CYBER TEC SECURITY

Case Study
Meaningful Measures Ltd.

CYBER ESSENTIALS | CYBER ESSENTIALS PLUS

SUMMARY

CLIENT

Meaningful Measures Ltd. is a health outcomes micro company providing person-centred measurement tools for the NHS, research organisations and more.

SECTORS

Health and wellbeing, NHS supply chain, research and evaluation, VCSE, local authorities, workplace wellbeing.

CLIENT BASE

NHS organisations, charities, local authorities, VCSE organisations, practitioners, academic institutions.

CYBER TEC SERVICES

Cyber Essentials and Cyber Essentials Plus certification.

IMPACT

Meaningful Measures Ltd. met NHS cyber requirements while strengthening its digital standards and credibility in bids across health, voluntary and local authority work.

ABOUT MEANINGFUL MEASURES LTD.

Meaningful Measures Ltd. was founded in August 2020 by Dr Helen Seers and Dr Marie Polley, two researchers with long-standing experience in research, evaluation and implementation. Having worked together since 2004, they formed during the uncertain conditions of pandemic.

The company's core services include MYCaW® (Measure Yourself Concerns and Wellbeing), MYMOP® (Measure Yourself Medical Outcome Profile) and consultancy support for organisations implementing tools, research or evaluative work.

At its heart, Meaningful Measures Ltd. helps organisations understand whether their work is making a meaningful difference to people's health, wellbeing and lived experience.

THE ISSUE: A MICRO BUSINESS WITH HIGH CYBER STANDARDS TO MEET

While Meaningful Measures Ltd. was always intended to be small by design, the standards it needed to meet were not. Given their tools are used in sensitive, health-focused environments, their IT and cybersecurity posture needed to be robust.

In 2021, Meaningful Measures Ltd.'s tools were accredited by the NHS. It was a major step for the company, opening the door to potential NHS contracts, but it also brought a clear requirement to evidence the right cyber security standards. Cyber Essentials and Cyber Essentials Plus were stipulated as part of that process.

The challenge was practical as much as technical. Meaningful Measures Ltd. did not have an IT manager, procurement team or in-house compliance department to translate the requirements clearly. Helen Seers describes the reality clearly: "The two of us were working from home, but needed to maintain the highest cybersecurity standards."

Cyber Tec's role was to make that achievable.

HOW WE HELPED: SECURING A REMOTE WORKING SETUP

Meaningful Measures Ltd. turned to Cyber Tec to help them make sure their cyber practices were up-to-date, and prepare their small, virtual business for assessment.

"As researchers, the cyber world isn't our natural habitat. We needed the experts to give us the right advice."

The first step in making sure they could meet NHS requirements was gaining their Cyber Essentials certification, often mandatory in public-sector work.

They opted for the Managed Package, a fully hand-held option that guided them question by question through the self-assessment – an important feature of the service, as their small team didn't have the technical or admin teams to rely on in-house.

Rather than leaving Helen and Marie to interpret requirements alone, Cyber Tec made the process understandable.

"Because we're a small business, they were sensitive to the fact our needs were different. We couldn't be treated like big businesses with more resources."

For a remote business working in a high-trust sector, that extra attention was critical.

SMALL TEAM, BIG COMPLIANCE GUARDRAILS

Cyber Essentials was the foundation. With that achieved, the team at Meaningful Measures Ltd. moved onto Cyber Essentials Plus. Cyber Tec provided a quick external assessment to verify that the necessary controls were in place.

It started with an independent audit, which looked at how the findings from their self-assessment worked in practice. Cyber Tec checked their devices, how their systems were configured, and how their day-to-day processes supported secure working.

That support helped take the uncertainty out of certification. Cyber Tec translated technical requirements into clear, practical guidance that they could apply with confidence.

With Cyber Essentials and Cyber Essentials Plus in place, Meaningful Measures Ltd. could meet the standards required for NHS accreditation and bring stronger evidence into future bids across health, voluntary sector and local authority work.

"Cyber Tec was the perfect partner for us. They were really sensitive to the fact that as a small business, we don't have a lot of IT resource or knowledge to undertake cyber certification alone."

"They are absolutely the experts. They made the process less intimidating, and allowed us to get the right systems in place and follow best practice. We know we're doing the right thing now."

CYBER TEC SECURITY

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Assured Service Provider in association with National Cyber Security Centre Cyber Advisor (Cyber Essentials)
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