

376		Mondays to Fridays	
Beckton Bus Station	0605	0625	0645 0705 0720 0734 0746 0801 0816 0831 0846 0901 0917 0932
Winsor Park Estate Warwall	0608	0628	0648 0708 0723 0737 0749 0804 0819 0835 0850 0904 0920 0935
Cyprus Station Cyprus Place	0610	0630	0651 0711 0726 0740 0753 0808 0823 0838 0853 0907 0923 0938
Stansfeld Road Fulmer Road	0614	0634	0656 0716 0731 0746 0759 0814 0829 0844 0859 0913 0928 0943
Newham Hospital Emergency Dept.	0618	0639	0701 0722 0737 0752 0806 0821 0836 0851 0906 0920 0934 0949
Upton Park The Boleyn (Green Street)	0624	0645	0707 0729 0744 0759 0814 0829 0843 0858 0913 0927 0941 0956
Upton Park Station	0626	0647	0709 0731 0746 0801 0816 0831 0845 0900 0915 0929 0943 0958
East Ham Station	0632	0653	0715 0738 0754 0809 0824 0840 0854 0908 0923 0937 0952 1007
East Ham Newham Town Hall	0636	0657	0720 0744 0800 0815 0830 0846 0900 0914 0929 0943 0958 1014
Beckton Bus Station	1132	1147	1347 1402 1417 1432 1447 1500 1515 1530 1545 1600
Winsor Park Estate Warwall	1135	1150	1350 1405 1420 1435 1450 1504 1519 1534 1549 1604
Cyprus Station Cyprus Place	1138	1153	1353 1408 1423 1439 1454 1508 1523 1537 1552 1607
Stansfeld Road Fulmer Road	1143	1158	1358 1413 1428 1444 1459 1514 1529 1543 1558 1612
Newham Hospital Emergency Dept.	1150	1205	1405 1420 1435 1451 1506 1521 1536 1550 1605 1620
Upton Park The Boleyn (Green Street)	1157	1212	1412 1427 1443 1459 1514 1529 1544 1558 1613 1628
Upton Park Station	1159	1214	1414 1429 1446 1502 1517 1532 1547 1601 1615 1630
East Ham Station	1208	1224	1424 1440 1457 1514 1529 1544 1559 1613 1627 1642
East Ham Newham Town Hall	1215	1231	1431 1447 1504 1522 1537 1553 1608 1621 1635 1650
Beckton Bus Station	1801	1816	1832 1847 1902 1923 1943 2004 2024 2045 2105 2125 2145 2205 2225 2245 2305 2325
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
Winsor Park Estate Warwall	1130	1143	1157 1212 1227 1242 1256 1311 1326 1340
Cyprus Station Cyprus Place	1133	1146	1200 1215 1230 1245 1259 1314 1329 1343
Stansfeld Road Fulmer Road	1137	1150	1205 1220 1235 1250 1304 1319 1334 1348
Newham Hospital Emergency Dept.	1144	1157	1212 1227 1242 1257 1312 1327 1342 1356
Upton Park The Boleyn (Green Street)	1151	1204	1219 1234 1249 1304 1319 1334 1349 1403
Upton Park Station	1153	1207	1222 1237 1252 1307 1322 1337 1352 1407
East Ham Station	1203	1218	1233 1248 1303 1318 1333 1348 1403 1419
East Ham Newham Town Hall	1212	1227	1242 1257 1312 1327 1342 1357 1412 1428
Beckton Bus Station	1738	1753	1808 1823 1838 1853 1908 1923 1943 2003 2023 2043 2103
Winsor Park Estate Warwall	1741	1756	1811 1826 1841 1856 1911 1926 1946 2006 2026 2046 2106
Cyprus Station Cyprus Place	1744	1759	1814 1829 1844 1859 1914 1929 1949 2009 2029 2049 2109
Stansfeld Road Fulmer Road	1749	1804	1818 1833 1848 1903 1918 1933 1953 2013 2033 2053 2113
Newham Hospital Emergency Dept.	1756	1811	1825 1840 1855 1909 1924 1939 1959 2019 2039 2059 2118
Upton Park The Boleyn (Green Street)	1803	1817	1831 1846 1901 1915 1930 1945 2005 2025 2045 2105 2123
Upton Park Station	1806	1820	1834 1849 1904 1918 1933 1948 2007 2027 2047 2107 2125
East Ham Station	1817	1831	1845 1900 1914 1928 1943 1958 2016 2036 2056 2114 2132
East Ham Newham Town Hall	1826	1840	1854 1908 1922 1936 1951 2006 2023 2043 2103 2119 2137
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 1532 1602 1632
East Ham Newham Town Hall	0727	0757	0827 0857 0929 0959 1030 1102 1133 1205 1237 1308 1338 1409 1439 1509 1541 1610 1640
Beckton Bus Station	1622	1652	1723 1753 1823 1854 1924 1954 2024 2055 2125 2155 2225 2255 2325
Winsor Park Estate Warwall	1626	1656	1727 1757 1826 1857 1927 1957 2027 2058 2128 2158 2228 2258 2328
Cyprus Station Cyprus Place	1629	1659	1730 1800 1829 1900 1930 2000 2030 2101 2131 2201 2231 2301 2331
Stansfeld Road Fulmer Road	1634	1704	1735 1805 1834 1904 1934 2004 2034 2105 2135 2205 2235 2305 2335
Newham Hospital Emergency Dept.	1640	1710	1741 1810 1839 1909 1939 2009 2039 2110 2140 2209 2239 2309 2339
Upton Park The Boleyn (Green Street)	1647	1717	1748 1816 1845 1915 1945 2015 2045 2115 2145 2214 2244 2314 2344
Upton Park Station	1650	1720	1751 1819 1848 1917 1947 2017 2047 2116 2146 2215 2245 2315 2345
East Ham Station	1702	1732	1803 1829 1858 1926 1956 2025 2055 2122 2152 2221 2251 2320 2350
East Ham Newham Town Hall	1710	1740	1809 1835 1904 1931 2001 2030 2100 2126 2156 2225 2255 2324 2354

