

238		Mondays to Fridays															
Barking London Road	0537	0552	0607	0620	0631	0642	0652	0702	0711	0720	0728	0736	0744	Then every 10 minutes until	0904	0913	0922
East Ham Newham Town Hall	0541	0556	0611	0624	0635	0646	0656	0706	0716	0726	0735	0744	0753		0913	0922	0931
East Ham Station	0545	0600	0615	0628	0639	0650	0701	0711	0721	0731	0740	0750	0759		0919	0928	0938
Plashet Road Green Street	0550	0605	0620	0633	0645	0656	0707	0717	0727	0737	0746	0756	0805		0925	0935	0946
Portway Plashet Road	0552	0607	0622	0635	0647	0658	0709	0719	0729	0739	0749	0759	0808	0928	0938	0949	
Stratford Bus Station	0559	0614	0629	0642	0654	0706	0718	0728	0738	0748	0758	0808	0818	0938	0948	0958	
Barking London Road	0931	0941	0951	1002	Then every 10 minutes until	1812	1822	1832	1842	1852	1902	1912	1922	1932	1944	1958	2013
East Ham Newham Town Hall	0939	0949	0959	1010		1820	1830	1840	1850	1900	1910	1920	1929	1939	1951	2005	2018
East Ham Station	0947	0957	1008	1019		1829	1839	1849	1858	1907	1917	1927	1936	1946	1956	2010	2023
Plashet Road Green Street	0956	1006	1017	1028		1838	1848	1857	1906	1915	1924	1933	1942	1952	2002	2015	2028
Portway Plashet Road	0959	1009	1020	1031		1841	1851	1900	1909	1918	1927	1936	1945	1955	2005	2018	2031
Stratford Bus Station	1008	1018	1029	1040		1850	1859	1908	1917	1926	1935	1944	1953	2003	2013	2025	2038
Barking London Road	2028	Then every 15 minutes until	2213	2229	2245	2301	2316	2331	2346	0002							
East Ham Newham Town Hall	2033		2218	2234	2250	2306	2321	2336	2351	0007							
East Ham Station	2038		2223	2239	2255	2311	2326	2341	2356	0012							
Plashet Road Green Street	2043		2228	2244	2300	2316	2331	2346	0001	0017							
Portway Plashet Road	2046		2231	2247	2303	2319	2334	2349	0004	0020							
Stratford Bus Station	2053		2238	2254	2310	2326	2341	2356	0011	0027							
238		Saturdays (also Good Friday)															
Barking London Road	0537	Then every 20 minutes until	0737	0752	0806	0820	0834	0848	0900	0909	0918	0926	0934	0942	0950	0959	1008
East Ham Newham Town Hall	0541		0741	0756	0810	0824	0838	0852	0904	0915	0924	0932	0940	0948	0956	1006	1016
East Ham Station	0545		0745	0800	0814	0829	0843	0857	0910	0921	0930	0938	0946	0955	1004	1014	1024
Plashet Road Green Street	0550		0750	0805	0819	0835	0849	0903	0916	0927	0937	0946	0955	1004	1013	1023	1033
Portway Plashet Road	0552		0752	0807	0821	0837	0851	0905	0918	0929	0939	0948	0958	1007	1016	1026	1036
Stratford Bus Station	0559		0759	0814	0829	0845	0859	0913	0926	0937	0947	0957	1007	1017	1027	1038	1049
Barking London Road	1016	1025	1034	Then every 10 minutes until	1724	1734	1744	1755	1806	1817	1828	1839	1850	1901	1913	1928	1943
East Ham Newham Town Hall	1024	1033	1042		1732	1742	1752	1803	1813	1824	1835	1846	1856	1906	1918	1933	1948
East Ham Station	1032	1042	1051		1741	1751	1801	1811	1821	1832	1843	1853	1903	1913	1923	1938	1953
Plashet Road Green Street	1043	1053	1102		1752	1802	1811	1821	1831	1841	1851	1900	1910	1919	1929	1943	1958
Portway Plashet Road	1046	1056	1105		1755	1805	1814	1824	1834	1844	1854	1903	1913	1922	1932	1946	2001
Stratford Bus Station	1059	1109	1118		1808	1817	1826	1835	1844	1853	1902	1911	1920	1929	1939	1953	2008
Barking London Road	1958	Then every 15 minutes until	2213	2229	2245	2301	2316	2331	2346	0002							
East Ham Newham Town Hall	2003		2218	2234	2250	2306	2321	2336	2351	0007							
East Ham Station	2008		2223	2239	2255	2311	2326	2341	2356	0012							
Plashet Road Green Street	2013		2228	2244	2300	2316	2331	2346	0001	0017							
Portway Plashet Road	2016		2231	2247	2303	2319	2334	2349	0004	0020							
Stratford Bus Station	2023		2238	2254	2310	2326	2341	2356	0011	0027							
238		Sundays and other Public Holidays (except Christmas Day and Boxing Day)															
Barking London Road	0643	Then every 30 minutes until	0843	0903	0918	0933	0948	1003	1018	1033	Then every 15 minutes until	1618	1632	1645	1658	1711	
East Ham Newham Town Hall	0647		0847	0907	0922	0937	0952	1007	1022	1039		1624	1638	1651	1704	1717	
East Ham Station	0651		0851	0911	0927	0942	0958	1013	1029	1046		1631	1645	1658	1711	1723	
Plashet Road Green Street	0655		0855	0915	0931	0948	1004	1020	1037	1054		1639	1653	1706	1718	1730	
Portway Plashet Road	0657		0857	0917	0933	0950	1006	1023	1040	1057		1642	1656	1709	1721	1733	
Stratford Bus Station	0704		0904	0924	0941	0958	1015	1032	1049	1106		1651	1705	1717	1729	1741	
Barking London Road	1725	1740	1755	1810	1826	1842	1858	Then every 15 minutes until	2213	2229	2245	2301	2316	2331	2346	0002	
East Ham Newham Town Hall	1730	1745	1800	1815	1831	1847	1903		2218	2234	2250	2306	2321	2336	2351	0007	
East Ham Station	1736	1751	1806	1821	1836	1852	1908		2223	2239	2255	2311	2326	2341	2356	0012	
Plashet Road Green Street	1743	1758	1813	1828	1843	1858	1913		2228	2244	2300	2316	2331	2346	0001	0017	
Portway Plashet Road	1746	1801	1816	1831	1846	1901	1916		2231	2247	2303	2319	2334	2349	0004	0020	
Stratford Bus Station	1754	1809	1824	1839	1854	1908	1923		2238	2254	2310	2326	2341	2356	0011	0027	

238 Mondays to Fridays																			
Stratford Bus Station	0545	0600	0615	0630	0640	0650	0659	0708	0717	0726	0735	0744			0824	0832	0842	0852	
Plashet Road Portway	0552	0607	0622	0637	0647	0657	0706	0716	0725	0734	0743	0752	Then		0832	0840	0850	0900	
Plashet Road Green Street	0554	0609	0624	0639	0649	0659	0708	0718	0727	0736	0745	0755	every 10		0835	0843	0853	0903	
East Ham Station	0559	0614	0629	0644	0654	0704	0713	0723	0732	0741	0751	0801	minutes		0841	0849	0859	0909	
East Ham Newham Town Hall	0604	0619	0634	0649	0700	0710	0719	0729	0739	0749	0759	0809	until		0849	0857	0907	0917	
Barking London Road	0610	0625	0640	0655	0706	0717	0727	0737	0747	0757	0807	0817			0857	0905	0915	0925	
Stratford Bus Station	0902	0912	0922	0932			1412	1421			1521	1530	1540	1550	1600	1611	Then	1811	
Plashet Road Portway	0910	0920	0930	0941	Then		1421	1430	Then		1530	1539	1549	1600	1611	1622	every	1822	
Plashet Road Green Street	0913	0923	0933	0944	every 10		1424	1433	every 10		1533	1542	1552	1603	1614	1625	10	1825	
East Ham Station	0919	0930	0941	0952	minutes		1432	1441	minutes		1541	1550	1600	1611	1622	1633	mins.	1833	
East Ham Newham Town Hall	0927	0938	0949	1000	until		1440	1449	until		1549	1558	1608	1619	1630	1641	until	1841	
Barking London Road	0936	0947	0958	1009			1449	1458			1558	1607	1617	1628	1639	1650		1850	
Stratford Bus Station	1821	1832	1843	1853	1903	1914	1925	1936	1946	1956	2007	2018	Then		0033				
Plashet Road Portway	1832	1843	1854	1903	1913	1923	1933	1944	1954	2004	2015	2026	every 15		0041				
Plashet Road Green Street	1835	1846	1857	1906	1916	1926	1936	1947	1957	2007	2017	2028	minutes		0043				
East Ham Station	1843	1853	1903	1912	1922	1931	1941	1952	2002	2012	2022	2033	until		0048				
East Ham Newham Town Hall	1851	1900	1909	1918	1927	1936	1946	1957	2007	2017	2027	2038			0053				
Barking London Road	1859	1908	1917	1926	1935	1944	1954	2004	2014	2024	2034	2045			0100				
238 Saturdays (also Good Friday)																			
Stratford Bus Station	0545		0705	0725	0745	0805	0821	0836	0849	0857	0907	0917	0926	0935	0944	0953	1001		
Plashet Road Portway	0552	Then	0712	0732	0752	0812	0829	0844	0857	0905	0915	0925	0934	0943	0952	1001	1011		
Plashet Road Green Street	0554	every 20	0714	0734	0754	0814	0831	0846	0859	0908	0918	0928	0937	0946	0955	1004	1014		
East Ham Station	0559	minutes	0719	0739	0759	0819	0836	0851	0904	0914	0924	0934	0943	0953	1002	1012	1022		
East Ham Newham Town Hall	0603	until	0723	0743	0803	0823	0841	0856	0910	0920	0930	0940	0950	1000	1009	1019	1029		
Barking London Road	0607		0727	0749	0809	0829	0847	0902	0917	0927	0937	0947	0957	1007	1017	1027	1037		
Stratford Bus Station	1009	1017	1025	1033			1723	1733	1743	1753	1802	1812	1823	1834	1845	1856	1906	1916	
Plashet Road Portway	1019	1027	1036	1046	Then		1736	1746	1756	1806	1815	1824	1834	1844	1854	1904	1914	1924	
Plashet Road Green Street	1022	1030	1040	1050	every 10		1740	1750	1800	1809	1818	1827	1837	1847	1856	1906	1916	1926	
East Ham Station	1030	1039	1049	1059	minutes		1749	1759	1808	1817	1826	1835	1845	1854	1902	1911	1921	1931	
East Ham Newham Town Hall	1038	1047	1057	1107	until		1757	1807	1815	1824	1833	1842	1851	1900	1907	1916	1926	1936	
Barking London Road	1046	1055	1105	1115			1805	1814	1822	1831	1840	1849	1858	1907	1914	1923	1933	1943	
Stratford Bus Station	1926	1936	1948		Then		0033												
Plashet Road Portway	1934	1944	1956		every 15		0041												
Plashet Road Green Street	1936	1946	1958		minutes		0043												
East Ham Station	1941	1951	2003		until		0048												
East Ham Newham Town Hall	1946	1956	2008				0053												
Barking London Road	1953	2003	2015				0100												
238 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
Stratford Bus Station	0710	0740	0810	0840	0910	0924	0937	0950	1005	1018	1031		Then		1631	1646	1702	1718	1733
Plashet Road Portway	0716	0746	0816	0846	0916	0930	0943	0958	1013	1026	1040		every 15		1640	1655	1710	1726	1741
Plashet Road Green Street	0718	0748	0818	0848	0918	0932	0946	1001	1016	1029	1044		minutes		1644	1659	1713	1729	1743
East Ham Station	0722	0752	0822	0852	0922	0937	0952	1007	1022	1036	1051		until		1651	1706	1720	1735	1748
East Ham Newham Town Hall	0726	0756	0826	0856	0926	0942	0958	1013	1028	1042	1057				1657	1711	1725	1740	1753
Barking London Road	0732	0802	0832	0902	0932	0948	1004	1019	1034	1049	1104				1704	1718	1732	1747	1800
Stratford Bus Station	1748				Then		0033												
Plashet Road Portway	1756				every 15		0041												
Plashet Road Green Street	1758				minutes		0043												
East Ham Station	1803				until		0048												
East Ham Newham Town Hall	1808						0053												
Barking London Road	1815						0100												