



Something Old, Something New (SOSN), a much-loved charity shop in Stirling, has grown from humble beginnings into a vibrant, community-focused organisation at the heart of the Thistles Shopping Centre, dedicated to raising funds for Parkinson's research in Scotland.

The journey began in 2008, when a small group of dedicated individuals started fundraising through local car boot sales, with the aim of supporting efforts to find a cure for Parkinson's. With growing encouragement and support from Stirling Council, SOSN expanded its reach and opened a pop-up shop in the city. This success led to the official launch of Something Old, Something New (SOSN) in 2015 as a not-for-profit business, with its first permanent shop in St Ninians.

The organisation has continued to grow and evolve. In 2022, SOSN moved into larger retail premises in Stirling town centre and proudly gained charitable status. More recently, in summer 2025, the charity relocated to its current home in the Thistles Shopping Centre, making it even more accessible to the local community.



Scottish Business Awards Winner

Supporting Parkinson's Research and the Local Community

Something Old, Something New SOSN is set up to raise funds to support researchers across Scotland in their work to find a cure for Parkinson's.

This is achieved through the charity's town centre shop, which sells good quality items generously donated by the public. Every purchase helps contribute directly to this important cause.

Alongside fundraising, SOSN works hard to raise awareness of Parkinson's both locally and further afield. Using its shop premises and social media platforms, the charity helps keep the condition visible and better understood within the community.



Fundraising sponsored Walk to raise funds for Parkinson's

SOSN also offers direct support to people living with Parkinson's. The shop provides a welcoming and informal space where individuals can have a chat and feel heard. In addition, visitors can access clear, helpful information through literature supplied by Parkinson's UK, which is available for anyone to take.

A Volunteer-Driven Success Story

At the heart of Something Old, Something New SOSN is its incredible team of volunteers, who bring a wide range of skills, experience and enthusiasm. Over the years, the charity has welcomed people from many different backgrounds, creating a supportive and inclusive environment.

Volunteers contribute across many areas of the shop:

- **Craft Specialists** – Talented crafters, many running their own small businesses, manage the craft section and offer expert advice
- **Books Department** – A volunteer with librarian training helps organise and maintain the book collection
- **Stock Room Operations** – An experienced storeman keeps donations sorted and running smoothly
- **Clothing and Fashion** – Volunteers with years of retail experience help present and manage clothing stock
- **Visual Merchandising** – A creative art student designs eye-catching window displays to attract customers

Volunteering at SOSN is not just about supporting the shop. It also helps people build confidence, learn new skills and feel more connected to the community. For individuals like Khayla, volunteering has been a positive and empowering experience, supporting personal growth while contributing to a meaningful cause.

Volunteer Stories

Below are personal reflections from volunteers who have supported the work of SOSN over the years, and still do.

“I have been a volunteer with SOSN for the past 13 years and I have loved every bit of it and I hope to continue as long as I am able. I have made a lot of new friends over these years and learned a lot about the life of some lovely people. My husband died suddenly 16 years ago and if I hadn’t become a volunteer, I don’t know how my life would have been without Anne, THE BOSS, who I love with all my heart, between her and John, who is a remarkable man, I think I would have become a lonely old woman. Anyway, enough about me the charity is so successful and well-liked by all our customers and that’s down to John and Anne and all the volunteers that have worked hard to make it what it is today.”

“I had been thinking about volunteering for a while, but never did anything about it. Until my Mum past in 2023 and felt I needed to get out of the house more. The first place I tried, I felt that I didn’t ‘fit in’ and the timing wasn’t right. Fast forward to around Aug 2025 when I saw that a new charity shop (well, new to me!) had opened up next to the coffee shop I regularly use. I went in to ask if they needed volunteers and started last August (still feel like a newbie!). I was made to feel very welcome and part of the team straight away.

To me it is one of the best charity shops, as every customer is made to feel valued, sometimes stopping to have a chat and a laugh.

The success of the shop is due to all the hard work done by Anne, John and the volunteers/trustees.

Even though I've only been there a short time, I hope to continue for as long as I can (sorry Anne, Faye your stuck with me on a Thursday 😊)."

"I've been volunteering all my adult life... from Sunday School, Toddler Group, PTA, Beaver Scouts and various things that my children were involved in. When I saw SOSN were looking for someone to help with craft donations, I immediately thought that it was something just for me! It is amazing how generous people are with their donations. I love it when a customer is looking for something particular and we can find it for them, or to hear what their plans for their purchases are. We have many regular customers who pop in for a blether and it is great to feel part of the community as well as the fabulous team of volunteers 😊."

"I love volunteering in my grandparents' charity shop, as it feels like my way of helping my grandad. I also enjoy hearing customers' stories each week and realising how many people's lives we can relate to through conversations with the public.

Through volunteering, I have learned a great deal, including customer service skills, till handling, and most importantly for me; visual merchandising, as I love having a creative outlet. I have spent the majority of my Saturday's volunteering there and, as a result, I have now achieved 1,061 hours of volunteering through the Saltire Awards programme".

Community Impact


Something Old, Something New SOSN continues to make a real difference across Stirling. By promoting reuse and sustainability, offering affordable goods, supporting vital research, and creating inclusive volunteering opportunities, it has become much more than a shop. It is a welcoming community hub.

Get Involved

SOSN is always looking to welcome new volunteers. Whether you have specific skills or simply want to meet new people and give something back, there are opportunities for everyone.

To find out more, please contact:

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