



Cyber Security

For those of you who use social media accounts for business, the Cyber Resilience Centre (South East) have produced a useful 2.5 minute video: <https://www.youtube.com/watch?v=uGRl0qgBfxI> that is well worth a watch.



Criminals will take any opportunity to exploit a situation to their advantage and the tragedy in Turkey and Syria is sadly no exception. A BBC report exposing these scams cited one scam which used a heart wrenching image of a fireman cradling a small child. Upon closer inspection, the image is discredited due to the 6 fingers visible on the mans hand - clearly an AI generated image.

Please check carefully before you make any sort of donation.

Newsletter

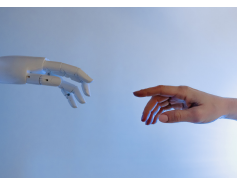
We hope that you like our new design of newsletter. We are very fortunate to work in a beautiful location and are proud to show it off to our clients.

Last month we relocated our security team into their own dedicated building (far right of the photo) where they can do their top secret, cyber warrior stuff, without distractions. We will soon be expanding this team to meet the ever increasing need for cyber defence.

This month you can also read about how we are getting on with our health drive; an interesting angle on Mothers Day and our usual Tips & Tricks.

Enjoy!

Introducing ChatGPT



ChatGPT is an AI-powered chatbot from Silicon Valley startup OpenAI, which interacts with the user in a conversational way (the GPT stands for "Generative Pre-trained Transformer").

Using the whole of the internet as a reference point, it can provide an answer of any length, in any style, to any question you ask it. The dialogue format makes it possible for ChatGPT to answer followup questions, admit its mistakes, challenge incorrect premises, and reject inappropriate requests.

Potentially, a very serious problem in education, where students can now obtain an original answer to a set question, which is indistinguishable from human work, in seconds. Maybe even this article was written by a machine ...



What's Happening in March

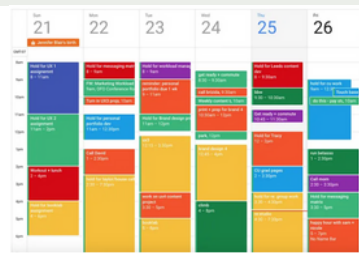
A busy month this one - first, we have World Book day on 2nd. Now I have given you fair warning of this one. For those of you with young children, you will be required to deliver your child to the school gates dressed as a character from a book. I was always hopeless at remembering this sort of thing and had to send a child to school in my wedding dress once! I left it to the school to decide what character she was .. maybe Miss Havisham!

No smoking day takes place on 8th, followed by St Patricks day on 17th: for those with Irish interests. I could mention many more but one that you simply must not forget is Mothering Sunday on 19th. You may be surprised to know that historically this had nothing to do with appreciating your Mum!

Originally, the fourth Sunday in Lent, was a day to attend a service in your nearest important church or cathedral - your 'Mother' church. Workers were often given the day off, so they could attend with their family and over time this transmuted into a day spent with the family and indeed mothers.



Tips & Tricks



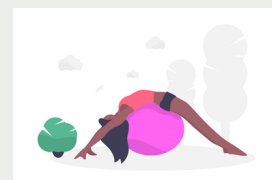
Outlook

Automatically colour code your calendar.
For example: make all calendar invites from your Boss red.

In your calendar click on:

- View, current View, view settings, conditional formatting, add a new rule.
- Give it a name eg. From Boss, choose a colour (eg. red)
- Click on condition, in "organised by" type in your Boss' name, then keep clicking "ok" until you are back to the beginning.

Marvelous in March



There has been a distinct lack of fast food in the office. Coke has been replaced by water in the fridge, and sales of juicing machines must have spiked this month. Engineers

have been spotted at lunch time, wandering around hills and dales, far from the comfort of their illuminated screens. The office dog is exhausted. Pounds are being shed. What can I say ... we are turning into a health club here!

The Boss has even offered a prize to the person who loses the most weight ... trouble is, we don't know what the prize is - we fear it could be an all expenses trip to participate in the London Marathon next month!

Watch this space