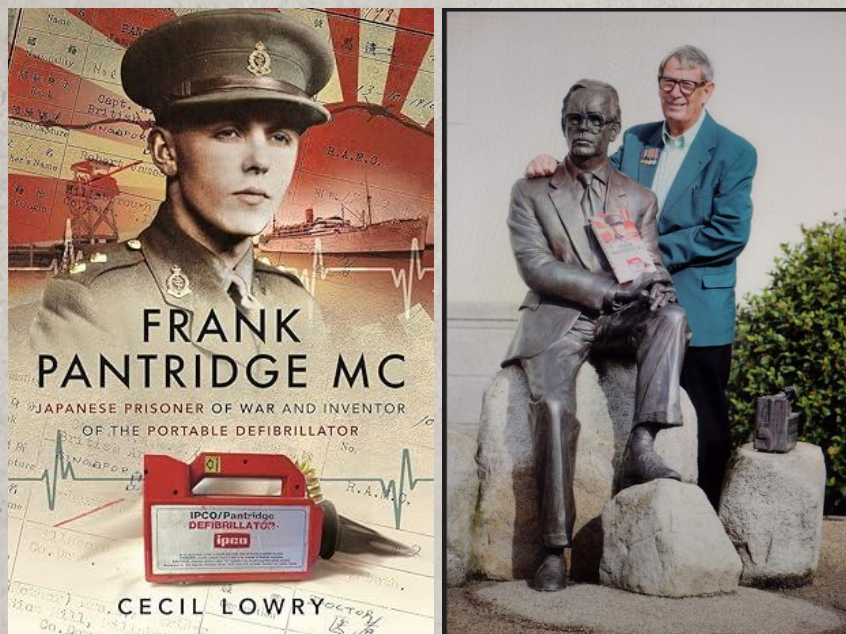




**You are warmly invited to attend
our annual FEPOW George Blair Memorial Lecture,
at Millbank (*directions below*), also on Zoom
1830hrs Friday 31 October 2025**

Our guest speaker, Cecil Lowry, presents

'Dr Frank Pantridge MC: FEPOW and inventor of the portable defibrillator'



Cecil Lowry's book; Cecil with memorial statue of Frank Pantridge MC, Lisburn

'During a visit to Charlottesville, Virginia, I had a heart attack in 1972, which a mobile coronary care unit successfully treated with a Pantridge defibrillator. I owe my life to the invention of this former Japanese prisoner of war.'

Lyndon B. Johnson, President of the United States of America, 1963-1969

See our [FEPOW Doctors](#) and our [George Blair Memorial Lecture](#) sections on our website.

**Proceeds will be donated to the speaker's chosen charity,
St Anne's Hospice, Manchester, <https://www.sah.org.uk/>.**

**Prior registration required. Refreshments 1730hrs, supper nearby at 2000hrs.
All are welcome. Register [HERE](#) or via www.friendsofmillbank.org**





Our guest speaker, Cecil Lowry, in his own words

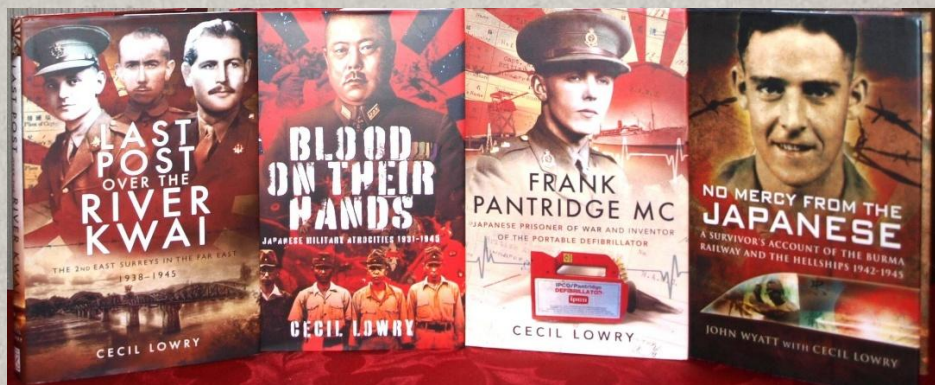
I was born and educated in Downpatrick, the county town of Down in the province of Ulster. Being very interested in sport, I trained as a Physical Education teacher before moving into Sports and Leisure Management where I managed Sports Centres in England, Scotland and Saudi Arabia, retiring from the University of Manchester in 2002.

My father enlisted into the East Surreys Regiment in the British Army in 1937 and was unfortunately taken prisoner by the Japanese at the fall of Singapore on 15th February 1942. For three and a half years he slaved on the infamous Thai/Burma Railway, immortalised in films such as *The Bridge on the River Kwai* and *The Railway Man*.

When my father passed away in 1990 I developed a thirst for information about his experiences in the Far East. As the 21st century dawned, I realised that many of the Far Eastern Prisoners of War who would have been with my father were gradually dying off. My father had told me very little about his wartime experiences so I became anxious to try and find anyone still alive who might have known him. I managed to contact John Wyatt, a colleague of my father in the East Surreys who was also a FEPOW. John unfortunately could not remember my father but was able to tell me his own story of survival against all the odds. I realised when he told me his story that this was the opportunity to fulfil my dream of writing a book, and in 2005 *'No Mercy from the Japanese - a survivor's account of the Burma Railway and the Hellships'* was published.

This spurred my quest for more information and four more books followed: *'Two Years of Tenko - Life as a Sixteen-year-old in a Japanese Prisoner of War camp'* in 2015; *'Last Post over the River Kwai - The 2nd East Surrey Regiment in the Far East 1938 - 1945'*; *'Frank Pantridge MC - Japanese Prisoner of War and inventor of the Portable Defibrillator'* and finally *'Blood on Their Hands - Japanese Military Atrocities.'*

With the success of my book *'Frank Pantridge MC'*, I set out to explore the stories of other men, women and children from my home province who were Japanese prisoners of war or involved in the conflict in the Far East, over 700 of them including 27 doctors (Frank being one of these). My next book *'Hirohito's Ulster Slaves'* is due out in 2026.



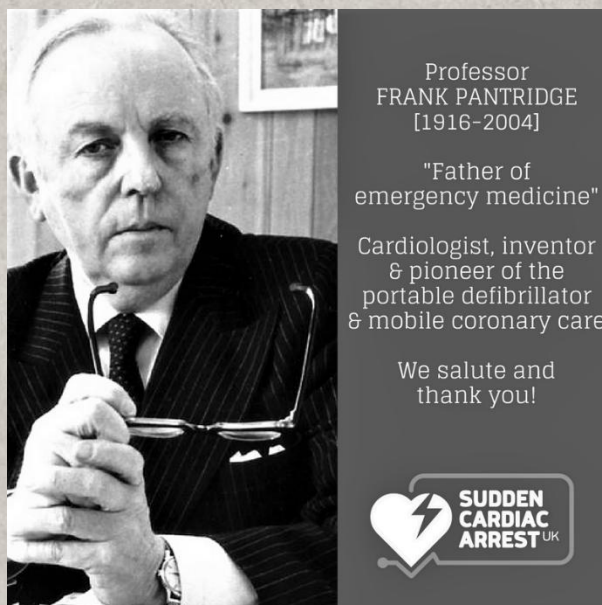
Some books by Cecil Lowry



Friends of Millbank



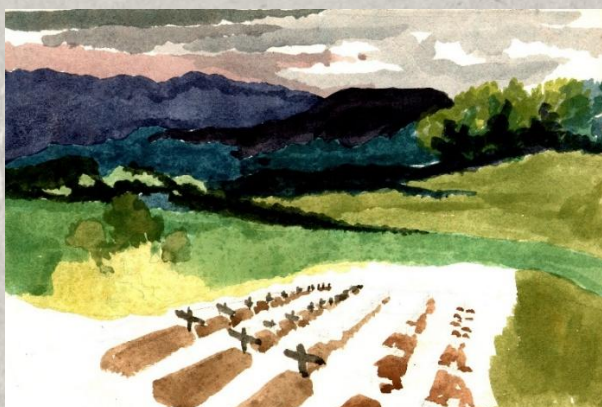
Select images with hyperlinks (**click to see relevant article or website**)



A tribute to Frank Pantridge MC (click on image for American Heart Association article ...)



The Blair Brothers in better times (John with brother George, on right, a FEPOW). Click on image...



In memory of those who did not come home (FEPOW Cemetery in Taiwan) (link to COFEPOW...)



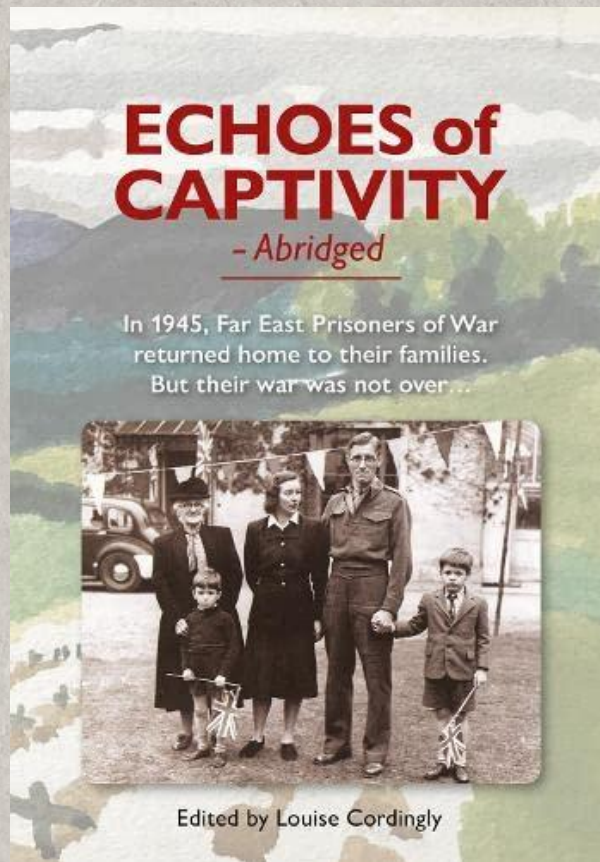
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Some relevant recommended reading



Louise Reynolds (née Cordingly)

Louise, a trained psychotherapist, began research into her father's experiences as a FEPOW after discovering his diaries amongst her mother's papers in 2012.

She published three books: *Down to Bedrock*, *The Changi Cross* and *Eric and Scrunchball* (a children's book) and then in 2019 she embarked on a series of interviews for *Echoes of Captivity*, which illustrates and exposes the trans-generational trauma experienced by many FEPOW families. She used her therapy training to help understand this phenomenon, and to help us appreciate why the children and grandchildren of FEPOWs feel the need to explore their relatives' history, and in the process forge a wonderfully supportive community.
Lest we forget.

See <https://thechangicross.co.uk/echoes-of-captivity/>

Read online <https://thechangicross.co.uk/echoes-of-captivity/Echoes%20of%20Captivity.pdf>

Abridged version available directly from author, see
<https://www.cofepow.org.uk/books/echoes-of-captivity-abridged>



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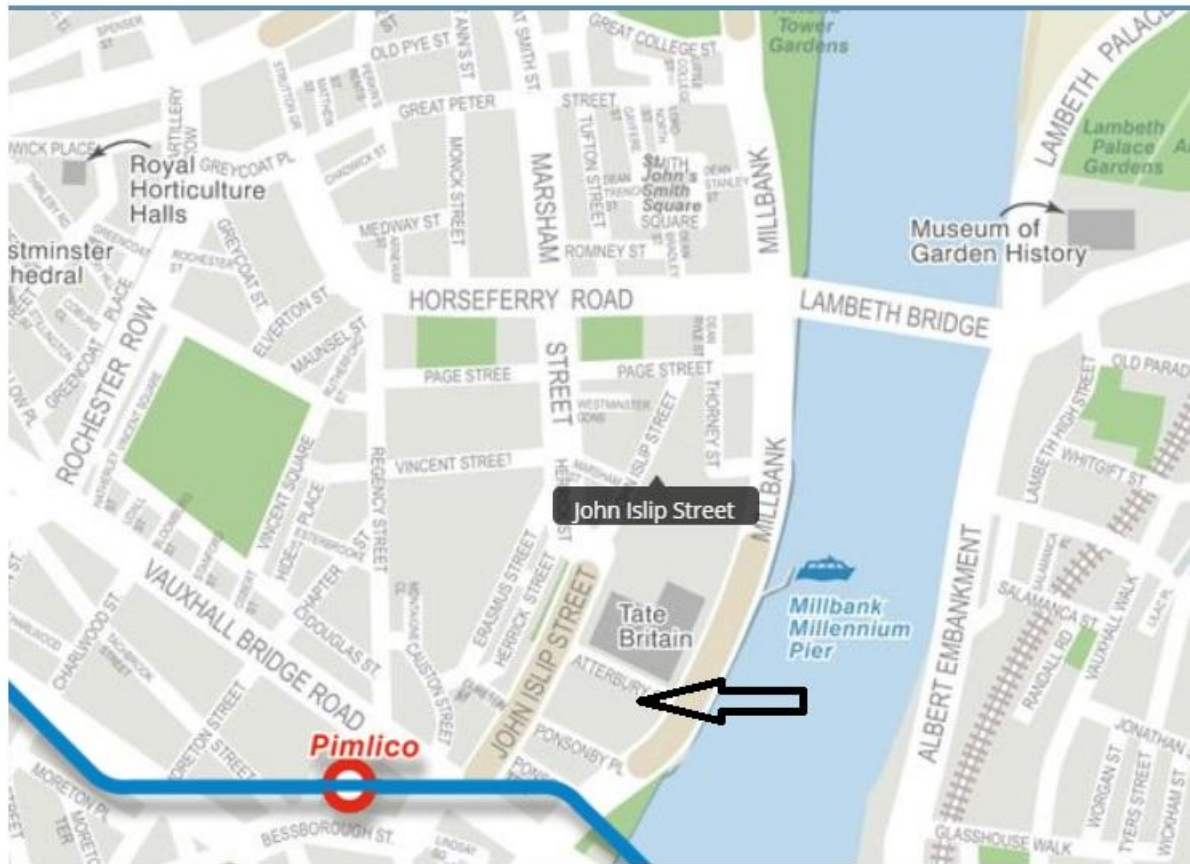
Directions for Millbank (Chelsea College of Arts, formerly the Royal Army Medical College)

The entrance to Reception is via Atterbury Street, opposite Tate Britain (arrowed on map below).

We meet for light refreshments at Reception from 1730hrs. The talk commences at 1830hrs.

Guests and new members are very welcome. Everyone attending the talk, whether in person at Millbank or online via Zoom, is asked to register beforehand via www.friendsofmillbank.org

LondonTown.com - John Islip Street Location Map



info@friendsofmillbank.org



www.friendsofmillbank.org