

Cyber Security Awareness

Cyber fraud losses on individuals and business reached £1.63 billion in 2025

How can you prevent Cyber Fraud

- Never share login details – one account, one person – maintain accountability
- Lock your devices when stepping away
- Be cautious using devices overseas – always follow company policy
- Be cautious with what you share online
- Independently verify unexpected requests
- Use strong passwords
- Never click on suspicious links
- Check for spelling, grammar and tone inconsistencies
- Verify QR codes before you scan

Why does this matter?

- Disrupts patient care
- Delays appointments
- Exposes sensitive data
- Financial loss
- Reputational damage

Red Flags

- ✓ Unexpected urgency
- ✓ Suspicious links
- ✓ Asking to bypass the normal process
- ✓ Unusual sender address
- ✓ Requests for confidential information

Where to get help

- Report Fraud – 0300 123 2040 or [Reporting cyber crime and fraud or phishing attempts – Report Fraud](#)
- Your bank or payment provider, if money is involved
- The platform where the crime occurred (social media, email provider etc.)
- The Cyber Helpline – [The Cyber Helpline | Free support with online threats support for individuals and sole traders 13+](#)
- [Friends Against Scams](#)
- [Citizens Advice](#)
- [Age UK](#) - support for those aged 50+

STOP – CHECK - REPORT

Pause, independently verify and promptly report if you are unsure



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Better Outcomes