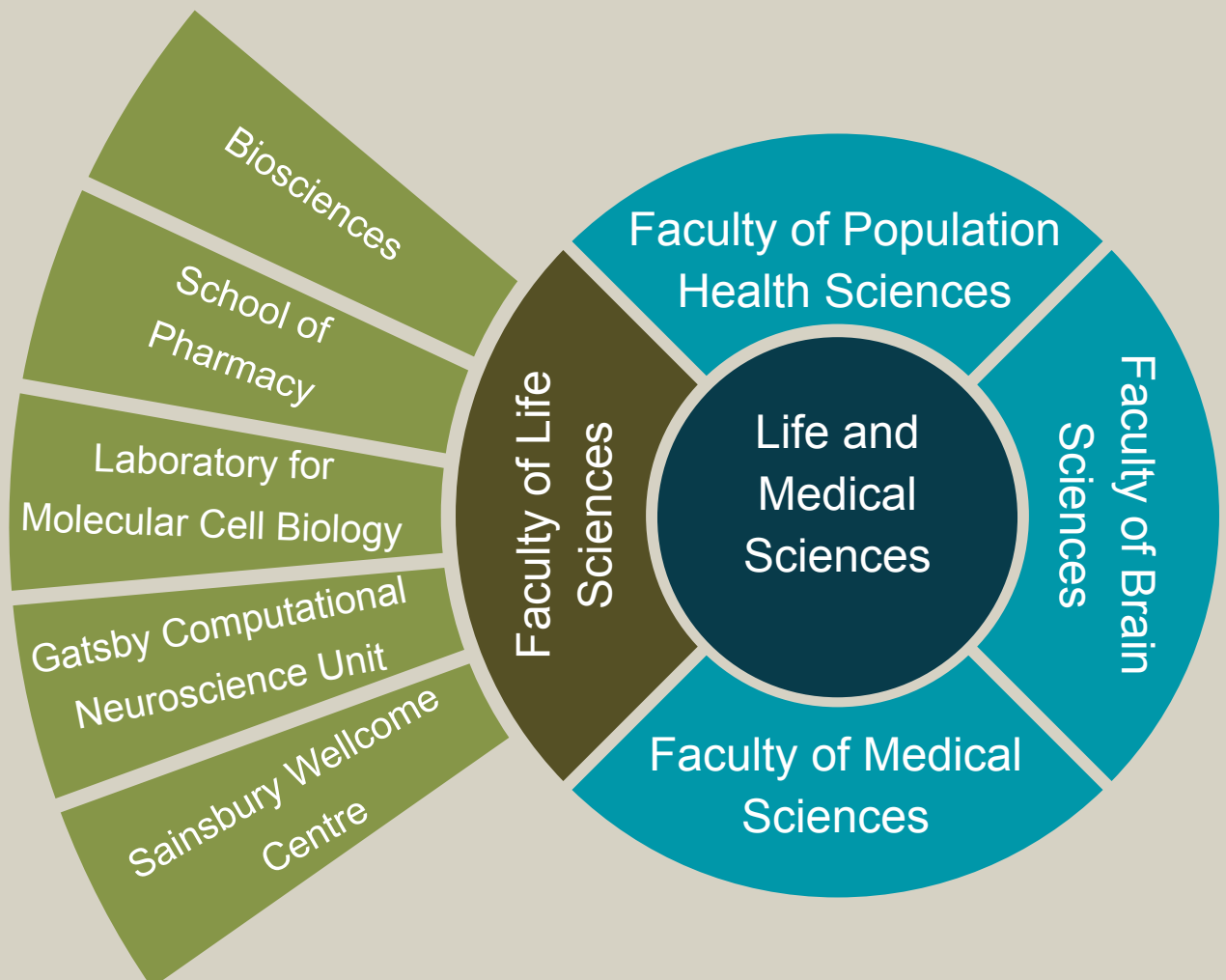
Welcome to the LMCB! You're obviously here to do great science, but also to complete your training and take the final steps in your journey towards an independent career - either within or beyond academia. All this while keeping up a great work-life balance! We know this is a tricky balancing act, and we - the postdoc community - will support you in your efforts in any way that we can.

# An introduction to the LMCB and Faculty of Life Sciences

The LMCB is a division within UCL's **Faculty of Life Sciences**, one of four Faculties in Life and Medical Sciences. The Faculty of Life Sciences also includes the Division of Biosciences, the School of Pharmacy, the Gatsby Computational Neurosciences Unit and the Sainsbury Wellcome Centre for Neural Circuits and Behaviour.

The Faculty has been associated with six Nobel Laureates and presents an unrivalled environment for students and researchers in life science disciplines ranging from the biology of molecules, cells and organisms through to neuroscience and behavioural sciences. It is led by the Dean, **Prof Gail Taylor**.

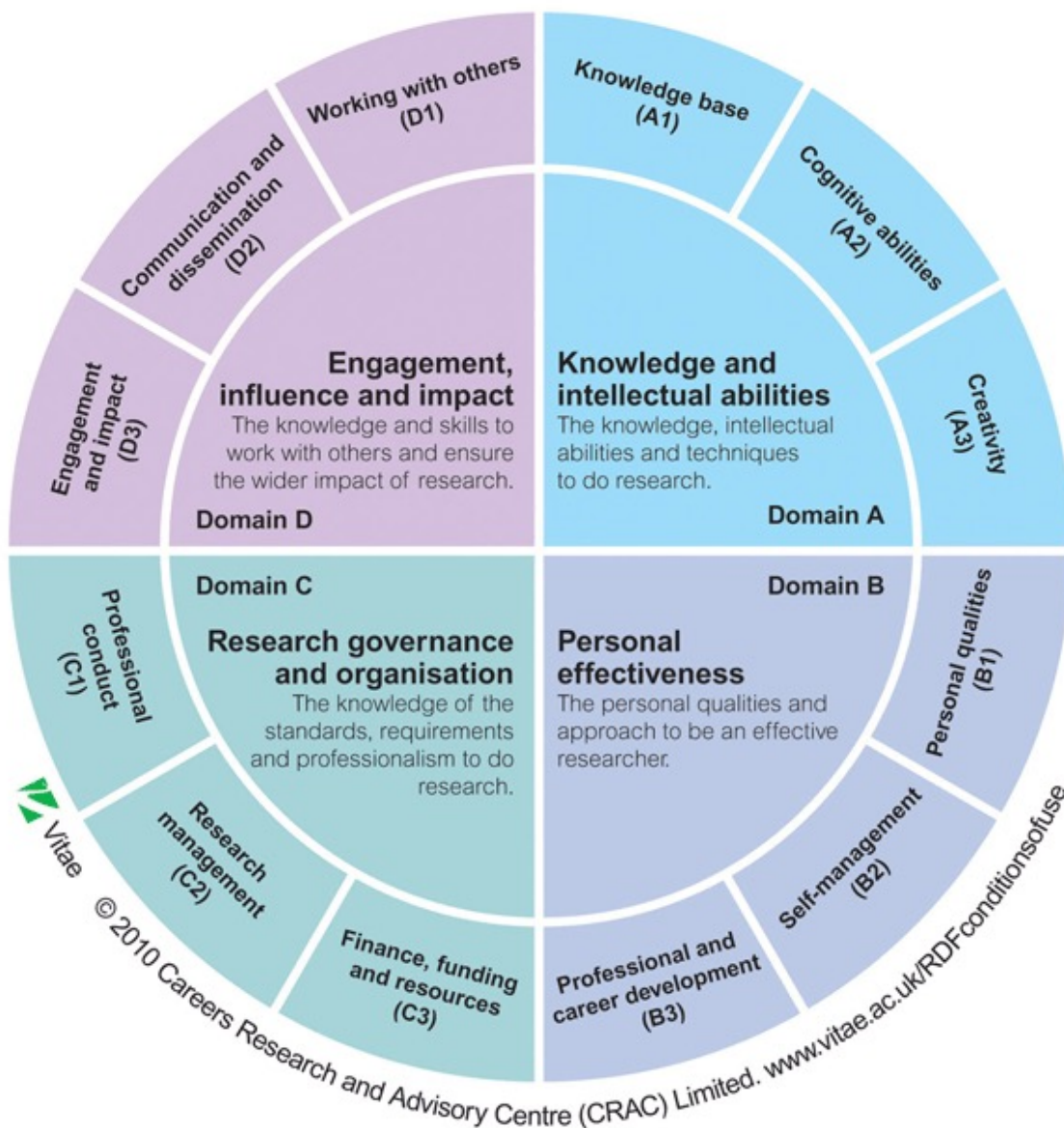
The LMCB opened in 1993 as one of the first centres dedicated to molecular cell biology in the UK. In April 2001 a new Medical Research Council Cell Biology Unit was incorporated within the LMCB. In 2013, the LMCB was established as a division within UCL's Faculty of Life Sciences. **Prof Alison Lloyd** was appointed as Director in 2020.



# The Vitae Researcher Development Framework

The Researcher Development Framework (RDF, see below), was produced in 2009 by Vitae, a UK organization dedicated to the personal and professional development of researchers. Developed in consultation with HE organizations as well as non-academic stakeholders, the RDF highlights 4 domains critical to the professional development of every researcher, irrespective of career stage or trajectory. Someone with these qualities will be eminently prepared to lead a lab - but also just as ready for a career as a policy analyst or industry consultant. As postdocs or PhD students, it is natural for us to focus exclusively on Domain A- the bread and butter of our science. We will try our best here at the LMCB to help you keep an eye on the bigger picture without compromising your commitment to excellent, groundbreaking research.

UCL is committed to the professional development of its research staff, and in fact encourages you to use the RDF to help frame career discussions with your supervisor. You will find more information in the [LMCB resources](#) section of this Welcome Pack.



# LMCB Resources

The LMCB is a fantastic place to work - regardless of nationality, race, age, gender and sexuality. We are a dynamic, collaborative, international research institute with a commitment towards equality, diversity and inclusion in the workplace. In 2020, we renewed our Athena SWAN Gold status in recognition of our work at the highest level of excellence in promoting gender equality.



## Scientific seminars/discussions

### LMCB Seminar Series

Monday, 4-5pm, weekly. Postdocs take the speaker out for drinks after the seminar.

PhD student and Postdoc internal seminars.

Thursday, 1-2pm, weekly. The seminars are chaired by Postdocs.

### UCL BIIG - BioImage Interest Group

Friday, 1-2pm, monthly. The Group aims to share knowledge, expertise and foster discussion and collaborations around the topics of bioimaging and bioimage analysis in an informal setting.

### Institute for the Physics of Living Systems (IPLS)

Joint IPLS/LMCB training opportunities. IPLS brings together researchers from across UCL departments and disciplines to apply thinking, tools and approaches from the physical sciences and engineering to address important problems in biology.

### Postdoc-invited speaker

Annual seminar by an inspiring or extraordinary top scientist from anywhere in the world, chosen by the Postdocs.

Division of Biosciences Postdoc Seminar - Weekly seminar organized by postdocs to foster intra-division collaborations and provide practice presentation skills.

## Personal/career development events

We organize monthly professional development and networking events, including skills exchange sessions (e.g. data analysis or wet-lab methods). If you have a skill or activity you'd like to share, please let us know!

## Outreach and public engagement

We run a number of activities throughout the year to promote open dialogue between the public and our researchers, including science fairs and school visits. If you'd like to take part in outreach activities, contact the Postdoc Committee by email or via our LMCB Postdoc Slack channel, or Giorgia Siriaco, in the FLS Comms Team.

# LMCB Resources

## Promotions and annual staff evaluations

Please ask your line manager (PI) for information, or contact our Divisional Manager, [Renata Adamcova](#)

## Teaching at the LMCB and UCL

Teaching opportunities for postdocs are usually hard to come by, especially for those trying to get some formal teaching experience without having to make a commitment of several months or years.

## Practical mini lab project for incoming PhD students

Postdocs supervise 2-week lab projects carried out by incoming PhD students.

Interested in running a mini lab project? Speak to your PI or [email](#) the LMCB Postdoc Committee to get involved.

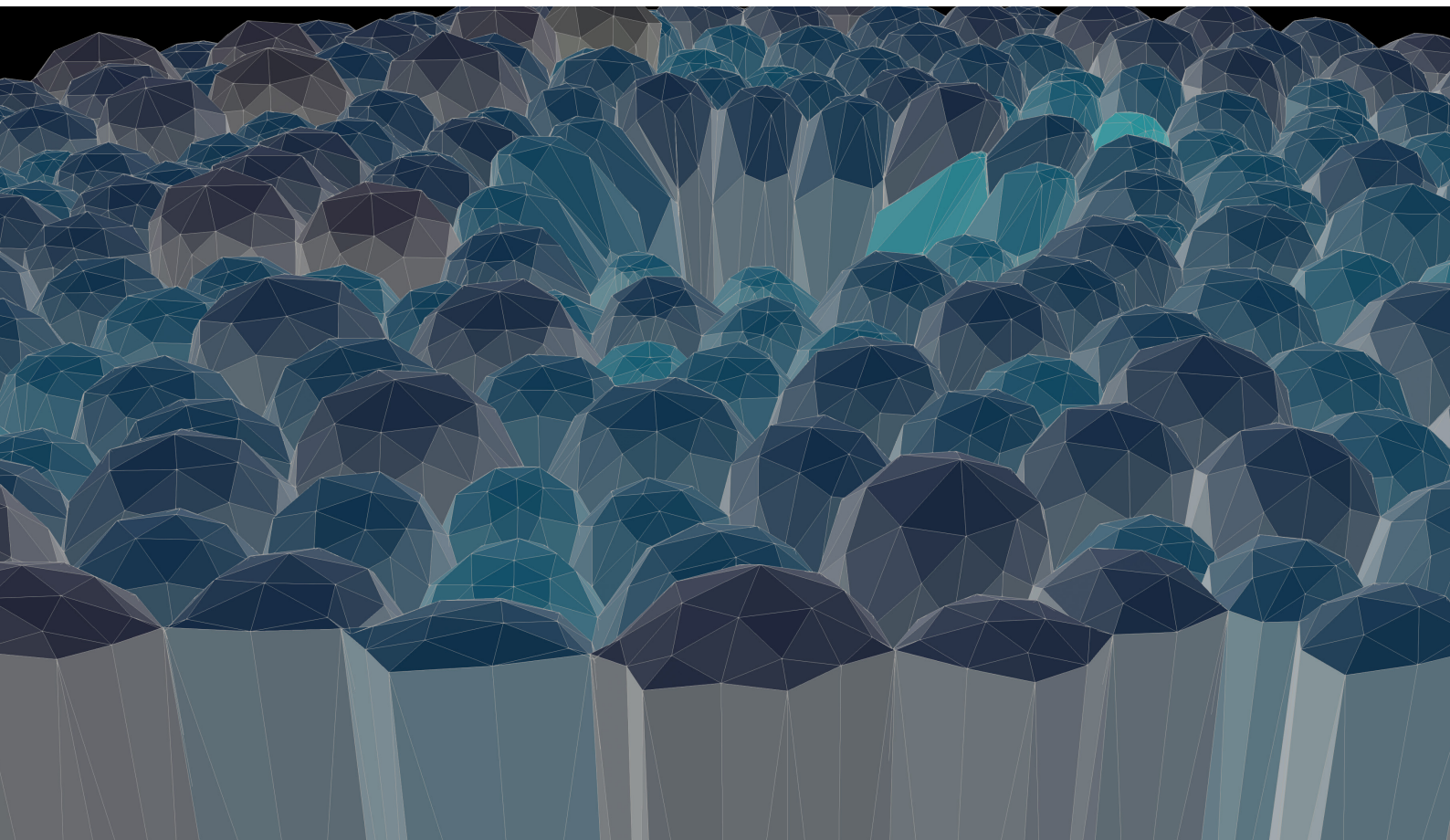
## Tutorials for first year PhD students

Incoming PhD students attend a series of tutorials with modules covering different areas of cell biology, led by different LMCB PIs. There are several openings for postdocs to teach tutorial sessions. These run annually from October till April.

Interested in teaching a tutorial? Speak to your PI or [email](#) the LMCB Postdoc Committee to get involved.

## Grading opportunities, MSc literature projects

Ad hoc teaching opportunities pop up all the time - the best person to contact if you are interested in these is [Julie Pitcher](#), our Associate Director of Education



# Life at the LMCB

## Social/active lifestyle events

### Cocktails

Cocktail parties are organised by one or two labs, monthly on a Friday evening. This is a legendary LMCB tradition dating back to the 90s.

### Postdoc socials

Every month, we organise breakfast or evening drinks to socialise and discuss subjects relevant to postdocs.

### Sports

There are several activities run within or around the LMCB. Check our [Life at the LMCB webpage](#) for more information.

### Cycling

Many LMCB postdocs cycle to work. There is a shower on the ground floor inside the core staff's tearoom. Bikes can be stored outside the LMCB.

## We represent YOU

The LMCB has postdoc representatives on every major committee - your opinions and feedback matter, and we can guarantee they will reach the right ears. You can find current committee membership on our [Postdoc webpages](#). You are welcome to contact individual representatives directly with issues or route those through the Postdoc Committee.



# UCL Research support services

UCL provides an incredible array of resources for its staff. In fact, we consider ourselves to be sector leaders. Sometimes though, the hardest part can be finding the right website! Here's a list to get you started:

## Research Staff Hub

The [Research Staff Hub](#) is designed to bring together all the different strands of UCL professional staff support.

## UCL Careers

[UCL Careers](#) offers events, interview coaching, 1-on-1 sessions, employer and job fairs and more. This is delivered by specialists who are accustomed to working with researchers, many of whom have research and postdoc experience themselves

X [@uclresearchers](#) [@uclcareers](#)

## UCL Innovation and Enterprise

[UCL Innovation and Enterprise](#) can support you in many ways. They provide training, funding, and advice on starting your own business and commercialising your research outputs. They can also help building partnerships with external companies, and can even help you set up your own continuing professional development (CPD) courses.

## UCL Consultants

With the support of your PI, [UCL Consultants](#) are available to support your work with outside partners (including companies, government and public sector) when it is being undertaken as consultancy or other non-research service provision. They offer a variety of training programmes, details of which are provided on their website.

## UCLB

[UCLB](#) (business) is the commercialisation company of UCL and its partner NHS Trusts, covering spin-outs, intellectual property, licensing, etc. If you're an academic or student at UCL working on a novel and exciting idea that shows promise and potential, UCLB are there to help and guide you at every step of your journey from innovation to impact.

## UCL Research Coordination Office

Research facilitators from the [Research Coordination Office](#) are here to support you in your pursuit of research funding. They can support you with your grant and fellowship applications by checking eligibility, reviewing draft applications and arranging mock interviews.



# UCL Research support services

## UCL Translational Research Office

The **Translational Research Office** help support making basic research into clinic or market-ready products. They provide integrated support for translational research, industrial partnerships and drug discovery.

## UCL Research Services

If you need help with grant applications, **Research Services** have resources that can help you. If you are applying for funding, please discuss it with your PI and with **Renata Adamcova** well in advance of the funder deadline.

## Academic Careers Office

The **Academic Careers Office** supports academic and clinical academic researchers in Life and Medical Sciences to pursue research. They run niche funding schemes, innovative skills training and personal development support including the UCL NIHR integrated academic training programme.

## Joint Research Office

The **Joint Research Office** can help you when you need to set up a new project involving people (such as patients). They can advise you on whether or not you'll need ethics approval, and check your approval application and help with sponsorship when needed.

## UCL Open Access

UCL's **Open Access Team** help researchers understand how to make publications open access, meet open access requirements, use UCL's Research Publications Service (RPS) and take advantage of open access funding.



# Learning and Development

## UCL Culture - Public Engagement

**UCL Culture** teams manage museums, theatres, collections and facilitate engagement. The department offers training, networks, funding and opportunities for you to connect your work with groups outside the university. Visit their website for more details and stay in touch via their newsletter and Twitter

X [@UCL\\_Culture](#) [@UCLengage](#)

## UCL Arena

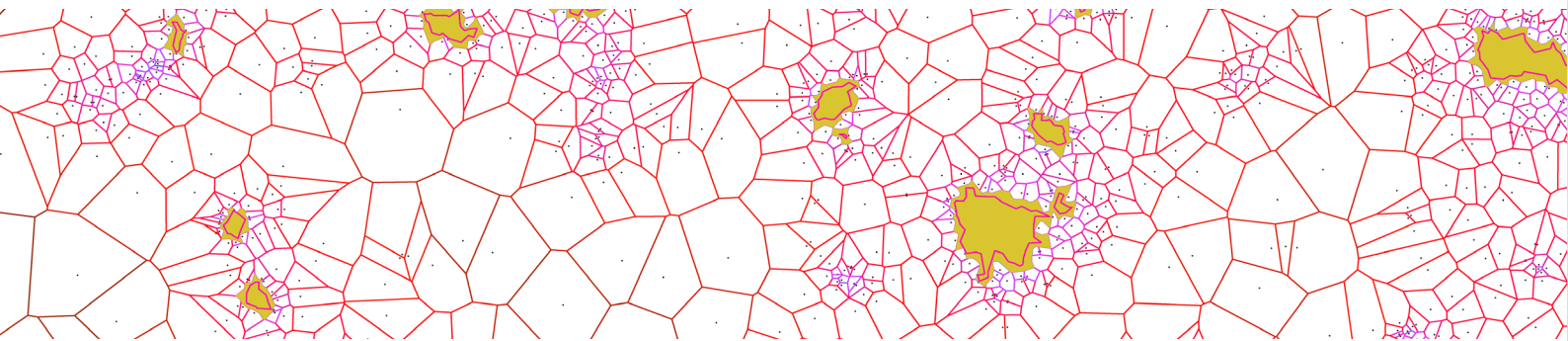
**UCL Arena** is UCL's professional development pathway for teaching: a scheme of awards accredited by the Higher Education Academy giving teaching and support staff nationally recognised fellowships. They offer three different schemes that are designed to give the skills not only to research but also to teach effectively.

## UCL Institute of Making

Need somewhere to spin a pot or 3D print a rocket ship? Members of **UCL Institute of Making** have access to making events and the use of their make space and equipment.

## Access to LinkedIn Learning

As a member of staff at UCL, you have free access to **LinkedIn Learning**, a huge range of video tutorials supporting learning in software, creativity and business skills.



# Networks and Benefits

## UCL Research Domains

The **UCL Research Domains** are large, cross-disciplinary research communities that span UCL and our partner organisations, fostering interaction and collaboration.

## UCL Support Networks

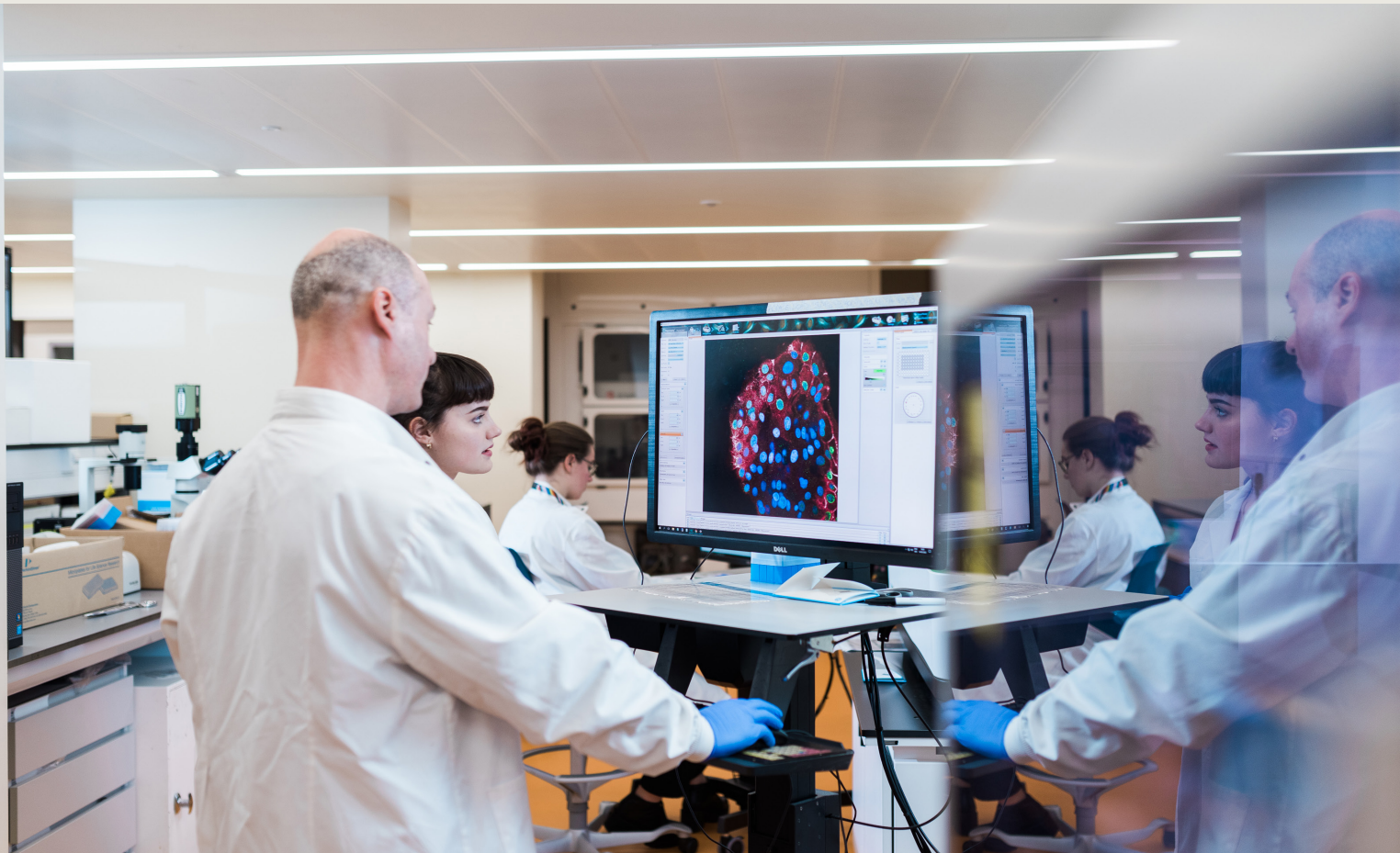
There are many fantastic networks across UCL. These include networks for LGBTQ+ staff, women, staff with disabilities, black and minority ethnic staff and many more. You can find a list [here](#).

## UCL Work-Life Balance and Benefits

The **UCL Human Resources** webpages have information about benefits and wellbeing as well as policies around inclusion, family friendly initiatives and allowances, and lots more.

## Useful LMCB contacts

Director	Alison Lloyd	<a href="mailto:alison.lloyd@ucl.ac.uk">alison.lloyd@ucl.ac.uk</a>
Associate Director Education	Julie Pitcher	<a href="mailto:julie.pitcher@ucl.ac.uk">julie.pitcher@ucl.ac.uk</a>
Divisional Manager	Renata Adamcova	<a href="mailto:r.adamcova@ucl.ac.uk">r.adamcova@ucl.ac.uk</a>
Education and Training Administrator	Helena Ahmed	<a href="mailto:helena.ahmed@ucl.ac.uk">helena.ahmed@ucl.ac.uk</a>
Finance Officer	Sebastian Terranova Martinez	<a href="mailto:sebastian.martinez@ucl.ac.uk">sebastian.martinez@ucl.ac.uk</a>
Administrative Assistant	Beriten Kaya	<a href="mailto:beriten.kaya@ucl.ac.uk">beriten.kaya@ucl.ac.uk</a>
Operations Officer	Valentina Senatore	<a href="mailto:v.senatore@ucl.ac.uk">v.senatore@ucl.ac.uk</a>
Head of Light Microscopy	Andrew Vaughan	<a href="mailto:andrew.vaughan@ucl.ac.uk">andrew.vaughan@ucl.ac.uk</a>
Head of Electron Microscopy	Jemima Burden	<a href="mailto:j.burden@ucl.ac.uk">j.burden@ucl.ac.uk</a>
Head of High-content Biology	Rob de Bruin	<a href="mailto:r.debruin@ucl.ac.uk">r.debruin@ucl.ac.uk</a>
Bioinformatics	Janos Kriston-Vizi	<a href="mailto:j.kriston@ucl.ac.uk">j.kriston@ucl.ac.uk</a>



## Postdoc Committee members

Marousa Darsinou	<a href="mailto:m.darsinou@ucl.ac.uk">m.darsinou@ucl.ac.uk</a>
Stella Kouloulia	<a href="mailto:s.kouloulia@ucl.ac.uk">s.kouloulia@ucl.ac.uk</a>
Delan Alasaadi	<a href="mailto:delan.alasaadi.18@ucl.ac.uk">delan.alasaadi.18@ucl.ac.uk</a>
Giulia Paci	<a href="mailto:g.paci@ucl.ac.uk">g.paci@ucl.ac.uk</a>