

376		Mondays to Fridays																	
Beckton Bus Station	0605	0625	0645	0705	0720	0734	0746	0801	0816	0831	0846	0901	0917	0932	Then every 15 minutes until	1047	1102	1117	
Winsor Park Estate Warwall	0608	0628	0648	0708	0723	0737	0749	0804	0819	0835	0850	0904	0920	0935		1050	1105	1120	
Cyprus Station Cyprus Place	0610	0630	0651	0711	0726	0740	0753	0808	0823	0838	0853	0907	0923	0938		1053	1108	1123	
Stansfeld Road Fulmer Road	0614	0634	0656	0716	0731	0746	0759	0814	0829	0844	0859	0913	0928	0943		1058	1113	1128	
Newham Hospital Emergency Dept.	0618	0639	0701	0722	0737	0752	0806	0821	0836	0851	0906	0920	0934	0949		1104	1120	1135	
Upton Park The Boleyn (Green Street)	0624	0645	0707	0729	0744	0759	0814	0829	0843	0858	0913	0927	0941	0956		1111	1127	1142	
Upton Park Station	0626	0647	0709	0731	0746	0801	0816	0831	0845	0900	0915	0929	0943	0958		1113	1129	1144	
East Ham Station	0632	0653	0715	0738	0754	0809	0824	0840	0854	0908	0923	0937	0952	1007		1122	1138	1153	
East Ham Newham Town Hall	0636	0657	0720	0744	0800	0815	0830	0846	0900	0914	0929	0943	0958	1014		1129	1145	1200	
Beckton Bus Station	1132	1147	Then every 15 minutes until	1347	1402	1417	1432	1447	1500	1515	1530	1545	1600	Then every 15 minutes until		1715	1730	1745	
Winsor Park Estate Warwall	1135	1150		1350	1405	1420	1435	1450	1504	1519	1534	1549	1604		1719	1734	1749		
Cyprus Station Cyprus Place	1138	1153		1353	1408	1423	1439	1454	1508	1523	1537	1552	1607		1722	1737	1752		
Stansfeld Road Fulmer Road	1143	1158		1358	1413	1428	1444	1459	1514	1529	1543	1558	1612		1727	1742	1757		
Newham Hospital Emergency Dept.	1150	1205		1405	1420	1435	1451	1506	1521	1536	1550	1605	1620		1735	1750	1805		
Upton Park The Boleyn (Green Street)	1157	1212		1412	1427	1443	1459	1514	1529	1544	1558	1613	1628		1743	1758	1812		
Upton Park Station	1159	1214		1414	1429	1446	1502	1517	1532	1547	1601	1615	1630		1745	1800	1814		
East Ham Station	1208	1224		1424	1440	1457	1514	1529	1544	1559	1613	1627	1642		1757	1811	1825		
East Ham Newham Town Hall	1215	1231		1431	1447	1504	1522	1537	1553	1608	1621	1635	1650		1805	1818	1832		
Beckton Bus Station	1801	1816		1832	1847	1902	1923	1943	2004	2024	2045	2105	2125		2145	2205	2225	2245	2305
Winsor Park Estate Warwall	1805	1820	1835	1850	1905	1926	1946	2007	2027	2048	2108	2128	2148	2208	2228	2248	2308	2328	
Cyprus Station Cyprus Place	1808	1823	1838	1853	1908	1929	1949	2010	2030	2051	2111	2131	2151	2211	2231	2251	2310	2330	
Stansfeld Road Fulmer Road	1813	1828	1843	1858	1913	1933	1953	2014	2034	2055	2115	2135	2155	2215	2235	2255	2314	2334	
Newham Hospital Emergency Dept.	1820	1835	1849	1904	1919	1939	1959	2019	2039	2100	2120	2140	2200	2219	2239	2259	2318	2338	
Upton Park The Boleyn (Green Street)	1827	1842	1856	1910	1925	1945	2005	2025	2045	2105	2125	2145	2205	2224	2244	2304	2323	2343	
Upton Park Station	1829	1844	1858	1912	1927	1947	2007	2027	2047	2106	2126	2146	2206	2225	2245	2305	2324	2344	
East Ham Station	1839	1854	1908	1922	1937	1956	2015	2035	2055	2113	2133	2153	2212	2231	2251	2311	2330	2350	
East Ham Newham Town Hall	1846	1901	1915	1929	1943	2002	2020	2040	2100	2118	2138	2158	2216	2235	2255	2315	2334	2354	
376		Saturdays (also Good Friday)																	
Beckton Bus Station	0605	0625	0645	0705	0725	0745	0805	0825	0845	0900	0915	0930	0945	1000	1014	1029	1044	1058	1113
Winsor Park Estate Warwall	0608	0628	0648	0708	0728	0748	0808	0828	0848	0903	0918	0933	0948	1003	1017	1032	1047	1101	1116
Cyprus Station Cyprus Place	0611	0631	0651	0711	0731	0751	0811	0831	0851	0906	0921	0936	0951	1006	1020	1035	1050	1104	1119
Stansfeld Road Fulmer Road	0615	0635	0655	0715	0735	0755	0815	0835	0855	0910	0925	0940	0955	1010	1024	1039	1054	1108	1123
Newham Hospital Emergency Dept.	0620	0640	0700	0720	0740	0800	0821	0841	0901	0916	0931	0946	1001	1016	1030	1045	1100	1115	1130
Upton Park The Boleyn (Green Street)	0626	0646	0706	0726	0746	0806	0827	0847	0907	0922	0937	0952	1007	1022	1037	1052	1107	1122	1137
Upton Park Station	0627	0647	0707	0727	0747	0807	0828	0848	0909	0924	0939	0954	1009	1024	1039	1054	1109	1124	1139
East Ham Station	0633	0653	0713	0733	0753	0813	0834	0854	0916	0931	0946	1001	1017	1032	1049	1104	1119	1134	1149
East Ham Newham Town Hall	0636	0656	0717	0737	0757	0817	0838	0858	0920	0936	0951	1008	1024	1039	1056	1112	1127	1142	1157
Beckton Bus Station	1127	1140	1154	1209	1224	1239	1253	1308	1323	1337	Then every 15 mins. until	1437	1452	Then every 15 mins. until	1622	1638	1653	1708	1723
Winsor Park Estate Warwall	1130	1143	1157	1212	1227	1242	1256	1311	1326	1340		1440	1455		1625	1641	1656	1711	1726
Cyprus Station Cyprus Place	1133	1146	1200	1215	1230	1245	1259	1314	1329	1343		1443	1458		1628	1644	1659	1714	1729
Stansfeld Road Fulmer Road	1137	1150	1205	1220	1235	1250	1304	1319	1334	1348		1448	1503		1633	1649	1704	1719	1734
Newham Hospital Emergency Dept.	1144	1157	1212	1227	1242	1257	1312	1327	1342	1356		1456	1510		1640	1656	1711	1726	1741
Upton Park The Boleyn (Green Street)	1151	1204	1219	1234	1249	1304	1319	1334	1349	1403		1503	1517		1647	1703	1718	1733	1748
Upton Park Station	1153	1207	1222	1237	1252	1307	1322	1337	1352	1407		1507	1521		1651	1706	1721	1736	1751
East Ham Station	1203	1218	1233	1248	1303	1318	1333	1348	1403	1419		1519	1533		1703	1718	1733	1748	1803
East Ham Newham Town Hall	1212	1227	1242	1257	1312	1327	1342	1357	1412	1428		1528	1543		1713	1728	1743	1758	1812
Beckton Bus Station	1738	1753	1808	1823	1838	1853	1908	1923	1943	2003		2023	2043		2103	Then every 20 mins. until	2203	2224	2245
Winsor Park Estate Warwall	1741	1756	1811	1826	1841	1856	1911	1926	1946	2006	2026	2046	2106	2206	2227		2248	2308	2328
Cyprus Station Cyprus Place	1744	1759	1814	1829	1844	1859	1914	1929	1949	2009	2029	2049	2109	2209	2230		2251	2311	2331
Stansfeld Road Fulmer Road	1749	1804	1818	1833	1848	1903	1918	1933	1953	2013	2033	2053	2113	2213	2234		2255	2315	2335
Newham Hospital Emergency Dept.	1756	1811	1825	1840	1855	1909	1924	1939	1959	2019	2039	2059	2118	2218	2239		2300	2319	2339
Upton Park The Boleyn (Green Street)	1803	1817	1831	1846	1901	1915	1930	1945	2005	2025	2045	2105	2123	2223	2244		2305	2324	2344
Upton Park Station	1806	1820	1834	1849	1904	1918	1933	1948	2007	2027	2047	2107	2125	2225	2246		2307	2326	2346
East Ham Station	1817	1831	1845	1900	1914	1928	1943	1958	2016	2036	2056	2114	2132	2232	2252		2313	2332	2352
East Ham Newham Town Hall	1826	1840	1854	1908	1922	1936	1951	2006	2023	2043	2103	2119	2137	2237	2257		2317	2336	2356
376		Sundays and other Public Holidays (except Christmas Day)																	
Beckton Bus Station	0655	0725	0755	0825	0855	0925	0955	1025	1053	1123	1152	1222	1252	1322	1352	1422	1452	1522	1552
Winsor Park Estate Warwall	0658	0728	0758	0828	0858	0928	0958	1028	1056	1126	1155	1225	1255	1326	1356	1426	1456	1526	1556
Cyprus Station Cyprus Place	0701	0731	0801	0831	0901	0931	1001	1031	1059	1129	1158	1228	1258	1329	1359	1429	1459	1529	1559
Stansfeld Road Fulmer Road	0705	0735	0805	0835	0905	0935	1005	1035	1104	1134	1203	1233	1303	1334	1404	1434	1504	1534	1604
Newham Hospital Emergency Dept.	0710	0740	0810	0840	0910	0940	1010	1040	1109	1139	1209	1239	1309	1340	1410	1440	1510	1540	1610
Upton Park The Boleyn (Green Street)	0715	0745	0815	0845	0916	0946	1016	1046	1116	1146	1216	1246	1316	1347	1417	1447	1517	1547	1617
Upton Park Station	0717	0747	0817	0847	0918	0948	1018	1048	1118	1148	1218	1248	1318	1349	1419	1449	1520	1550	1620
East Ham Station	0723	0753	0823	0853	0924	0954	1025	1056	1127	1158	1229	1259	1329	1400	1430	1500			

376		Mondays to Fridays																		
East Ham Newham Town Hall	0605	0625	0644	0701	0714	0727	0739	0754	0808	0822	0837	0852	0907		0952	1006		1051	1105	
East Ham Station	0609	0629	0648	0705	0718	0732	0744	0759	0814	0828	0843	0858	0913		0958	1012		1057	1112	
Upton Park Station	0613	0634	0654	0711	0724	0739	0752	0807	0822	0837	0852	0907	0921	Then	1006	1021	Then	1106	1121	
Upton Park The Boleyn (Green Street)	0615	0636	0656	0713	0726	0741	0754	0809	0824	0839	0854	0909	0923	every	1008	1023	every	1108	1123	
Newham Hospital Emergency Dept.	0619	0641	0701	0718	0732	0747	0801	0816	0831	0846	0901	0916	0930	15	1015	1030	15	1115	1130	
Stansfeld Road Fulmer Road	0624	0646	0706	0723	0738	0753	0808	0823	0838	0853	0908	0923	0936	mins.	1021	1036	mins.	1121	1136	
Cyprus Station Cyprus Place	0628	0650	0710	0727	0742	0758	0814	0829	0844	0859	0913	0928	0941	until	1026	1041	until	1126	1141	
Winsor Park Estate Warwall	0631	0653	0713	0730	0745	0801	0817	0832	0847	0902	0916	0931	0944		1029	1044		1129	1144	
Beckton Bus Station	0633	0655	0715	0732	0748	0804	0820	0835	0850	0905	0919	0934	0947		1032	1047		1132	1147	
East Ham Newham Town Hall	1120	1135	1150		1335	1350	1405	1420	1432		1517	1532	1547	1602	1617	1633		1718	1734	
East Ham Station	1127	1142	1157		1342	1357	1412	1427	1439		1524	1540	1555	1610	1625	1640		1725	1741	
Upton Park Station	1136	1151	1206	Then	1351	1407	1422	1437	1450	Then	1535	1550	1605	1620	1635	1650	Then	1735	1751	
Upton Park The Boleyn (Green Street)	1138	1153	1209	every	1354	1410	1425	1440	1453	every	1538	1553	1608	1623	1638	1653	every	1738	1754	
Newham Hospital Emergency Dept.	1145	1200	1216	15	1401	1417	1432	1448	1501	15	1546	1601	1615	1630	1645	1700	15	1745	1801	
Stansfeld Road Fulmer Road	1151	1207	1223	mins.	1408	1424	1439	1455	1510	mins.	1555	1610	1624	1639	1654	1708	mins.	1753	1808	
Cyprus Station Cyprus Place	1156	1212	1228	until	1413	1429	1444	1500	1515	until	1600	1615	1629	1644	1659	1713	until	1758	1812	
Winsor Park Estate Warwall	1159	1215	1231		1416	1432	1447	1503	1518		1603	1618	1632	1647	1702	1716		1801	1815	
Beckton Bus Station	1202	1218	1234		1419	1435	1450	1506	1521		1606	1621	1635	1650	1705	1719		1804	1818	
East Ham Newham Town Hall	1749	1804	1820	1835	1850	1905	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	2248	2312	2335	
East Ham Station	1756	1811	1827	1842	1857	1912	1932	1952	2011	2031	2051	2110	2130	2150	2209	2229	2252	2316	2339	
Upton Park Station	1806	1821	1837	1852	1907	1922	1942	2002	2020	2039	2058	2116	2136	2156	2215	2235	2258	2321	2344	
Upton Park The Boleyn (Green Street)	1809	1824	1840	1855	1910	1925	1945	2004	2022	2041	2100	2118	2138	2158	2217	2237	2300	2323	2346	
Newham Hospital Emergency Dept.	1816	1831	1846	1901	1916	1931	1951	2010	2028	2047	2105	2123	2143	2203	2222	2242	2305	2328	2351	
Stansfeld Road Fulmer Road	1823	1838	1853	1907	1922	1937	1957	2016	2034	2053	2110	2128	2148	2208	2227	2247	2309	2332	2355	
Cyprus Station Cyprus Place	1827	1842	1857	1911	1926	1941	2001	2020	2038	2057	2114	2132	2152	2211	2230	2250	2312	2335	2358	
Winsor Park Estate Warwall	1830	1845	1900	1914	1929	1944	2004	2023	2041	2100	2117	2135	2155	2214	2233	2253	2315	2338	0001	
Beckton Bus Station	1833	1848	1903	1917	1932	1947	2006	2025	2043	2102	2119	2137	2157	2216	2235	2255	2317	2340	0003	
376		Saturdays (also Good Friday)																		
East Ham Newham Town Hall	0605	0625	0645	0705	0725	0745	0805	0820	0835	0849	0902	0917	0931	0945	0959	1014	1028	1042	1056	
East Ham Station	0608	0628	0648	0709	0729	0749	0809	0824	0839	0853	0907	0922	0936	0950	1005	1020	1034	1048	1102	
Upton Park Station	0612	0632	0652	0714	0734	0754	0815	0830	0845	0859	0914	0929	0944	0958	1013	1028	1042	1056	1111	
Upton Park The Boleyn (Green Street)	0614	0634	0654	0716	0736	0756	0817	0832	0847	0901	0916	0931	0946	1000	1015	1030	1045	1059	1114	
Newham Hospital Emergency Dept.	0618	0638	0658	0721	0741	0801	0822	0837	0852	0907	0922	0937	0952	1006	1021	1036	1051	1105	1120	
Stansfeld Road Fulmer Road	0623	0643	0703	0726	0746	0806	0827	0842	0857	0912	0927	0942	0957	1012	1027	1042	1057	1112	1127	
Cyprus Station Cyprus Place	0626	0646	0706	0729	0749	0810	0831	0846	0901	0916	0931	0946	1001	1016	1031	1046	1101	1116	1131	
Winsor Park Estate Warwall	0629	0649	0709	0732	0752	0813	0834	0849	0904	0919	0934	0949	1004	1019	1034	1049	1104	1119	1134	
Beckton Bus Station	0631	0651	0711	0734	0754	0815	0836	0851	0906	0921	0936	0951	1006	1021	1036	1051	1107	1122	1137	
East Ham Newham Town Hall	1110	1125	1140	1155	1210	1225	1240	1255	1310	1325	1340		1440	1455		1640	1655	1710	1725	
East Ham Station	1117	1132	1147	1202	1217	1232	1247	1302	1318	1333	1348		1448	1503		1648	1703	1718	1733	
Upton Park Station	1126	1141	1156	1212	1227	1242	1257	1312	1328	1343	1358	Then	1458	1514	Then	1659	1713	1728	1743	
Upton Park The Boleyn (Green Street)	1129	1144	1159	1215	1230	1245	1300	1315	1331	1346	1401	every	1501	1517	every	1702	1717	1732	1747	
Newham Hospital Emergency Dept.	1135	1150	1205	1221	1236	1251	1307	1322	1338	1353	1409	15	1509	1524	15	1709	1724	1739	1754	
Stansfeld Road Fulmer Road	1142	1157	1213	1229	1244	1259	1315	1330	1346	1401	1417	mins.	1517	1532	mins.	1717	1732	1747	1802	
Cyprus Station Cyprus Place	1146	1201	1217	1233	1248	1303	1319	1334	1350	1405	1421	until	1521	1536	until	1721	1736	1751	1806	
Winsor Park Estate Warwall	1149	1204	1220	1236	1251	1306	1322	1337	1353	1408	1424		1524	1539		1724	1739	1754	1809	
Beckton Bus Station	1152	1207	1223	1239	1254	1309	1325	1340	1356	1411	1427		1527	1542		1727	1742	1757	1812	
East Ham Newham Town Hall	1740	1755	1810	1825	1840	1855	1910	1925	1945	2005	2025	2045	2105				2225	2248	2312	2335
East Ham Station	1748	1803	1819	1834	1849	1904	1918	1933	1953	2011	2031	2051	2110				2230	2253	2316	2339
Upton Park Station	1758	1813	1829	1844	1859	1914	1928	1943	2003	2020	2040	2100	2117	Then			2237	2300	2322	2345
Upton Park The Boleyn (Green Street)	1802	1816	1832	1847	1902	1917	1931	1946	2005	2022	2042	2102	2119	every 20			2239	2302	2324	2347
Newham Hospital Emergency Dept.	1809	1823	1839	1854	1908	1923	1937	1952	2011	2028	2048	2107	2124	minutes			2244	2307	2329	2352
Stansfeld Road Fulmer Road	1816	1830	1846	1901	1914	1929	1943	1958	2017	2034	2054	2112	2129	until			2249	2312	2334	2357
Cyprus Station Cyprus Place	1820	1834	1850	1905	1918	1933	1947	2002	2021	2038	2058	2115	2132				2252	2315	2337	0000
Winsor Park Estate Warwall	1823	1837	1853	1908	1921	1936	1950	2005	2024	2041	2101	2118	2135				2255	2318	2340	0003
Beckton Bus Station	1826	1840	1856	1911	1924	1939	1953	2007	2026	2043	2103	2120	2137				2257	2320	2342	0005
376		Sundays and other Public Holidays (except Christmas Day)																		
East Ham Newham Town Hall	0645	0715	0745	0815	0845	0910	0940	1007	1036	1103	1132	1200	1229	1256	1326	1355	1425	1455	1525	
East Ham Station	0648	0718	0748	0819	0849	0914	0944	1012	1041	1109	1138	1207	1236	1303	1333	1403	1433	1503	1533	
Upton Park Station	0653	0723	0753	0824	0854	0920	0950	1019	1049	1117	1146	1215	1245	1314	1344	1414	1444	1514	1544	
Upton Park The Boleyn (Green Street)	0655	0725	0755	0826	0856	0922	0952	1021	1051	1120	1149	1218	1248	1317	1347	1417	1447	1517	1547	
Newham Hospital Emergency Dept.	0659	0729	0759	0830	0900	0927	0957	1027	1057	1126	1155	1224	1254	1323	1353	1423	1453	1523	1553	
Stansfeld Road Fulmer Road	0703	0733	0803	0834	0905	0932	1002	1032	1102	1132	1201	1231	1301	1330	1400	1430	1500	1530	1600	
Cyprus Station Cyprus Place	0707	0737	0807	0838	0909	0936	1006	1036	1106	1136	1206	1236	1306	1335	1405	1435	1505	1535	1604	
Winsor Park Estate Warwall	0710	0740	0810	0841	0912	0939	1009	1039	1109	1139	1209	1239	1309	1338	1408	1438	1508	1538	1607	
Beckton Bus Station	0712	0742	0812	0843	0914	0941	1011	1041	1111	1141	1211	1241	1312	1341	1411	1441	1511	1541	1610	
East Ham Newham Town Hall	1555	1625	1655	1725	1755	1825	1850	1915	1941	2008	2038	2107	2137	2206	2235	2305	2335			
East Ham Station	1603	1633	1703	1732	1801	1830	1855	1920</												