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NETWORK

# Discover Cyber PATH: Free Cyber Resilience Services for the Care Sector

*Delivered on behalf of the CRC Network by:*

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**Sapphire Little**, Business Development Manager

*Delivered in partnership with*

[WWW.ECRCENTRE.CO.UK](http://WWW.ECRCENTRE.CO.UK)



**CARE ENGLAND**  
The voice of care



# Agenda



The **current threats**  
facing the care sector



The Cyber Resilience  
Centre Network **and how  
we can support you**



Overview of **fully-funded  
Cyber PATH** services  
available



How to **book your free  
Cyber** PATH support and  
get in touch



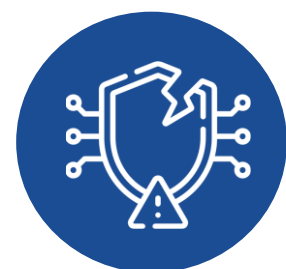
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# The current threats facing the care sector

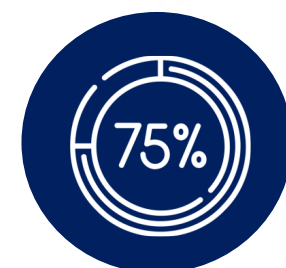
# Understanding the scale of the problem



**41%** of health or care organisations fell victim to cybercrime in the **last 12 months**



**Online Fraud and Cybercrime** equates for **50%** of all recorded crime in England and Wales



**75%** of cyberattacks are committed outside the UK



Cybercrime would rank as **the world's third-largest economy** if measured as a country

# Why is the care sector at risk?

## Cyber criminals exploit vulnerabilities - not organisation size or sectors

- **Valuable data:** health records, financial details and personal information make care organisations an attractive target for criminals
- **Always-on pressure:** with staff focused on frontline care, cyber security can understandably take a back seat to daily demands
- **Connected systems:** care relies on a growing number of digital tools and shared devices, creating more potential entry points for criminals



**The care sector has been identified as a priority sector for The CRC Network**



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# The Cyber Resilience Centre Network

# The CRC Network

## Who we are

- **Police-led, government-funded** network of Cyber Resilience Centres
- **Working to support** small and medium organisations, charities and the third sector

## How we can support your organisation

- **We offer a wide range of fully funded, interactive tools** and training resources to help build cyber awareness
- **These can be incorporated into** inductions, team meetings, and refresher courses



**Our aim: to increase the cyber resilience of small and medium businesses, charities and the third sector**

# CRC Membership

## Provides members with:

- **Regular newsletters and cyber awareness updates** featuring the latest guidance
- **Regional and national threat alerts** around the latest scams
- **Signposting to free tools and resources** from local policing and the NCSC
- **Access to a wide range of Cyber Security Services** via our Cyber PATH programme including training, vulnerability assessments, Microsoft 365 reviews etc



Scan the QR code  
to sign up

There are 9 regional Cyber Resilience Centre's across England and Wales





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# Fully Funded Cyber PATH Services

# Unlocking the benefits of CyberPATH for your organisation

- CyberPATH is an **elite talent pipeline**, recruiting students from **top UK universities**.
- Students are trained to deliver a range of **cyber services**, which are available to SMEs at **no cost** to their organisation.
- CyberPATH provides SMEs with **expert cybersecurity solutions**, simultaneously providing **hands-on experience** for the **future cyber workforce**.



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# 10 Fully funded Cyber PATH Services Available



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## Security Awareness Training

Staff training for those with little or no cyber security or technical knowledge



## Microsoft 365 Service

Reviews your Microsoft 365 configuration to identify any flaws in your organisation's set up.



## First Step Web Assessment

Provides you with an initial assessment of your website to highlight its most pressing vulnerabilities



## Internet Discovery Service

Comprehensive review of publicly available information about any potential or existing employee.



## Internal Vulnerability Assessment

Scan and review your internal networks and systems looking for vulnerabilities



## Cyber Business Continuity Review

A thorough review of your business continuity plan and overall resilience to cyber attacks

# My journey - CyberPATH

Started at Cyber  
PATH

Further opportunities became  
available at the ECRC



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*Delivered various services  
including SATs and VAs*



THE  
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CENTRE  
FOR THE EAST

Late  
2021

July  
2022

July  
2022

December  
2022

July  
2023



First heard of  
CyberPATH and  
applied



Graduated in July  
2022



Promoted to Business  
Development Manager

# Staff Awareness Training (SAT)



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Training focused on those with little or no technical or cyber security knowledge

Covering topics including:

- **Manipulation tactics used by criminals** to trick you into scams (social engineering)
- Common **phishing scams** and how to prevent them
- The importance of **strong passwords**
- Using **social media safely** and the risks involved.
- What is **ransomware** and how should you response to it?



Training can be delivered **online** or **in-person** and typically takes 2.5 hours

# Case Study: Dorothy Parkes Community Centre



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**Sector:** Third Sector

**CyberPATH Services:** SAT and Internal Vulnerability Assessment

“*Our team attended the Security Awareness Training online, which was delivered by Savva and Eli, and we all found it **very thought-provoking**.*

*It certainly **raised our awareness** in relation to cyber security, and there were some **important links and hints** that we will use going forward to ensure that we are more secure. We also learnt a lot from some of the **real-life scenarios** we looked at.*

*“It was **good preparation** that makes us **much more confident** as we start our **Cyber Essentials journey**. I’d recommend it to **all organisations** as a **fantastic starting point**.”*

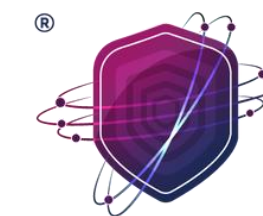
**Rob Bruce, CEO, Dorothy Parkes**



**DOROTHYPARKES**

Community Centre

# First Step Web Assessment (FSWA)



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## A light-touch assessment

Takes a close look at your website to spot any obvious weaknesses that could leave your organisation exposed - think of it as a quick but thorough security check-up for your online front door

## Simple and non-disruptive

Looks for common vulnerabilities such as outdated components or exposed data - without affecting your website or the people visiting it. All we need is your website address to get started

## What you walk away with

A clear report highlighting any weaknesses found, how serious they are, and what to do next so you can take simple steps to reduce the risk of a criminal breaching your website and causing disruption to your organisation

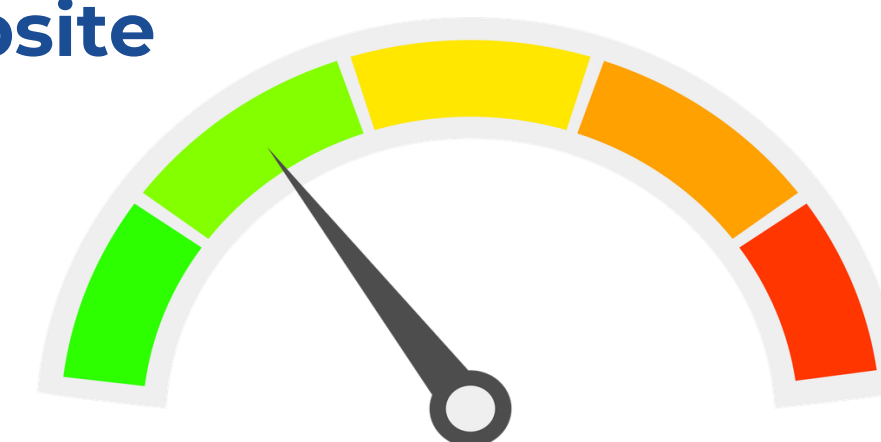


# Web App Assessment (WAA)



## What is it?

- A **Web App Assessment (WAA)** takes a **deep dive into your website**
- Uncover any **weaknesses that a criminal could exploit**
- Think of it as a **full health check** for your **online presence**.



**When completed you'll receive clear report rating any issues found by risk level - high, medium or low - along with **practical guidance** on **what to fix first and how**, whether you have an in-house IT team or use an external provider.**

## Internal Vulnerability Assessment(IVA)



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➤➤➤ An IVA looks for **what a criminal could see and do** if they were to **gain access** to an **organisation's internal network**. There's **no disruption** to your day-to-day work

➤➤➤ The **Cyber PATH team** sends you a **small device** that simply **plugs into your network** and **scans your systems** to **spot any weaknesses** - the same way a criminal would look for an unlocked door.



Think of it like giving a security expert the key to enter an office building, to walk around and check to see if anything is left unlocked or easily accessible

# Remote Vulnerability Assessment (RVA)



A Remote Vulnerability Assessment (RVA) simulates a **real cyber attack** on your organisation from the outside **using only your public IP address**

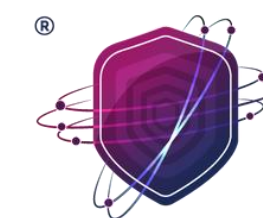


Identifies potential **entry points** that **criminals** may use to **gain access to your systems** – this is **discrete** and done without **compromising your systems**.



Discover any **exposed vulnerabilities**, how **serious they are**, and **straightforward recommendations** on what to prioritise - so you know exactly where to focus your efforts to stay protected.





# Microsoft 365 Configuration Review (M365 Review)

Checks your Microsoft 365 setup against industry-recognised security standards to make sure nothing has been left open to attack

We carry out a **thorough review** of your **Microsoft 365 configuration** - covering how **accounts are managed**, how **people log in**, **data access**, and **application permissions**.

All we need is **read-only access** to your system.

## CIS Microsoft 365 Foundations Benchmark -

Reference	Level	Title	Finding	PASS /FAIL	
<b>1 Microsoft 365 Admin Center</b>					
<b>1.1 Users</b>	1.1.1	L1	Ensure Administrative accounts are separate and cloud-only	All Administrative accounts are cloud only.	PASS
	1.1.2	L1	Ensure two emergency access accounts have been defined	No Emergency Access Accounts created.	FAIL
	1.1.3	L1	Ensure that between two and four global admins are designated	1 Global Admin	FAIL
	1.1.4	L1	Ensure Guest Users are reviewed at least biweekly	Client Policy, cannot be checked.	N/A
<b>1.2 Teams &amp; Groups</b>	1.2.2	L1	Ensure sign-in to shared mailboxes is blocked	Sign in to shared mailboxes is blocked.	PASS
<b>1.3 Settings</b>	1.3.1	L1	Ensure the 'Password expiration policy' is set to 'Set passwords to never expire (recommended)	Never Expire	PASS
	1.3.2	L1	Ensure 'Idle session timeout' is set to '3 hours (or less)' for unmanaged devices	1 Hour	PASS
	1.3.4	L1	Ensure 'User owned apps and services' is restricted	Checked	FAIL
	1.3.5	L1	Ensure internal phishing protection for Forms is enabled	Internal Phishing Protection is checked.	PASS

What you walk away with: a plain-English report showing exactly how your Microsoft 365 is configured, where the risks are, and what to change - plus the opportunity to talk through the findings so nothing gets lost in translation

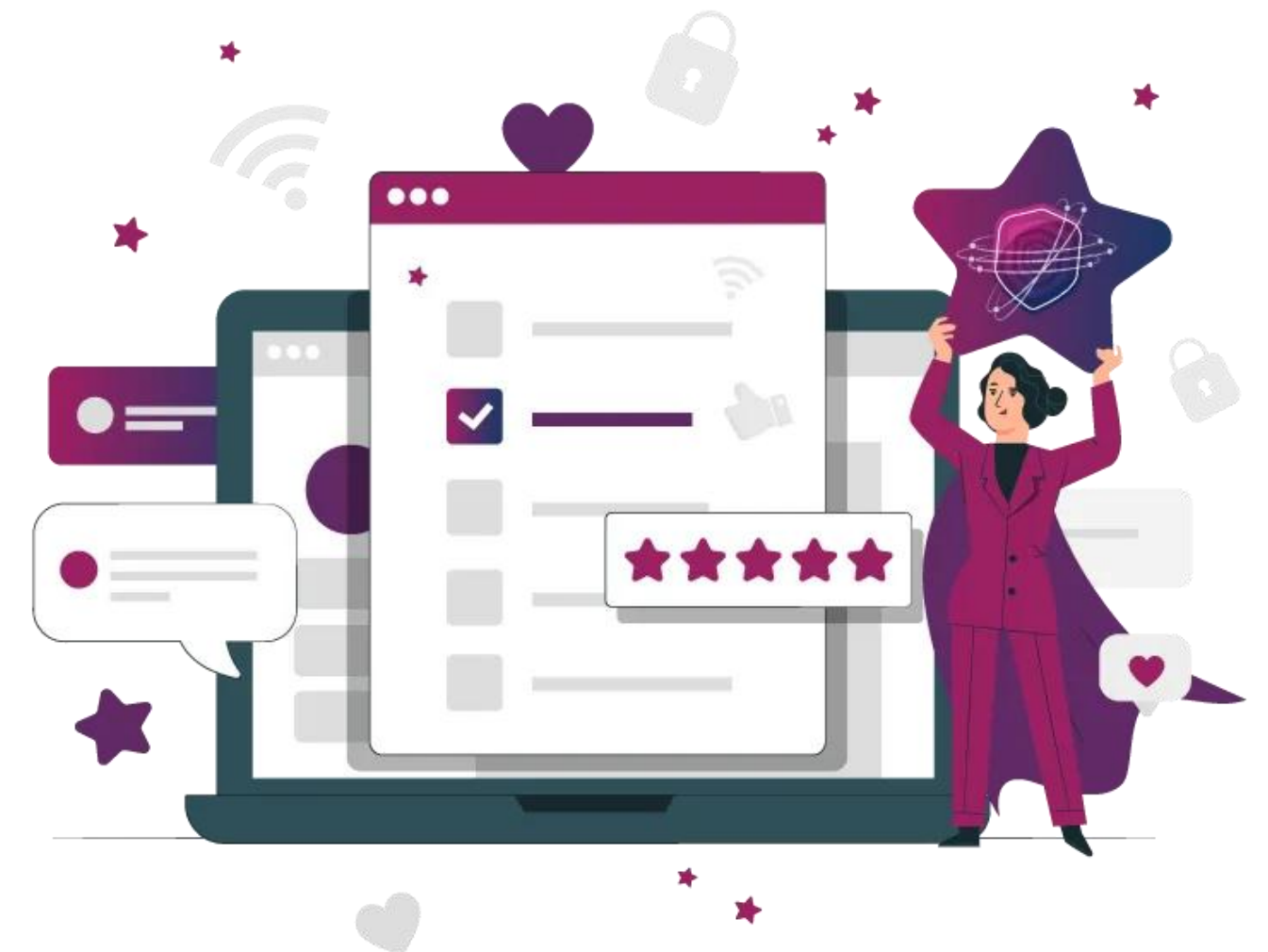
# Security Policy Review (SPR) / Cyber Business Continuity Review (BCR)



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Reviews your existing policies against recognised industry standards, focusing on what matters **most to you** - whether that's protecting resident data, keeping systems running during an incident, or making sure your team knows how to respond in a crisis.

- Policy Reviews assess alignment of cyber policies with **ISO/IEC 27001:2022 and ISO/IEC 22301:2019 standards.**
- Identifies **documentation gaps** and provides clear, **actionable recommendations.**
- Supports **better understanding** and **implementation of cyber policies** across the organisation.



# Corporate/Individual Internet Discovery (CID/IID)



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**Understand what criminals can already see about you online.** Cyber PATH will search only **publicly available information** to find anything that **could be used against your organisation** - no hacking, no contact with anyone, no disruption to your team

## For your organisation:

- Map your organisation's online footprint
- Flag anything a criminal could exploit - including sensitive details shared by staff, information about your systems

## For individuals:

- Investigate specific individuals such as new employees, suppliers or senior staff
- Identifying anything publicly available that could pose a risk to them or your organisation



**Helps to support due diligence on employees, suppliers, and partners**

# Case Study: Black Country Women's Aid

**Sector:** Third Sector

**CyberPATH Services:** SAT - Multiple sessions



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“Due to the scale of the charity, **Security Awareness Training** is something our IT provider couldn't deliver in a **cost-effective manner**, so I reached out to the **West Midlands CRC** to see how we could make use of the **Cyber PATH services** to deliver the **training to all of the staff**.

“...the **ultimate benefits** for the **whole organisation** are **limitless** as now **our staff take responsibility** for their own **cyber security** and are **very conscious** of all the different permutations of what **cyber security awareness** means.”

**Sara Ward, CEO, Black Country Woman's Aid**



**Black Country  
Women's Aid**

*we listen, we support, we care*

# Final report provided after each technical delivery



- Issues highlighted using a **traffic light risk systems** and includes clear, actionable recommendations
- Written for **non-technical audiences** and organised into **easy-to-follow sections** with explanations
- Can be shared with **internal IT or external partners** for implementation



All Cyber PATH services are available at no charge to your organisation and can be booked periodically



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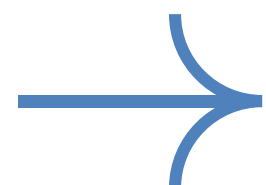
# Next steps

# Your next steps



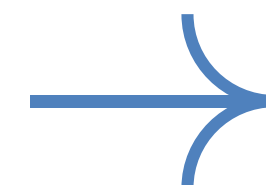
## Register for our free support

Gain access to regular cyber-awareness updates, and a wide range of fully funded tools and resources designed to strengthen your organisation's cyber resilience



## Book a 1-to-1 session

We'll check in, answer any questions, and explore which of our fully funded cyber resilience services are best suited to your organisation's needs



## Meet the Cyber PATH team

Get a service booked in for your organisation, and receive ongoing support from The CRC Network to help build long-term cyber resilience

# Book a 1-to-1 session with us today

Discuss anything we've covered in more detail and take your first step towards cyber resilience



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