



Williamson Trust

Healthy Planet, Healthy People

Keith Fountain Trustee



After being called to the Bar in 1976, Keith held several positions in corporate law until finding his true vocation by retiring in 2017 to the Scottish Borders.

The three acres of garden and the adjacent pasture provide a busy but relaxing home for him and his wife, the frequently returning two grown up children, a dog, two cats, a small fold of delightful highland cattle, and many frogs, toads and newts. The kitchen garden allows them all (including the cattle) to be largely self sufficient in fruit, vegetables and salad crops, and sharing the various gluts with neighbours goes some way to compensating for the mayhem occasioned by the annual charity open garden day. The gluts also contribute to the family output of jams, jellies and chutneys.

Keith has always had a commitment to protecting the environment, both

for the benefit of humankind but also for all fauna and flora. More recently, he has come to believe that the most effective way to control the spiralling costs of personal medicine across society is a greater investment in focused public health initiatives. He was therefore delighted in 2022 to be invited to become a trustee of the Williamson Trust and help refocus its efforts in line with the Healthy Planet, Healthy People strategy.

Away from the garden, active participation in sport (where limitless enthusiasm couldn't quite compensate for an absence of natural ability) has given way to spectating. Keith is a regular at both Murrayfield and Meadow Lane, and may also be occasionally seen at Trent Bridge.

