With passion and dedication, the selfless and tireless commitments of these women change the lives of those less fortunate.

LOLA LOPEZ FOUNDER, VOLUNTEER IN DUBAI, ABU DHABI AND SHARJAH

Lola's goal is to save charities time and money, rather than giving them money. Dedicated entirely to providing local charities with volunteers (who have worked over 42,000 hours in the last year) and making sure their abilities are used to their full capacity, Lola's organisations have supported, organised and managed nearly 200 charitable events. She has in turn saved the charities she helps almost Dhs3 million by sourcing the products and services they need through community resources, before donating them free of charge to those in need of assistance.

IMAN YABROUDI PATIENT AFFAIRS COORDINATOR, PALESTINE CHILDREN'S RELIEF FUND

As advisory committee member and patient affairs coordinator with the Palestine Children's Relief Fund, Iman's role sees her helping deprived and disadvantaged children from countries such as Syria and Palestine, receive urgent medical treatment. A lover of art and culture, she has also devoted time to the Palestine Youth Orchestra and other institutions in the West Bank. With a caring hands-on approach, Iman uses her natural maternal nature to support the children whilst they recover and get back on track, while also overseeing the administration involved.

LUCY BRUCE FOUNDER OF HARMONY HOUSE

British-born Lucy has been in the UAE since 1999; in 2003 she co-founded Insignia, a bespoke brand communication agency in Dubai. Over the past few years, she has become increasingly devoted to charity work, founding her own non-profit organisation, Harmony House. Her initiatives have made a difference to the lives of nearly 100 under-privileged children living in the outskirts of Delhi, as Harmony House provides education, food and basic hygiene to destitute children. She is also actively involved in every aspect of fundraising and the management of the charity.

SAHER SHAIKH FOUNDER, ADOPTACAMP AND CARE PACKAGES FOR LABOURERS

A notion that began with buying a labourer's lunch at a supermarket four years ago has seen Saher create two non-profit irritiatives and subsequently improve the lives of thousands of workers in the UAE. Working alongside a team of dedicated volunteers. Saher's vision has seen the donation of relief packages to hundreds of labour camps, which deliver essential supplies changed their lives, proving that a little gesture can go a long, long way.

ISPHANA AL KHATIB DIRECTOR OF AL NOOR TRAINING CENTER FOR CHILDREN WITH SPECIAL NEEDS

For the past 28 years, Al Noor has provided professional training to the special needs community of Dubai, helping the city's children live life to their full potential. Since joining Al Noor in 1998, Director Isphana has introduced comprehensive training programmes while raising the standard and profile of the centre, helping to improve the lives of over 265 individuals. Testament to Isphana's and toiletries to the labourers who helped build commitment, professionalism and passion, she our nation. Her boys' say that ber kindness has recently received the award for Best Director at the Princess Haya Awards for Special Education (PHASE).