

THE TIMES

Thursday February 15 2018 | thetimes.co.uk | No 72459

(€1.50 RoI)

Only £1 to subscribers £1.60



How one woman cured her chronic insomnia

I'm sick to death of #metoo
Deborah Ross

INSIDE TIMES2

Oxfam sacked replacement Haiti chief after staff complaints

Sean O'Neill Chief Reporter
Paul Morgan-Bentley

The man who replaced Oxfam's disgraced country director in Haiti was accused of inappropriate behaviour before being dismissed for mismanagement last year, the charity said last night.

Damien Berrendorf was sacked in September but news of his departure has only just emerged, raising further concerns about a lack of transparency

at the charity and piling pressure on its chief executive, Mark Goldring.

Mr Berrendorf came under internal investigation after complaints were made through Oxfam's whistleblowing hotline. The charity declined to say whether the allegations of inappropriate behaviour were sexual in nature but it is understood they involved members of staff and not beneficiaries of aid.

A spokeswoman emphasised that Mr Berrendorf's dismissal was not connected to the 2011 prostitution scandal,

exposed by *The Times* last week. That led to the departure of the country director Roland van Hauwermeiren. Six other men left senior humanitarian roles. Oxfam had kept details of that case, which involved allegations related to the use of prostitutes, downloading pornography and bullying, hidden for seven years.

Officials at the Charity Commission held an all-day meeting with Oxfam managers yesterday. The regulator will announce the scope of its statutory

inquiry into the charity's handling of the Haiti case today.

Penny Mordaunt, the international development secretary, will meet the National Crime Agency today to discuss the situation but was told by a United Nations official that it "shouldn't be used to shut down organisations". Oxfam is also facing a crisis among corporate and public authority supporters. *The Times* has learnt that John Lewis is threatening to cancel a £500,000 aid project it is running with

the charity involving 25,000 women and children in Bangladeshi slums.

In response to tweets from ITV News, Oxfam confirmed the dismissal of Mr Berrendorf. It said: "The dismissal was not related to sexual misconduct and was not connected to the case in 2011, however, there were allegations of inappropriate behaviour. As soon as the allegations were reported they were investigated and the individual was dismissed."

John Lewis threat, pages 8-9

Ready meals and cereals linked with rise in cancer

Warning over too much factory-made food

Chris Smyth Health Editor

Eating factory-made food including cornflakes, pizza and chocolate bars every day increases the risk of cancer by a quarter, the first study of its kind suggests.

Additives in ready meals, packaged snacks and shop-bought cakes may combine to trigger the disease, researchers warned last night.

Cancer caused by highly processed food would be over and above the harmful effects of the sugar and fat it contains, scientists fear.

The West's increasing taste for packaged food on the go could fuel a further rise in cancer in the future, they say.

French researchers studied the diets of 105,000 people, of whom 2,228 developed cancer over an eight-year period. The quarter who ate the most "ultra-processed" food were 23 per cent more likely to get any type of cancer than the quarter who ate the least, researchers report in *The BMJ*.

Those in the top quarter obtained a third of their calories from such products, roughly equivalent to a man consuming a chocolate bar, a can of cola, a bowl of cornflakes and a quarter of a pizza daily.

A study revealed last week that half of the food bought in Britain is made in a factory.

Mathilde Touvier, of the Sorbonne Paris Cité Epidemiology and Statistics Research Centre, who led the study,

said the cancer risk could be even greater in this country.

The French research cannot prove that the processing of food directly increases cancer risk and some experts said that the effect was more likely to be a result of the lack of vitamins in the kinds of foods that tend to be sold packaged, or the unhealthy lifestyles of those who tend to eat them.

However, the research underlines the importance of a diet rich in fruit and vegetables rather than crisps and pizza.

The World Health Organisation has classed processed meats such as bacon and ham as carcinogenic but the new study looked more widely at industrialised ultra-processed foods such as factory-made bread, packaged confectionery, nuggets, burgers, breakfast cereals, instant soups and fizzy drinks. This includes ham and sausages when made with preservatives and additives other than just salt.

Canned salted vegetables are considered to be "processed" foods whereas factory-prepared cooked or fried seasoned vegetables, marinated in sauces with added flavourings are considered "ultra-processed".

Dr Touvier said that adjusting for the higher sugar and salt content of processed food did not appear to account for the findings. Her theory is that additives, compounds that form during processing or chemicals in packaging could be driving the results. "In Europe Continued on page 2, col 3



Bowing out Jacob Zuma resigned as president of South Africa last night in a televised address to the nation, ending a two-week power struggle Pages 28-29

Ex-F1 boss begins legal bid to limit free speech

Matthew Moore Media Correspondent

The former head of Formula One is seeking to gag the media using a law never intended to limit press freedom.

Max Mosley, 77, is attempting to use data protection law to force newspapers including *The Times* to stop publishing widely reported details about his sexual life.

The privacy campaigner is also trying to ban newspapers from asserting that he personally funds or bankrolls Impress, the state-recognised press regulator, or can exert control or influence over it.

Impress has an agreement to receive more than £3 million over four years from a charity backed by a Mosley family trust.

Mr Mosley's attempts to use the Data Protection Act 1998 to restrict press freedom in this way are legally unprecedented. The act governs how companies and organisations can handle individuals' private data but includes a broad exemption for journalism.

Mr Mosley's lawyers are demanding that newspapers stop "processing data" related to their client and "block or erase" data that his legal team believes to be inaccurate.

If successful this would effectively compel titles to remove some online articles relating to Mr Mosley and prevent them from publishing further stories in future. Newspapers would also be required to notify readers when articles are amended or deleted.

One focus of Mr Mosley's legal claim is the reporting of his 2008 orgy with prostitutes, first disclosed by the *News of the World*.

Mr Mosley won £60,000 damages from the now-defunct Sunday tabloid for breaching his privacy by publishing pictures and videos. The judge, Mr Justice Eady, also ruled that Mr Mosley's activities did not involve Nazi role-play as the paper had claimed. The Continued on page 2, col 5

TODAY'S EDITION

Killer had faced police questions

Scotland Yard is under pressure to allow an independent review of its procedures after a man was convicted of raping and killing his niece following a failed sting operation. **Page 5**

No 10 will seek cabinet deal

Theresa May will use a dinner at Chequers to try to broker a cabinet deal on Britain's future trade relationship with the EU, after Boris Johnson softened his stance. **Page 16**

Transgender breastfeeding

A transgender woman has breastfed her baby, in the first such case reported in medical literature. Doctors used a hormone and breast-pumping regime. **Page 22**

COMMENT

Imagine what Boris Johnson's speech could have been if given by someone sincere

DAVID AARONOVITCH, PAGE 23

Up to 50 shot in US school attack

Up to 50 people were shot in an attack at Marjory Stoneman Douglas High School, in Parkland, Florida. A pupil said he saw two bodies and police held a suspect. **Page 28**

'Vultures' put pensions at risk

A pension "mis-selling scandal" could have affected more than 50,000 steel workers who were persuaded to transfer final salary pots by "vultures", MPs have said. **Page 35**

Lord's to lose one-day final

The final of cricket's one-day cup final will move away from Lord's for the first time in 56 years when it is hosted at Trent Bridge from 2020, it has been announced. **Page 72**

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DINNER TONIGHT**Chorizo, chickpea and celery cocido**

This is comforting, filling winter food with big flavours and textural interest. At the bottom of each bowl is a thick slice of garlic-rubbed, olive oil splashed toast. This buried treasure makes the dish even more satisfying.

Serves 4 Prep 20 min Cook 40 min

Ingredients: 1 onion; 1 celery heart; 1 lemon; 100g chorizo sausage; 3-4 sage leaves or ½ tsp dried sage; 1 tbsp olive oil; 400g can chickpeas; 2 chicken stock cubes; 400g waxy potatoes; 2 vine



tomatoes; 50g coriander; 4 thick slices sourdough; 1 garlic clove; best olive oil. Boil kettle. Peel and finely chop onion. Slice celery thinly, working up the bunch. Zest the lemon. Chop chorizo into small scraps. Chop sage. Rinse chickpeas. Heat oil in spacious, heavy-bottomed, lidded pan. Stir in onion and cook, stirring, for 5 min. Add, celery, sage and lemon zest. Stir, cover

and cook for further 5 min. Add chorizo. Cook, stirring, until the juices run. Stir in chickpeas. Add 900ml boiling water and crumble in stock cubes. Peel, chunk and rinse potatoes. Add to pan. Give a good stir as soup begins to simmer. Simmer semi-covered for 15 min until potatoes are tender. Check seasoning. Chop tomatoes and coriander. Stir both into finished soup. Toast bread, rub one side with garlic, place in wide soup bowls and splash with best olive oil. Ladle over the soup. Serve with a squeeze of lemon and splash of olive oil.

Lindsey Bareham

May blamed as power-sharing talks in Northern Ireland fail

Patrick Maguire

The Democratic Unionists blamed Theresa May for a collapse in efforts to restore devolved government in Northern Ireland as they walked out of talks and called for direct rule last night.

A deal to restore power sharing to the province after a 13-month impasse was thought to be close this week, when the prime minister and Leo Varadkar, her Irish counterpart, visited Belfast.

In an abrupt move, however, Arlene Foster, the DUP leader, said yesterday that there was "no prospect" of her party rejoining an executive with Sinn Fein and called for the government to impose rule from Westminster.

On Monday Mrs May had urged the parties to make "one final push" to restore devolution and said she believed that a deal was imminent. Announcing the decision to withdraw from talks, the DUP said that her visit had been a distraction.

"In our view, there is no current prospect of these discussions leading to an executive being formed," Mrs Foster said. "It is now incumbent upon Her Majesty's government to set a budget and start making policy

decisions about our schools, hospitals and infrastructure.

"Important decisions impacting on everyone in Northern Ireland have been sitting in limbo for too long. I had dearly hoped that we could have restored an executive and local ministers could have taken those decisions. That is not possible at this time."

In comments that amount to an embarrassment for the prime minister, Simon Hamilton, a senior DUP assembly member, suggested that she had ignored advice to stay away: "I think the visit of the prime minister and the taoiseach acted as a bit of a distraction at the beginning of the week.

"I don't think it was entirely helpful in getting us to reach a successful conclusion ... We were unable to build on progress we had been making at the end of last week and I think we have run out of road in respect of this process."

The Stormont assembly was suspended in January last year, after Martin McGuinness resigned as deputy first minister in a row over Mrs Foster's handling of a botched green energy scheme.

Other issues, among them equal marriage, the legacy of the Troubles and legal recognition for the Irish

language, came to the fore. Sinn Fein has refused to re-enter a government without laws to protect Irish speakers.

Such an act is anathema to the DUP and Mrs Foster said that disagreement over its implementation had led to the collapse of today's talks.

Sources familiar with the talks suggested that Mrs Foster had not been able to convince her party to agree to a compromise on the issue and Michelle O'Neill, the deputy leader of Sinn Fein, suggested that the DUP had reneged on an agreed deal at the eleventh hour.

"Sinn Fein engaged, we worked in good faith, we stretched ourselves," she said. "We had reached an accommodation with the leadership of the DUP. The DUP failed to close the deal."

Karen Bradley, the Northern Ireland secretary, maintained that "substantive progress" had been made. She conceded that "this phase" of negotiations had reached an end, but added: "The basis for accommodation still exists."

The Times understands that the government will continue discussions with the DUP and Sinn Fein over the weekend. Ms Bradley will give a statement to the Commons on Tuesday but is not likely to heed Mrs Foster's call to impose direct rule.

Lawyers face cap on costs in NHS negligence cases

Kat Lay Health Correspondent

The government is to restrict lawyers by capping the costs that they can recover in clinical negligence cases.

Ministers will establish a working group to establish how the cap, which would apply to all cases worth less than £25,000, will work in practice. A report will be submitted in the autumn.

The programme aims to save up to £45 million a year. Legal costs accounted for 37 per cent of the £1.7 billion spent by the NHS on clinical negligence in 2016-17.

Jeremy Hunt, the health and social care secretary, said: "When things go wrong, we need a system that is just for those who have suffered but also just to other patients, both in terms of making sure we learn from mistakes and also pay legal costs in a proportionate and reasonable way.

"However, sometimes we end up paying legal fees that are much, much higher than the actual damages incurred — which may be good for lawyers but is a terrible use of money that could be spent on patient care."

Lawyers in some cases have charged considerably more than the amount

awarded to victims. In one instance, lawyers claimed £83,000 for a case in which the patient was awarded £1,000.

Mr Hunt said that the best way to cut negligence costs was "to reduce patient harm in the first place".

The working group will have representatives from the Department of Health and Social Care, the Civil Justice Council and the Ministry of Justice. It comes in response to a consultation on introducing the cap last year and was a key recommendation in a review of civil litigation costs by Lord Justice Jackson.

Niall Dickson, chief executive of the NHS Confederation, said the announcement was "a step in the right direction". He said resources were being diverted from the NHS.

Dr Rob Hendry, of the Medical Protection Society, said that he welcomed the proposal. He said, however, that he had hoped to see a bolder decision on the threshold with cases up to the value of £250,000. He added that the £25,000 limit was "a positive first step".

The cap includes a scheme designed to offer quicker access to compensation for families of children left severely brain damaged after birth.

Law and Student Law, pages 54-57

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Max Mosley

News of the World was owned by the same company as The Times.

The former FI boss does not deny taking part in the orgy, but argues that newspapers should remove articles mentioning the sex party because the personal data on which they are based has been kept longer than necessary, is irrelevant and excessive, and has not been processed fairly or lawfully.

His lawyers claim that the journalistic exemption that was included in the 1998 act to protect the media does not apply to these stories.

They also claim it is not accurate for newspapers to write that Mr Mosley bankrolls or controls Impress, the only state-recognised press regulator.

Most local and national newspapers have refused to join Impress out of a principled objection to state regulation. The industry has repeatedly raised concerns about the body's funding arrangements.

Impress accepts day-to-day funds from a charity backed by the Alexander Mosley Charitable Trust, which was set up by Mr Mosley in memory of his son who died of a drug overdose at the age of 39 in 2009.

Last October the High Court rejected an argument that the independence of Impress was compromised by its reliance on funding from the trust. The judges accepted that safeguards were in place to ensure that the regulator was free of influence from Mr Mosley and his family.

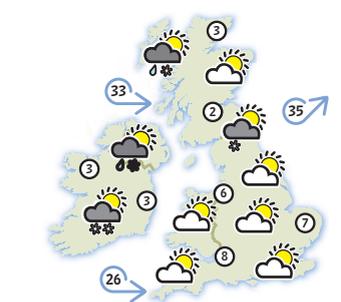
The consequence of this court ruling is that personal data held by newspapers suggesting Mr Mosley bankrolls or influences Impress is inaccurate, his lawyers argue.

It is believed to be the first time that an individual has sought to use existing data protection legislation to restrict reporting in this way.

Last month peers approved controversial amendments to the new Data Protection Bill currently passing through parliament to compel ministers to hold another inquiry into the media and require publishers to pay the costs of data protection legal actions, even if a court vindicated their reporting.

Leading article, page 27

THE WEATHER



Heavy wintry showers in north and west, more isolated elsewhere with sunny spells. **Full forecast, page 59**

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Cancer risk

we have over 400 authorised additives. Most of them are probably safe," she said. "If it is due to some additives we have to say which ones."

France has introduced official recommendations urging people to avoid processed food. Dr Touvier said that while there was no need to panic, "the results suggest it would be better or eat raw or minimally processed food ... It may be in the future we could say that many ultra-processed foods don't have any risks and it's just this one or [that] one. But for the moment we would apply the principle of precaution."

Linda Bauld, of Cancer Research UK, said people should not worry about

Processed foods

Carbonated drinks, packaged snacks, chocolate, ice cream, mass-produced packaged breads, margarines and spreads, biscuits, pastries, cakes, breakfast cereals, "health" and "slimming" products such as powdered or fortified meal and dish substitutes, instant soups

"eating a bit of processed food here and there", but added: "There is good evidence that too little fruit, vegetables and fibre and too much processed and red meat in our diets can contribute to the development of some types of cancer."