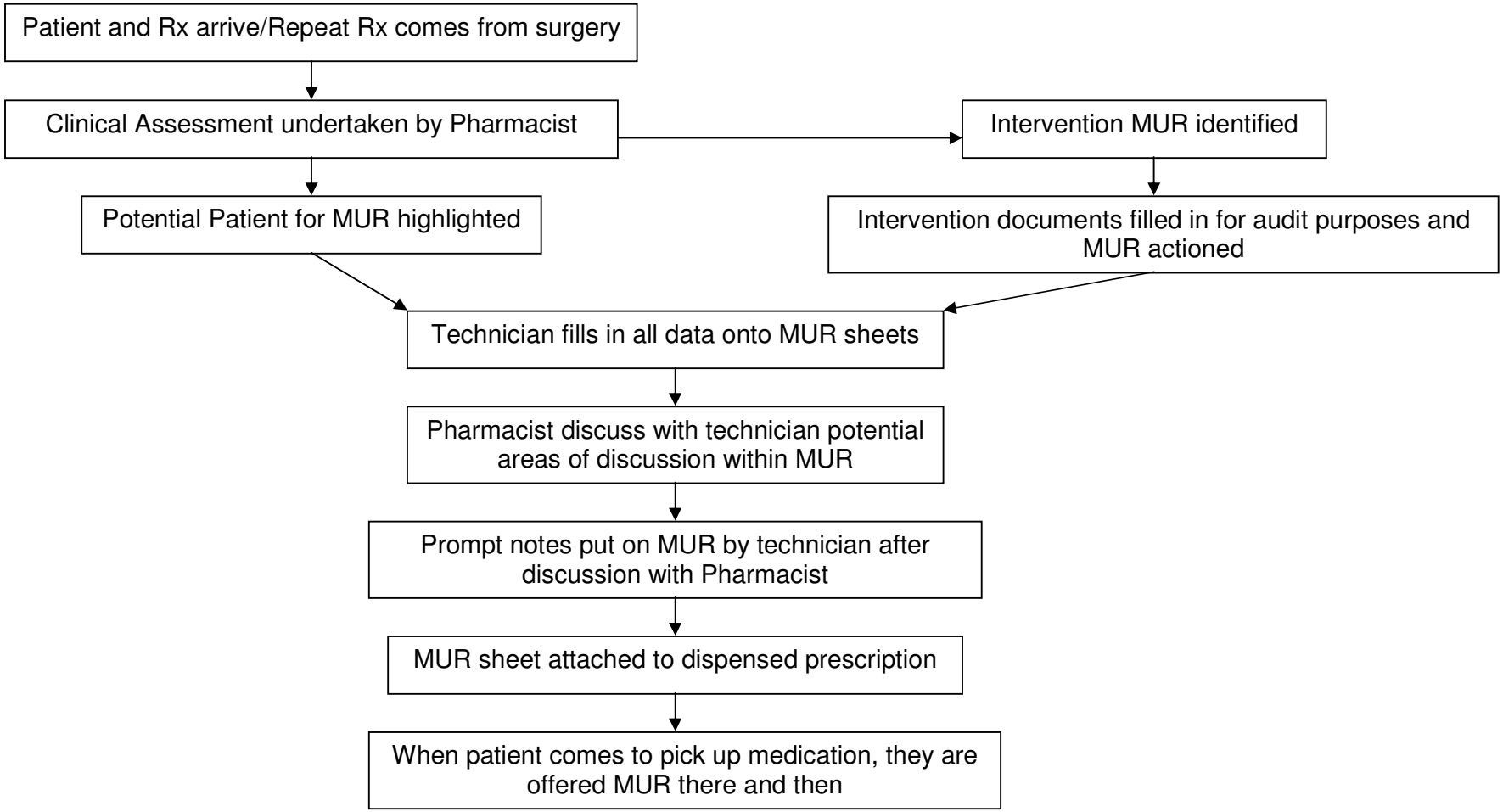How do you fit an MUR into working life without incurring the costs of locums?