

THE VOICE OF CEDARS PARK

COMMUNITY MAGAZINE

June 2018



IN THIS ISSUE: Cedar's Park FC 1st team win the league

EDITORIAL



What a month it has been so far!

For starters I would like to congratulate Cedars Park FC 1st team on becoming

Division 2 Champions and receiving promotion. They have had a fantastic season and their hard work has definitely paid off. We wish them every success for next season and know their hard work and dedication will lead them to more victories.

Still on football the Premier league season ended with a ,no surprise predictable from Christmas, triumph for Manchester City whilst a much anticipated FA Cup Final saw Chelsea beat Man Utd by a penalty goal.

But the agony or ecstasy is not over yet – The World Cup is fast approaching!

But Ladies let's forget football for a second!

What about the Royal Wedding with Prince Harry marrying the beautiful Meghan Markle. Millions in the UK and billions Worldwide joined together to watch this historic event. Whether you were there on the streets of London, or night time LA, or simply sat watching the box in your living rooms everybody agreed it was fabulous. We all love a

good wedding!

But where were the traditional street parties, where neighbours would gather with picnics, bunting and not forgetting a few cheeky drinkies? This year I did not hear of one street party but perhaps they have been superseded by 'the invite your friends round for a BBO'. The weather was certainly perfect for it. I have to admit I did watch it on T.V at work and it did make me smile. It was definitely a fairy tale wedding and guite the star studded event. I can't imagine how hard it must be to organise having to invite so many people and also be filmed live for T.V. But they did a great job and I'm sure Princess Diana would have been very proud of her boys and how they have arown up.

More good weather forecast enjoy the sunshine and I'll speak to you all next month....

Please forward all your news, photos and advertising to:

Editor: Janine Griffiths 01449 257303 thevoice@cedarsparkcic.co.uk

Published by: Cedars Park CIC www.cedarsparkcommunitycentre.co.uk

Deadline for July edition:

Friday 15th June

The Voice - Revised advertising prices from February 2017

		~ •	•
	Per Issue	Cost for 5 issues 5% discount	Cost for 10 issues 10% discount
Full Page	£42.00	£199.50	£378.00
Half Page	£22.00	£104.50	£198.00
Quarter Page	£13.00	£61.75	£117.00
Back Page	£50.00	£237.50	£450.00

Separate flyers distributed with the Voice to properties on Cedars Park for only £100.00















INTEREST FREE CREDIT AVAILABLE (subject to status)

CHARRINGTONS

FURNISHINGS

Charringtons Yard, Stowmarket, IP14 1EQ (near Train Station / the Coal Yard) Open: Mon - Sat, 9-5pm

01449 675845

CharringtonsfurnitureWarehouse.co.uk charringtonsturniturewarehouse@gmail.com





SPA SERVICES

FULL FLUFF - The works!

SPLASH AND DASH

- An interim between groom service

PUPPY GROOM

A sensitive intro to fluffing!



We use all Natural, 100% Essential
Oils - natural, kind and gentle

Located in Needham Canine Creche

(You don't have to be registered to use our spa!)













Firstly we would like to welcome the new people who have purchased houses at the Chestnuts. Moving to Cedars Park means you are automatically members of Cedars Park Residents

Association.

We are holding our A.G.M. on Friday 29th June at Cedars Park Community Centre at 7pm meeting starts at 7.30pm. Please make an effort to attend, your M.P. Jo Churchill will be in attendance here this will give you a chance to meet her

Local councillors will be attending taking any questions you mayhave.

There will be an update on issues including work of art money that was mentioned at our last meeting. Also latest news on land adjacent to Gun Cotton Way, and Stowmarket East.



Craft Fair

Saturday 9th June 10am - 4pm

Live music 1:30pm - 2:30pm &
Supported by Radio Stradbroke
Cedars Community Centre
Pintail Rd, Stowmarket IP14 5FP
Refreshments available - Bar & BBQ
All proceeds to the Stowmarket BHF



COVERING ALL ASPECTS OF TREE AND HEDGE WORK

Fully NPTC qualified and insured tree surgeon based in Stowmarket

Please visit our Facebook page 'SC Tree and Hedge Services' for excellent references and a look at some of our previous work

Call or email us for advice and a free no obligation quotation

> Tel: 01449 612119 Mob: 07510 103668 Email: sean@sctrees.co.uk





We can treat:

Arthritis

Fractures

Headaches

Frozen Shoulder

Neck Pain



Nerve Pain

Plantar Fasciitis

Sciatica

Lower Back Pain

Sports Injuries

Wound Healing

Whiplash

47a Bury Street Stowmarket IP14 1HD

> Monday-Friday 8:30am-5:30pm

Saturday morning, early morning and eveninas available on request, please call us or book online



Web: www.midsuffolkphysiotherapy.co.uk Email: info@midsuffolkphysiotherapy.co.uk

Phone: 01449 774506 or 07939 219404





NEWS & VIEWS

Cedars Park FC 1st Team win the league...

A massive congratulations to Cedars Park FC 1st team who were crowned Champions of Division 2 this season. The lads worked very hard all season and that certainly has paid off as they scooped top spot over Coddenham Athletic by one point. Cedars Park played 22 games - won 19, drew 2 and lost 1, a great achievement. It was made even sweeter by the fact that they won it on their home ground with their main sponsor The Aviary. When the game finished they received their trophies from the FA and Janine and Pete provided them with big bottles of champagne to celebrate with and then it was champagne in the bar afterwards.



On speaking to Pete and Janine from The Aviary they said 'we are proud to be the main sponsors of Cedars Park FC and they have certainly done us proud as our first year sponsoring them. They have worked very hard and this is a real achievement for them as a team, a club and even for the people that have supported them all season. We are really proud of them and the Managers and wish them every success for future seasons.

For those looking for a team next season, pre-season training will commence at the end of June. Any players 17+ please contact Kevin on 07532 207161

Up the Cedars!!!!



Mayors Editorial

I would like to express my thanks to everyone who supported me during my Mayoral year. It was a great honour to represent the town. During the year my wife and I attended well over 100 engagements, mostly in Stowmarket, but across Suffolk and South Norfolk, also, where we had the opportunity to promote our wonderful town of Stowmarket. We found the experience very humbling, especially when we met people from various organisations in the town, who support others less fortunate than themselves.

As a result of the support we received I am pleased to report that a total of £7,047 was raised for our 3 charities, 1st& 3rd Stowmarket Scouts, 1st Combs Scouts and Enigma, with each charity receiving a cheque for £2.349.

Thank you all, once again Dave Muller

Stowmarket Town Mayor 2017-18





Invitation

Thinking of selling your home?

Alan Jones

Invites you to receive a free market appraisal of your home, to receive practical and professional advice, without obligation and receive a full and unparalleled 'personal' estate agency service, for a SPECIAL PROMOTIONAL selling fee of as little as 0.6% (including vat).

Trusted by home movers in your area since 2005

"If you want a hard working, caring and above all honest agent, talk to Alan Jones"

For a personal, bespoke and friendly service, please call us on (01449) 674 851 or email:

<u>alan.jones@pryorjones.co.uk</u> www.pryorjones.co.uk

Pryor Jones Your Personal Estate Agent

We advertise all of our properties on



POET LAUREATE

OWI.S

An owls is a bird that can't be heard. When it hunts, when it hunts, when it hunts.

We love these birds, we love them so, they don't fly to high and not to low.

I love barn owls, they live in barns, they wake up when we have alarms.

These snowy owls they are so cool, they are so clever, but they don't go to school.

By Esmèe Howell Aged 9



What's a typical day at Cedrus House?







Join us as we open our doors to celebrate Care Home Open Day at Cedrus House care home.

Care Home Open Day Friday 20th April 2018, 2pm - 4pm

We always love welcoming people to our home, but to celebrate Care Home Open Day this year we're planning something extra special and would like to invite the whole community to come along.

- Celebrations to mark the Queen's birthday
- Traditional afternoon tea
- Live entertainment from talented saxophone player, Melina Escobar
- A chance to meet our friendly team members and take a closer look at our home

For more information please call us on 01449 797462 or email chantal.sencier@careuk.com

Cedrus House, Creeting Road East, Stowmarket IP14 5GD careuk.com/cedrus-house



MAKE AN entrance



The only tool that opens a Frames Conservatories Direct locked door

All our doors are fitted with the burglar proof* Ultion Lock as standard.

- Local business
- ✓ Family owned & run
- ✓ NO HARD SELL
- ✓ No deposit
- ✓ 10 year insurance-backed guarantee
- √ Two showrooms



*If an intruder breaks in by forcing the lock.



Frames (III) Conservatories Your Complete Home Improvement Centre Direct



If an intruder breaks in by snapping the lock within 10 years of installation Ultion will pay you £1,000

Call 01284 799 470

or visit our website www.fcdhomeimprovements.co.uk

NEWS & VIEWS

Stowmarket Concert Band

Stowmarket Concert Band continued its busy calendar with three brilliant events in April. Over £2,250 was raised at our sell-out Charity Concert; hosted by SCB's Main Band and Training Band plus around 70 fantastic quests from Combs Ford Primary School and Cedars Park Primary School, we had a fantastic night of music and fundraising. Thank you to all involved - performers, audience, supporters and parents. Special thanks go to 'Jeffries Of Bacton' for their continued support of the Band, and to Mr Ashley Cole who co-ordinated the schools' participation and led extra rehearsals especially for this collaboration. Videos and images are accessible from our Facebook and YouTube. All takings from this event have been passed directly to 'Possibilities', a local charity working tirelessly to help some of the world's most vulnerable children, in Uganda. Possibilities were thrilled with the event: "A huge THANK YOU to Stowmarket Concert Band and the children of Cedars Park Primary School and Combs Ford Primary School for the excellent entertainment they provided, and for raising funds for us. We are so encouraged by your support".

At the concert we thanked our 'kit' player Mark, who is having to stand down due to other commitments. So the search is on for a new drummer! If you or anyone you know is interested in coming along and seeing what we do, then please get in touch! We rehearse Monday evenings from 7.30pm to 9.30pm in Stowmarket and have a kit available if required.

We were also delighted to perform a tailored programme to a great crowd and share the 90th Birthday party of Sylvia in Elmswell. Happy Birthday



www.StowmarketConcertBand.org.uk



Sylvia, and thank you for inviting us! To conclude April for the Band we sent 35 of our Main Band musicians to share some of our new repertoire with our friends at Stowmarket's 'Monday Club'... always a great night for us!

Included in our upcoming calendar are the following public events around the area... we hope to see you there:

20th May, 1:30pm-3:30pm... Helmingham Hall, stately home and gardens.

10 June, 11:30am-1:30pm... Euston Hall stately home and park, 'Rural Pastimes'.

01 July, 10:30am-12:30pm... Stowmarket Town Council's 'Food & Drink Festival', Town Centre.

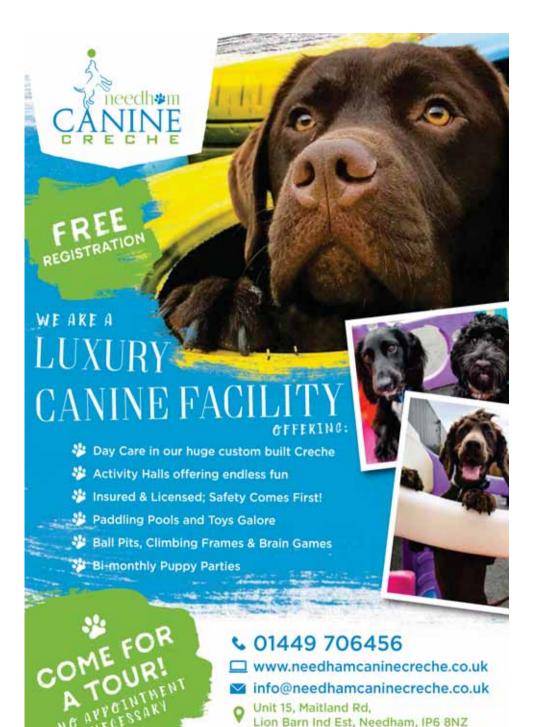
07 July, 12:20pm-1:00pm... Training Band at Abbot's Hall Primary School Fete.

07 July, 2:00pm-4:00pm... Training Band at Combs &Battisford Village Fete.

14 July, 12:30pm-2:00pm... Stowmarket Carnival procession.

04 August, 12:45-5:00pm... Bacton Fayre.

26 August, 2:00-4:30pm... Nicholas Everitt Park Bandstand, Oulton Broad.



Open Mon-Fri Barn-Epm with early strop offs by arrangement only

SPORTS

Darts Update...

It has been a mixed season for both our teams this summer. Firstly our 'A' team who have had a fantastic start, currently unbeaten this season and are the current defending champions of Division 1. They have come close a couple of times when they have only just scraped the win with a 5-4 against The Welly. Their latest win saw a 6-3 victory against our 'B' team but both teams had a great night.

The 'B' team are yet to score any wins this season and are currently bottom of the table in the relegation zone. The draws have not gone their way and the



competition is a lot tougher this season but I have every faith in them and I'm sure they will find their stride soon.

This week see's the 'A' team in the second round of the cup against Thurston Fox and Hound and the 'B' team are away against the Pickerel.

Good luck guys and girls...



NEWS & VIEWS





Popular Stowmarket Festival StowBlues returns on Saturday 9th June, 2pm-10pm with a fantastic lineup of local, national and international talent. 8 live acts will provide a day full of electrifying blues music as audiences

relax in the stunning setting of the Museum of East Anglian Life.

The line-up includes Kent Duchaine, who has rocked out at major Blues Festivals in the USA and at over 100 tours in the UK and Europe. Funky riffs and incredible vocals from Clare Free and the youth movement of British Blues with performances from Chris King Robinson and Hot Tramp.

Perennial StowBlues favourites Back Porch will be back as well as the smooth vocals of Malaya Blue. Cold Norton and The Mighty Bosscats round out the festival line-up.

Organised in conjunction with BBC Radio Suffolk and compered by DJ Stephen Foster, the event has been able to attract a succession of quality bands.



The event also benefits from the expertise of Mike Rushmore, α well-known name in the East Anglian Blues scene.

With a CAMRA supported real ale bar, the event hosts a selection of ales from brewers from across the region including Grain, Earl Soham Brewery and Colchester Town Brewery.

There will also be a selection of food available throughout the day, providing a fun festival atmosphere throughout the afternoon and into the evening.

NB: No form of alcohol brought in from off the premises is permitted at the festival.

Booking information: £10.00 ticket per person on the day, £8 in advance.

Tickets are available now from Stowmarket Tourist Information Centre and online at:

www.eastanglianlife.org.uk

PATMORE WATER SOFTENERS



www.patmorewatersofteners.co.uk



A Celebration of All Things Suffolk

Supported by Stowmarket Town Council and Anglian Water

SUNDAY
1 July 2018
10am to 4pm
Market Place
STOWMARKET

What's on offer:

- Live cookery demonstrations in our indoor *Kitchen Theatre* by local chefs
- Food and drink to **sample** and **buy** supplied by traders from across the region
- Specialist foods including vegan and gluten free
- Competitions and "hands on" experiences for *children*
- Free car parking and free admission

It promises to be a great day out!



love every drop anglianwater.

LOCAL SCHOOLS



Cedars Park Preschool - 07531 981117



BRADFIELD WOODS TRIPS

Week 3 was a bit soaav under foot, but we ventured further into the woods to do some bug hunting within the trees. We stopped to listen to the sounds of the environment and hear an owl call out several times, followed speedily by a child saying, 'silly owl, he's supposed to be asleep"!! The mud kitchen proved popular again, as was the opportunity to make ribbon sticks and pipe cleaner caterpillars.



During our final visit to the woods the children had the opportunity to use natural materials to make paint and create pictures with it, make natural bunting, enjoy a rope challenge and share popcorn made over an open fire. By

the end of the experience, the children were able to have a little more freedom to explore and investigate the natural environment. They were all gaining in confidence in their problem solving and critical thinking skills and physical skills, and there was a great sense of overall wellbeing. It was a great experience for all of the children and we are very grateful to the Friends Committee for applying for the funding, the council for granting the funding and the rangers at Bradfield Woods for providing the activities and resources.

The storage extension work on the community centre has started and this has caused areat interest and excitement amongst the children (and staff!!). They

have had a role play construction site of their own and been demonstrating their wall building, cement mixing and demolition skills. Some of the children are: (as you would expect), very keen on watching the digger.





As some of the children are preparing to start their visits to 'big school', we are focussing on supporting the children to be as

prepared as possible for this transition, to make it as smooth and comfortable for them. as possible. Some of the children have already been visited at preschool by their new teachers and the children are practicing skills such as changing for PE to help their independence for when the time arrives. It is time again for us to get ourselves prepared for the next term and welcoming new children and new families to the preschool.

We are holding the following events at Preschool for September entry: Information session for parents/carers -Monday 11th June 7pm. Open Visits for parents/carers and children Tuesday 19th June & Friday 29th June 1pm-2pm.

If you would like more information about preschool, would like to arrange a visit or to put your child's name on the waiting list please phone 07531 981117 or email honeycombscedarspark@gmail.com

Michelle, Lou, Tracy, Tiff, Gemma, Wendy, Lis, Nicki, Megan, Tash, Sara & Beth

LOCAL SCHOOLS

School's Out Club - Cedars Park



We mentioned the new reward scheme last time and the thoughtfulness of the children. Our first rewards have started to be presented. The first group chose to

request some resources for the garden – a ship's wheel and telescope for the pirate ship, that all of the children can share. These have arrived and will be added to the pirate ship shortly for all to enjoy. Such a thoughtful request also earned them a small treat each too. The

next group to earn a reward have requested a clay workshop. This will be happening soon, and we'll share the results with you next time.



National Cream Tea Day Event



Saturday 30th June
2pm-4pm
At Cedars Park Community Centre
Adult Ticket £5

Children's cupcake and squash £2.50
Tickets available from Cedars Park Preschool
07531 981117

Join us for delicious scones topped with juicy jam and Cornish clotted cream, whilst raising money for a great cause. What better excuse?

Raising money for



Supported by







Summer Holiday Club

Monday 30th July – Friday 24th August 8am – 6pm

10% discount for places
booked before 30th June 2018
Full day from £35.00
½ day from £17.50
Hourly rate from £4.00
(depending on age)
To book please call 07531
981117 or email
honeycombscedarspark
@gmail.com

If you would like more information about School's Out Club, and to receive an information and registration pack please contact us on 07531 981117 or email honeycombscedarspark@gmail.com

Michelle, Lou, Tracy, Tiff, Denise, Chloe, Gemma, Wendy & Nicki





24 HOUR LOCKSMITH www.a1carpentryandlocksmith.co.uk

NO CALL OUT FEES
All locks supplied and fitted
All carpentry undertaken

TEL: 07525 168895

TEL: 01449 673770

Email: arron-a1@live.co.uk

J hunt

Plumbing and Heating

Covering; Stowmarket Bury St. Edmunds Ipswich Felixstowe



All Aspects of Plumbing and Heating undertaken

Natural Gas . LPG . Oil

Installation · Service · Repair

For a fast, friendly service at a competitive price

Call: 01449 402175 or 07976 378301

(anytime)





anglianwater



When you're in bits visit PhysioFixx

Physiotherapy for all injuries and pain Specialists in sports injuries For more information or to book an appointment call:

or more information or to book an appointing

01449 763023

Also offering:

- ~ Running Analysis ~ Running Re-education groups ~ Retul Bike Fitting ~
- ~ Sports Massage ~ Strength & Conditioning ~ Rehabilitation Gym ~ Pilates ~
 - ~ Shockwave Therapy ~ Acupuncture ~ Neurological Physiotherapy ~ ~ Paediatric Physiotherapy ~

Run by Robert Grainger MSc MCSP MHPC CSCS, a Chartered Physiotherapist, former lead Physiotherapist for the Sky Professional Cycling Team and British Cycling Team. Specialising in assessing and treating sports injuries

Open Monday to Saturday. Early and late appointments available

Alpha 1 The Buntings, Stowmarket, Suffolk, IP14 5GZ Email: admin@physioftxx.co.uk - www.physioftxx.co.uk



PERFORMANCEFIX







Father's Day Charity Screening



Regal Cinema Stowmarket

In support of the 24th World Scout Jamboree 2019 Sunday 17th June 2018, 5.00pm

Allocated seating. To book call The Regal on 01449 612825 or visit www.regalstowmarket.co.uk

All tickets £5.00 to include soft drink and Cadbury's chocolate animal biscuits







Stowmarket and District Camera Club

John Wrigley visited the club on April to judge our Portraiture competition and our Audio Visual competition. He was in his usual good form as he went through the portraits and decided that several should be held back for greater scrutiny. Eventually John decided that there should be two winners - 'Steve' and 'Carol'. Both pictures were entered by Roy Fidler, to whom John presented the Colin Stubly Shield for portraiture. Next he judged the AV entries, of which there were unfortunately only two. Both entries were good – and well done for entering – but the Salver went to Chris Hale whose AV was excellent.

On 23 April we held our AGM. All the current officers were re-elected and after AOB we watched the video of entries to the annual show. While some were not to everyone's taste, all were of a very high standard.

We are very excited to be meeting Justin Minns at our next meeting. He will be delivering a talk on Landscape photography, and as one of his pictures features on the cover of 'Landscape Photographer of the Year – collection 10' we are looking forward to his talk.

Next meetings:

Monday 14 May: LECTURE 4: 'Landscape' to be given by Justin Minns.

Monday 11 June: Open 5 competition to be judged by George Buxton.

Sunday 24 June: End of season photoshoot – venue Southwold

Monday 10 September – the new season starts with this meeting, when we welcome prospective new members and catch up with existing members. Please note that the first meeting for prospective new members is free of charge, whenever they attend for the first time.

New members are always very welcome at the club. All you need is a camera – any camera and a real interest in using it. Our members use DSLRs, mirrorless, compacts and bridge cameras.Regular meetings are held at Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD, usually on the 2nd & 4th Monday of the month between September & June. We start arriving at around 7:00pm for a 7:30pm start. We'd love to see you there, so why not join us?

For more information see our web site www.stowmarketanddistrictcameraclub.onesuffolk.net

LACY SCOTT & KNIGHT

Chartered Surveyors | Land & Estate Agents | Auctioneers & Valuers



Solid Foundations | Exciting Future

Bury St Edmunds Office 01284 748600 Stowmarket Office 01449 612384

WWW.LSK.CO.UK

SPORTS

Stowupland Flacons vs Bury Town KO Cup Final

Sunday 22nd April marked the day for Stowupland Falcons U14 Yellows second KO Cup Final in a row and a first for Burv Town U14's, Falcons started off by dominating the game with Lukas Fishlock scoring in the 10th minute as his well taken shot hit the top of the net. This was then shortly followed by a solid hit volley just inside the box by Will Miles to make it 2-0 to Stowupland. However, Bury Town started to ramp up their game scoring from a 1 on 1 through ball to make it 2-1, followed by a tap in from a corner half way through the second half to make it 2-2. The game went in to extra time with Stowupland changing formation to slowly take control of extra time. In the last few minutes of the second half Stowupland, found a killer pass that found Lukas Fishlock one on one with the keeper who made an excellent save, the

rebound fell to Will Miles who placed his shot into the corner for his second of the game. The final few minutes seemed to take an age to pass, however Stowupland smartly managed the game out to claim a second KO Cup Final in a row. Credit to both teams as temperatures, as we know were record highs for April. Many thanks to all the parents, family and friends for supporting the boys through this season.

I would like to thank the whole squad for all their hard work and commitment this season...

Ethan Bryant, Luke Davies-Stokes, Lukas Fishlock, Robbie Francis, Jago Gayle, Louis Hart, Owen Jordan, Lewis Leggett, Lewis Maskell, William Miles, Matthew Reeve, Fraser Swann, Jamie Turner, Ryan Whebby and Tyler Whebby.

BOB TAYLOR

YOUR LOCAL ELECTRICIAN



- ✓ SMALL JOBS
 A SPECIALTY
- **✓** LIGHTING
- **✓** HEATING
- ✓ POWER

t: **01449 678312** m: **07542 230746**

e: Robert.taylor678@btinternet.com

w: roberttaylorelectrician.simdif.com





4 CLEANRIGHT

NO CALLOUT CHARGES NO CHARGE FOR TEST PATCH

FULLY INSURED • WE MOVE FURNITURE
NON-FRANCHISED AND PRIVATELY OWNED
RELIABLE PROMPT SERVICE

RUGS From £5
UPHOLSTERY From £25
MATTRESS From £10

PRIVATE END OF TENANCY COMMERCIAL

Grade 'B' Clean includes Deodorisers, Conditioners and High-performance Clean (optional). Grade 'A' Clean includes Fabric Protector (optional).

TEL 01449 711687

Locally trading for over 12 years





FAST TEST STOWMARKET

SERVICING ~ WELDING ~ MOT ~ DIAGNOSTICS ~ A/C

- Main dealer quality of service at local garage prices
- Specialist dealer level software for BMW, MINI & Volkswagen Audi group
- Service, repairs & welding to any make or model of car & light commercial vehicle
- · Open Monday to Saturday

- All maintenance & servicing undertaken without affecting the Manufacturer's warranty
- Diagnostic equipment for most makes & models of vehicles
- Friendly & helpful advice always on hand
- Lift to work/home or courtesy vehicle available

Call 01449 770902 FOR A FREE ESTIMATE

VISIT US AT OUR NEW BIGGER PREMISES

Unit 4, Tomo Business Park,

Tomo Road, Stowmarket, Suffolk, IP14 5EP

Email: adam.bennett1@hotmail.co.uk

Domestic & commercial cleaning

Tailored packages to suit your needs Free site visit & no obligation quotation

15 years experience & family run

Iain Taylor

Helping Hands



Fully insured up to £5m

Ian Harries

01449 745685

Hate cleaning? We love it!

With over 15 years experience in domestic and commercial cleaning we have built up a reputation for a friendly and professional approach to cleaning, tailored to your own needs. So if you are looking for an affordable and trustworthy cleaning company then why not give us a call!

www.helpinghandscleaning.co.uk