Splashing around in the desert

INSTAGRAM user @tanjabernaards posted this #MyDubai snap of her cooling off her horse during the 100km endurance lady's race at Al Wathba Endurance Village in Abu Dhabi. The photo got 5,465 likes.

Nine arrested in drug raids

MORE than 30,000 narcotic pills and 13kg of heroin were seized and nine drug smugglers were arrested in five separate operations in February and March 2015 across the UAE.

The raids were carried out by the Anti-Narcotics Federal Directorate General at the Ministry of Interior and police anti-narcotics units in coordination and cooperation with authorities in Oman.

Colonel Saeed Abdullah Al Suwaidi, director general of Anti-Narcotics Federal Directorate General at the Ministry of Interior, said the teams prevented two attempts to smuggle 12.5kg of heroin into the country, reported UAE news agency WAM.

The attempts were made by two suspects in Ajman and Umm Al Quwain, where 2,500 pills were also seized, WAM said.

Al Suwaidi said that in the other operations, 500g of heroin and 22,500 narcotic tablets were captured in Dubai.

In Ras Al Khaimah, two suspects were allegedly found with 9,000 narcotic tablets.

Time for show of support

Call for Parkinson's facility to improve lives of sufferers

By Megha Merani

THE UAE is in desperate need of a daycare facilities for people with Parkinson's, the founder of a support group for the disease has said.

Vonita Singh, who started the Parkinson's Support Group Dubai to reach out to patients in the UAE, says patients and their families need urgent help to cope with the incurable condition.

Speaking at an awareness event held by the group to mark World Parkinson's Day, she told 7DAYS: "There is a big gap for a midpoint between home and hospital. Like in the West - the US or UK - you have daycare centres. But with us, here in the UAE, and in Asia, I've seen it's either home or hospital... That's a big gap and a big need."

Singh, who founded the pro-bono support group after she lost her father to Parkinson's, said support and therapy is crucial for patients not to lose hope and manage their symptoms for a better quality of life.

The volunteer, who holds free twice-weekly 'Movement Mantra' sessions to help people with the condition keep their muscles active, believes the centre is also key to helping fight depression, which can overcome sufferers, and prevent them from becoming isolated.

She explained: "The centre can have a physiotherapist, a speech therapist, movement therapist, doctors and family members can be at ease knowing the patient is in a safe environment with technical backing, not only getting treatment but also socialising, instead of sitting home maybe watching TV all day."

Those looking for support with Parkinson's can reach out to the group via its Facebook page, Parkinsons Support Dubai Live Love Life.

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