



Thank you for offering to submit a contribution to the Rosedale **Cooking for One** book.

Please complete the form below and provide a copy of a photo of yourself and your loved one together if you have one. The idea behind the questions below is to find out a little more about the relationship you had with your loved one. We would love to hear your stories so please feel free to write as much as you are comfortable with. If you don't feel able to write a full story, please give us a broad outline of it below and we will contact you if we are likely to use it for some further information. Thank you.

Your Name:

Email Address:

Phone Number:

Tell us more about you?

Tell us a little bit about who you are, who died and the life you had together. For example, where did you meet?

How did your loved one die?

Were they ill for some time or taken from you suddenly? How did you react to being bereaved and what are some of the emotions that you experienced? Who was there to help you?

Can you give us some background to your bereavement

This part is important because we want to help other newly bereaved people who will not know that some of the things that they are experiencing are normal reactions to grief. Please tell us some of the background surrounding your bereavement and your journey through grief.

Tell us about your kitchen

Who was the main cook in your kitchen or did you enjoy cooking together? Has your love for cooking diminished since your bereavement? Do you find it hard to motivate yourself to cook and eat well?

Your recipe

Tell us more about your recipe here. Why have you chosen it? How has it helped you? Is it quick and easy or a good one to freeze ahead? How do you think it could help other people who have been bereaved? Do you have any stories to tell about it?

What advice would you give someone who is bereaved?

No two people are ever the same, but is there any advice you would want to offer someone who has been bereaved.

Details of your chosen recipe

Now please tell us the ingredients and the method for your recipe. If you need any help with working out measurements or instructions, Simon the editor may be able to help you.

Additional information

Please use this space to let us know anything else that you feel is important to your story and recipe you would like to share.

Disclaimer

By submitting materials, you grant us a non-exclusive, perpetual, royalty-free, worldwide license to republish any material you submit to us in any format, including without limitation print and electronic format.

In particular, you agree to the use of your material in either the proposed Cooking for One book or at a later date in other printed material, on our website and/or media or social media, provided that due credit is given to the author.

We cannot guarantee that all recipes submitted are used either for reasons of space or potential duplicates of recipes from other contributors.

We would like to contact those who have submitted material, either for publicity purposes or to take part in one of our planned testing and tasting days before publication. If you agree to allow us to contact you, please tick this box.

Signature:**Date:**

Please return the completed form and a copy of a photograph to accompany your story to -
Cooking for One, Rosedale Funeral Home, 63 Victoria Road, Diss, Norfolk, IP22 4JE