



## **Mental Health: Lennox Castle**

*Introducing K101*

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My name is Joanna Bornat and I'm professor of oral history at the Open University in the faculty of Health and Social Care.

K101 is a general introduction to Health and Social Care for anyone who's interested in care and I suppose everyone's aware that care's a very much discussed issue, how we care for older and younger members of society who might be going through some kind of crisis or change in their circumstances, and might need support in the community or in some institutional setting. So it has a general interest but also is a preparatory introductory course as part of an undergraduate programme for people who are interested in developing their skills as nurses or social workers, or to become nurses and social workers. It introduces people to some of the key debates in care around the balancing out the perspectives of the professional, the practitioner, and the user of care services, people who care for them in their own homes or in the community, the emotions, the feelings evoked in their situations, the kinds of resources that people can summon up, it looks back in history to the founding of the Welfare State in the UK, and it looks forward into the future to see what kind of care services are likely or possibly will be available in the future.