

NEWSLETTER



Sussex
Digital
In-Reach
Team

Supporting Care Providers in Sussex

Welcome to The Sussex Digital Team Newsletter. We hope you find the information here helpful as you explore and grow your digital journey within your care setting. QR codes and website links are available in this newsletter to enable you to access more information.

WHY EVEN SMALL CARE PROVIDERS SHOULD CHECK THEIR CYBER SECURITY RIGHT NOW

RECENT GEOPOLITICAL TENSIONS HAVE LED TO AN INCREASE IN GLOBAL CYBER ACTIVITY, AND [THE NATIONAL CENTRE FOR CYBER SECURITY](#) HAS RELEASED AN ALERT WARNING UK ORGANISATIONS TO CHECK AND STRENGTHEN THEIR CYBER SECURITY ARRANGEMENTS.



While much of the focus is on governments and large organisations, adult social care providers should not assume they are outside the scope of these threats.

While current geopolitical tensions may involve nation states, many cyber incidents affecting UK organisations are not carried out directly by governments. Periods of international tension often see increased activity from so-called “hacktivist” groups – loosely organised online communities who launch disruptive cyber-attacks in support of political causes. They scan broadly and automatically, hunting for the weakest door – things like known software flaws, misconfigured cloud services, or systems that haven’t been patched. When they find a gap, they exploit it and then escalate into more focused attacks.

Because of this, organisations can be affected even if they are not the intended target. Attackers may also target software suppliers, IT providers, or shared platforms, which can cause wider supply chain disruption for organisations that rely on those services.

For adult social care providers, even a short loss of access to systems, email, or digital care records can have a real impact on staff and the people receiving care.

SIMPLE THINGS TO CHECK

You do not need a large IT team to reduce risk. Providers may want to:

- Review your Business Continuity Plan – ensure you know how care services would continue if systems were unavailable
- Speak with your IT provider or Managed Service Provider (MSP) – ask them to confirm systems are patched, protected, and monitored
- Check remote access and email security – ensure multi-factor authentication (MFA) is enabled where possible
- Confirm backups are running and can be restored if needed
- Remind staff to stay alert to unexpected emails, links, or attachments

Many of these protections are reflected in the Data Security and Protection Toolkit (DSPT). Reviewing or completing your DSPT submission can help ensure the basic cyber security and data protection measures expected across health and care are in place.

Taking a few minutes to review these areas can significantly reduce the likelihood of disruption and help protect the continuity of care services.

RELATED LINKS

[NCSC ADVISES UK ORGANISATIONS TO TAKE ACTION FOLLOWING CONFLICT IN THE MIDDLE EAST](#)

[DATA SECURITY – DATA PROTECTION AND CYBER SECURITY](#)

[SMALL BUSINESS GUIDE: CYBER SECURITY | NATIONAL CYBER SECURITY CENTRE – NCSC.GOV.UK](#)



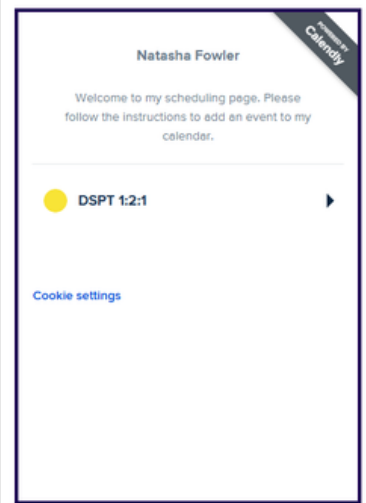
FREE SUPPORT AVAILABLE

We offer free support to help you to complete your DSPT. This can be in the form of a visit to your premises, an online meeting, a local drop in event or our very popular online webinars.

All DSPT support offered is part of the Better Security, Better Care programme, funded by NHS Transformation Directorate to support data and cyber security across the adult social care provider sector.

**BOOK YOUR SESSION
NOW**

Book a Free Support Call/Visit or Free Cyber Security Training for your staff, at a time to suit you. Click on DSPT 1:2:1 to open the calendar.



RECORD OF PROCESSING ACTIVITIES (ROPA) AND INFORMATION ASSET REGISTER (IAR)

TUESDAY 28TH APRIL FROM 2 PM TO 3 PM

JOIN US IF YOU WANT TO LEARN MORE ABOUT YOUR LEGAL OBLIGATIONS AS A CARE PROVIDER UNDER THE GENERAL DATA PROTECTION (GDPR)

It is a requirement of the Data Protection Act (2018) and the General Data Protection Regulation (GDPR) that all personal and sensitive data has a legal basis for being held and being shared. This means as a care provider, you are legally obliged to keep a record of all the personal data you hold for staff, residents and families/carers, and what data they share with others. To meet this requirement, it is easiest to have two lists: Record of Processing Activities (ROPA) – contains where data is received from, where it is sent to and the legal basis for doing this. Information Asset Register (IAR) – contains what type of information is held, where it is stored and how it is protected. A Record of Processing Activities (ROPA) is a list of confidential data, where it is received from or where it is sent to and the legal basis for doing this. All data in the IAR marked as being received from or shared with external organisations needs to be included in your ROPA. An Information Asset Register (IAR) is a list of all the places where information is stored, whether the information in that place is special category information, and how that information is kept safe.



BOOK NOW!

FREE DIGITAL HEALTHCARE CHECK



A free check-up for your data and cyber security

Keeping people's information safe is part of everyday care. But with so many other pressures, it can be hard to know whether your data protection and cyber security arrangements are really where they should be.

That is why we are offering a free Data Protection and Cyber Security Healthcheck for social care providers.

This is a friendly, supportive visit, not an inspection. We come to your service to talk through how you use data and technology in practice, what is working well and where there may be opportunities to strengthen things further. There is no judgement, it is simply a conversation about how things work in your service.

During the visit, we will look at four main areas. These include,

- How staff understand their data protection responsibilities,
- How information flows through your service,
- What policies and procedures you have in place and
- What cyber security and business continuity measures you use day to day.

We can also run a simple technical check on Windows computers if you are happy for us to do so.

After the visit, you will receive a short and confidential report with clear feedback and signposting to support if needed. The health check can also be used as evidence for CQC to show proactive work around data security and partnership working, which may help during inspection.

The health check is part of the government funded Better Security Better Care programme, so you can be confident that the advice and guidance is up to date and relevant to social care.

If you would like a bit of reassurance, practical advice or simply a chance to talk things through with someone who understands the sector, this is a great opportunity.

To find out more or to book your free health check, just get in touch with us at [**nada@sussexdigitalteam.co.uk**](mailto:nada@sussexdigitalteam.co.uk)

We would be very happy to support you.


FREE EVENTS THIS MONTH

Don't forget to book onto our FREE online events this month. Use the QR codes to go straight to each booking page.






THURSDAY 16TH APRIL
CQC Artificial Intelligence Strategy

Exploring what AI and CQC's early thinking could mean for social care.



WEDNESDAY 28TH APRIL
NHSMail: Essential Tips for Social Care Providers

A series of quick, practical 30-minute sessions showing you how to manage your NHSMail account and resolve common problems

TUESDAY 21 APRIL 2026
BEING PREPARED FOR CQC ASSESSMENT SEMINAR

An interactive seminar for services who want to understand the practical ways to be ready for their CQC assessment.




CYBER ESSENTIALS
Protect your business against the most common cyber threats with Cyber Essentials.
No business is out of reach from cyber criminals.
Protect your business from online threats with Cyber Essentials certification

THIS IS NOT DATED AND AVAILABLE TO ACCESS AT ANY POINT

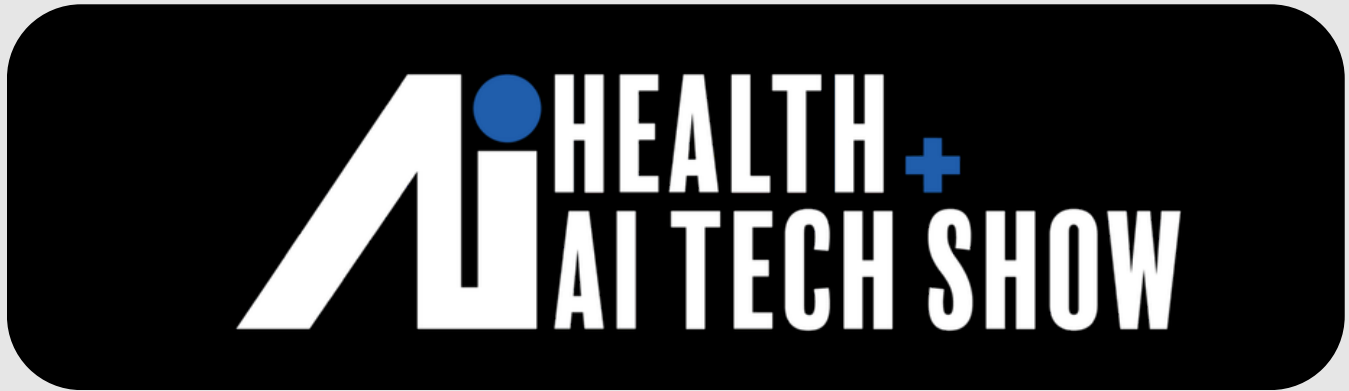



TUESDAY 7TH APRIL
CQC – WHERE ARE WE NOW, WHERE ARE WE GOING, AND HOW DO I BEST PREPARE MY SERVICE?

HEMPSONS

In this session, Hempsons Head of Social Care, Philippa Doyle, will highlight the current position with CQC, what the proposed changes might look like, how they will impact providers and most importantly, how providers can continue to gather evidence to demonstrate to CQC the good work they are delivering.



OTHER UPCOMING EVENTS....**THE UK'S FIRST NATIONAL SCALE PLATFORM
FOR APPLIED AI TECH IN HEALTHCARE****29TH APRIL 2026 | LONDON | BIG PENNY SOCIAL****THE UK'S FIRST NATIONAL SCALE PLATFORM FOR APPLIED
AI TECH IN HEALTHCARE**

Across three summits covering Clinical AI & Diagnostics, Genomics, Biotech & Drug Discovery, and AI in Health & Hospital Operations, the agenda focuses on what's live, what's scaling and what's failing fast. Alongside hands on LAB Clinics, Creative LDN: Health Edition adds a human dimension including voices such as Adam Kay, comedian & author of 'This Is Going to Hurt'. Reminding leaders that healthcare transformation is as much about people as technology.

**Book
Now!**

<https://www.tickettailor.com/events/inside-intelligencegroup/1883826>

LAUNCH OF THE BRIGHTON & HOVE CARE AWARDS – CELEBRATING EXCELLENCE IN LOCAL CARE

BRIGHTON & HOVE | 17 SEPTEMBER 2026

The first ever Brighton & Hove Care Awards will take place at the Hilton Brighton Metropole on 17 September 2026, celebrating the dedication, compassion and professionalism shown every day by those working in and around the care sector across the city.

The Awards are proudly supported by Brighton & Hove City Council and will provide an opportunity to recognise the individuals, teams and organisations who make a meaningful difference to people's lives through their work in care.

The event is being delivered by Brighton & Hove / East Sussex Partners in Care, an independent membership organisation that works with care providers across Sussex to support quality, collaboration, and professional development within the sector. Following the continued success of the East Sussex Care Awards, the event will now be extended into Brighton & Hove to create a dedicated platform for recognising excellence in care across the city.

[FOR MORE INFORMATION CLICK HERE](#)

CONTACT US

Nada Wakeford - nada@westsussexpartnersincare.org

Sarah McNally - sarah@sussexdigitalteam.co.uk

Claire Badzek - claire@sussexdigitalteam.co.uk

Natasha Fowler - natasha@sussexdigitalteam.co.uk

Georgie Ind - georgie@sussexdigitalteam.co.uk

Sam Harper - sam@sussexdigitalteam.co.uk

Or visit our website
www.sussexdigitalteam.co.uk

