



## Is it time for a Cyber health-check?

In the current environment where nearly all organisations rely on digital technology to function, and not all have a dedicated team internally to manage cyber security, it's more important than ever that you are alert to the risks and aware of the steps you can take to protect your business. The potential cost of remedying a cyber incident can be significant not only in financial terms but also the time involved, the emotional stress caused and the danger of serious reputational damage.

Cyber security is the way we protect the devices we all use (smartphones, laptops, tablets and computers), and the services we access - both online and at work - from theft or damage. It's also about preventing unauthorised access to the vast amounts of personal information we store on these devices, and online. Clearly this has always been very important, but now more than ever as many businesses have had to very quickly adapt working practices from their established procedures and embrace more widely the concept of employees working remotely.

One of the best sources of information is the National Cyber Security Centre (NCSC) website [www.ncsc.gov.uk](http://www.ncsc.gov.uk). The NCSC provides a single point of contact for SMEs, larger private-sector companies, government agencies, charities and public sector organisations providing cyber security advice. Here you will find guidance specifically aimed at the issues you face:

- a private individual <https://www.ncsc.gov.uk/section/information-for/individuals-families>
- self-employed and sole traders <https://www.ncsc.gov.uk/section/information-for/self-employed-sole-traders>
- SME's <https://www.ncsc.gov.uk/section/information-for/small-medium-sized-organisations>
- larger organisations <https://www.ncsc.gov.uk/section/information-for/large-organisations>

**The NCSC website also contains useful topical guidance on:**

- Moving your business from the physical to the digital – questions to ask your IT service providers <https://www.ncsc.gov.uk/guidance/moving-business-from-physical-to-digital>
- How to recover from a cyber attack <https://www.ncsc.gov.uk/collection/small-business-guidance--response-and-recovery>
- Home working - advice to help organisations manage the cyber security challenges of increased home working.
- <https://www.ncsc.gov.uk/news/home-working-increases-in-response-to-covid-19>
- Video conferencing – advice for individuals keeping in touch with family and friends <https://www.ncsc.gov.uk/guidance/video-conferencing-services-using-them-securely>
- Video conferencing – advice for organisations <https://www.ncsc.gov.uk/guidance/video-conferencing-services-security-guidance-organisations>

## Is it time for a Cyber health-check?

For those looking for on-line training, there are free weekly online briefing sessions available by City of London Police on how to raise awareness with your staff and teaching you how to keep your organization safe from a cyber-attack which can be accessed via the following link <https://cybergriffin.police.uk/#baseline>

It has never been more important – please take whatever steps you can to keep yourself cyber-healthy. If you wish to discuss any aspect of this article or how Beever and Struthers can help please contact:



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