

I NEVER TIRE OF THE VIEWS IN DEVON



David Crosbie, 47, is a dentist/implantologist in Barnstaple and Crediton. Originally from Wakefield, David recently relocated from South London to Parracombe, Devon. He is married to Virginia, a general practice nurse; they have three children aged 16, 14 and 12.

I get up at 7 am and have Shreddies, toast or porridge for breakfast. We live in a farmhouse with a big garden and fields in rural Parracombe. Sometimes I cycle the 13 miles to work, or I drive the kids to the school bus then continue on to work.

I spend most of the week doing general dentistry. I work in two practices but I am increasingly expanding the implant provision locally and at other practices. I have also started mentoring and doing some CPD courses. I'm enjoying building up my implant clients and treating more people as well as working as a general dentist. There are definitely opportunities to grow the practice, and I'm very interested in business development, so it's great to have the chance to be involved in this side of the business.

The practice in Barnstaple is large, but I have a dental nurse and implant coordinator who work closely with me.

I obviously have to liaise with referring dentists occasionally.

I like to get out for lunch if I can for some fresh air, but it depends on how long I have.

I have always been very busy, but running a practice in Herne Hill, South London, was never-ending and not often on the list of tasks I enjoyed doing. Now that I am working for a corporate means that I no longer have to do any of the admin that comes with running a practice and I can't say I miss it at all. It's been really great to focus on my clinical work.

Moving to Devon was a family decision. When we had sold the practice in London, we all sat down and talked about places we'd like to live and Devon came out on top.

The relocation was hard initially as I took my working environment a bit too much for granted. I had spent years getting the London practice set up to my way of working. I should really have spent more time researching the Devon practice options. However, my new employers were very helpful, especially when I first moved, and I'd highly recommend considering a move to a rural practice. I think it's important to think through all your options and talk to other clinicians before making a move to another practice. Although I was initially concerned that I wouldn't have enough implantology patients in Devon, speaking to other clinicians helped reassure me that this wouldn't be the case.

The range of patients in Devon is very different to those I saw in London. North Devon is a relatively deprived area and the patients have to be careful what they spend their money on. Dentistry, not unreasonably, doesn't always come at the top of their lists.

My family are really happy since the move and have made lots of friends. The girls have a horse and my son James goes off with his friends to the local town. My wife Virginia works in a local doctor's practice.

The time I get home from work varies; if I meet the school bus then 5.30 pm. If I meet friends after work for a bike ride then 8-9 pm. On the days I do evening surgeries for implants I get home at 8 pm.

I have plenty of time for activities outside work when I'm not Dad's taxi service. Skiing in the winter; golf (I play at Saunton with my son); or working in the barn on my bikes. I'm also going to have another crack at kite surfing.

I never tire of the views in Devon and don't miss living in London. I hated commuting on the train. I used to ride a motorbike but was knocked off once too often. I loved the patients, the practice, the work and my colleagues there, but I wouldn't go back now.

INTERVIEW BY KATE QUINLAN



NEW ASSISTANT EDITOR FOR BDJ

Annabel Nicholson has joined the BDJ editorial team as Assistant Editor, replacing Laura

Pacey, who has a new role working for Palgrave Macmillan.

Annabel, a Durham biology graduate from Buckhurst Hill in Essex, was most recently Journal Coordinator at BioMed Central. We would like to welcome Annabel to the team, and asked her a few questions to see how she's getting on.

How do you feel about your new role with the BDJ so far?

More than anything, I'm excited! There is a lot to learn, but I'm looking forward to getting to grips with the role and becoming increasingly involved with the BDJ, and everyone who works on it.

Do you have any qualms about working on dental manuscripts?

I've never thought of myself as a squeamish person, but over the past two weeks I've started to suck my teeth and grimace when coming across some of the images – hopefully I'll toughen up... I reckon I'll definitely be taking more time out of my day to keep my own teeth in tip-top condition!

How do you personally feel about going to the dentist?

Thankfully I've never had any scary dental experiences – as children, we were registered with a dentist an hour's drive away meaning a half day at school, which was great! I've never had any major dental work done, except for braces, so it's always been a fairly relaxed affair.

What do you like to do outside of work?

Anything that gets me outdoors or a long walk with beautiful scenery gets my thumbs up. I'm also attempting to learn German at the moment, but enjoy cooking, going on weekends away and spending time with my friends. I've also recently ordered a new bike...

What do you think of working at Nature Publishing Group so far?

Everyone has been so welcoming and ready to help. With my science background it's great to be a part of a company whose publications featured heavily in my degree.