Using this pack

Understand participant experience and identify practical programme improvements.

This pack helps a charity or community organisation carry out a manageable first review. It includes a PDF guide, editable browser worksheets and CSV recording templates. Use the steps below to adapt the materials to your programme and context.

Files and how to use them

Open Worksheets.html in a browser. Edit the wording and write into the spaces. Use Print or Save as PDF to retain your work. Download your answers as a local JSON file if useful. Nothing is submitted to HumanScope.

Open the CSV files in Excel, Google Sheets or another spreadsheet app. Save a working copy. Blank rows are intentional: add one row per record. Keep dates and response categories consistent.

Read the questionnaire or discussion prompts before collecting information. Pilot the wording with two or three appropriate people and note adaptations.

Review the included licence and release notes. Analysis, meetings, bespoke survey hosting and interpretation support are separately scoped services.

Important distinction

Use the five closed questions as experience items, not as an impact score. Choose the three or four items most relevant to your service and retain the original anchors. Do not combine the answers into a single wellbeing or effectiveness score.

Te Whare Tapa Whā

Holistic reflection for your experience of this programme.

Acknowledging the Māori health model developed by Tā Mason Durie. We use original service-specific prompts to support discussion across the four dimensions; these prompts are not a validated measure or an endorsed Māori evaluation instrument.

Taha tinana Physical wellbeing	Taha hinengaro Thoughts and feelings
Taha whānau Whānau and relationships	Taha wairua Spiritual wellbeing, identity and meaning

Whenua and place context

Invite discussion of the land, places and environments that support connection and wellbeing where this is relevant and welcomed. Record this context separately; it is not a fifth numerical scale.

Use the dimensions together. Do not rank them, combine answers into a score, or interpret one dimension without the participant’s broader context. Agree the use and meaning with local Māori partners and participants before collection.