

376 Mondays to Fridays																				
Beckton Bus Station	0605	0625	0645	0705	0718	0732		0847	0902	0917		1332	1347	1402	1417	1432				
Winsor Park Estate Warwall	0608	0628	0648	0709	0722	0736		0851	0906	0921		1336	1351	1406	1421	1436				
Cyprus Station Cyprus Place	0611	0631	0651	0712	0725	0739	Then	0854	0909	0924	Then	1339	1354	1409	1424	1439				
Stansfeld Road Fulmer Road	0615	0636	0656	0717	0730	0745	every 15	0900	0915	0929	every 15	1344	1359	1414	1429	1445				
Newham Hospital Emergency Dept.	0620	0641	0701	0723	0738	0753	minutes	0908	0922	0936	minutes	1351	1406	1421	1436	1452				
Upton Park The Boleyn (Green Street)	0625	0646	0707	0729	0745	0800	until	0915	0929	0943	until	1358	1413	1428	1443	1500				
Upton Park Station	0626	0647	0708	0730	0747	0802		0917	0931	0945		1400	1415	1430	1445	1502				
East Ham Station	0632	0653	0714	0737	0755	0810		0925	0939	0954		1409	1425	1440	1456	1513				
East Ham Newham Town Hall	0636	0658	0719	0743	0801	0816		0931	0946	1001		1416	1432	1447	1504	1521				
Beckton Bus Station	1447			1647	1702	1717	1732	1747	1802	1817	1832	1848	1904	1924	1944	2004	2025	2045		
Winsor Park Estate Warwall	1451			1651	1706	1721	1736	1751	1806	1821	1836	1852	1907	1927	1947	2007	2028	2048		
Cyprus Station Cyprus Place	1454	Then		1654	1709	1724	1739	1754	1809	1824	1839	1855	1910	1930	1950	2010	2031	2051		
Stansfeld Road Fulmer Road	1500	every 15		1700	1715	1730	1745	1800	1815	1830	1845	1900	1915	1935	1955	2014	2035	2055		
Newham Hospital Emergency Dept.	1507	minutes		1707	1722	1737	1752	1807	1822	1837	1851	1906	1921	1941	2000	2019	2039	2059		
Upton Park The Boleyn (Green Street)	1515	until		1715	1730	1745	1800	1814	1829	1843	1857	1912	1927	1947	2006	2025	2045	2105		
Upton Park Station	1517			1717	1732	1747	1802	1816	1831	1845	1859	1914	1929	1949	2008	2027	2047	2106		
East Ham Station	1529			1729	1744	1759	1813	1827	1841	1855	1909	1924	1938	1957	2016	2034	2054	2112		
East Ham Newham Town Hall	1537			1737	1751	1806	1820	1834	1848	1902	1915	1929	1943	2002	2021	2039	2059	2117		
376 Mondays to Fridays (cont.)													Saturdays (also Good Friday)							
Beckton Bus Station	2105	2125	2145				2325	0605				0725	0745	0805	0825	0845	0900	0915	0930	0945
Winsor Park Estate Warwall	2108	2128	2148				2328	0608				0728	0748	0808	0828	0848	0903	0918	0933	0948
Cyprus Station Cyprus Place	2111	2131	2151	Then			2331	0611	Then			0731	0751	0811	0831	0851	0906	0921	0936	0951
Stansfeld Road Fulmer Road	2115	2135	2155	every 20			2335	0615	every 20			0735	0755	0815	0836	0856	0911	0926	0941	0956
Newham Hospital Emergency Dept.	2119	2139	2159	minutes			2339	0620	minutes			0740	0800	0820	0841	0901	0916	0931	0946	1001
Upton Park The Boleyn (Green Street)	2124	2144	2204	until			2344	0625	until			0745	0805	0825	0846	0907	0922	0937	0952	1007
Upton Park Station	2125	2145	2205				2345	0626				0746	0807	0827	0848	0909	0924	0939	0954	1009
East Ham Station	2131	2151	2211				2351	0632				0752	0813	0833	0854	0915	0930	0945	1001	1017
East Ham Newham Town Hall	2136	2156	2215				2355	0636				0756	0817	0838	0859	0920	0935	0951	1007	1023
376 Saturdays (also Good Friday) (cont.)																				
Beckton Bus Station	0958	1013	1028	1043	1058	1113	1128	1142	1156	1211	1225			1625	1640	1655	1710	1725		
Winsor Park Estate Warwall	1001	1016	1031	1047	1102	1117	1132	1146	1200	1215	1229			1629	1644	1659	1714	1729		
Cyprus Station Cyprus Place	1004	1019	1034	1050	1105	1120	1135	1149	1203	1218	1232	Then		1632	1647	1702	1717	1732		
Stansfeld Road Fulmer Road	1009	1024	1039	1055	1110	1125	1140	1154	1208	1223	1237	every 15		1637	1652	1707	1722	1737		
Newham Hospital Emergency Dept.	1015	1030	1045	1101	1116	1131	1146	1200	1215	1230	1244	minutes		1644	1659	1714	1729	1744		
Upton Park The Boleyn (Green Street)	1022	1037	1052	1108	1123	1138	1153	1207	1222	1237	1251	until		1651	1706	1721	1735	1750		
Upton Park Station	1024	1039	1054	1110	1125	1140	1155	1209	1224	1239	1254			1654	1709	1723	1737	1752		
East Ham Station	1032	1048	1105	1121	1136	1152	1207	1221	1236	1251	1306			1706	1720	1734	1748	1803		
East Ham Newham Town Hall	1038	1055	1112	1128	1143	1159	1214	1229	1244	1259	1314			1714	1728	1742	1756	1811		
Beckton Bus Station	1740	1755	1810	1825	1840	1854	1908	1923	1944	2004	2024	2045	2105			2225	2245	2305	2325	
Winsor Park Estate Warwall	1744	1759	1813	1828	1843	1857	1911	1926	1947	2007	2027	2048	2108			2228	2248	2308	2328	
Cyprus Station Cyprus Place	1747	1802	1816	1831	1846	1900	1914	1929	1950	2010	2030	2051	2111	Then		2231	2251	2311	2331	
Stansfeld Road Fulmer Road	1752	1807	1821	1836	1851	1905	1919	1933	1954	2014	2034	2055	2115	every		2235	2255	2315	2335	
Newham Hospital Emergency Dept.	1759	1813	1827	1841	1856	1910	1924	1938	1959	2019	2039	2100	2119	20		2239	2259	2319	2339	
Upton Park The Boleyn (Green Street)	1805	1819	1833	1847	1902	1916	1930	1944	2005	2025	2045	2105	2124	mins.		2244	2304	2324	2344	
Upton Park Station	1807	1821	1835	1849	1904	1918	1932	1946	2007	2027	2047	2107	2126	until		2246	2305	2325	2345	
East Ham Station	1817	1831	1845	1859	1913	1927	1941	1955	2015	2035	2055	2114	2133			2253	2311	2331	2351	
East Ham Newham Town Hall	1825	1838	1852	1906	1920	1933	1947	2000	2020	2040	2059	2118	2137			2257	2315	2335	2355	
376 Sundays and other Public Holidays (except Christmas Day)																				
Beckton Bus Station	0655	0725	0755	0825	0855	0925	0955	1025	1055	1124	1154	1224	1254			1554	1624	1654		
Winsor Park Estate Warwall	0658	0728	0758	0828	0858	0928	0958	1028	1058	1128	1158	1228	1258			1558	1628	1658		
Cyprus Station Cyprus Place	0701	0731	0801	0831	0901	0931	1001	1031	1101	1131	1201	1231	1301	Then		1601	1631	1701		
Stansfeld Road Fulmer Road	0705	0735	0805	0835	0905	0935	1006	1036	1106	1136	1206	1236	1306	every 30		1606	1636	1706		
Newham Hospital Emergency Dept.	0710	0740	0810	0840	0910	0940	1011	1041	1111	1142	1212	1242	1312	minutes		1612	1642	1712		
Upton Park The Boleyn (Green Street)	0715	0745	0815	0845	0915	0945	1017	1047	1117	1148	1219	1249	1319	until		1619	1649	1719		
Upton Park Station	0716	0746	0816	0846	0916	0946	1019	1049	1119	1150	1221	1251	1321			1621	1651	1721		
East Ham Station	0722	0752	0822	0852	0922	0953	1026	1056	1127	1159	1231	1301	1332			1632	1701	1731		
East Ham Newham Town Hall	0726	0756	0826	0856	0927	0958	1031	1102	1133	1206	1238	1308	1339			1639	1708	1738		
Beckton Bus Station	1724	1755	1825	1855	1925	1955	2025	2055	2125					Then		2325				
Winsor Park Estate Warwall	1728	1758	1828	1858	1928	1958	2028	2058	2128					every 30		2328				
Cyprus Station Cyprus Place	1731	1801	1831	1901	1931	2001	2031	2101	2131					minutes		2331				
Stansfeld Road Fulmer Road	1736	1806	1836	1906	1935	2005	2035	2105	2135					until		2335				
Newham Hospital Emergency Dept.	1741	1811	1841	1911	1940	2010	2040	2110	2139							2339				
Upton Park The Boleyn (Green Street)	1748	1818	1848	1917	1945	2015	2045	2115	2144							2344				
Upton Park Station	1750	1820	1850	1919	1947	2017	2047	2116	2145							2345				
East Ham Station	1759	1828	1858	1926	1954	2024	2053	2122	2151							2351				
East Ham Newham Town Hall	1806	1834	1904	1932	1959	2029	2058	2126	2155							2355				

376		Mondays to Fridays																	
East Ham Newham Town Hall	0605	0625	0645	0700	0713	0726	0739	0753		0953	1008	1023		1123	1137		1322	1337	
East Ham Station	0609	0629	0650	0705	0718	0731	0745	0759		0959	1014	1030		1130	1145		1330	1345	
Upton Park Station	0614	0634	0655	0710	0724	0738	0752	0807	Then	1007	1023	1039	Then	1139	1154	Then	1339	1354	
Upton Park The Boleyn (Green Street)	0616	0636	0657	0712	0726	0740	0755	0810	every	1010	1026	1042	every	1142	1157	every	1342	1357	
Newham Hospital Emergency Dept.	0621	0641	0702	0718	0733	0747	0802	0817	15	1017	1032	1048	15	1148	1203	15	1348	1403	
Stansfeld Road Fulmer Road	0625	0645	0707	0723	0738	0753	0808	0823	mins.	1023	1038	1054	mins.	1154	1209	mins.	1354	1410	
Cyprus Station Cyprus Place	0629	0649	0711	0728	0743	0758	0813	0828	until	1028	1043	1059	until	1159	1214	until	1359	1415	
Winsor Park Estate Warwall	0632	0652	0714	0731	0746	0801	0816	0831		1031	1046	1102		1202	1217		1402	1418	
Beckton Bus Station	0634	0654	0716	0734	0749	0804	0819	0834		1034	1049	1105		1205	1220		1405	1421	
East Ham Newham Town Hall	1351	1405	1420	1435	1450	1504			Then	1734	1749	1805	1820	1835	1850	1905	1925	1945	2005
East Ham Station	1359	1414	1429	1444	1459	1513			every 15	1743	1758	1814	1828	1843	1858	1913	1932	1952	2011
Upton Park Station	1408	1423	1438	1453	1508	1522			minutes	1752	1807	1822	1836	1851	1906	1921	1939	1958	2017
Upton Park The Boleyn (Green Street)	1411	1426	1441	1456	1511	1525			until	1755	1810	1825	1839	1854	1909	1923	1941	2000	2019
Newham Hospital Emergency Dept.	1418	1433	1448	1503	1518	1532				1802	1816	1831	1845	1900	1915	1929	1947	2005	2024
Stansfeld Road Fulmer Road	1425	1440	1455	1510	1525	1540				1810	1823	1838	1852	1906	1921	1935	1953	2011	2029
Cyprus Station Cyprus Place	1430	1445	1500	1515	1530	1545				1815	1828	1842	1856	1910	1925	1939	1957	2015	2033
Winsor Park Estate Warwall	1433	1448	1503	1518	1533	1548				1818	1831	1845	1859	1913	1928	1942	2000	2018	2036
Beckton Bus Station	1436	1451	1506	1521	1536	1551				1821	1834	1848	1902	1916	1931	1944	2002	2020	2038
376		Mondays to Fridays (cont.)											Saturdays (also Good Friday)						
East Ham Newham Town Hall	2026	2046	2106	2125	2145	2205	2225	2245	2305	2325	0605	0625	0645	0705	0725	0745	0804	0819	
East Ham Station	2031	2051	2111	2130	2149	2209	2229	2249	2309	2329	0609	0629	0649	0709	0729	0749	0809	0824	
Upton Park Station	2037	2057	2116	2135	2154	2214	2234	2254	2313	2333	0614	0634	0654	0715	0735	0755	0815	0830	
Upton Park The Boleyn (Green Street)	2039	2059	2118	2137	2156	2216	2236	2256	2315	2335	0616	0636	0656	0717	0737	0757	0817	0832	
Newham Hospital Emergency Dept.	2044	2104	2123	2142	2201	2221	2240	2300	2319	2339	0621	0641	0701	0722	0742	0803	0823	0838	
Stansfeld Road Fulmer Road	2049	2108	2127	2146	2205	2225	2244	2304	2323	2343	0625	0645	0705	0726	0747	0808	0828	0843	
Cyprus Station Cyprus Place	2053	2112	2131	2150	2209	2229	2248	2308	2327	2347	0629	0649	0709	0730	0751	0812	0832	0847	
Winsor Park Estate Warwall	2056	2115	2134	2153	2212	2232	2251	2311	2330	2350	0632	0652	0712	0733	0754	0815	0835	0850	
Beckton Bus Station	2058	2117	2136	2155	2214	2234	2253	2313	2332	2352	0634	0654	0714	0735	0756	0817	0837	0852	
376		Saturdays (also Good Friday) (cont.)																	
East Ham Newham Town Hall	0834	0849	0903	0917	0932	0946	1001	1015	1030	1045	1100	1115	1130	1145	1200	1214	1229	1243	
East Ham Station	0839	0854	0908	0922	0937	0952	1007	1021	1036	1052	1107	1123	1138	1153	1208	1222	1237	1252	
Upton Park Station	0845	0900	0914	0928	0943	0958	1013	1028	1043	1059	1114	1130	1145	1200	1215	1230	1245	1301	
Upton Park The Boleyn (Green Street)	0847	0902	0916	0931	0946	1001	1016	1031	1046	1102	1117	1133	1148	1203	1219	1234	1249	1305	
Newham Hospital Emergency Dept.	0853	0908	0922	0937	0952	1007	1022	1037	1052	1108	1123	1139	1154	1209	1225	1240	1255	1311	
Stansfeld Road Fulmer Road	0858	0913	0928	0943	0958	1013	1028	1043	1058	1114	1129	1145	1200	1215	1231	1246	1302	1318	
Cyprus Station Cyprus Place	0902	0917	0932	0947	1002	1017	1032	1047	1102	1118	1133	1149	1204	1219	1235	1250	1306	1322	
Winsor Park Estate Warwall	0905	0920	0935	0950	1005	1020	1035	1050	1105	1121	1136	1152	1207	1222	1238	1253	1309	1325	
Beckton Bus Station	0907	0922	0937	0952	1007	1022	1037	1052	1108	1124	1139	1155	1210	1225	1241	1256	1312	1328	
East Ham Newham Town Hall	1257		1657	1712	1727	1742	1757	1812	1827	1842	1857	1912	1928	1947	2007	2027	2047	2106	
East Ham Station	1306		1706	1721	1736	1751	1806	1821	1836	1851	1906	1920	1936	1954	2013	2033	2052	2111	
Upton Park Station	1316	Then	1716	1731	1745	1800	1815	1829	1844	1859	1913	1927	1943	2001	2019	2038	2057	2116	
Upton Park The Boleyn (Green Street)	1320	every	1720	1735	1749	1803	1818	1832	1847	1902	1916	1930	1945	2003	2021	2040	2059	2118	
Newham Hospital Emergency Dept.	1326	15	1726	1741	1755	1809	1824	1838	1853	1907	1921	1935	1950	2008	2026	2045	2104	2123	
Stansfeld Road Fulmer Road	1333	mins.	1733	1747	1801	1815	1830	1844	1859	1912	1926	1940	1955	2013	2031	2050	2109	2128	
Cyprus Station Cyprus Place	1337	until	1737	1751	1805	1819	1834	1848	1903	1916	1930	1944	1959	2017	2035	2054	2113	2132	
Winsor Park Estate Warwall	1340		1740	1754	1808	1822	1837	1851	1906	1919	1933	1947	2002	2020	2038	2057	2116	2135	
Beckton Bus Station	1343		1743	1757	1811	1825	1840	1854	1908	1921	1935	1949	2004	2022	2040	2059	2118	2137	
376		Saturdays (also Good Friday) (cont.)											Sundays and other Public Hols (except Christmas Day)						
East Ham Newham Town Hall	2126	2146	2205	2225	2245	2305	2325	0645		0845	0914	0942	1009	1035	1101	1130	1159	1227	
East Ham Station	2131	2151	2210	2230	2249	2309	2329	0649		0849	0918	0947	1015	1041	1108	1137	1206	1234	
Upton Park Station	2136	2156	2215	2235	2254	2313	2333	0654	Then	0854	0923	0953	1022	1048	1115	1144	1213	1242	
Upton Park The Boleyn (Green Street)	2138	2158	2217	2237	2256	2315	2335	0656	every	0856	0925	0955	1024	1050	1117	1147	1216	1245	
Newham Hospital Emergency Dept.	2143	2203	2222	2241	2300	2319	2339	0701	30	0901	0930	1000	1030	1056	1123	1153	1222	1251	
Stansfeld Road Fulmer Road	2147	2207	2226	2245	2304	2323	2343	0705	mins.	0905	0935	1005	1035	1101	1128	1158	1228	1257	
Cyprus Station Cyprus Place	2151	2211	2230	2249	2308	2327	2347	0709	until	0909	0939	1009	1039	1105	1132	1202	1232	1301	
Winsor Park Estate Warwall	2154	2214	2233	2252	2311	2330	2350	0712		0912	0942	1012	1042	1108	1135	1205	1235	1304	
Beckton Bus Station	2156	2216	2235	2254	2313	2332	2352	0714		0914	0944	1014	1044	1110	1137	1207	1237	1307	
376		Sundays and other Public Holidays (except Christmas Day)																	
East Ham Newham Town Hall	1256	1325		1655	1725	1755	1825	1850	1915	1941	2008	2038	2107	2137	2206	2235	2305	2335	
East Ham Station	1304	1333		1703	1733	1802	1831	1856	1921	1947	2014	2043	2112	2141	2210	2239	2309	2339	
Upton Park Station	1312	1342	Then	1712	1742	1810	1838	1902	1927	1953	2019	2048	2117	2146	2215	2244	2313	2343	
Upton Park The Boleyn (Green Street)	1315	1345	every	1715	1745	1812	1840	1904	1929	1955	2021	2050	2119	2148	2217	2246	2315	2345	
Newham Hospital Emergency Dept.	1321	1351	30	1721	1751	1818	1846	1909	1934	2000	2026	2055	2124	2153	2222	2250	2319	2349	
Stansfeld Road Fulmer Road	1327	1357	mins.	1727	1756	1823	1851	1914	1939	2004	2030	2059	2128	2157	2226	2254	2323	2353	
Cyprus Station Cyprus Place	1331	1401	until	1731	1800	1827	1855	1918	1943	2008	2034	2103	2132	2201	2230	2258	2327	2357	
Winsor Park Estate Warwall	1334	1404		1734	1803	1830	1858	1921	1946	2011	2037	2106	2						