

CHILD DEATH TEAM NEWSLETTER

SPRING 2026

NCMD
National Child Mortality Database

Knowledge, understanding and
learning to improve young lives

National Child Mortality Database

The National Child Mortality Database (NCMD) collect data regarding all child deaths within England with the aim of improving and saving children's lives in the future.

In 2022 the NCMD published a report on sudden, unexpected deaths in infancy and childhood.

NCMD Report – Sudden, unexpected deaths in infancy and childhood (SUDICs)

The NCMD report found that 75% of deaths had at least one risk factor in the sleep environment.

A link was found between SUDICs and deprivation (42%), parental smoking and drug misuse. Where safe sleep was a factor – 52% of deaths occurred when co-sleeping with a parent/carer or sibling and 92% of these were in hazardous situations – where an adult had consumed alcohol for example.

Shropshire Telford and Wrekin

The deaths of 17 children between the ages of 0–2 years old were reviewed by the Child Death Service. The deaths occurred between 2022–2026.

80% of these deaths had additional vulnerabilities – co-sleeping, deprivation, parental drug misuse.

In Shropshire Telford and Wrekin work continues to reduce SUDICs within our region including:

- Mini first aid courses for parents/carers
- Smoking cessation advice
- Key safer sleep messages shared with parents at every opportunity

Link to NCMD report:

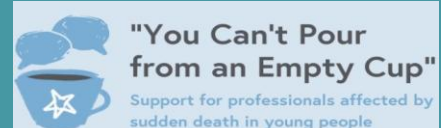
[Sudden, unexpected deaths | NCMD](#)

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March is Sudden Unexplained Death in Childhood Awareness Month, and 18th March is National SUDC Awareness Day. As part of the campaign, SUDC UK have activities planned for the month and you can order a free SUDC Awareness Kit for your organisation to raise awareness. Please see the link at the bottom of this page for further information.



2wish is a charity who work directly with professionals who may be affected by the death of a child or young person.

They offer support such as counselling and complementary therapies. Please see the link at the bottom of the next page for further information.

WEBPAGE

Shropshire Telford and Wrekin Child Death Service now have a new webpage where you can find links to information and resources:

[Child Death Overview Panel – NHS Shropshire, Telford and Wrekin](#)

SUDC UK Link:

[Awareness Month – SUDC UK](#)

2wish Link:

[A Full Cup Starts With You – 2 Wish](#)

CONTACT INFO

Email: stw.cdop@nhs.net

Tel: 07917010518

WHAT WE DO & WHAT WE WANT

Action to Stop Children Dying Without Explanation

SUDC is the sudden and unexpected death of a child between 1 and 18, whose death remains unexplained despite a thorough investigation.

OUR VISION IS

For SUDC to be **PREDICTABLE** and **PREVENTABLE**

OUR MISSION IS



To encourage and fund crucial medical **RESEARCH**



To improve **AWARENESS** and understanding of SUDC



To **SUPPORT** families affected by SUDC



OUR 2025 - 2028 STRATEGY IS TO

Raise funds necessary to successfully impact the future prediction and prevention of SUDC by granting funds to medical research.

Facilitate partnerships to drive SUDC research forward with reference to the SUDC UK Research Strategy.

Construct and deliver plans to increase professional, public and political awareness of SUDC.

Develop and implement a specialist, UK-based care pathway for SUDC families.

Strengthen the organisational framework of SUDC UK to ensure growth and sustainability.

WHY IS IT IMPORTANT?

Research is limited.
Through research and awareness we will save lives.

We have seen this happen with SIDS (an 80% reduction) and have hope for SUDC.

There have been over 13,000 scientific papers for SIDS but less than 100 for SUDC.

1/5 of all child deaths are sudden and with no immediately clear explanation. Through long investigations and post mortems many families will find out what happened, but some won't.

SUDC is the 4th leading category of death in children aged 1-4 years.

40 children are affected every year in the UK, more than young child deaths due to traffic accidents, fires or drowning and comparable to 1-2 seemingly healthy children dying every fortnight, often going to sleep and never waking up.

Families need layers of support but information, communication and access to this is challenging.

Not everyone has a dedicated key worker or proactive, compassionate, informed care.

Only people who have gone through this truly understand.
Specialist information on SUDC is essential.

WE CAN HELP BECAUSE

SUDC UK is a medical research charity.



Research strategy



Your donations

We know what action is needed.

Please turn over to find out more ways you can help.



SUDC UK is a national bereavement support organisation.



★ 3 KEY MESSAGES THE EVERY CAMPAIGN ★

Every child

Every professional

Every family



1

EVERY CHILD
deserves a chance to live.

When will
this happen?

2

EVERY PROFESSIONAL
should be trained in SUDC.

What is being done
to achieve this?

3

EVERY FAMILY
must be supported.

How will we make sure
this happens?

YOU CAN HELP BY SHARING THE FOLLOWING WITH PRESS OR MPS:

“ SUDC is sudden and unexpected. There is currently no way to identify which children are at risk or prevent their deaths. We must make SUDC predictable and preventable by funding research. We must protect siblings and all children by learning from every tragedy. ”

“ SUDC UK offers free medical, coroner and police training sessions to support confident and compassionate care. Well informed practice is crucial for families, especially during the immediate aftermath, when reviewing the post mortem report and when considering referrals, including genetics. ”

“ Founded by bereaved parents, SUDC UK helps families know they are not alone. They are experts and a voice for families. They will help families get the layers of support they need - CHESS ”

Contact with a key worker
Healthcare referrals
Emotional support
Sibling support
Specialist guidance & community

THEN...

Tell your story and what you are doing to help research.

THEN...

Explain what a difference it would have made to your experience if your doctors/nurses/coroners/police had had the opportunity for more training.

THEN...

Please share how we have helped your family. Share our website and socials so others can find us.

YOU CAN HELP BY ASKING YOUR DOCTOR OR MP THESE QUESTIONS:

How could you help SUDC UK increase funding for research?

Are local professionals in your area trained on SUDC?

Does your area have a dedicated key worker and refer to SUDC UK?



2wish

Support for Professionals

Support for those affected by sudden death in young people



Support for Professionals

“For a long time the perception has been that emergency services are somehow different, somehow invincible, and they shouldn’t experience mental health problems — that they should be stronger than that. And that’s total rubbish. We are human beings, and we have mental health problems the same as everyone else.”

— MIND, Blue Light programme

It may be assumed that because your job role encounters death, then it won’t affect you and that you are ‘used to it’. However, we know this isn’t necessarily the case — it could be immediate, or it may take days, weeks, months, or years, but the feelings of grief or trauma may catch up with you.

2wish was established in 2012 to provide bereavement support for anyone affected by the sudden death of a child or young person aged 25 years and under, no matter how long ago the death happened.

The support 2wish offers to professionals is free and confidential and is tailored to your personal circumstances and experience. We work with you to ensure the support you need fits around your work commitments and daily life and is available when you are ready.

You can’t pour from an empty cup. Remember to take care of yourself too. Please call the support team on **01443 853125** (option 1) or email **support@2wish.org.uk** for more information.



Scan here to
visit our website

What can we do to help?

Debrief Sessions

Following the sudden and unexpected death of a child or young person, you may feel it necessary to hold a 'debrief' session for staff. Debrief sessions offer emotional support and a safe space for you to share your experiences if you wish. They also promote staff wellbeing and raise awareness of the additional support available through 2wish.

Immediate Support

We provide immediate support following the sudden and unexpected death of a child or young person aged 25 years and under. You can contact us directly at any time or be referred by a friend, relative or colleague. Our support is completely confidential and independent of your employer. Once you have been referred to 2wish, you will be contacted by one of our Immediate Support Coordinators within 48 hours, who can provide emotional and practical support. This can be done face to face, via telephone or online. We will be guided by you and your individual needs, circumstances and time scales.





Ongoing Support

Counselling

Counselling doesn't aim to hurry the process along; it supports people as they grieve, in their own way and in their own time. 2wish provide 1:1 counselling with a local, qualified BACP registered counsellor, which can be accessed face to face, via telephone or virtually. You can access this service as an individual or as a group. Counselling is arranged to fit in with your lifestyle and work commitments.

Complementary therapy

2wish offer free complementary therapy, which can be undertaken solely or combined with counselling. Complementary therapy is known to promote wellbeing. With this in mind, 2wish offers reflexology and aromatherapy massage, both of which are proven to have calming, soothing and rebalancing benefits and are effective when treating stress, anxiety, and insomnia, which are normal responses to grief and trauma.



2wish Respite Cottage

Ty Uchaf is a beautiful respite cottage situated just south of Caernarfon in North Wales. Situated less than 30m from the beach, the cottage is available for professionals and their families to have quality time away to rest, reflect or reconnect. It can be assumed that because a professional encounters death as part of their role, they are 'used to it'; however, we know this is not the case and being able to take time out is invaluable. Guests can choose to engage in local attractions, or simply appreciate the natural beauty of their surroundings, spending quality time with loved ones, or much-needed time alone.

Awareness Training

2wish offers awareness training to professionals across Wales. This covers the 2wish story, the referral process, and an in-depth look at the support services 2wish offers. We aim to provide staff with knowledge around our pathway and confidence when referring families affected by a sudden death for support. We also encourage professionals to seek support for themselves if they need it.

If you are interested in Awareness Training, please do not hesitate to get in touch on **support@2wish.org.uk**.





Contact us

If you feel you would like further support or information about the services we offer, please call or email:

support@2wish.org.uk

01443 853125

www.2wish.org.uk

Registered charity in England and Wales

Charity number: 1168140

