

3. I will tell them that I am in touch with you and that the matter is being resolved.
4. Nobody who was guilty of an assault would make such a fuss about MRI lie detection.

By stating these things in this way, that these matters are 'being resolved' without going into detail leaves you two choices when journalists contact you.

1. Tell them that we are in touch and you are helping me clear my name.
2. Keep lying and be destroyed by the media.

Take the first choice and you come out looking OK. If you choose that route don't say anything else to them other than that you are trying to clarify the legal position and can't comment without taking advice, or refer them to me and I will say the same thing. Never trust a journalist, many of them just get the story, totally stuff you and then move on to the next poor sod.

Take the second choice and you will be beyond my help.

There is actually another choice. Get in touch now and help me clear my name. That way the first thing that journalists find out is that you are helping me, and you'll look much much better.

I can't see you doing that but it's worth a try. It's up to you. I have done my best, I can't do any more. If it goes pear shaped for you, and therefore Sophie, I will know that I could not have done more.

A handwritten signature in black ink, appearing to read 'G. McArthur', with a long, sweeping horizontal line extending to the right and a large, stylized flourish below it.

Graham McArthur.