

376																		
Mondays to Fridays																		
Beckton Bus Station	0605	0625	0645	0705	0715	0725	0736	0747	0759	0811	0823	0835	0847	0900	0913	Then every 12 minutes until	1013	
Winsor Park Estate Warwall	0608	0628	0648	0708	0718	0728	0739	0750	0802	0814	0827	0839	0851	0904	0916		1016	
Cyprus Station Cyprus Place	0610	0631	0651	0711	0721	0731	0742	0754	0806	0818	0831	0843	0855	0907	0919		1019	
Stansfeld Road Fulmer Road	0614	0635	0655	0715	0726	0736	0747	0759	0811	0823	0836	0848	0900	0912	0924		1024	
Newham Hospital Emergency Dept.	0618	0640	0700	0721	0732	0743	0755	0807	0819	0831	0844	0856	0907	0919	0930		1030	
Upton Park The Boleyn (Green Street)	0624	0647	0707	0728	0740	0752	0804	0816	0827	0839	0851	0903	0914	0926	0937		1037	
Upton Park Station	0625	0648	0708	0729	0742	0754	0806	0818	0829	0841	0853	0905	0916	0928	0939		1039	
East Ham Station	0631	0654	0714	0735	0749	0801	0814	0827	0839	0851	0902	0913	0924	0936	0947		1047	
East Ham Newham Town Hall	0635	0658	0719	0741	0755	0808	0821	0834	0846	0858	0909	0920	0931	0943	0954		1054	
Beckton Bus Station	1025	1037	1049	1101	1113	1125	Then every 12 minutes until	1325	1337	1349	1400	1411	1423	1434	1443	1455	1507	
Winsor Park Estate Warwall	1028	1040	1052	1104	1116	1128		1328	1340	1352	1403	1414	1426	1437	1447	1459	1511	
Cyprus Station Cyprus Place	1031	1043	1055	1107	1119	1131		1331	1343	1355	1407	1418	1430	1441	1451	1503	1515	
Stansfeld Road Fulmer Road	1036	1048	1100	1112	1124	1136		1336	1348	1400	1412	1423	1435	1446	1457	1509	1521	
Newham Hospital Emergency Dept.	1042	1054	1106	1118	1130	1143		1343	1355	1407	1419	1430	1442	1453	1505	1517	1529	
Upton Park The Boleyn (Green Street)	1049	1101	1113	1125	1137	1150		1350	1402	1414	1426	1438	1450	1502	1514	1526	1538	
Upton Park Station	1051	1103	1115	1127	1139	1152		1352	1404	1416	1428	1440	1452	1504	1516	1528	1540	
East Ham Station	1100	1112	1124	1136	1148	1201		1401	1414	1426	1438	1451	1503	1515	1527	1539	1552	
East Ham Newham Town Hall	1107	1119	1131	1143	1155	1208		1408	1421	1433	1445	1459	1511	1523	1535	1547	1600	
Beckton Bus Station	1519	1531	1543	1555	1607	1619	1631	1643	1655	1707	1719	1731	1743	1755	1807	1819	1831	1843
Winsor Park Estate Warwall	1523	1535	1547	1559	1611	1623	1635	1647	1659	1711	1723	1735	1747	1759	1811	1822	1834	1846
Cyprus Station Cyprus Place	1527	1538	1550	1602	1614	1626	1638	1650	1702	1714	1726	1738	1750	1802	1814	1825	1837	1849
Stansfeld Road Fulmer Road	1533	1544	1556	1608	1620	1632	1644	1656	1708	1720	1732	1744	1756	1808	1820	1830	1842	1854
Newham Hospital Emergency Dept.	1541	1552	1604	1616	1628	1641	1653	1705	1717	1728	1740	1752	1803	1815	1827	1837	1848	1900
Upton Park The Boleyn (Green Street)	1550	1601	1613	1625	1637	1650	1702	1714	1725	1736	1748	1800	1811	1822	1834	1844	1855	1906
Upton Park Station	1552	1603	1615	1627	1639	1652	1704	1716	1727	1738	1750	1802	1813	1824	1836	1846	1857	1908
East Ham Station	1604	1615	1627	1639	1651	1704	1716	1728	1739	1750	1801	1813	1824	1834	1845	1855	1905	1916
East Ham Newham Town Hall	1612	1623	1635	1647	1659	1711	1723	1735	1746	1757	1808	1820	1831	1841	1852	1902	1912	1923
Beckton Bus Station	1855	1910	1925	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325			
Winsor Park Estate Warwall	1858	1913	1928	1948	2008	2028	2048	2108	2128	2148	2208	2228	2248	2308	2328			
Cyprus Station Cyprus Place	1901	1916	1931	1951	2011	2031	2051	2111	2131	2151	2211	2231	2251	2311	2331			
Stansfeld Road Fulmer Road	1906	1921	1936	1956	2015	2035	2055	2115	2135	2155	2214	2234	2254	2314	2334			
Newham Hospital Emergency Dept.	1912	1927	1942	2002	2021	2040	2100	2120	2140	2200	2219	2239	2259	2318	2338			
Upton Park The Boleyn (Green Street)	1918	1933	1948	2008	2027	2046	2106	2126	2146	2205	2224	2244	2304	2323	2343			
Upton Park Station	1920	1935	1949	2009	2028	2047	2107	2127	2147	2206	2225	2245	2305	2324	2344			
East Ham Station	1928	1943	1957	2017	2035	2054	2114	2133	2153	2212	2231	2250	2310	2329	2349			
East Ham Newham Town Hall	1935	1950	2004	2022	2040	2059	2118	2137	2157	2216	2235	2254	2314	2333	2353			

376		Saturdays (also Good Friday)																
Beckton Bus Station	0605	0625	0645	0705	0725	0745	0805	0825	0840	0855	0906	0918	0930	0942	0954	1006	1017	1029
Winsor Park Estate Warwall	0608	0628	0648	0708	0728	0748	0808	0828	0843	0858	0909	0921	0933	0945	0957	1009	1020	1032
Cyprus Station Cyprus Place	0610	0630	0650	0711	0731	0751	0811	0831	0846	0901	0912	0924	0936	0948	1000	1012	1023	1035
Stansfeld Road Fulmer Road	0614	0634	0654	0715	0735	0755	0815	0835	0850	0905	0916	0928	0940	0952	1004	1016	1027	1039
Newham Hospital Emergency Dept.	0618	0638	0659	0720	0740	0800	0820	0840	0855	0910	0922	0934	0946	0958	1010	1022	1033	1045
Upton Park The Boleyn (Green Street)	0623	0643	0704	0726	0746	0806	0826	0846	0901	0916	0928	0940	0952	1004	1016	1028	1040	1052
Upton Park Station	0624	0644	0705	0727	0747	0807	0827	0847	0902	0918	0930	0942	0954	1006	1018	1030	1042	1054
East Ham Station	0630	0650	0711	0733	0754	0814	0834	0854	0909	0925	0937	0949	1001	1014	1026	1038	1050	1102
East Ham Newham Town Hall	0633	0654	0715	0737	0758	0818	0839	0859	0914	0930	0942	0955	1007	1020	1032	1045	1057	1109
Beckton Bus Station	1041	1053	1105	1117	1129	1141	1153	1205	Then every 12 minutes until	1317	1329	1341	1353	1405	1417	1429	1441	
Winsor Park Estate Warwall	1044	1056	1108	1120	1132	1144	1156	1208		1320	1332	1344	1356	1408	1420	1432	1444	
Cyprus Station Cyprus Place	1047	1059	1111	1123	1135	1147	1159	1211		1323	1335	1347	1359	1411	1423	1435	1447	
Stansfeld Road Fulmer Road	1051	1103	1115	1127	1139	1152	1204	1216		1328	1340	1352	1404	1416	1428	1440	1452	
Newham Hospital Emergency Dept.	1057	1109	1121	1133	1145	1158	1210	1223		1335	1348	1400	1412	1424	1436	1448	1500	
Upton Park The Boleyn (Green Street)	1104	1116	1128	1140	1152	1205	1217	1230		1342	1355	1407	1419	1430	1442	1454	1506	
Upton Park Station	1106	1118	1130	1142	1154	1207	1220	1233		1345	1358	1410	1422	1433	1445	1457	1509	
East Ham Station	1114	1126	1139	1152	1204	1217	1230	1244		1356	1409	1421	1434	1445	1457	1509	1521	
East Ham Newham Town Hall	1121	1134	1147	1200	1212	1225	1238	1252		1404	1417	1429	1442	1453	1505	1518	1530	
Beckton Bus Station	1453	Then every 12 minutes until	1629	1641	1653	1705	1717	1729	1741	1753	1806	1818	1830	1843	1855	1910	1925	
Winsor Park Estate Warwall	1456		1632	1644	1656	1708	1720	1732	1744	1756	1809	1821	1833	1846	1858	1913	1928	
Cyprus Station Cyprus Place	1459		1635	1647	1659	1711	1723	1735	1747	1759	1812	1824	1836	1849	1901	1916	1931	
Stansfeld Road Fulmer Road	1504		1640	1652	1704	1716	1728	1740	1752	1803	1816	1828	1840	1853	1905	1920	1935	
Newham Hospital Emergency Dept.	1511		1647	1659	1711	1723	1735	1746	1758	1809	1822	1834	1846	1859	1911	1926	1941	
Upton Park The Boleyn (Green Street)	1517		1653	1705	1717	1729	1741	1752	1804	1815	1828	1840	1852	1905	1917	1932	1947	
Upton Park Station	1520		1656	1708	1719	1731	1743	1754	1806	1817	1830	1842	1854	1907	1919	1934	1949	
East Ham Station	1532		1708	1720	1731	1743	1755	1806	1817	1828	1841	1853	1905	1917	1929	1943	1958	
East Ham Newham Town Hall	1541		1717	1728	1739	1751	1803	1814	1825	1836	1848	1900	1912	1924	1936	1950	2005	
Beckton Bus Station	1945	2005	2025	2045	2105	2125	2145	2205	2225	2245	2305	2325						
Winsor Park Estate Warwall	1948	2008	2028	2048	2108	2128	2148	2208	2228	2248	2308	2328						
Cyprus Station Cyprus Place	1951	2011	2031	2051	2111	2131	2151	2211	2231	2251	2311	2331						
Stansfeld Road Fulmer Road	1955	2015	2035	2054	2114	2134	2154	2214	2234	2254	2314	2334						
Newham Hospital Emergency Dept.	2001	2021	2041	2059	2119	2139	2159	2219	2239	2259	2318	2338						
Upton Park The Boleyn (Green Street)	2007	2027	2047	2105	2124	2144	2204	2224	2244	2304	2323	2343						
Upton Park Station	2009	2029	2048	2106	2125	2145	2205	2225	2245	2305	2324	2344						
East Ham Station	2017	2037	2056	2113	2131	2151	2211	2231	2251	2310	2329	2349						
East Ham Newham Town Hall	2023	2043	2102	2118	2136	2156	2215	2235	2255	2314	2333	2353						
376		Sundays and other Public Holidays (except Christmas Day)																
Beckton Bus Station	0625	0655	0725	0755	0825	0855	0925	0955	1024	1054	1124	1154	1223	1252	1322	1352	1422	1452
Winsor Park Estate Warwall	0628	0658	0728	0758	0828	0858	0928	0958	1027	1057	1127	1157	1226	1255	1325	1355	1425	1455
Cyprus Station Cyprus Place	0630	0700	0730	0800	0830	0900	0931	1001	1030	1100	1130	1200	1229	1258	1328	1358	1428	1458
Stansfeld Road Fulmer Road	0634	0704	0734	0804	0834	0904	0935	1005	1034	1104	1134	1204	1233	1302	1333	1403	1433	1503
Newham Hospital Emergency Dept.	0639	0709	0739	0809	0839	0909	0940	1010	1040	1110	1140	1210	1239	1309	1340	1409	1439	1509
Upton Park The Boleyn (Green Street)	0644	0714	0744	0814	0844	0915	0946	1016	1046	1116	1146	1216	1246	1316	1347	1416	1446	1516
Upton Park Station	0645	0715	0745	0815	0845	0916	0947	1017	1048	1118	1148	1218	1248	1318	1349	1418	1448	1518
East Ham Station	0651	0721	0751	0821	0851	0922	0954	1024	1056	1126	1158	1228	1258	1328	1359	1429	1459	1529
East Ham Newham Town Hall	0655	0725	0755	0825	0855	0926	0959	1029	1102	1133	1205	1235	1305	1336	1407	1437	1507	1537
Beckton Bus Station	1522	1552	1622	1652	1723	1753	1823	1854	1924	1954	2024	2055	2125	2155	2225	2255	2325	
Winsor Park Estate Warwall	1525	1555	1625	1655	1726	1756	1826	1857	1927	1957	2027	2058	2128	2158	2228	2258	2328	
Cyprus Station Cyprus Place	1528	1558	1628	1658	1729	1759	1829	1900	1930	2000	2030	2101	2131	2201	2231	2301	2331	
Stansfeld Road Fulmer Road	1533	1603	1633	1703	1734	1803	1833	1904	1934	2003	2033	2104	2134	2204	2234	2304	2334	
Newham Hospital Emergency Dept.	1539	1609	1639	1709	1740	1809	1839	1910	1940	2008	2038	2109	2139	2209	2239	2308	2338	
Upton Park The Boleyn (Green Street)	1546	1616	1646	1716	1747	1815	1845	1916	1946	2014	2043	2114	2144	2214	2244	2313	2343	
Upton Park Station	1548	1618	1648	1718	1749	1817	1847	1918	1947	2015	2044	2115	2145	2215	2245	2314	2344	
East Ham Station	1559	1629	1700	1730	1800	1826	1856	1926	1955	2022	2051	2121	2151	2221	2250	2319	2349	
East Ham Newham Town Hall	1607	1637	1707	1737	1807	1833	1903	1931	2000	2027	2056	2125	2155	2225	2254	2323	2353	

376		Saturdays (also Good Friday)																	
East Ham Newham Town Hall	0605	0625	0645	0704	0723	0743	0803	0818	0833	0845	0856	0907	0919	0929	0940	0951	1003	1015	
East Ham Station	0608	0628	0648	0707	0726	0746	0807	0822	0837	0849	0900	0912	0924	0934	0945	0957	1009	1021	
Upton Park Station	0612	0632	0653	0712	0731	0751	0812	0828	0843	0855	0907	0919	0931	0942	0953	1005	1017	1029	
Upton Park The Boleyn (Green Street)	0614	0634	0655	0714	0733	0753	0814	0830	0845	0857	0909	0921	0933	0944	0955	1007	1019	1031	
Newham Hospital Emergency Dept.	0618	0638	0659	0718	0738	0758	0819	0835	0850	0902	0914	0926	0938	0949	1001	1013	1025	1037	
Stansfeld Road Fulmer Road	0622	0642	0704	0723	0743	0803	0824	0840	0855	0907	0919	0931	0943	0955	1007	1019	1031	1043	
Cyprus Station Cyprus Place	0626	0646	0708	0727	0747	0807	0828	0844	0859	0911	0923	0935	0947	0959	1011	1023	1035	1047	
Winsor Park Estate Warwall	0628	0648	0710	0730	0750	0810	0831	0847	0902	0914	0926	0938	0950	1002	1014	1026	1038	1050	
Beckton Bus Station	0630	0650	0712	0732	0752	0812	0833	0849	0904	0916	0928	0940	0952	1004	1016	1028	1040	1052	
East Ham Newham Town Hall	1027	1039	1050	1101	1113	1125	1136	1148	1200	1212	1223	1234	1246	1258	1310	1321		1421	
East Ham Station	1033	1045	1057	1108	1120	1132	1143	1155	1207	1219	1231	1242	1254	1306	1318	1329		1429	
Upton Park Station	1041	1053	1105	1117	1129	1141	1152	1204	1217	1229	1241	1252	1304	1316	1328	1340	Then	1440	
Upton Park The Boleyn (Green Street)	1043	1055	1107	1119	1131	1144	1155	1207	1220	1232	1244	1255	1307	1319	1331	1343	every	1443	
Newham Hospital Emergency Dept.	1049	1101	1113	1125	1137	1150	1201	1213	1226	1238	1250	1301	1313	1325	1337	1349	12	1449	
Stansfeld Road Fulmer Road	1055	1107	1119	1131	1143	1156	1208	1220	1233	1245	1257	1309	1321	1333	1345	1357	mins.	1457	
Cyprus Station Cyprus Place	1059	1111	1123	1135	1147	1200	1212	1224	1237	1249	1301	1313	1325	1337	1349	1401	until	1501	
Winsor Park Estate Warwall	1102	1114	1126	1138	1150	1203	1215	1227	1240	1252	1304	1316	1328	1340	1352	1404		1504	
Beckton Bus Station	1104	1116	1128	1141	1153	1206	1218	1230	1243	1255	1307	1319	1331	1343	1355	1407		1507	
East Ham Newham Town Hall	1432			1656	1709	1722			1822	1835	1850	1905	1925	1945	2005	2025	2045	2105	
East Ham Station	1440			1704	1717	1730			1830	1843	1859	1915	1935	1952	2012	2032	2051	2110	
Upton Park Station	1452	Then		1716	1729	1742		Then	1842	1854	1909	1925	1945	2002	2022	2041	2100	2117	
Upton Park The Boleyn (Green Street)	1455	every 12		1719	1732	1745		every 12	1845	1857	1912	1927	1947	2004	2024	2043	2102	2119	
Newham Hospital Emergency Dept.	1501	minutes		1725	1738	1751		minutes	1851	1903	1918	1933	1953	2010	2030	2049	2107	2124	
Stansfeld Road Fulmer Road	1509	until		1733	1745	1758		until	1858	1910	1925	1940	2000	2016	2035	2054	2112	2129	
Cyprus Station Cyprus Place	1513			1737	1749	1802			1902	1914	1929	1944	2004	2020	2039	2058	2116	2133	
Winsor Park Estate Warwall	1516			1740	1752	1805			1905	1917	1932	1947	2007	2023	2041	2100	2118	2135	
Beckton Bus Station	1519			1743	1755	1807			1907	1919	1934	1949	2009	2025	2043	2102	2120	2137	
East Ham Newham Town Hall	2125	2145	2205	2225	2245	2305	2330												
East Ham Station	2130	2150	2210	2229	2249	2309	2334												
Upton Park Station	2137	2157	2216	2235	2255	2315	2340												
Upton Park The Boleyn (Green Street)	2139	2159	2218	2237	2257	2317	2342												
Newham Hospital Emergency Dept.	2144	2204	2223	2242	2302	2322	2347												
Stansfeld Road Fulmer Road	2149	2209	2228	2247	2306	2326	2351												
Cyprus Station Cyprus Place	2153	2213	2232	2251	2310	2330	2355												
Winsor Park Estate Warwall	2155	2215	2234	2253	2312	2332	2357												
Beckton Bus Station	2157	2217	2236	2255	2314	2334	2359												
376		Sundays and other Public Holidays (except Christmas Day)																	
East Ham Newham Town Hall	0620	0645	0715	0745	0815	0845	0910	0938	1007	1035	1105	1132	1201	1229	1258	1328	1357	1425	
East Ham Station	0623	0648	0718	0748	0818	0849	0914	0943	1012	1041	1111	1138	1208	1237	1306	1336	1406	1434	
Upton Park Station	0627	0652	0722	0752	0823	0854	0919	0949	1018	1048	1118	1147	1217	1247	1316	1346	1416	1446	
Upton Park The Boleyn (Green Street)	0629	0654	0724	0754	0825	0856	0921	0951	1020	1050	1120	1150	1220	1250	1319	1349	1419	1449	
Newham Hospital Emergency Dept.	0633	0658	0728	0758	0830	0901	0926	0957	1026	1056	1126	1156	1226	1256	1325	1355	1425	1455	
Stansfeld Road Fulmer Road	0638	0703	0733	0803	0835	0906	0931	1002	1032	1102	1132	1202	1232	1302	1332	1402	1432	1502	
Cyprus Station Cyprus Place	0642	0707	0737	0807	0839	0910	0935	1006	1036	1106	1136	1206	1236	1306	1336	1406	1436	1506	
Winsor Park Estate Warwall	0644	0709	0739	0809	0841	0912	0937	1008	1039	1109	1139	1209	1239	1309	1339	1409	1439	1509	
Beckton Bus Station	0646	0711	0741	0811	0843	0914	0939	1010	1041	1111	1141	1211	1241	1311	1341	1411	1441	1511	
East Ham Newham Town Hall	1455	1525	1555	1625	1655	1725	1755	1825	1850	1915	1941	2008	2038	2107	2137	2206	2235	2305	
East Ham Station	1503	1533	1603	1633	1703	1733	1802	1831	1855	1920	1946	2013	2043	2111	2141	2210	2238	2308	
Upton Park Station	1515	1545	1615	1645	1714	1744	1812	1840	1904	1929	1954	2021	2049	2117	2147	2215	2243	2313	
Upton Park The Boleyn (Green Street)	1518	1548	1618	1648	1717	1747	1814	1842	1906	1931	1956	2023	2051	2119	2149	2217	2245	2315	
Newham Hospital Emergency Dept.	1524	1554	1624	1654	1723	1753	1820	1848	1912	1937	2002	2028	2056	2124	2154	2221	2249	2319	
Stansfeld Road Fulmer Road	1531	1601	1631	1701	1729	1759	1826	1854	1918	1943	2008	2034	2101	2129	2159	2226	2254	2323	
Cyprus Station Cyprus Place	1535	1605	1635	1705	1733	1803	1830	1858	1922	1947	2012	2038	2105	2133	2203	2230	2258	2326	
Winsor Park Estate Warwall	1538	1608	1638	1708	1736	1806	1832	1900	1924	1949	2014	2040	2107	2135	2205	2232	2300	2328	
Beckton Bus Station	1540	1610	1640	1710	1738	1808	1834	1902	1926	1951	2016	2042	2109	2137	2207	2234	2302	2330	
East Ham Newham Town Hall	2330																		
East Ham Station	2333																		
Upton Park Station	2338																		
Upton Park The Boleyn (Green Street)	2340																		
Newham Hospital Emergency Dept.	2344																		
Stansfeld Road Fulmer Road	2348																		
Cyprus Station Cyprus Place	2351																		
Winsor Park Estate Warwall	2353																		
Beckton Bus Station	2355																		