

Core brief

Thursday, 05 October 2017

Introduction

This issue brings your information on the Director of nursing's open sessions, cyber security and team picks up Evening Times awards.

Dr Margaret McGuire's open session, Wednesday 11 October at 2.00pm, Templeton Business Centre, Building 2, Rooms 4, 5 & 6

Dr Margaret McGuire, the Board nurse director invites you to meet her and hear about ongoing work, opportunities and priorities within NHSGGC and nationally. In addition, these 45 minute sessions will offer staff the opportunity to discuss issues important to them and share and learn from each other. These informal sessions will help us to work together in order to improve care for our patients and communities.

Cyber Security – Data Breaches

As hackers become more and more sophisticated, the risk of a data breach has become a regular occurrence. There are a number of things you can do to avoid a security breach on your email or social media accounts.

Using computers and similar devices to go online has made everyday activities such as shopping, banking, paying bills and keeping in touch fast and easy ... anytime, anywhere. There are, however, a number of risks associated with going online – some general and some specific to the respective activities that you carry out. There are a number simple measures which you need to take in order to protect yourself against these risks, which include identity theft, criminals stealing your personal and financial data to defraud you or empty your bank account. The precautions are as simple as choosing safe passwords and ensuring you have adequate antivirus/antispymware installed, to learning how to distinguish between genuine and fraudulent websites and emails.

Look after your password – NEVER disclose it to anyone else. If you think that someone else knows your password, change it immediately. Your most important accounts are your email, social media and online banking accounts. So it's important to have strong and separate passwords for each account <https://www.cyberaware.gov.uk/passwords>

The best security in the world is useless if a malicious person has your username and password. The use of strong passwords is essential in order to protect your security and identity. Passwords are an essential part of modern life. Every day we provide passwords as authentication to systems and

services, both in the workplace and at home. Make sure yours is strong and secure
<https://www.getsafeonline.org/protecting-yourself/passwords/>

Team pick up top prize

Congratulations to the nursing team at the Centre for Integrative Care, who received the Public Services Award at the recent Evening Times Community Champions North-West event.

Are your contact details up-to-date? [Click here](#) to check