



AHMED AL-KADI PRIVATE HOSPITAL NEWSLETTER

Jan - Feb 2017

AHMED AL-KADI PRIVATE HOSPITAL CHAIRMAN'S REPORT

Dear Shareholder

The year 2017 will go down in history for both the Islamic Medical Association of South Africa (IMASA) and the Ahmed Al-Kadi Private Hospital.



It is a milestone for IMASA as the realisation of a dream that the founding fathers, had over 3 decades ago, inspired by Dr Ahmed ElKadi after whom the hospital is named.

For Ahmed Al-Kadi Private Hospital and its "patient" shareholders, it's almost the end of a 3 year journey with its happy as well as challenging moments and we now embark on the next phase of our dream i.e.. the operational side and profit generation to ensure that the shareholders get a good return and at the same time provide "Excellence in Health Care".

As you are aware our senior management have been part of the team for the greater part of the past year including our unit managers and certain heads of departments. On the 1st February 2017 almost 200 staff members reported for duty. They underwent an intensive orientation program and were given a tour of the entire hospital in preparation for the opening of the hospital in the next

3 weeks. They were also involved in preparation for the inspection by the KZN Department of Health.

All the equipment has been delivered and is being currently installed. Stocks are now being ordered and will be delivered in the next 2 weeks in anticipation of our opening.

The Mimsys HIS has been undergoing testing and will go live soon. The Medical suites and the Mansard building will be completed in the next month.

The final property west of the hospital has been acquired which allows for a 3000 square metre extension for additional wards to include a Cardiac Cath lab, CCU, Physical Rehab beds, additional medical suites and additional parking.

Currently staff have been given permission to park in the church parking courtesy of the Durban Christian Centre, at the bottom of Elsie Road, a short distance from the hospital.

Thank you to all those that have bought additional shares which are almost sold out.

The deadline for the final share sales for current shareholders at R12.50 per share is 28 February 2017 and as you are aware there is an imminent price increase.

It is important for shareholders to be aware that the scope and cost of the project increased dramatically due to:

- The increase in the number of beds from 80 beds to 164 beds
- The unfavourable foreign exchange
- The renovations to the Mansard Building
- Additional 2 parking decks
- Road widening
- Acquisition of 8 properties and renovation of some of these properties
- Future expansion plans including TIA as well as rezoning applications
- Additional working capital
- HR and the other costs before Opening of the Hospital
- Preliminary & General costs escalated due to delays

The news that you have been waiting for:
**AHMED AL KADI PRIVATE HOSPITAL
HAS BEEN INSPECTED AND IS NOW
APPROVED AS A FULLY LICENSED
164 BED PRIVATE HOSPITAL.**

The application to the Board of Health Care Funders who will register the hospital before it can open for business has been submitted. We await further communication from BHF.

All shareholders are invited to tour the facilities and meet the team between the 22th to 26th February from 10am to 1pm please call and make a booking.

Contact details

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EXCLUSIVE INVITE

VENUE:

The Ahmed Al-Kadi Private Hospital,
Mayville
Main Entrance on Barnard Road

TIME SLOTS:

10AM – 11AM
11AM – 12PM
12PM – 1PM
1PM – 2PM

BOOKINGS ESSENTIAL!

RSVP by Monday 20th of
February 2017
messack@ahmedalkadi.com

Please specify the time slot &
number of attendees in your
party.



EXCLUSIVE SHAREHOLDER INVITE

Dear Shareholder,

The Ahmed Al-Kadi Private Hospital requests the honor of your presence for an exclusive walkabout & viewing of the Ahmed Al-Kadi Private Hospital from Wednesday the 22ND of February to Sunday the 26TH of February from 10AM till 2PM.

Please join us on this exclusive tour.



EXCLUSIVE INVITE

Contact details

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Hospital Update Photos



Operating Theatre



Walls and Arches



Main staircase



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Staff Orientation 1 Feb 2017



The Ahmed Al-Kadi Private Hospital Team welcomed 200 new team members on the 1 Feb 2017. These diverse and dynamic staff included; catering, nursing, administration and hospitality. The event was a success in ensuring a smooth transition of the new starters with presentations of the company from inception to date by the directors, manco team and unit managers.

Lunch was provided to all by our sterling catering team who went above par to ensure our level of excellence is maintained in presentation and taste.

New staff were introduced to Dr Ahmed El-Kadi as a person, and were taken on journey to how Ahmed Al-Kadi Private Hospital became the anticipatory established world class healthcare facility that is already is.





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Staff Training 5 Feb 2017



As a healthcare facility that shapes its services around excellence in healthcare, our new starters underwent relevant brain storming sessions and exercises which included; excellence in caring, excellence in patient care, excellence in communication as well as excellence in providing Islamic Ethos care to repsective patients.

Staff also got to participate in activities and engage with unit managers and other staff to promote trust, clarity of communication, respect and integrity.





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Our Departments at work

Catering Department



Surgical Ward



Laundry Department



Pharmacy Department

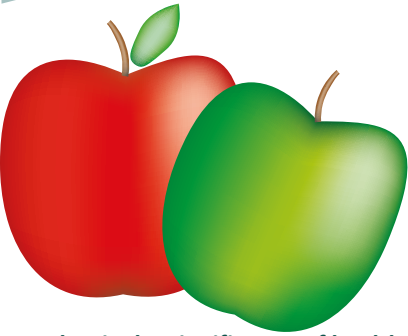




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February is Healthy Lifestyle Awareness Month

What is the significance of healthy lifestyle awareness month

Healthy lifestyle awareness month is celebrated annually in February each year in South Africa. It is a whole month program to educate the country on healthy living, physical activity and wellness – mental and physical.

It is a fact that in order to prevent diseases, curb the elements of stress and enhance overall wellbeing a healthy lifestyle is mandatory. However, the current living in all parts of the world is so high paced and overly pressurised that finding time for you is almost near to impossible. In order to find ways to a healthy balanced life this month is celebrated with an entire focus on health and wellbeing.

What is a healthy lifestyle?

It is important to know and educate yourself about the basics of healthy lifestyle. Many products and organisations claim to possess the knowledge and ability to provide you with a healthy lifestyle but the fact is that these expensive services or products cannot be relied upon. They are merely more commercial than helpful. This is why one must know what exactly a healthy lifestyle is.

Some of the important essentials of a healthy lifestyle are the following:

- Healthy, nutritious diet
- Regular exercise
- Avoidance of toxins and stimulants like cigarettes or alcohol
- Sound sleep
- Regular check ups

A lot of people get scared when they see the long list of “what should be done” to stay healthy that they decide to avoid it. However, you can start off by inculcating each point gradually in your life rather than strictly following all. Healthy Lifestyle Awareness month is celebrated to enable people to focus on their healthy lifestyle activities and all the points which are missing from their lives.

What to do during Healthy lifestyle awareness month?

This month requires a transformation- which do not have to be radical, in your lifestyle. It is important to plan out what your body requires for a healthy lifestyle and how to successfully incorporate good habits in your life.

First of all you must eat well. A diet that is made of vegetables, lean protein and also includes water is necessary. Avoiding processed or packaged foods is necessary and inculcating freshness in your lifestyle is what you must educate yourself towards. Start off this month with all the fresh ingredients such as rice, beans or lentils. Cook mouth savouring fresh foods throughout the month and watch how they grow on you.

Secondly, a good diet must always be accompanied with good exercising habits no matter which age group you belong to. Taking short walks and inculcating light exercises in your life or joining the aerobics class, dancing class instead of sitting and wasting hours watching TV can be very helpful for your body and mind. Your time is precious and so is your health.

Thirdly, getting regular checkups and visiting doctors, dentists is always a good way to keep a check on your body. These can help you detect problems pretty early and enable a quicker treatment. Celebrate this month by taking up appointments and getting the necessary checkups in order to find out the details about your precious body.

<http://www.healthshare.co.za/index.php/significance-healthy-lifestyle-awareness-month/>