A Celebration of the Life of

Adam John Lovett

7 October 1967 – 5 August 2026

4 September 2026, Golders Green Crematorium
Celebrant: Kate Hobson



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Tribute

Adam Lovett touched everyone's hearts, and was a friend to many people. The picture of Adam with sunflowers says it all. He was a joyful man who brought joy to all. For the following tribute I'm grateful to those who have kindly shared their memories with me – Adam's brother Ben, his wife Lizzie, Elizabeth Adams, carer and House Mother, and others. I've also been privileged to read the memories of Adam that his mum wrote down from the time when he lived with her.

Rita's pride in her son comes through very clearly at the start of her memories of Adam. She wrote, 'He hasn't met the Queen as yet, but did meet Prince Charles when he attended Kentish Town City Farm, and Adam has also been to Number 11 Downing Street for a Christmas party bash.'

She goes on to tell us that he was born in West Brompton Maternity Hospital, and not long after, he moved with his mum to 23 Compayne Gardens in West Hampstead, London, which is where Rita stayed.

In 1972 Adam went to Alexander Priory school in Farringdon which then moved to a newly built school in Ainsworth Way. He played Buttons in 'Cinderella', the Christmas play, and there are some lovely photographs of that. His interests were music and dance, the theatre, drama, swimming, pottery and of course good food, to name but a few. Adam won countless certificates and medals, in particular for swimming, trampolining and scuba diving.

He grew up watching the soap opera Neighbours and continued his love for Kylie Minogue ever after. He had tapes, videos, CDs and DVDs of her. He went to see her in concert in the Wembley Arena when she was last in London in 2007.

In 1990 he was assessed to see if he could lead an independent life away from home and that resulted in him being offered a place in 122 Maygrove Road together with Tony and David, a project set up by Camden social services and the Camden Society to help three young men lead an independent life in the community that they had grown up in. Rita says that in June 1995 the three young men moved into their own home, and were able to choose their furnishes and fittings. And that is where Rita's memoir ends.

So, aged 27, Adam began a new and exciting phase of his life. He, Tony and David became lifelong friends. Many wonderful staff have helped to support Adam along the way. The most constant of these being Elizabeth who has cared for Adam, Tony and David for the past 20 years. She has become a real house mother towards Adam during this time. When Rita passed away in 2017, Elizabeth stepped in to help when Rita no longer could.

She supported Adam in so many ways, helping him to access the community and his religion, which they both shared – taking him to mass every Sunday at St Thomas More Church, just as Rita had done. Ben remembers how special it was when he and Adam

were young to go to Lourdes as part of a group from the Church – a very profound experience. Adam thought a lot about God, and explored the question 'Why God?'

Adam often went back to see his mum and family after he left the home in which he grew up. He never missed a celebration! Rita and Adam enjoyed gardening in Maygrove Road, as Rita didn't have a garden of her own. Adam also took his skills to the Mill Lane Garden Centre where he worked for a while, sweeping, potting up plants, sowing seeds, and tidying everything up.

And every Wednesday Rita came to see him – they'd have pizza and she'd cut his hair, slapping on a bit of *Paco Rabanne Pour Homme* aftershave afterwards. His mum was one of several constants in his life – a stable and supportive influence that allowed him to thrive. His bond with his mum was extremely strong, and Adam was fond of looking at pictures of the family in the photograph album.

Back in the 1960s, when Rita had baby Adam, she fell back on her family who supported her during this time. She met Nick a few years later and they tied the knot, and Adam was soon to become a big brother to Benjamin and James.

Ben remembers the time his mum found him and Adam stark naked running round in the rain one morning after they'd managed to get out of the flat. Adam was never happier than when he was in contact with water – playing in water, swimming in water, anything to do with water he loved, from a puddle to a paddling pool to the sea itself. No wonder he won all those certificates!

Ben talks of him liking Michael Jackson as a teenager and trying out the Moonwalk dance move, and Jason Donovan was also on his list. He remembers how Adam loved playing the guitar from a young age, and as well as song and dance he loved the movies. He was keen on 'The Hulk' when he and Ben were younger, and he later moved on to action heroes like Arnold Schwarzenegger and Sylvester Stallone. He always loved the original 'Willy Wonka & the Chocolate Factory' with Gene Wilder, but perhaps his overall favourite became 'An American Werewolf in London' which came out ten years later. He had a wicked sense of humour, which might explain his choice of a blackly comic horror movie!

Adam was so much part of his community – all the bus drivers knew him and all the staff in big Sainsbury's. He'd walk down the Finchley Road and Kilburn High Street chatting to the shopkeepers and being hailed and waved at by all sorts of people who knew him. He was always well turned-out. If he spotted a pretty girl his face would light up and he'd be off before you could turn round so he could present himself to her.

Rita had always made sure he had the best of the best in all ways, including the clothes she bought for him – no Primark trainers for *her* son – it had to be Nike. And he continued to dress with style – his 2012 Christmas present list from the family provided almost a whole wardrobe for him, from his Ted Baker sweatshirt down to his socks and his brown suede gloves.

He loved to look good and smell good – this was one of the reasons why the weekly ritual of having his hair cut by his mum was so important. He enjoyed simple pleasures with the other four senses too – touch, hearing, seeing, and of course tasting.

He loved his food so much it was difficult to stop him eating everything too quickly. He liked all kinds of food, but particularly cake. Whenever there was a cake anywhere to be had, Adam's in-built cake radar would find it! Birthday celebrations were extra special – it didn't matter whose they were – because they involved music, dancing and cake!

When Adam was little, Ben remembers him stealing tubs of ice cream out of the freezer at night and hiding them under the bed. His mum would come in the next morning only to find a sweet sticky puddle lurking there.

Adam was well-travelled. Rita wrote in her memoir of the holidays Adam took to Wales, Ireland, Holland, Spain, Majorca, France and Portugal. There was also Fuerteventura in the Canary Islands. And Elizabeth tells of the time he and his housemates stayed in Southend-on-Sea in a holiday organised by the Camden Society. It was a big group which meant hiring a coach to get them all there and renting a house for them to stay in. Mousehole in Cornwall was another destination, and they once went to Center Parcs. Nearer home they took trips along the Regents canal in a narrow boat which were also great fun.

Swimming was something the whole family enjoyed, and when Adam was older a special day was one when they went together to the pool at Swiss Cottage. Once they'd tired themselves out, there'd be a visit to the pub, followed by KFC or McDonalds to soak up the alcohol. Nando's was also a popular eating place. Adam loved his beer and wine but, like his food, was inclined to knock it back, and his mum had to find ways for him to pace himself by getting him to alternate each glass with one of water. And Adam did love his coffee, which he would happily drink all day long, so there were lots of trips to Costa and Starbucks.

Boxing Day was always a family get-together at Rita's flat. Monika and Brendan would come down to join them and there was cake, wine, Christmas dinner – and lots of coffee! And of course, music and dancing. They used to play pass the parcel with a cracker, and Adam was always a bit disappointed when his niece or nephew won the prize.

But Adam was delighted when Thomas, his first nephew, was born, and very keen to hold him; and he loved going to see Ben and Lizzie in Luton and playing with Thomas and little sister Ellie. Rita helped him to get the best Christmas presents for them and they have fond memories of him.

Later on, after he started to lose his mobility, he could still enjoy playing his guitar. You see that his beloved guitar has accompanied him here today, and Matt, with whom he enjoyed many sessions, will play live for us later. That and his karaoke machine and his

weekly massages were very important to him at this time. He could no longer go trampolining, which he missed – and everyone in the group missed him enormously too.

He liked the big friendly cat that used to come into his bedroom through the window, even though he'd been a bit frightened by it at first. He liked the stars on his ceiling and his shelves of CDs and souvenirs from his holidays, and the mug he'd made in his pottery class. He was quick to like everything and everybody, and he brought a big dose of happiness to his family, friends, and everyone who met him.

As Lizzie says, Adam had an innocent, loving soul and led a beautiful life which touched everyone he met. He was blessed in so many ways: he had a very active life which was also stable and secure; he had two mothers, both different, but both constants in his life; after he moved away from his mum's flat he lived for 30 years in another proper home – one he could call his own – with his friends Tony and David; and he lived his whole life in a community that he got to know really well and felt comfortable in. He was blessed by his wider family who were always there to support him and to share all the high days and holidays. In short, he loved and was loved by all, which is all that any of us could wish for.