

Business Awards: the winners and runners-up

Apprentice of the Year, sponsored by the FSB: winner: Kyle Jarrett, The Phoenix Artist Club 1 Phoenix Street, London, WC2; runner-up: Charlie Springer, Deaf Umbrella Ltd.

Best New Business, sponsored by Wenta: winner: London Grace, Putney, SW15; runner-up: Kat's Adventures Ltd.

London Restaurant of the Year, sponsored by the FSB and voted for by members of the public: winner: The Grill at 424, Finchley; highly commended: Yasmeeen Restaurant.

Business Innovation, sponsored by Aurile: winner: Appy Food and Drinks Ltd, Acton, W3; runner-up: First Aid for Life.

Training and Development, sponsored by SOS Digital Communications: winner: Deaf Umbrella Ltd, Deals Gateway, Blackheath Road, SE10 8EA; runner-up: Unsworth Global Logistics.



Service Excellence, sponsored by Everline: winner: First Aid For Life; runner-up: STEM4.

Green Award, sponsored by the FSB: winner: MuLondon, Evelyn Street, SE8.

Young Business Person of the Year, sponsored by South Thames College: winner: Shubber Raja, of MediLink Consulting Ltd, Romford Road, Stratford, E7; runner-up: Katie Newman, of Havering Beauty Academy.

Employee of the Year, sponsored by Pullman: winner: Charles Dower, Concilium Search, St Mary Axe, EC3A; runner-up: Louise Cross, of GeoLytx.

Merton Business of the Year, sponsored by Merton Borough Council: winner: Rhodium Consulting, Miles Road, Mitcham, CR4; runner-up: The Justin James Hotel.

Entrepreneur of the Year, sponsored by GLE: winner: Geraldine Grandidier, of Tidy Books Europe Limited, E17; runner-up: Shubber Raja, of MediLink Consulting Ltd.

Enterprising Business, sponsored by FM Group: winner: Empire Garages, Enfield, EN3; runner-up: Nadia Minkoff London.

For full details visit www.businessawardslondon.co.uk

Criminals are upping cyber game

You may think you can spot a spoof/fake email a mile away but, while we've all become better at spotting those obvious emails asking us to urgently send money, criminals are upping their game.

The majority of phishing attacks are not personalised and are sent to as many victims as possible.

However, cyber crooks are now also embracing carefully-devised, targeted emails and this means businesses of all sizes must be more aware than ever before.

Look out for emails that require immediate action or ask you to verify an account.

Phishing emails may even claim to come from a company you regularly do business with, a bank, friends, or even from within your own business.

If the email doesn't look right trust your instinct.

A few simple precautions can help keep your business safe.

Never respond to emails (or unsolicited telephone calls) requesting personal financial information and always visit a bank's website by typing the URL into the address bar, rather than clicking on a link in an email.

Check websites are secure by looking at the address bar. It should start with <https://> rather than <http://>.

Be cautious with emails and personal data. If you think something looks suspicious then it probably is.

Finally, protect your computer. Install anti-virus software and keep it up-to-date as soon as you are prompted.



Take a 'holiday' approach to technology

In the last edition of *Regional Voice*, the benefits of taking a break were considered.

If you were lucky to get away, hopefully you had chance to try new activities, different foods or visit places you've never been to before.

On holiday, even the normal routines can feel different such as working out how a new cooker works in the apartment or finding out how to access the hotel wi-fi. On holiday it is fun and exciting, all part of the

experience. Taking a similar approach when you get back to the office can make a big difference to tackling those tasks you find boring or difficult.

Changing your window display, upgrading your webpages, revamping your pricing structure or changing your utilities provider can be jobs that are easily put off.

A different attitude to the task in hand can get them sorted really quickly.

Taking a break from your business is always a big deal

so it is important to make sure you derive maximum benefit.

De-stressing is important, but so is returning refreshed and revitalised so you can inject more energy into your business.

If getting to grips with new technology is something that fills you with dread, it might help to take the holiday approach.

So, it may benefit you to retain a sense of adventure and treat the exercise as exploring unknown territory.