M8 Solutions

DELIVERING
TECHNICITY WITH
INTEGRITY

NHS
CYBER SECURITY TTX

Tabletop Exercise (TTX)

Strengthening preparedness, leadership, and confident Cyber Security incident response.

Delivered by M8 Solutions

WHY M8 SOLUTIONS FOR TABLETOP EXERCISES

M8 Solutions delivers Cyber Security tabletop exercises led by real NHS experience - grounded in how incidents actually unfold, not how vendors imagine they should.

THE IMPORTANCE:

Cyber Security tabletop exercises are critical in preparing organisations to respond decisively under pressure, testing leadership, communication, and governance when it matters most. They expose gaps between policy and practice, strengthen decision-making, and ensure readiness against real-world threats. M8 Solutions' tabletop exercises provide a safe, structured environment to rehearse cyber incidents with confidence - reinforcing resilience, regulatory assurance, and organisational preparedness.

THE M8 SOLUTIONS DIFFERENCE:

Our tabletop exercises go beyond generic scenarios, delivering executive-led, realistic incident simulations that integrate seamlessly with your existing teams and governance structures. We tailor every exercise to reflect your organisation's size, maturity, regulatory obligations, and real-world threat landscape. The following pages outline how M8 Solutions' tabletop exercises strengthen leadership decision-making, assurance, and operational readiness - with every element fully customisable to your objectives and risk profile.

"Cyber resilience is proven in rehearsal, not theory - table top exercises make the difference."

Tom Duffell,
Cyber Security Specialist.
M8 Solutions

EXCERSISE SCENARIO PLANNING AND DEVELOPMENT

- Development of highly realistic, NHS-specific cyber incident scenarios of your choice, shaped by current threat intelligence and real-world incidents affecting Trusts, ICBs, Ambulance Services, and national NHS platforms.
- Scenarios designed to reflect the operational complexity and interdependencies of clinical systems, patient-facing services, legacy platforms, and modern cloud-based NHS applications.
- Grounding of scenarios in how incidents actually unfold within the NHS, informed by first-hand experience of NHS digital estates, governance structures, and operational pressures.
- Alignment with NHS policies, cyber incident response plans, and command structures, ensuring relevance at executive and operational levels.
- Explicit consideration of patient safety, clinical risk, service continuity, and operational disruption, alongside Cyber Security and information governance impacts.
- Incorporation of communications pressures, including internal staff messaging, executive assurance, and external engagement with national bodies and partners.
- Mapping of scenarios to NHS regulatory and assurance frameworks, including CAF, DSPT, ICO expectations, and NHS England guidance.
- Tailoring of exercises to challenge senior leadership decision-making, clinical and digital leadership engagement, and cross-organisational coordination under time-critical pressure.
- Design of scenarios to test the gap between documented process and real-world execution, providing honest insight into organisational readiness.
- Clear definition of NHS-relevant objectives, assurance outcomes, and learning priorities prior to exercise delivery, ensuring measurable value for executive teams.

PRE-EXERCISE READINESS & LEADERSHIP ALIGNMENT

- Optional internal leadership dry run (without M8 Solutions present) to validate baseline readiness, clarify roles, and surface early assumptions ahead of the formal exercise.
- Ensures senior leaders arrive aligned, confident, and prepared to engage meaningfully.

DELIVERY FORMAT & PARTICIPATION

- Exercises delivered face-to-face or virtually, enabling inclusive participation across executive, clinical, digital, communications, and operational teams.
- Format selected to reflect NHS working practices and maximise realism, engagement, and collaboration.

STRUCTURED FACILITATION & SCENARIO PROGRESSION

- Expert facilitation using timed injects, scenario escalations, and decision points to replicate the pace and pressure of a real NHS Cyber Security incident.
- Scenarios evolve dynamically based on participant decisions, mirroring real-world uncertainty and consequence

DECISION-MAKING, ESCALATION & GOVERNANCE TESTING

- Practical testing of command structures, escalation pathways, and executive decision-making under pressure.
- Focus on leadership confidence, clarity of ownership, and alignment between digital, clinical, and corporate response.

LIVE CAPTURE & OBSERVATION

- Real-time capture of decisions, communications, escalation triggers, and areas of ambiguity throughout the exercise.
- Identification of gaps between documented policy and operational reality, without blame or disruption.

IMMEDIATE DEBRIEF & REFLECTIVE REVIEW

- Facilitated hot debrief immediately following the exercise, enabling honest reflection while insights are fresh.
- Focused on learning, assurance, and strengthening organisational resilience.

FORMAL REPORTING, ASSURANCE & OPTIONAL DSPT ALIGNMENT

- A comprehensive, executive-quality post-exercise report produced by senior, NHS-experienced Cyber Security practitioners - not automated outputs or generic templates.
- Clear, honest articulation of what worked well, where decision-making was strong, and where genuine risk exposure exists.
- Detailed identification of cyber, operational, clinical, governance, and communication gaps, viewed through an NHS delivery lens.
- Findings explicitly linked to patient safety, service continuity, and real-world NHS operational impact.
- Prioritised, practical recommendations designed to be achievable within NHS constraints of resource, funding, and maturity.
- Recommendations grounded in how NHS services operate 24/7/365, including out-of-hours risk and escalation pressures.
- A structured breakdown of gaps, impact, importance, and rationale to support clear understanding at executive level.
- Translation of complex Cyber Security findings into plain-English assurance language suitable for non-technical senior leaders.
- Clear distinction between quick wins, medium-term improvements, and strategic actions, supporting realistic planning.
- Actionable outputs presented as suggested actions, named owners, priorities, and indicative timelines to drive accountability.
- Explicit testing and validation of command structures, escalation thresholds, and decision authority.
- Detailed assessment of incident response, service desk readiness, communications capability, recovery planning, and third-party risk.
- Identification of tooling underutilisation and ownership gaps to ensure existing investments deliver real value.
- Evidence-based recommendations informed by current NHS Cyber Security threats, recent incidents, and sector-wide lessons learned.
- Optional DSPT alignment, including ready-to-upload evidence mapping findings to relevant DSPT outcomes.
- Reporting structured to support executive assurance, CAF evidence, internal audit, and external scrutiny, where required.

SECURE YOUR ORGANISATION'S FUTURE WITH M8 SOLUTIONS

EFFECTIVE TABLETOP EXERCISES SAFEGUARD PATIENTS, COMPLIANCE, AND SERVICE CONTINUITY.

Partnering with M8 Solutions for a Cyber Security Tabletop Exercise equips your organisation with the assurance and confidence to respond effectively to a real cyber incident. Our structured, NHS-informed approach tests leadership decision-making, governance, and operational readiness under realistic conditions. This service provides your organisation with expert facilitation, practical insight, and evidence-based outcomes to strengthen resilience across people, process, and technology in an increasingly complex cyber threat landscape.

Contact us today to learn how M8 Solutions can enhance your organisation's Cyber Security posture and provide the leadership needed to thrive in today's digital landscape.

"M8 Solutions' Cyber Security Tabletop Exercises strengthen organisational readiness, protect service continuity, and build confidence among leaders and stakeholders"

Tracy Scriven,
Chief Executive Officer.
M8 Solutions

TESTIMONIAL

Neil Godfrey
Deputy Director of Digital

"M8 Solutions recently delivered a comprehensive Cyber Operations Model Tabletop Exercise for the East of England Ambulance Service NHS Trust (EEAST), and the experience was exceptional from start to finish. Their team demonstrated deep technical expertise, a clear understanding of NHS operational realities, and an ability to translate complex cyber scenarios into meaningful, actionable learning.

These sessions are incredibly valuable, and I want to extend my sincere thanks on behalf of the Trust for pulling this together. The dialogue throughout was insightful and engaging - it's exactly this kind of collaborative discussion that truly drives change. The strong attendance from across the Trust reflected how deeply our teams care about cyber resilience and how committed we are to making this a priority.

The quality and depth of the output provided by M8 Solutions were outstanding. The Cyber Operations Model Tabletop Exercise Report captured a detailed executive summary, clearly outlined gaps identified, and presented findings, recommendations, suggested actions, and defined owners and timelines. This structured approach has given us a clear roadmap to strengthen our cyber posture and ensure accountability across our leadership and technical teams.

What stood out most was M8 Solutions' collaborative and supportive style, they didn't just facilitate a session, they created a space for reflection, learning, and strategic alignment. The exercise has given us real momentum to turn conversation into measurable change, and I would not hesitate to recommend M8 Solutions to any NHS organisation seeking to enhance its cyber resilience in a practical and impactful way."

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