



Charlie's Gift

Confident Ageing



## Gem Volunteer Hours Breakdown.

OPAL = face to face hours with your OPAL

Group = participation in 2-hour group mentor and education session.

Total = Estimated total face to face hours required each week of the program.

	Weeks 1-6 Hours			Weeks 7-12 Hours			Weeks 13-18 Hours			Weeks 19-24 Hours		
	OPAL	Group	Total	OPAL	Group	Total	OPAL	Group	Total	OPAL	Group	Total
Week 1	1	2	3	2 x 1hr	2	4	2	2	4	2 x 1hr	2	4
Week 2	1	0	1	2 x 1hr	0	2	3-4	0	4	2 x 1hr	0	2
Week 3	1	2	3	2	2	4	3-4	2	6	2 x 1hr	2	4
Week 4	2 x 1hr	0	2	2 x 1hr	0	2	3-4	0	4	1	0	1
Week 5	2 x 1 hr	2	4	2	2	4	3-4	2	6	1	2	3
Week 6	2 x 1 hr	0	2	2 x 1hr	0	2	3-4	0	4	2	2	4

**NB: Face to face hours with your OPAL will depend on the time they need to progress through the program and also the hours needed for the OPAL to participate in their leisure/social activity. The above guide should indicate the maximum hours required.**