If you want a good reliable host which holds all the scripts and databases for cheap then vist this....

http://www.ansmedia.co.uk/

My friend runs it and I run all my customers off this service had no problems yet. I pay £20 a year for 1G bandwith, 1G web space and web mail with forwarding + scripts....
- Cpanel 9.9.9.8
- Apache 1.3.33
- PHP 4.3.9
- GD2 Enabled
- mod_ssl 2.8.22
- Unlimited Subdomains
- SMTP & POP3
- Neomail, Horde & Squirrelmail option.
- Webalizer
- phpBB and PhpMyChat installers
- Forwarders
- File Manager
- Disk Usage Statistics
- Backup Facilities
- Password Protected Directories
- Error Pages
- MySQL Databases
- PostGreSQL Databases
- Front Page Extentions
- Search Engine Submission
- CGI Center
- Cron Jobs
- Scripts Library
- Agora Shopping Cart
- Network Tools
- MIME Types
- Apache Handlers
- Hotlink Protection
- Index Manager
- IP Deny Manager
- SSL Manager