



A Guide to Maintaining Your Health and Wellbeing — and Knowing When to See Your GP

Introduction

Have you ever wondered how much control you really have over your own health and wellbeing?

The answer is — more than you might think.

This guide offers practical, step-by-step ways to take charge of your health at your own pace. You'll find simple self-help strategies and advice on recognising when it's time to contact your GP for a face-to-face appointment — and when self-care might be the right first step.



Self-Help Tools for Maintaining Your Health and Wellbeing

Taking care of yourself isn't about drastic changes — it's about building small, consistent habits that support your body and mind. The Waterside Health and Wellbeing Team has shared these helpful links and tips to get you started:



Physical Activity

Find a type of movement you enjoy — whether that's brisk walking, yoga, or dancing around your kitchen. Regular activity supports both physical and mental health.

👉 [Why is exercise so important?](#)



Balanced Nutrition

A balanced diet with fruits, vegetables, lean proteins, and whole grains makes a real difference. Try using a food diary or nutrition app to stay on track.

👉 [Healthy eating tips](#)



Hydration

Are you drinking enough water? Aim for 6–8 glasses daily. Keeping a bottle nearby and setting reminders can help.

👉 [Risks of dehydration](#)



Quality Sleep

Prioritise a consistent bedtime and a calm wind-down routine — reading or listening to soft music can help.

👉 [Sleep well](#)



Mental Wellbeing

Take time to check in on your mental health. Try mindfulness, journaling, or gratitude exercises.



[Stress less](#)



Regular Self-Checks

Know what's "normal" for you. Tracking changes and symptoms can help spot early warning signs.



[Men's Health](#)



[Women's Health](#)



When Should You See Your GP?

Your GP practice has a limited number of doctors available to respond to both in-person and online requests. Online requests use the same pool of doctors, so each practice must balance availability carefully.

Sometimes, self-care and online apps can only go so far. Here's what to know before requesting a GP appointment.



Online GP Booking – Accurx System

The Waterside practices are developing an online GP booking strategy using **Accurx** — a system that lets you create an appointment request which is then reviewed and prioritised by urgency.

Online access is available for:

- **Red and Green Practice** – [Request an appointment](#)
- **The Waterfront and Solent Practice** – [Accurx patient request](#)
- **Forestside Medical Practice** – Continue to use the [NHS App](#) for non-urgent requests or phone for urgent concerns.



What to Expect from Practices Using Accurx

Accurx helps GP practices streamline and modernise their appointment system by:

- Enabling online appointment requests via website, text, or email.
- Sending secure booking links by SMS for convenient self-booking.
- Automating appointment reminders and confirmations.

- Allowing pre-appointment questionnaires to improve consultation efficiency.
- Integrating with patient records for accuracy and continuity of care.
- Supporting video or telephone consultations when appropriate.
- Gathering patient feedback to improve services.

This approach helps make healthcare more accessible, efficient, and patient-centred.

When to Book an Appointment

You should contact your GP if you experience:

- Persistent or worsening pain
- Unexplained weight loss or gain
- Changes in bowel or bladder habits
- New lumps, growths, or skin changes
- Low mood or anxiety not improving with self-help
- Shortness of breath, chest pain, or palpitations
- Long-lasting fever, night sweats, or unexplained fatigue
- Frequent infections or recurring illness
- Questions about vaccinations, screenings, or ongoing conditions

If you're unsure, it's always best to check in with your doctor. No concern is too small if it's affecting your wellbeing.

For **out-of-hours support**, contact **NHS 111** for advice and guidance.

You can also reach out to the **Waterside Health and Wellbeing Team** for personalised support:

 [Waterside Health and Wellbeing](#)

Conclusion

Your health is in your hands — one step at a time. Whether you're trying a new app, adjusting your routine, or booking a GP appointment, every action you take is a positive move toward better wellbeing.