



Case Study

Boogie Mites Music Project at Bermondsey and Rotherhithe Locality Family Hubs and Pilgrims' Way Pre-school/School.

This is a project that has tested the transferability of Boogie Mites music group leading skills, not only in nursery/school settings, but also in family groups settings, via an onsite training launch and online training platform of Boogie Mites resources. The project area, within London Borough of Southwark, is one of high deprivation with a high proportion of EAL families.

The Bermondsey and Rotherhithe Locality Family Hub team have invested time to learn and perfect delivery of Boogie Mites music and movement sessions, to link and work with onsite nursery and school provision. There have been three aspects to the project over the years 2022-2025:

1. Under 3's family groups
2. Pilgrims' Way Pre-school project
3. Pilgrims' Way Primary project

The annual license renewal has been made each year based on evaluation of the impact of these projects.

The evaluation of impact for 2026 renewal highlighted how the project fits with the new vision for Family Hubs as a place to link family support from birth to 5, in partnership with onsite/local nursery and school provision.

Background

Boogie Mites equip early years educators and parents with the knowledge, confidence, and resources to harness the brain boosting benefits of music activities, every day.

Underpinned by neuroscience evidence, Boogie Mites training and resources provide early years teams with the skills and tools to embed daily music activities, supporting development of sound processing, rhythmic awareness and motor sensory integration, for the children and adults taking part. The music programmes are evidenced to support cross curricular EYFS development, building strong foundations for language, literacy and learning at school. Wider benefits include a boost to children's and educator wellbeing, social and emotional skills, parent engagement and community cohesion.

Boogie Mites multi-sensory music-making activities support children with a wide range of special educational needs and disabilities.



Bermondsey and Rotherhithe Locality Project

Boogie Mites trained the team at Rotherhithe and Ellen Brown family Centres via onsite training in July and September 2022, this package included access to online training course and training videos. The license and access to online training is renewable annually and has been renewed each year following

Pilgrims Way Centre was added in December 2023.

In January 2024 all 3 Centres added Boogie Mites School Ready, Babies & Sticks and Sounds (SEND) Music Programmes, the centres combined and reset the annual renewal date to 1st January. The license for all programmes and all 3 Centres has been renewed each January since.

South Bermondsey Family Centre was added January 2026.

Under 3's Family Groups at Rotherhithe, Ellen Brown and Pilgrims' Way Family Centres 2022-2025.

'Bermondsey and Rotherhithe Children and Family Centre have been delivering Boogie Mites for a few years now and it is one of our most popular and in high demand group by our families. The children and parents engage well with the songs, the actions and rhythm. We have lots of fun and it's a great opportunity for parents/carers and their children to spend quality time together, singing, learning, and developing their communication and social skills through this group. At the end of each session, we see everyone feeling energised, happy and connected. We highly recommend it, as it is having a positive impact on everyone's physical and mental wellbeing'

Dina - Senior Early Years Practitioner, Bermondsey and Rotherhithe Family Hubs

Pilgrims' Way Pre-school/Primary Boogie Mites School Ready Project 2024

Boogie Mites music sessions were delivered from January 2024 until July 2024, with one session offered per week to the children in the nursery and in Reception. The children were introduced to this new group and supported each week to learn new songs, and adaptations were made to the nursery children, by the practitioner delivering the group in the nursery classroom to reduce transitions and challenges.

Number of families, sessions and attendance over 4 years 2022 to 2025: See Appendix data table.



Feedback from Nursery/School

“Many children started the year with speech and language delay and learning the songs has really boosted their confidence. They dance and sing along to all the songs and can’t wait for Wednesday afternoons to arrive.”

Rebecca – Nursery Teacher

“I cannot thank the (Family Centre) staff enough for how amazing the Boogie Mites sessions have been. The music sessions were so much better than what I could have provided for the children. The children developed their musical skills in a fun, stimulating way. I witnessed lower ability children come out of their shell and shine. I loved watching the children glow. The staff are fantastic- Very enthusiastic, positive and caring. We always look forward to our weekly session. Thank you so much”

Tina – Reception Teacher

At the end of the 2024 project, children knew the songs and gained more confidence in repeating the songs and movement in their class. Children with additional needs were engaging more and were more able to recognise the songs and what comes next.

As it was so successful this project was repeated from January 2025 to July 2025.

Pilgrims’ Way Pre-school/Primary Boogie Mites School Ready Project 2025

“Carlos delivered weekly Boogie Mites sessions to the nursery children at Pilgrims' Way. The sessions were engaging and fun and Carlos delivered them excellently. At the start of the block of sessions many of the children were new to nursery and very young - only just 3 - Carlos was patient and positive and supported them to engage with the songs and actions in a gentle and supportive way which made the sessions fun and relaxed. The children rapidly got used to the format of the sessions and began to engage more consistently and show high levels of motivation and focus. By the end of the block of sessions their participation was excellent, and the children were singing and dancing along and anticipating the moves and rhythms of the next song.

Carlos created a really positive relationship with each child and they will miss him now that the sessions are over.

These sessions support children's language development and oracy as well as boosting their confidence and introducing them to different rhythms which supports their phase 1 phonics learning. They are a huge support to us as a nursery, and I would recommend them to any setting particularly those with high levels of EAL and SEN.”

Rebecca – Nursery Teacher



End of project summary

This was presented at locality meeting:

By the end of the programme, the children had learned the songs and gained confidence in repeating both the lyrics and accompanying movements within their class. Children with additional needs were increasingly engaged and became more able to recognise the songs, as well as anticipate what would come next. The use of multi-coloured scarves and sensory lights was particularly enjoyed and added to their overall experience.

Over the 16 weeks, remarkable progress was observed. At the beginning, many children found it challenging to follow instructions and remain focused, and sessions sometimes required a lot of re-direction. However, with consistency and patience, the sessions soon became part of their routine. The children began to recognise the sequence of songs, remember the actions and lyrics, and participate with enthusiasm.

It was encouraging to see how much joy and excitement the sessions brought. The children looked forward to Boogie Mites each week, and their increased confidence, engagement and enjoyment were clear to see.

Plan for project extension 2026

Speaking at the National Centre for Family Hubs conference, Early Education Minister Olivia Bailey set out her vision for the Best Start Family Hubs and Healthy Babies programme, ahead of the launch of the next phase in April.

The minister described the hubs as a 'reset of early family support designed to transform services around families', and said the focus was to 'not simply increase the number of physical hubs.' She stressed the importance of hubs' proactive partnership with private and voluntary providers and 'meeting families where they already are.'

The Bermondsey and Rotherhithe Family Hubs/Boogie Mites Project support this vision perfectly. Boogie Mites 0-3's music and movement sessions providing the tried and tested vehicle to engage families with babies from birth, followed by support for onsite nursery and primary EYFS settings with Boogie Mites School Ready Music Programme. The repetition of familiar music activities, with progression, strengthens key skills needed for children to thrive in the school classroom.



There are 4 proposed extension projects in 2026:

1. Saturday family sessions at Rotherhithe Family Hub to make Boogie Mites family music sessions available to working mums and dads. The Family Hub team will monitor attendance and impact.
2. With South Bermondsey Centre added to the license package from January 2026, Centre staff will commence delivery of Boogie Mites to the baby room of the onsite LEYF nursery.

“We will evaluate the progress of this over the next term. A number of the children have accessed the Boogie Mites sessions whilst attending our activities with their parents. As we are community focused and wish to continue our relationship with family and children offering this via the nursery adds to the continuation of support and the Best Start in Life ethos that we are trying to implement. This also aids partnership working and putting the Early Years and language support as a priority for all practitioners.”

3. Pilgrims’ Way Pre-school/Primary Boogie Mites School Ready Project will be repeated this term. Boogie Mites will contact Pilgrims Way School to share evidence of positive outcomes from Boogie Mites transition projects, and to propose that Boogie Mites offer transition parent workshops at the school in the summer term 2026, with parents having access to the music activities for practicing at home over the summer holidays. Reception Teachers can be supported to use Boogie Mites music activities for all children in September, to help settling in with familiar group activities and to help identify the children that need small group practice to boost rhythmic and sound processing skills going forward.
4. Boogie Mites will provide the Family Hub team with a parent information sheet and QR code for accessing a selection of music activities to support practising at home for families attending the under 3’s groups at all 4 Centres. Parents will be asked to evaluate the impact of home practise.

Boogie Mites would like to thank Lisa Hodson, Strategic Hub Lead, and the team at Bermondsey and Rotherhithe locality, for their commitment to this project, for working with the onsite pre-school/school and local families, to harness the significant benefits of regular music activities for children’s early brain development, for community cohesion and for the wellbeing of everyone involved.

Appendix 1

Number of families, sessions and attendance over 4 years 2022 to 2025, data supplied by the Family Hub Team:

Centre	Year	Total number of families	Total number of sessions delivered	Average attendance (families per session)
Ellen Brown	2022	N/A	N/A	N/A
	2023	756	55	14
	2024	360	27	13
	2025	928	73	13
Rotherhithe	2022	193	14	14
	2023	1572	108	15
	2024	1029	75	14
	2025	1125	83	14
Pilgrims' Way	2022	149	15	10
	2023	N/A	N/A	N/A
	2024	460	62	8
	2025	115	8	14
South Bermondsey	2022	N/A	N/A	N/A
	2023	N/A	N/A	N/A
	2024	N/A	N/A	N/A
	2025	313	26	12