

376		Mondays to Fridays															
East Ham Newham Town Hall	0607	0627	0646	0659	0713	0727		0842	0856	0910	0924	0938	0953	1008	1022	1036	1050
East Ham Station	0612	0632	0651	0704	0719	0733		0848	0902	0916	0931	0946	1001	1016	1030	1044	1058
Upton Park Station	0617	0637	0656	0710	0725	0739	Then	0854	0908	0923	0938	0953	1008	1023	1037	1051	1106
Upton Park Boleyn	0619	0639	0658	0712	0727	0741	every 15	0856	0910	0925	0940	0955	1010	1025	1039	1054	1109
Newham Hospital	0624	0644	0703	0717	0732	0747	minutes	0902	0916	0931	0946	1001	1016	1031	1045	1100	1115
Tollgate Road Stansfeld Road	0629	0649	0709	0724	0739	0754	until	0909	0924	0939	0954	1009	1024	1039	1054	1109	1124
Cyprus Station Cyprus Place	0634	0654	0714	0729	0744	0759		0914	0929	0944	0959	1014	1029	1044	1059	1114	1129
Winsor Park Estate Warwall	0637	0657	0717	0732	0747	0802		0917	0932	0947	1002	1017	1032	1047	1102	1117	1132
Beckton Bus Station	0640	0700	0720	0735	0750	0805		0920	0935	0950	1005	1020	1035	1050	1105	1120	1135

East Ham Newham Town Hall	1104		1519	1534		1719	1734	1749	1804	1819	1834	1850	1906	1926		2326
East Ham Station	1113		1528	1543		1728	1743	1758	1813	1827	1841	1857	1913	1931		2331
Upton Park Station	1121	Then	1536	1552	Then	1737	1752	1807	1821	1834	1848	1904	1919	1936	Then	2336
Upton Park Boleyn	1124	every 15	1539	1555	every 15	1740	1755	1810	1824	1837	1851	1907	1921	1938	every	2338
Newham Hospital	1130	minutes	1545	1601	minutes	1746	1801	1815	1829	1842	1856	1912	1926	1943	20	2343
Tollgate Road Stansfeld Road	1139	until	1554	1610	until	1755	1809	1823	1836	1849	1903	1917	1931	1948	mins.	2348
Cyprus Station Cyprus Place	1144		1559	1615		1800	1814	1828	1841	1854	1908	1922	1936	1953	until	2353
Winsor Park Estate Warwall	1147		1602	1618		1803	1817	1831	1844	1857	1911	1925	1939	1956		2356
Beckton Bus Station	1150		1605	1621		1806	1820	1834	1847	1900	1914	1928	1942	1959		2359

376		Saturdays (also Good Friday)														
East Ham Newham Town Hall	0607		0807	0822	0837	0852	0907	0919	0931	0944	0957		1212	1226	1239	1252
East Ham Station	0612		0812	0827	0842	0857	0912	0925	0937	0950	1003		1218	1232	1246	1300
Upton Park Station	0617	Then	0817	0832	0847	0902	0917	0932	0945	0958	1011	Then	1226	1240	1254	1309
Upton Park Boleyn	0619	every 20	0819	0834	0849	0904	0919	0934	0947	1000	1014	every 15	1229	1243	1257	1312
Newham Hospital	0624	minutes	0824	0839	0854	0909	0924	0939	0952	1006	1020	minutes	1235	1249	1303	1318
Tollgate Road Stansfeld Road	0629	until	0829	0844	0859	0914	0930	0945	0959	1013	1027	until	1242	1257	1312	1327
Cyprus Station Cyprus Place	0634		0834	0849	0904	0919	0935	0950	1004	1018	1032		1247	1302	1317	1332
Winsor Park Estate Warwall	0637		0837	0852	0907	0922	0938	0953	1007	1021	1035		1250	1305	1320	1335
Beckton Bus Station	0640		0840	0855	0910	0925	0941	0956	1010	1024	1038		1253	1308	1323	1338

East Ham Newham Town Hall	1306		1721	1736	1751	1806	1821	1836	1851	1906	1926	1946	2006	2027	2046		2326
East Ham Station	1315		1730	1745	1800	1814	1829	1844	1859	1914	1932	1951	2011	2032	2051		2331
Upton Park Station	1324	Then	1739	1754	1809	1823	1838	1852	1907	1921	1937	1956	2016	2037	2056	Then	2336
Upton Park Boleyn	1327	every 15	1742	1757	1812	1826	1841	1855	1910	1923	1939	1958	2018	2039	2058	every	2338
Newham Hospital	1333	minutes	1748	1803	1818	1832	1847	1901	1916	1928	1944	2003	2023	2044	2103	20	2343
Tollgate Road Stansfeld Road	1342	until	1757	1811	1825	1839	1854	1907	1921	1933	1949	2008	2028	2049	2108	mins.	2348
Cyprus Station Cyprus Place	1347		1802	1816	1830	1844	1859	1912	1926	1938	1954	2013	2033	2054	2113	until	2353
Winsor Park Estate Warwall	1350		1805	1819	1833	1847	1902	1915	1929	1941	1957	2016	2036	2057	2116		2356
Beckton Bus Station	1353		1808	1822	1836	1850	1905	1918	1932	1944	2000	2019	2039	2100	2119		2359

376		Sundays and other Public Holidays (except Christmas Day and Boxing Day)																
East Ham Newham Town Hall	0648	0718	0748	0818	0848	0912	0937	1002	1027	1057	1125	1153	1221		51	21	1621	
East Ham Station	0653	0723	0753	0823	0853	0917	0942	1008	1033	1103	1131	1159	1229	Then	59	29	1629	
Upton Park Station	0658	0728	0758	0828	0858	0922	0948	1014	1039	1109	1138	1207	1237	every 30	07	37	1637	
Upton Park Boleyn	0700	0730	0800	0830	0900	0924	0950	1016	1041	1111	1141	1210	1240	minutes	10	40	1640	
Newham Hospital	0705	0735	0805	0835	0905	0929	0955	1021	1046	1116	1146	1216	1246	at these	16	46	until	1646
Tollgate Road Stansfeld Road	0710	0740	0810	0840	0910	0935	1001	1027	1052	1122	1152	1222	1252	minutes	22	52		1652
Cyprus Station Cyprus Place	0715	0745	0815	0845	0915	0940	1006	1032	1057	1127	1157	1227	1257	past	27	57		1657
Winsor Park Estate Warwall	0718	0748	0818	0848	0918	0943	1009	1035	1100	1130	1200	1230	1300	the hour	30	00		1700
Beckton Bus Station	0721	0751	0821	0851	0921	0946	1012	1038	1103	1133	1203	1233	1303		33	03		1703

East Ham Newham Town Hall	1648	1715	1742	1809	1839	1906		36	06		2336
East Ham Station	1656	1723	1750	1815	1845	1911	Then	41	11		2341
Upton Park Station	1704	1731	1756	1821	1850	1916	every 30	46	16		2346
Upton Park Boleyn	1707	1734	1758	1823	1852	1918	minutes	48	18		2348
Newham Hospital	1713	1740	1803	1828	1857	1923	at these	53	23	until	2353
Tollgate Road Stansfeld Road	1719	1746	1809	1834	1902	1928	minutes	58	28		2358
Cyprus Station Cyprus Place	1724	1751	1814	1839	1907	1933	past	03	33		0003
Winsor Park Estate Warwall	1727	1754	1817	1842	1910	1936	the hour	06	36		0006
Beckton Bus Station	1730	1757	1820	1845	1913	1939		09	39		0009

376		Boxing Day															
A Sunday service operates, commencing with the 0818 journey from East Ham.																	

376

Beckton – Newham Hospital – East Ham

376 Mondays to Fridays																			
Beckton Bus Station	0607	0627	0647	0706	0720	0734		0834	0849	0904	0919	0934	0949	1004	1018	1032		1517	
Winsor Park Estate Warwall	0610	0630	0650	0709	0723	0737		0837	0852	0907	0922	0937	0952	1007	1021	1035		1520	
Cyprus Station Cyprus Place	0613	0633	0653	0712	0726	0741	Then	0841	0856	0911	0926	0940	0955	1010	1024	1038	Then	1523	
Tollgate Road Stansfeld Road	0618	0638	0658	0718	0732	0747	every	0847	0902	0917	0932	0946	1001	1016	1030	1044	every	1529	
Newham Hospital	0623	0643	0703	0724	0740	0755	15	0855	0910	0925	0940	0954	1009	1024	1038	1052	15	1537	
Upton Park Boleyn	0628	0648	0708	0729	0746	0801	mins.	0901	0916	0931	0945	0959	1014	1029	1043	1057	mins.	1542	
Upton Park Station	0630	0650	0710	0731	0748	0803	until	0903	0918	0933	0947	1001	1016	1031	1045	1059	until	1544	
East Ham Station	0635	0655	0716	0738	0755	0810		0910	0925	0940	0954	1008	1023	1038	1053	1107		1552	
East Ham Newham Town Hall	0640	0700	0721	0743	0800	0815		0915	0931	0947	1001	1015	1030	1045	1100	1115		1600	
Beckton Bus Station	1532			1717	1732	1747	1802	1817	1832	1847	1905	1925		45	05	25		2325	
Winsor Park Estate Warwall	1535			1720	1735	1750	1805	1820	1835	1850	1908	1928	Then	48	08	28		2328	
Cyprus Station Cyprus Place	1538	Then		1723	1738	1753	1808	1823	1838	1853	1911	1931	every 20	51	11	31		2331	
Tollgate Road Stansfeld Road	1544	every 15		1729	1744	1759	1814	1829	1844	1859	1916	1936	minutes	56	16	36		2336	
Newham Hospital	1553	minutes		1738	1753	1808	1822	1837	1852	1907	1923	1941	at these	01	21	41	until	2341	
Upton Park Boleyn	1558	until		1743	1758	1813	1827	1842	1857	1912	1928	1946	minutes	06	26	46		2346	
Upton Park Station	1600			1745	1800	1815	1829	1844	1859	1914	1930	1948	past	08	28	48		2348	
East Ham Station	1608			1753	1808	1822	1836	1851	1906	1920	1936	1953	the hour	13	33	53		2353	
East Ham Newham Town Hall	1616			1801	1815	1829	1843	1858	1913	1926	1941	1958		18	38	58		2358	
376 Saturdays (also Good Friday)																			
Beckton Bus Station	0607		27	47	07		0827	0846	0900	0913	0927	0940	0953	1006	1020			1205	
Winsor Park Estate Warwall	0610	Then	30	50	10		0830	0849	0903	0916	0930	0943	0956	1009	1023			1208	
Cyprus Station Cyprus Place	0613	every 20	33	53	13		0833	0852	0906	0919	0933	0946	0959	1012	1026		Then	1211	
Tollgate Road Stansfeld Road	0618	minutes	38	58	18		0838	0857	0911	0925	0939	0952	1005	1018	1032		every 15	1217	
Newham Hospital	0623	at these	43	03	23	until	0843	0902	0916	0930	0944	0957	1011	1024	1039		minutes	1224	
Upton Park Boleyn	0628	minutes	48	08	28		0848	0907	0921	0935	0949	1003	1017	1030	1045		until	1230	
Upton Park Station	0630	past	50	10	30		0850	0909	0923	0937	0951	1005	1019	1032	1047			1232	
East Ham Station	0635	the hour	55	15	35		0855	0914	0929	0944	0959	1013	1028	1042	1057			1242	
East Ham Newham Town Hall	0640		00	20	40		0900	0920	0935	0950	1005	1020	1035	1050	1105			1250	
Beckton Bus Station	1220	1235	1250				1705	1720	1735	1750	1805	1820	1835	1850	1905	1925		2325	
Winsor Park Estate Warwall	1223	1238	1253				1708	1723	1738	1753	1808	1823	1838	1853	1908	1928		2328	
Cyprus Station Cyprus Place	1226	1241	1256			Then	1711	1726	1741	1756	1811	1826	1841	1856	1911	1931	Then	2331	
Tollgate Road Stansfeld Road	1232	1247	1302			every 15	1717	1732	1747	1802	1817	1832	1847	1902	1917	1936	every 20	2336	
Newham Hospital	1239	1254	1310			minutes	1725	1740	1755	1809	1824	1838	1853	1908	1922	1941	minutes	2341	
Upton Park Boleyn	1245	1300	1316			until	1731	1746	1801	1814	1829	1843	1858	1913	1927	1946	until	2346	
Upton Park Station	1247	1302	1318				1733	1748	1803	1816	1831	1845	1900	1915	1929	1948		2348	
East Ham Station	1258	1314	1330				1745	1800	1814	1827	1841	1855	1909	1922	1934	1953		2353	
East Ham Newham Town Hall	1306	1322	1338				1753	1806	1820	1833	1847	1901	1915	1927	1939	1958		2358	
376 Sundays and other Public Holidays (except Christmas Day and Boxing Day)																			
Beckton Bus Station	0657	0727	0757	0827	0857	0926	0952	1021	1051	1119	1147	1216		46	16			1616	1648
Winsor Park Estate Warwall	0700	0730	0800	0830	0900	0929	0955	1024	1054	1122	1150	1219	Then	49	19			1619	1651
Cyprus Station Cyprus Place	0703	0733	0803	0833	0903	0932	0958	1027	1057	1125	1153	1222	every 30	52	22			1622	1654
Tollgate Road Stansfeld Road	0708	0738	0808	0838	0908	0937	1003	1033	1103	1131	1159	1228	minutes	58	28			1628	1700
Newham Hospital	0713	0743	0813	0843	0913	0942	1009	1039	1109	1137	1206	1236	at these	06	36	until		1636	1708
Upton Park Boleyn	0718	0748	0818	0848	0918	0947	1014	1044	1114	1143	1212	1242	minutes	12	42			1642	1714
Upton Park Station	0720	0750	0820	0850	0920	0949	1016	1046	1116	1145	1214	1244	past	14	44			1644	1716
East Ham Station	0725	0755	0825	0855	0925	0954	1023	1053	1123	1153	1223	1253	the hour	23	53			1653	1725
East Ham Newham Town Hall	0729	0759	0829	0859	0929	0959	1029	1059	1129	1159	1229	1259		29	59			1659	1731
Beckton Bus Station	1720	1753	1825	1855			25	55										2325	
Winsor Park Estate Warwall	1723	1756	1828	1858			Then	28	58									2328	
Cyprus Station Cyprus Place	1726	1759	1831	1901			every 30	31	01									2331	
Tollgate Road Stansfeld Road	1732	1805	1837	1906			minutes	36	06									2336	
Newham Hospital	1740	1811	1842	1911			at these	41	11	until								2341	
Upton Park Boleyn	1746	1816	1847	1916			minutes	46	16									2346	
Upton Park Station	1748	1818	1849	1918			past	48	18									2348	
East Ham Station	1755	1825	1854	1923			the hour	53	23									2353	
East Ham Newham Town Hall	1801	1831	1859	1928				58	28									2358	
376 Boxing Day																			
A Sunday service operates, commencing with the 0827 journey from Beckton.																			