

Who we are and what we do

- ▶ Did you or your loved ones get diagnosed with multiple sclerosis and are searching for information regarding what awaits you and how your life will be affected?
- ▶ Do you need consultation on how to manage practical things regarding medical or financial aid or to gain experience from other patients?
- ▶ Do you want to learn how to exercise and relax in a way that will relieve you?
- ▶ We offer this exact help at the ROSKA Union - a patient organization which, thanks to its subsidiary branches, is close to MS patients in all regions of Czechia.
- ▶ ROSKA organizes exercising and wellness stays. You can swim or walk with us on trips, consult with us about disability pension, the availability of treatment, rehabilitation or health resorts and spas. You can also meet with a collective of people who face a similar health challenge as you.

With ROSKA you will never take on multiple sclerosis alone.

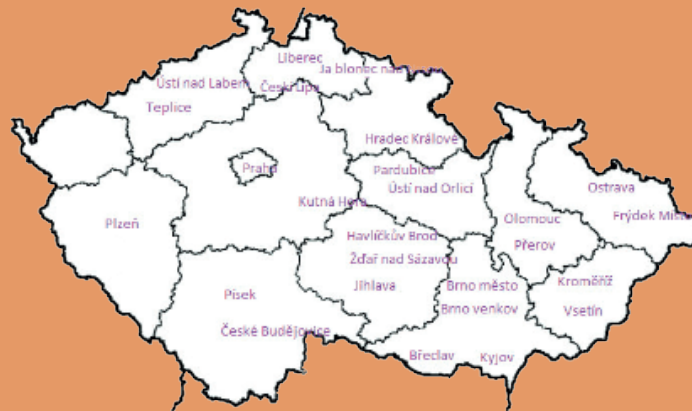
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Iceland
Liechtenstein
Norway grants



Contact:
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Map with cities, in which subsidiary branches are located



<https://www.facebook.com/UnieROSKA>
Křižíkova 167/50
186 00 Praha 8 Karlín
IČ: 45768889
Registered in the Business Companies Registry,
entry no. L 3530, conducted by the City Court
of Prague.

www.roska.eu



We are here to help people with multiple sclerosis as well as their close ones to live a good and dignified life. We are close to you in all regions of Czechia thanks to our subsidiary branches.



Unie ROSKA – česká MS společnost, z. s.

We help people with multiple sclerosis with active involvement in life



DMS ROSKA 30
DMS ROSKA 60
DMS ROSKA 90
DMS ROSKA 190
87 777

<https://www.darujme.cz/organizace/1200703>



Support us

How you can help our cause

Via Darujme.cz

Via DMS

A donation SMS in the form of **DMS ROSKA 30, MS ROSKA 60** or **DMS ROSKA 90** can be sent to number **87 777**

How you can help our cause

A donation directly to our ČSOB, a. s. bank account.
252406314/0300

We will gladly issue a confirmation of the transaction for the purpose of a deduction in your annual tax report.

Please contact us at our e-mail roska@roska.eu

Our activities

► The ROSKA Union yearly organizes Roskiáda - Various sports games for patients with multiple sclerosis. We meet up in order to reunite and compete with friends. We also do this so we remember the importance of routine sporting exercise for patients with MS.

► These simple sports activities are structured so that every participant can choose an activity catered to their ability.

► The main motto of the event is a message that despite each patient having different limits, boundaries and options it is still possible to live, play sports and have fun.

► “Some say that it’s not about winning but participating. But I think that it in fact is about winning. Winning over the discomfort that travelling brings to someone, to win over something that is giving me pain today and to win over my own self. Is it enough to hit the goal three times? It isn’t. Last year it was three times and this time I want to do four. I want to find out and see that I can, against the illness and passage of time, get better!”
says Olga Rubínová from Brno.



What does ROSKA membership bring?

“In ROSKA I find people who have the same problem as me and know what they’re talking about. One time I spoke of ROSKA as if it was a second family because I’ve found people who’ve helped me with MS in my personal life as well.”

Jana V.

“For me personally it means a lot. I have the ability to meet with people, find new friends and take part in new activities.”

Eva Z.

“Thanks to ROSKA I found out that I am not alone with this problem. I’m not the only one who has multiple sclerosis. I’m not the only one who has kids and only sometimes manages. Despite being afraid for so long that I won’t be able to manage after finding out how badly the illness can advance I did end up going to ROSKA and found out that that’s not how it works. I feel good here.”

Eva Š.

Support us

Your donations help us act. They assist us in funding pool and gym rentals as well as more resources for consultations and education. A donation within the price range of a single lunch will help patients with MS cover one hour of rehabilitation swimming.

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