

Adaptogens and Nootropics

Adaptogens -
Adaptogens are natural compounds found in certain plants and mushrooms that help the body manage stress, anxiety, and fatigue. These substances are believed to promote balance and stability in the body by targeting specific stressors. When consumed, adaptogens work to support the body's response to physical, emotional, or environmental stress, potentially improving overall well-being and energy levels. Common adaptogenic plants and mushrooms include ashwagandha, Rhodiola rosea, and reishi mushrooms.

Nootropics -
Nootropics, also known as “smart drugs” or “cognitive enhancers,” are substances or compounds that are claimed to improve mental functions such as memory, focus, creativity, or motivation in healthy individuals. These can include natural substances, like herbs and plant extracts, as well as synthetic compounds. Common examples of nootropics include caffeine, ginkgo biloba, and racetams. The goal of using nootropics is often to boost cognitive performance, particularly in challenging or high-stress situations.

The project will re purpose spent grains from the brewery as fertiliser for a dedicated garden space, cultivating herbs and roots, as well as mushrooms grown beneath the stands. By incorporating sustainable gardening practices, the initiative will engage schools and the local community, offering educational opportunities to learn about the process while sparking interest in trying these innovative, health-focused drinks as an alternative to alcohol.



LIONSMANE

Function: Improves mood, energy levels and mental health
Flavour: Umami, creamy and chocolate
Actives: Hericenones, erinacines, beta-glucans



LEMON BALM

Function: Reduces anxiety and provides calm
Flavour: Gentle, warming citrus aroma
Actives: Rosmarinic acid, caffeic acids, chlorogenic acid, metrillic acid, flavonoids



ASHWAGANDA

Function: Soothes frazzled minds and relieves stress
Flavour: Subtle, bitter and nutty
Actives: Multiple alkaloids, saponins and lactones



CORDYCEPS

Function: Enhances aerobic performance and accelerates recovery.
Key Actives: Polysaccharides and cordycepin.



GINGER

Function: Metabolic booster that primes you for a big night
Flavour: Lively, hot and green
Actives: Gingerol, Zingerone, Shogaol



GINGKO BILOBA

Function: Enhances cognitive function, supports memory, and reduces anxiety.
Flavour: earthy, slightly bitter, and herbal.
Actives: terpenoids ginkgolides, bilobalides



NETTLE

Function: Anti-inflammatory, regulates blood pressure.
Flavour: Green and grassy with a peppery bite.
Extraction method: Ethanol extraction



RHODIOLA ROSEA

Function: Boosts energy, enhances stamina, and reduces fatigue.
Key Actives: Rosavins and salidosides.

Examples

Programme

Melrose Rugby club

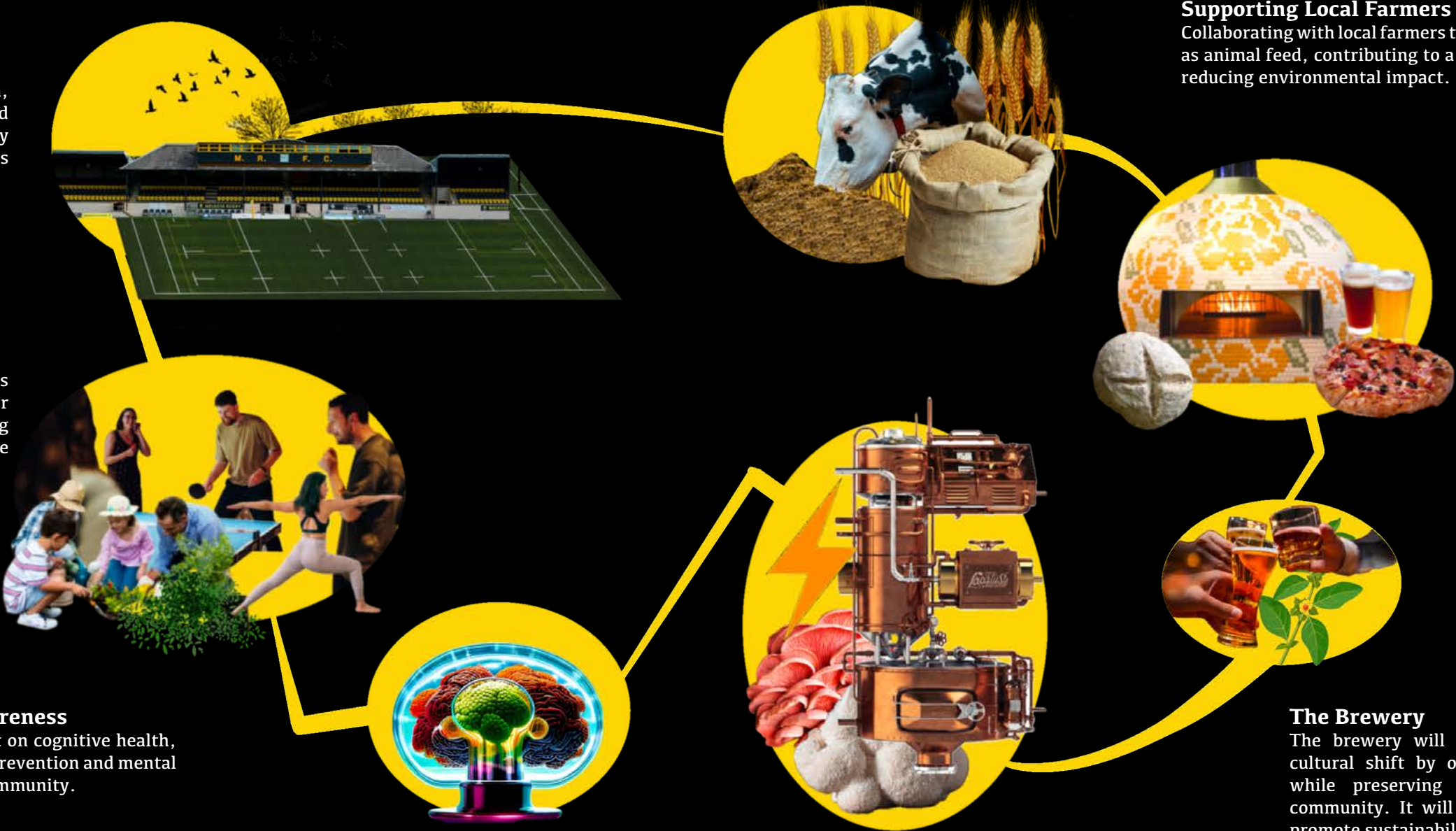
The starting point of this vision, transforming an underutilised building into a vibrant community hub that preserves traditions while embracing innovation.

Community Interactions

A space where families and friends can connect, fostering a stronger sense of belonging and providing opportunities for inclusive activities beyond rugby.

Brain and Concussion Awareness

Promoting education and support on cognitive health, with an emphasis on concussion prevention and mental well-being for players and the community.



Supporting Local Farmers

Collaborating with local farmers to also use spent grains as animal feed, contributing to a circular economy and reducing environmental impact.

Sharing Food Made with Spent Grains

Spent grains from brewing will be transformed into bread and pizza, encouraging socialising through shared meals and cooking classes connecting the club to the local community.

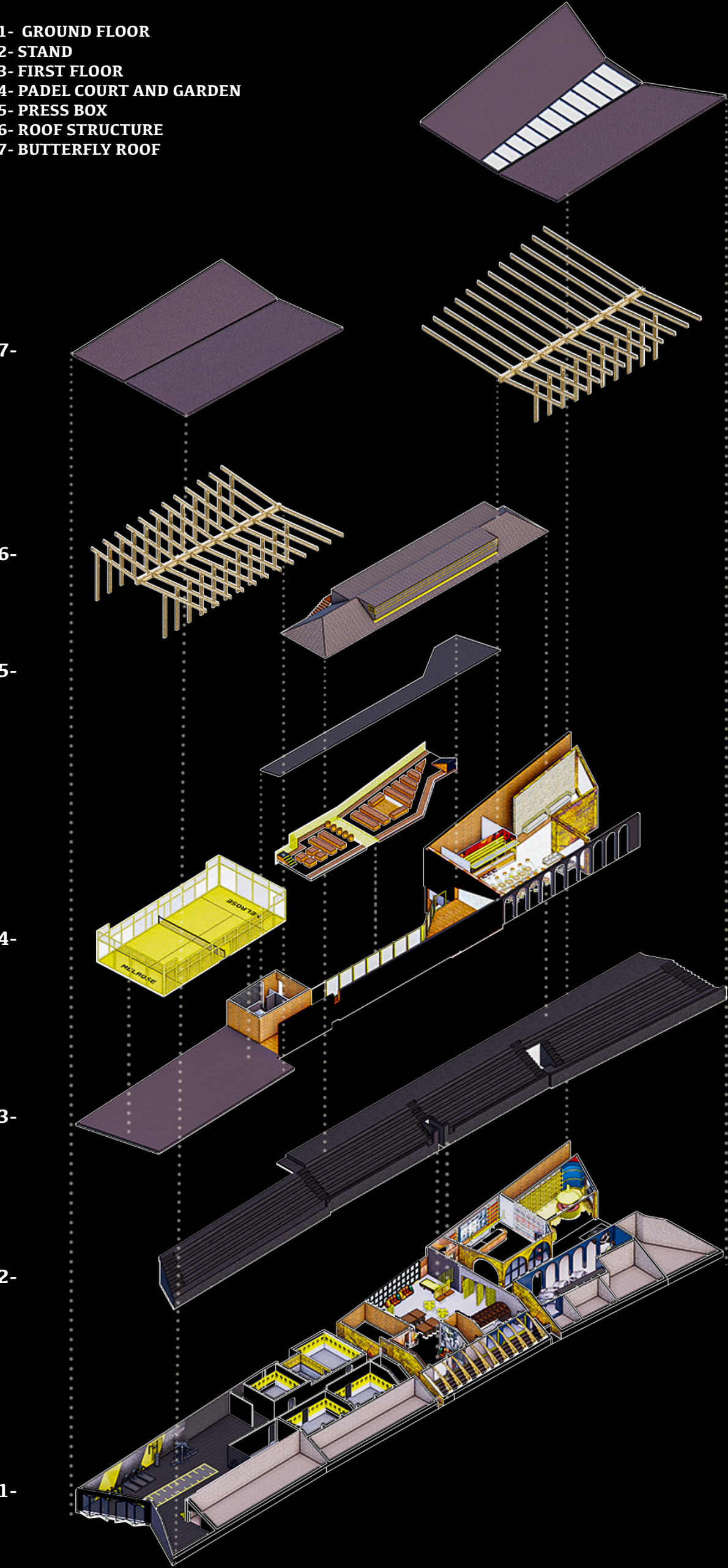
The Brewery

The brewery will revitalise the club, creating a cultural shift by offering new social experiences while preserving the traditions of the rugby community. It will serve as a hub for gatherings, promote sustainability, and support local initiatives.

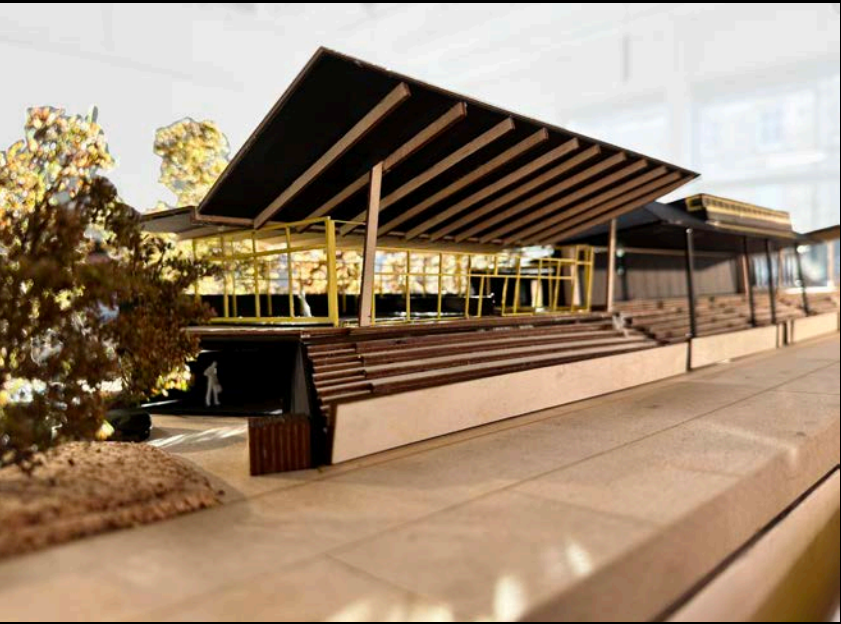
Exploded Isometric

KEY

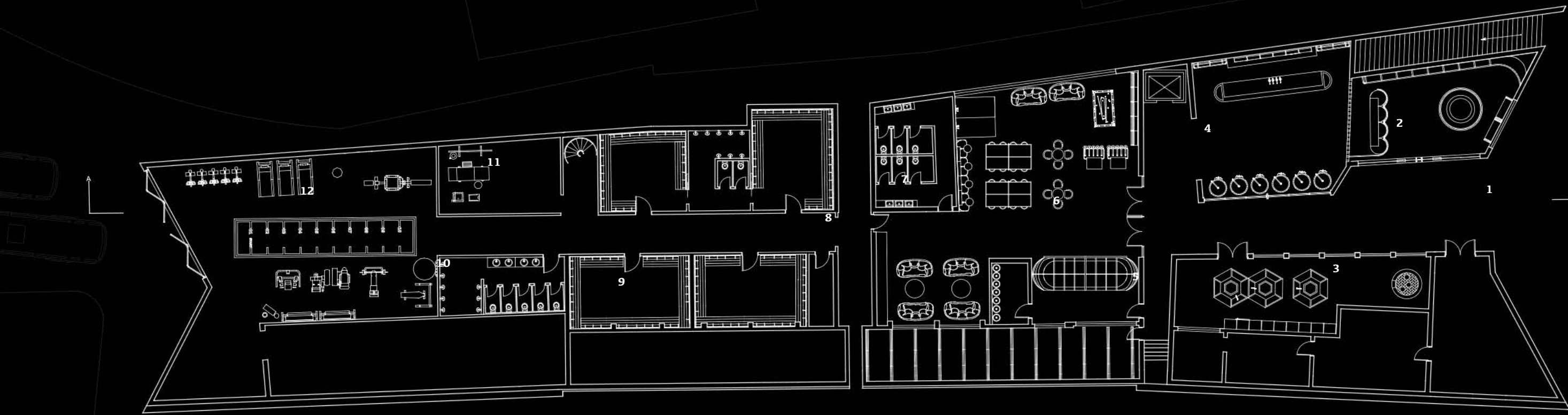
- 1- GROUND FLOOR
- 2- STAND
- 3- FIRST FLOOR
- 4- PADEL COURT AND GARDEN
- 5- PRESS BOX
- 6- ROOF STRUCTURE
- 7- BUTTERFLY ROOF



Model Photography



Plans





NEW ENTRANCE

Pints For Performance

The new entrance, located on the right-hand side of the building, creates a more welcoming arrival point from the main road. Traditionally, the club has relied heavily on alcohol sales for revenue. The new design introduces a shop selling local produce and club merchandise, offering a more diverse and family-friendly source of income. The new brewery is an innovative space that not only produces wellness-focused beers and alcohol-free options but also educates visitors on the benefits of adaptogens, nootropics, and concussion awareness; helping to shift the culture toward health and informed socialising.



THE ROSE SHOP



NEW BREW LAB



THE ROSE - FUNCTION ROOM



ROOT-TOP GARDEN

The Rose - Function Room

A flexible space that supports daytime use through co-working and coffee meet-ups, while transforming into a vibrant venue for watching rugby and hosting events on weekends. It helps attract a broader audience and generates revenue beyond alcohol sales.

Root-top Garden

A communal rooftop garden encourages socialising across all ages through gardening activities and shared produce. It fosters well-being, strengthens community ties, and contributes to the club's sustainability goals.

Court and Connect

New padel courts offer a fun and inclusive way to stay active and social. The courts encourage regular visits from a wide demographic, helping to build a year-round community hub and providing an additional income stream for the club.



COURT AND CONNECT





BACK TO ROOTS



BACK TO ROOTS

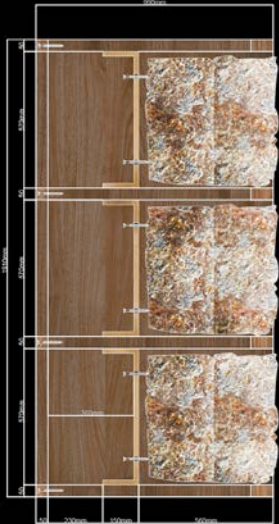


MUSHROOM CULTIVATION

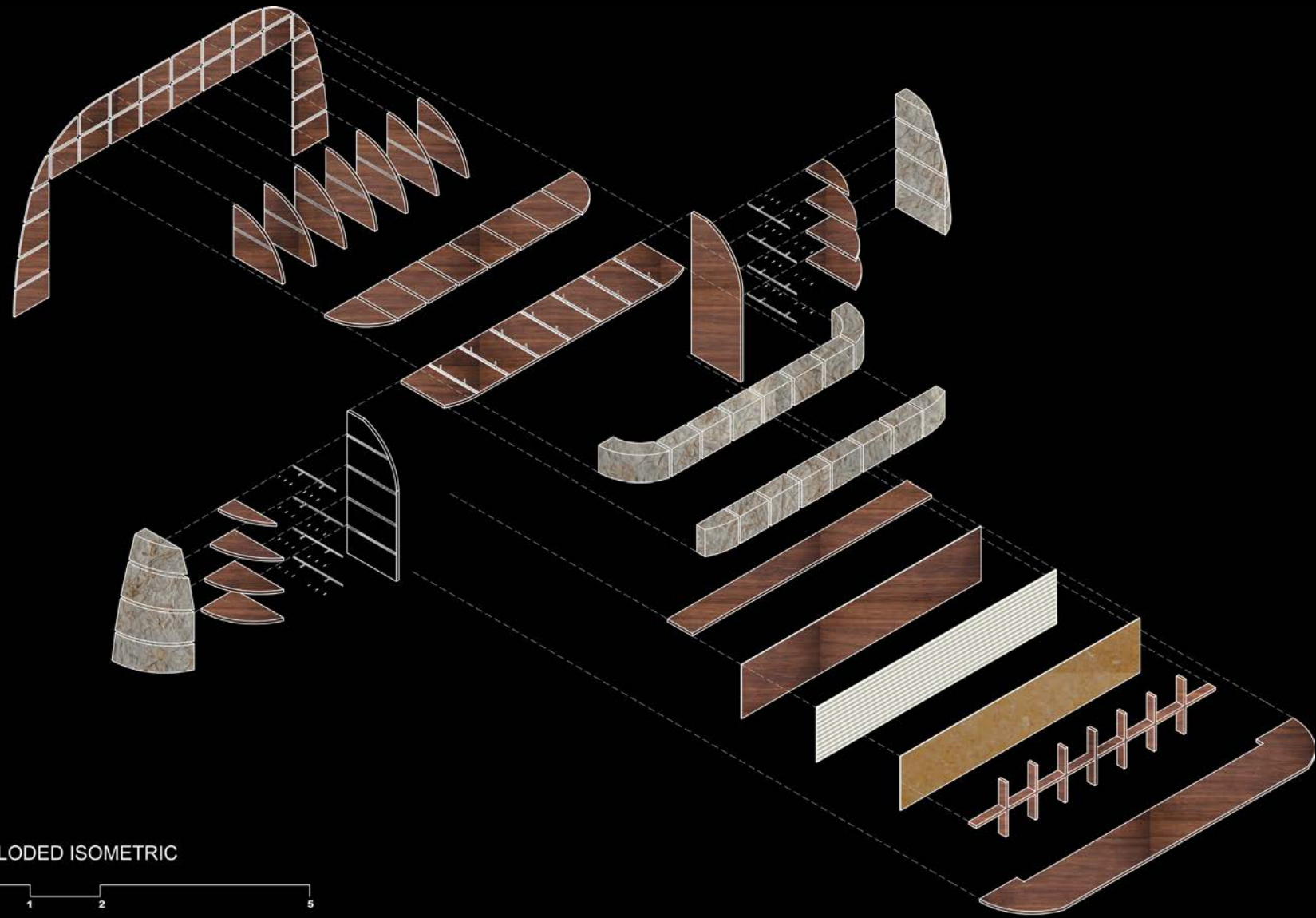
Back To Roots

The main space reflects a “back to roots” atmosphere, reimagining the traditional rugby clubhouse through a contemporary lens. While maintaining a warm, dark, and comfortable environment for socialising, gaming, and preserving team traditions, the space also subtly encourages a shift toward more mindful, health-conscious rituals.

Bespoke furniture and fittings reinforce this concept, blending rugby heritage with conceptual design elements. Lighting draws inspiration from intertwining roots and pipes, seating references tackle bags, and the bar structure echoes the form of a scrum cap.



BAR DETAIL
SCALE 1:20



EXPLODED ISOMETRIC



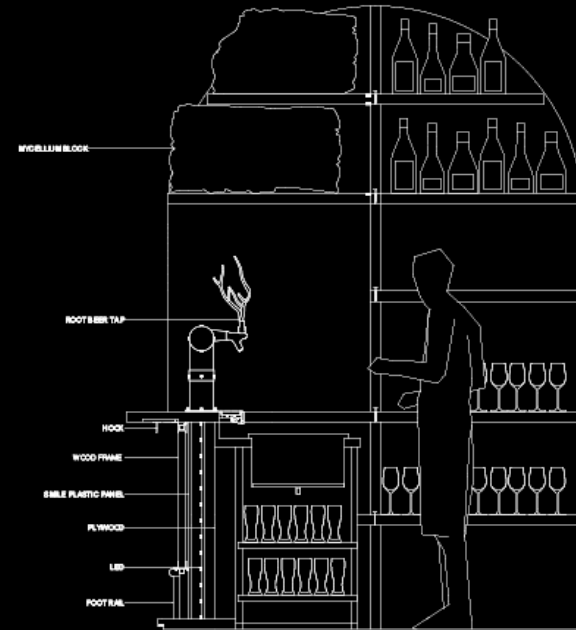
Scrum Cap Bar

The bar design is inspired by the form of a rugby scrum cap as a subtle reminder to players not to drink while recovering from a concussion. The frame is filled with mycelium blocks, linking back to the adaptogenic drinks concept and mimicking the protective padding of a scrum cap. The back of the frame also functions as practical storage for drinks and glassware.



1:20 Section Model

Sketch Development



PROJECT VIDEO