

Commemorative account of Adam Steel

Adam was 36 when he passed away on 14th October 2021 in the Peter Bruff unit at Colchester Hospital. It was sudden, unexpected & somewhat unexplained.

He had been blighted with bipolar disorder since his late teens. Although he suffered with bouts of depression interspersed with the occasional manic episode he didn't allow the chronic condition to define his life.

In fact, to his credit, he managed to hold down a full time job as a leisure attendant & swimming teacher from the time he left school up until his passing with very few periods of absence from work.

He was also in remission from testicular cancer. He took everything in his stride with very little fuss in relation to his health issues.

Adam had his demons and was afflicted with a gambling addiction for most of his adult life. Although this was the cause of great consternation he always received the support of his loving family.

He also struggled with his weight, something which he was trying to address at the time of his passing.

As a person Adam was a larger than life character who was the life and soul of the party with a great sense of fun and mischief. He made us all laugh and would strike up a conversation with anyone.

His great passion in life was Tottenham Hotspur football club where he had been a member and season ticket holder since the age of 6.

He leaves behind his loving wife, ^[personal/sensitive] who he had been with for 10 years and married for 3. His sister, Sophie, wanted to share these thoughts. Growing up with Adam we always had a close bond and through the years we would go out and socialise together, speak on a daily basis and always texting. I miss sharing stuff with him like siblings do. Since his passing my life feels like there is a massive void, life isn't the same. I find it devastating that he has missed out on seeing my little boy, ^[personal/sensitive], growing up. Adam had 2 years of being in his life and in that time he was a devoted uncle and really did dote on him, always taking him to the park or for days out. Adam would have absolutely loved him now and his fun character. Life will never be the same again since losing Adam, he was such a special person with a big personality. He was so kind and thoughtful and would always make people laugh. I miss so much about him and his presence in our family life.

Both his Mother and I miss him dearly. He used to visit a couple of times each day and was always on the phone or texting us. He would bring in errands and a newspaper, we affectionately nicknamed him "The paper boy" It's very strange no longer hearing the back gate open & him striding up the garden path to the kitchen door.

His passing has left a huge hole in all our lives, one that can't be filled. They say that time is a great healer, but I am not so sure.

We are all struggling to come to terms with his loss at such a young age. It's as though a bright, shining light has been switched off and plunged us into darkness.

It was testament to his popularity and the love for him, that on the day of his funeral people were queuing outside the chapel to pay their last respects to Adam. The celebration of a life cut short was continued at Harlow Town FC.

His 2 sets of friends from Waltham Abbey & Loughton organise a memorial charity football match every year in his honour.

Although he has departed, Adam is always in our hearts and mind will never be forgotten.