

Video transcript: What responsibilities should we all take for health and social care?

I think we can make sure that when we dial 999 it's for a proper emergency. When we make an appointment for the GP it's not something that we could use the pharmacy for or we can't just get a home remedy for.

Some people they'll just go to the Doctors for no reason just to get some sleeping tablets when they can go to the chemist and buy them.

We have to behave in the right way to the NHS staff because if you expect somebody to give you good facility, so firstly you have to respect, her job, his job.

We have to be responsible with the resources because there's not a lot of staff available.

All the drunks going to the A&E I think that's a complete waste of NHS money and time.

As I've seen in the advertisement, don't misuse A&E department.

People need to take responsibility for their own actions.

It's everyone's responsibility and everyone needs to try and make an effort to look after themselves and look after other people.

We look after ourselves, we are Senior Citizens, we walk, eat healthy food. That is the way to do it - exercise and eat good food. And protect yourself in the winter.

I think we've got a responsibility towards the NHS and I think we should use that responsibility by giving feedback, constructive feedback in order to help improve it.

If you have a grievance or a complaint, or even something that's positive, feed it back because they need to know.

It's our responsibility to make the complaint so that the NHS know what to do to resolve the problems.

If I did know somebody that I could advocate for, I would find that definitely easier than doing it for myself.

If someone's not capable obviously of making themselves heard then we should obviously do as much as we can to support them.

I definitely do believe in trying to support people in the community and getting their voices heard.

Everyone literally should just start taking responsibility for themselves.