Information security encompasses all data formats (digital and physical), while cybersecurity focuses solely on digital data, systems, and networks. Consider NHS patient records: cybersecurity protects electronic records, whereas information security includes both electronic and physical (printed/written) records. Cybersecurity's importance stems from its role in maintaining essential council services. Threats compromise service delivery, expose sensitive data, harming reputation and finances. Key terms like cyber resilience, threat, and risk are crucial for local government. Resources like the NCSC, Centre for National Protective Security Authority, and the National Cyber Crime Unit offer support. This video is one in a series expanding understanding of digital, technology, and cybersecurity.