M8 Solutions

DELIVERING
TECHNICITY WITH
INTEGRITY

A Practical Approach To Penetration Testing For Resillient Cyber Security.

Penetration Testing by M8 Solutions

WHY M8 SOLUTIONS?

At M8 Solutions, we know the term "Penetration Test" can sound a little daunting and often confusing, especially if you're not technical. So, we've simplified things. This document offers a clear overview of the most popular types of Penetration Testing services we deliver by our CREST certified vulnerability assessment specialists and is designed to give you practical security insight, without the jargon.

WHAT IS CREST ACCREDITATION?

When it comes to Cyber Security testing, accreditation is more than just a badge – it's your assurance of quality, professionalism, and trust.

M8 Solutions' Penetration Testing services are fully accredited by CREST (Council of Registered Ethical Security Testers). CREST is a globally recognised certification body for Cyber Security providers.

HERE'S WHY CREST MATTERS:

- **Verified Skill & Expertise:** CREST accredited testers must pass rigorous technical exams and demonstrate deep knowledge in ethical hacking, exploitation techniques, reporting, and remediation.
- **Trusted Methodology:** CREST sets standards for how Penetration Tests should be scoped, conducted, and reported – so you get consistent, high-quality outcomes.
- **Data Protection & Ethics:** You can be confident your sensitive information is being handled according to strict industry codes of conduct.
- **Procurement Confidence:** Many regulated industries (NHS, finance, defence, etc.) prefer or require CREST-accredited providers, especially for annual testing, CAF alignment, or supply chain assurance.
- **Defensible Results:** Should you ever need to demonstrate due diligence (e.g. to a regulator, insurer, or board), a CREST-aligned report holds far more weight than an unaccredited one.

IN SHORT: USING CREST CERTIFIED VULNERABILITY ASSESSMENT SPECIALISTS PROTECTS - YOU, YOUR CUSTOMERS, AND YOUR REPUTATION.

UNDERSTANDING YOUR PENETRATION TESTING OPTIONS:

BESPOKE TESTING:

Some clients need specialist services, including:

- Web Application Testing (e.g. customer portals)
- Internal Infrastructure Testing (inside your network)
- Cloud Environment Reviews (e.g. Azure, AWS)

These are fully tailored, scoped by our experts, and priced accordingly. A popular choice with the NHS.

STOLEN LAPTOP ASSESSMENT

We simulate what could happen if someone stole a company laptop.

What we check:

- How easy it is to access your company data
- Whether users or devices are properly protected
- How well your security policies actually work

Why you might need it:

Your team works remotely or takes devices home

You handle sensitive data

You want to prevent reputational and financial damage from a lost device.

DURATION - Typically 3 days

MICROSOFT 365 SECURITY TESTING:

We review your Microsoft 365 setup to spot weak spots and misconfigurations.

What we check:

- SharePoint, Teams, Outlook, and OneDrive settings
- User permissions
- Access policies and secure configuration standards (e.g. CIS Benchmarks)
- Hidden risks - like former staff who still have access

Why you might need it:

You use Microsoft 365 (or Google Workspace - we can check that too!)

You want to align with National Cyber standards

You don't have a full-time IT security team

DURATION - Typically 3 days

EXTERNAL ATTACK SURFACE ASSESSMENT:

We look at your organisation from the outside, just like a real hacker would.

What we check:

- Your public IP addresses
- Your main website
- Email and DNS (domain name) configurations
- Any data about your organisation already visible online or on the dark web

Why you might need it:

You've never had a Pen Test before

You want to see what cyber criminals can find and do from the outside

You need to demonstrate due diligence for insurance, regulators, or clients

Duration: Typically, 3 days

HUMAN ATTACK SIMULATION

What is it?

We simulate real-world tactics used by attackers to trick your people

What we do:

- Call your helpdesk pretending to be a colleague
- Try to get passwords reset
- Impersonate finance contacts to request bank detail changes
- Compare what happened vs. your actual security policies

Why you might need it:

- You've seen stories about attacks on the news (e.g. M&S, Co-op, Harrods)
- You want to test your frontline staff and policies
- You're worried about human error, not just technology

DURATION - Typically 3-5 days (Bespoke)

BONUS: BUILD-A-TEST MULTI YEAR TESTING CYCLES

We believe penetration testing should never follow a one-size-fits-all approach. Our flexible model allows you to select the assessments that align with your specific risks, priorities, and budget.

Many of our testing services are purposefully designed as focused, three-day packages providing targeted assurance without unnecessary complexity. We also support clients in planning multi-year testing cycles to maximise long-term value and ensure evolving threats are continuously addressed.

TESTIMONIAL

Tim Bishop
Chief Digital Information Officer

"We recently commissioned M8 Solutions to deliver a comprehensive 26-day penetration testing engagement across our estate, and the experience has been exemplary from start to finish.

From the outset, the team demonstrated a deep understanding of the complexities, constraints, and sensitivities involved in operating within a live NHS environment. Their initial proposal was clear, technically robust, and tailored to our context, offering a flexible blend of automated vulnerability scanning and rigorous manual testing to ensure both breadth and depth of coverage. Despite the many restrictions we had in place to minimise operational impact, they remained professional, responsive, and quick to adapt their approach based on our feedback.

Milly Beech led the engagement with exceptional diligence and professionalism. Her meticulous coordination ensured testing was conducted with minimal disruption to live services, while maintaining full transparency and open lines of communication throughout. Milly's approachable yet authoritative leadership style quickly built trust - she felt like a true extension of our internal team: responsive, accountable, and fully aligned with our goals.

The wider M8 Solutions team brought not only deep technical expertise but also a calm, collaborative presence that instilled confidence across our stakeholder group. Their ability to adapt to shifting priorities, respond swiftly to emerging risks, and accommodate operational pressures reflected a level of partnership rarely seen in external suppliers.

M8 Solutions operates with integrity, precision, and a genuine commitment to doing things properly. Their final reporting, delivered in partnership with Forti-Fi, was well-structured, insightful, and actionable - offering detailed risk mitigation advice and practical technical fixes. As a result, we now have a clearer understanding of our cyber risk landscape and a prioritised remediation roadmap we can confidently execute.

We would wholeheartedly recommend M8 Solutions to any healthcare organisation seeking a penetration testing partner who not only understands cyber security but truly understands the operational realities of the NHS.

They are more than a provider; they are a trusted partner in safeguarding the critical services our patients rely on."

TESTIMONIAL

Joe Harper
Director of ICT

NHS
King's College Hospital
NHS Foundation Trust

"As Director of ICT at King's College Hospital NHS Foundation Trust, I expect our partners to deliver not just technical expertise, but also a deep understanding of the operational realities we face in the NHS. M8 Solutions, supported by Fort-Fi, have consistently met and often exceeded these expectations.

Their recent Penetration Testing engagement for our acute Trust was a clear demonstration of why we continue to work with them. The assessment was thorough, the technical insight was first-rate, and the reporting was exactly what we needed: clear, actionable, and grounded in the context of NHS operations. Every recommendation was practical and immediately relevant to our environment, giving us confidence in our next steps to strengthen our security posture.

We also asked for a comparative analysis of this year's and last year's Penetration Test results. M8 Solutions delivered this quickly and efficiently, providing us with valuable assurance and supporting our internal accountability processes.

Project management was exemplary throughout. Milly led the engagement with professionalism and attention to detail, proactive, responsive, and always ahead of the curve. We never had to chase for updates or clarity; M8 Solutions simply delivered.
Our regular meetings with M8 Solutions are not a formality, they add real value. The team has become a trusted extension of our digital function, integrating seamlessly while still challenging us and bringing specialist expertise. Their integrity, pace, and commitment to doing the right thing, especially under NHS pressures, set them apart.

If you need a Penetration Testing partner who understands the NHS, takes full ownership, and delivers consistently, I have no hesitation in recommending M8 Solutions. Their partnership with Fort-Fi brings together technical depth, agility, and a genuine commitment to our success - qualities that are rare and highly valued in our sector."

SECURE YOUR ORGANISATION'S FUTURE WITH M8 SOLUTIONS

CREST ALIGNED PENETRATION TEST REPORT

Following every engagement you receive your CREST aligned penetration test report.

This isn't just a list of vulnerabilities, it's a structured, plain-English document detailing:

- The vulnerabilities identified, categorised by severity
- Clear, technical explanations supported by evidence
- Risk ratings and business impact summaries
- Practical, prioritised remediation advice
- An executive summary suitable for boards and regulators

Whether you're preparing for a cyber insurance renewal, responding to an audit, or simply strengthening your digital defences, our reports are designed to be clear, defensible, and actionable.

Contact us today to discover how M8 Solutions' expert CREST certified vulnerability assessment specialists can identify security threats before attackers exploit them.

"We will work with you to understand your risks and tailor a practical, value-driven option, with no unnecessary costs or jargon."

Milly Beech,
Business Manager.
M8 Solutions

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