

Helix

Cheshire and Merseyside
Perinatal Mental Health
Lead Provider Collaborative

www.helixcm.nhs.uk



Helix Experts by Experience 'Born From Experience' Video's

Fiona Jenkins - Head of Experts by Experience

&

Experts by Experience

Sally, Jocelyn, Becky, Jen & Nia

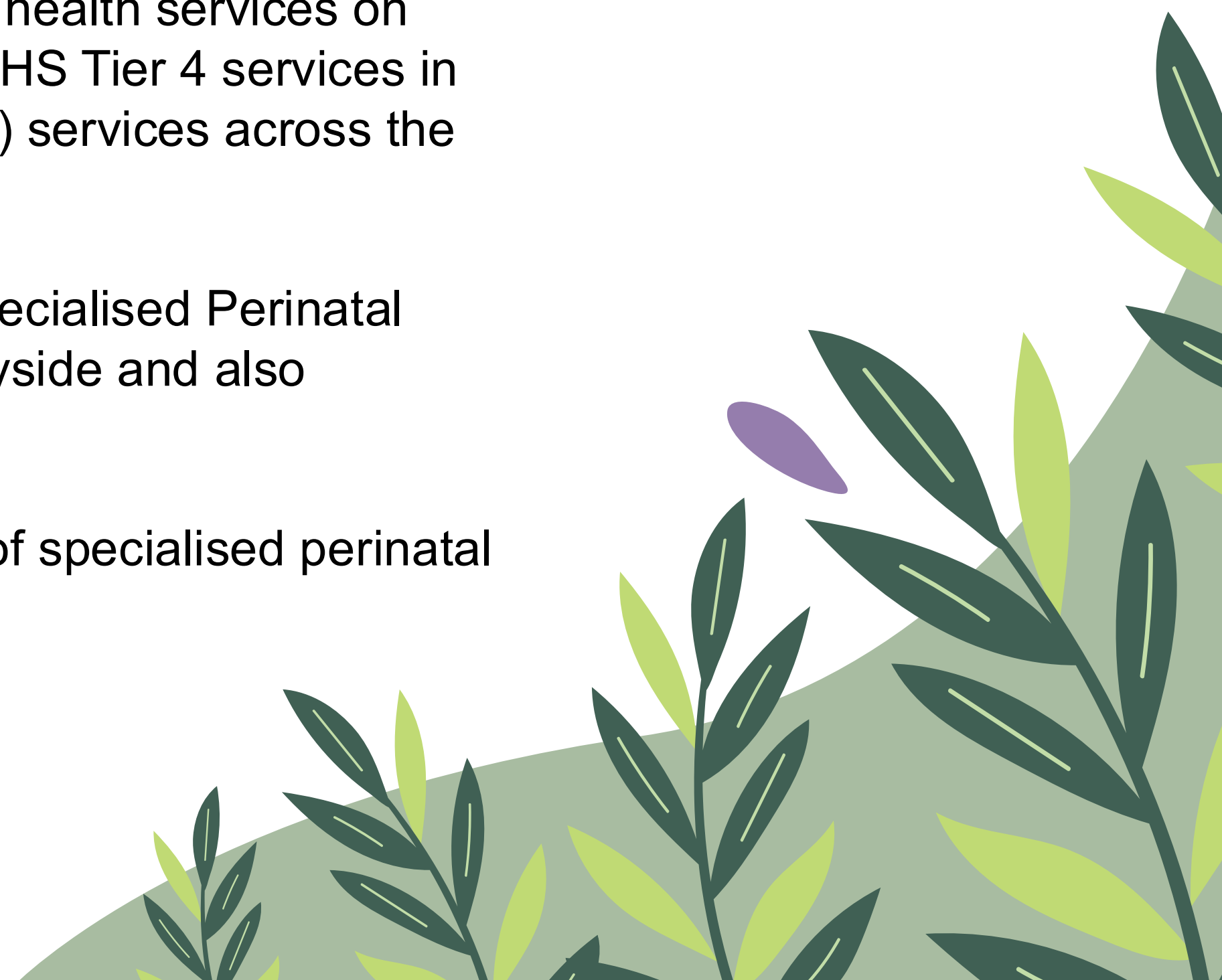
Kelly Berry - Clinical Commissioner

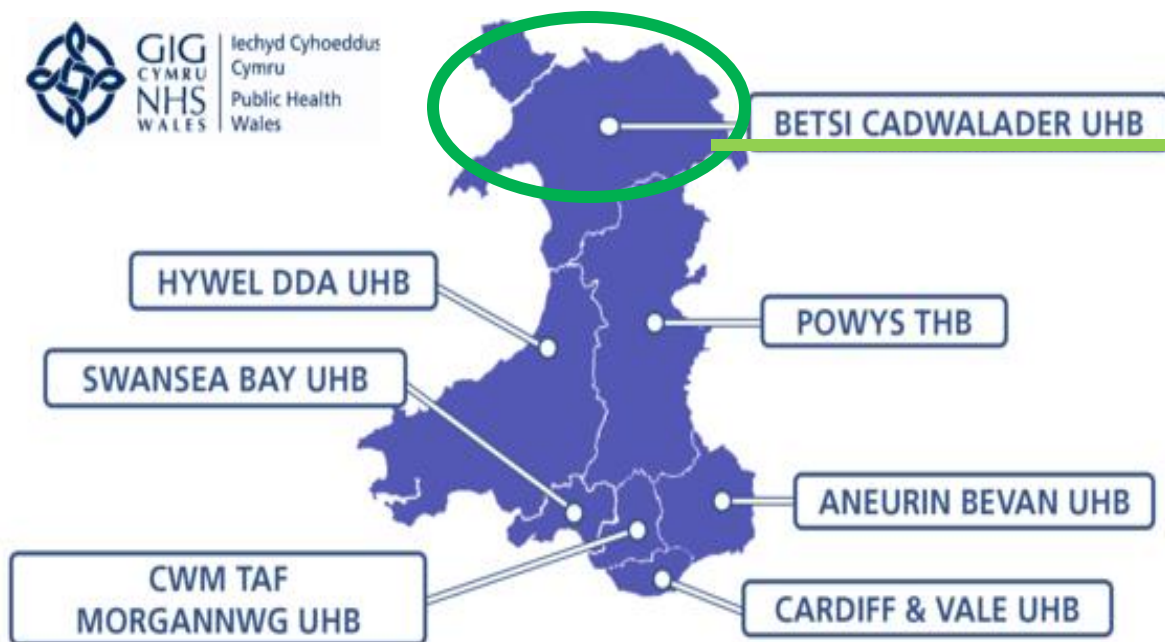


NHSE established Lead Provider Collaboratives in 2020/21 to lead on the commissioning of a specific range of specialised mental health services on their behalf. CWP NHS FT is the Lead Provider for CAMHS Tier 4 services in Cheshire and Merseyside, Adult Eating Disorders (AED) services across the North West.

In 2025 CWP NHS FT became the Lead Provider for Specialised Perinatal Mental Health inpatient services in Cheshire and Merseyside and also provides a service for North Wales patients.

The name Helix was chosen by Experts by Experience of specialised perinatal mental health services.





Helix

Cheshire and Merseyside
Perinatal Mental Health
Lead Provider
Collaborative

Helix Perinatal Mental Health LPC (Cheshire and Merseyside)

MBU serves a population of circa 3 million

One inpatient provider (CWP MBU – 8 beds)

Challenges:

- equitable access to PMH care – underserved communities
- financial risk of cross border flows
- operational management of access to 8 beds

EmpowerED

ADULT EATING DISORDERS
PROVIDER COLLABORATIVE
NORTH WEST
www.empowerednw.nhs.uk

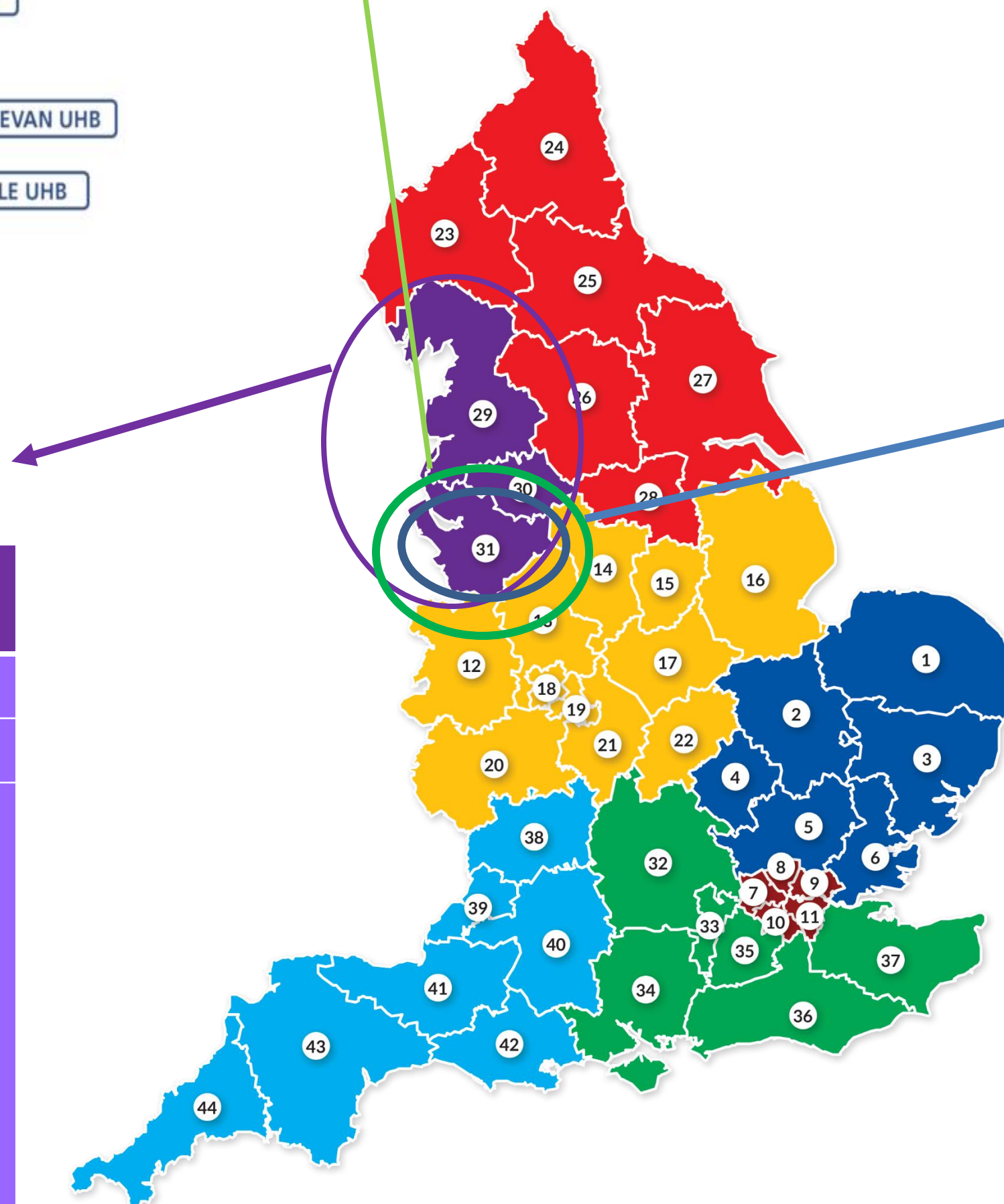
Empowered Adult Eating Disorders LPC (North West)

Serving a population of circa 7 mill

NHS and IS Provision

Challenges:

- increasing referrals post pandemic
- community eating disorder gatekeeping,
- consistency in admission criteria
- gaps in service provision
- inpatient capacity across NW
- the needs of patients with EUPD or neurodiversity



LEVEL
UP

Cheshire & Merseyside
Young People and Families
Provider Collaborative
www.levelupcm.nhs.uk

Level Up Young People and Families LPC (Cheshire and Merseyside)

Serving a population of circa 2.7 mill

NHS and IS Provision

Challenges:

- increase in referrals
- young people with highly complex needs
- young people with eating disorders
- strengthening Local Authority partnerships
- inappropriate use of acute paediatrics or Tier 4 as safe places - “least worst option”
- Delayed transfers out of tier 4 care (APOC)
- Harm from inappropriate T4 admission
- Constant challenge of T4 opinion

Born From Experience



Helix Lead Provider Collaborative Expert by Experience Forum presents the 'Born from Experience' video series sharing insights into the lived experience of mums and families, who have accessed specialised perinatal mental health services.

The videos will be available on our website after today's event.

www.helixcm.nhs.uk







Born from Experience - Video series :: Cheshire and Wirral Partnership NHS Foundation Trust





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Thank you

