



## Paul Kelly

Paul Kelly is a researcher and lecturer in physical activity at Edinburgh University. Working with Paths for All, the Scottish charity promoting walking and cycling, he has been investigating the measures that facilitate or obstruct people walking more. Recently he has been reviewing, from a public health standpoint, the introduction of a blanket 20mph restriction on motorists across Edinburgh, comparing it with other cities. We are on a brisk walk early in February in Princes Gardens in Edinburgh, seeking quiet spaces away from the nearby railway, commuter traffic and a contractor mowing the lawns. 23'41"  
11.1MB

Notes from the podcast interview by **Andrew Stuck**: Recorded in February 2020. Published in July 2020 on <http://www.talkingwalking.net>

Dr Paul Kelly at Edinburgh University <https://www.ed.ac.uk/profile/paul-kelly>

Physical Activity for Health Research Centre: <https://www.ed.ac.uk/education/rke/centres-groups/pahrc>  
Professor Nanette Mutrie <https://www.ed.ac.uk/profile/nanette-mutrie>

Paul is a Director at Paths for All: <https://www.pathsforall.org.uk/person-biography/paul-kelly>

Land Reform (Scotland) Act 2003 <https://www.gov.scot/policies/landscape-and-outdoor-access/public-access-to-land/>

Microsoft Sense Cam <https://www.microsoft.com/en-us/research/project/sensecam/>

National Travel Survey <https://www.gov.uk/government/collections/national-travel-survey-statistics>

Ramblers Scotland <https://www.ramblers.org.uk/scotland.aspx>

Research in to Barriers and Facilitators to Recreational Walking commissioned by Paths for All and Ramblers Scotland: [www.ramblers.org.uk/WalkReport](http://www.ramblers.org.uk/WalkReport)

Research carried out by Paul's colleague Tessa Strain <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4733093/>

Sustrans Scotland <https://www.sustrans.org.uk/about-us/our-work-in-scotland/>

2016 Scottish Government and Edinburgh City Council 20 mph speed restrictions <https://www.edinburgh.gov.uk/downloads/file/25177/scottish-government-good-practice-guide-on-20mph-speed-restrictions-june-2016>

The evaluation can be found here: <https://democracy.edinburgh.gov.uk/documents/s9492/Item%207.3%20-%20Evaluation%20of%2020mph%20with%20appendices.pdf>

And here are 2 papers from the project

<https://www.sciencedirect.com/science/article/pii/S2214140519301859>

<https://www.sciencedirect.com/science/article/pii/S2214140517307302>



**Walks recommended by Paul Kelly:**

1. Walks up to and around Arthur's Seat in Edinburgh <https://www.geowalks.co.uk/arthur-seat/arthur-seat-self-guided-walks/>
2. Walking to and from work, school, university - building in some active travel
3. Walk with a friend, a family member, a colleague
4. Seek out some blue space: river side, canal or seaside