

Plan ahead for the weekend

EVERYONE TRAVELLING ON PUBLIC TRANSPORT MUST WEAR A FACE COVERING

CHECK AHEAD TO SEE IF ANY OF THE FOLLOWING PLANNED ENGINEERING AND IMPROVEMENT WORKS WILL AFFECT YOU. CONSIDER WALKING OR CYCLING IF YOU CAN. FOR WEEKLY UPDATES, YOU CAN SIGN UP TO [TFL.GOV.UK/EMAIL](https://tfl.gov.uk/email)

District line

All weekend: The service will not stop at Whitechapel station. Change at Aldgate East or Stepney Green and walk or use local bus services.

Hammersmith & City line

All weekend: The service will not stop at Whitechapel station. Change at Aldgate East or Stepney Green and walk or use local bus services.

DLR

All weekend: No service between West Ham and Woolwich Arsenal. Use local bus services or rail replacement bus service A, which will run between Canning Town and London City Airport.

London Overground

All weekend: No service between Highbury & Islington and New Cross/New Cross Gate. Use alternative Tube or local bus services. Rail replacement bus service X will run between Dalston Kingsland and New Cross Gate.

All weekend: No service between New Cross Gate and Crystal Palace or West Croydon. Use Southern Railway services on Saturday, and Southern Railway services, rail replacement or local bus services on Sunday.

All weekend: No service between Surrey Quays and Clapham Junction. Rail replacement bus service M will run between Canada Water and Clapham Junction.

All weekend: No service between Gospel Oak and Barking. Use alternative Tube or local bus services. Rail replacement bus service J will run between Gospel Oak and Seven Sisters, and bus service T will run between Walthamstow Central and Barking.

Sunday: No service between Liverpool Street and Cheshunt, via Seven Sisters until 10.30am. Use alternative Tube, local bus or Greater Anglia services. Rail replacement bus L2 will run.

Sunday: No service between Liverpool Street and Chingford until 10.30am. Use alternative Tube or local bus services. Rail replacement bus L3 will run.

Sunday: No service between Liverpool Street and Enfield Town until 10.30am. Use alternative Tube or local bus services. Rail replacement bus L1 will run.

Sunday: No service between Romford and Upminster. Use local bus routes 165, 248 or 370.

TfL Rail

Sunday: No service between Liverpool Street and Shenfield. Rail replacement bus service C will run from Romford to Stratford, and bus service D will run between Shenfield and Newbury Park.

Sunday: Westbound services to Reading will not stop at Burnham or Taplow from 9am until 7pm. Alight at Maidenhead and use eastbound services to access Burnham and Taplow.

Sunday: Westbound services will not stop at Burnham or Taplow after 8pm. Rail replacement bus W1 will run.

Weekend entertainments

THERE'S always plenty on in London to keep you amused, even if it's a virtual event enjoyed from the comfort of your own home.

CINE SCENES

Enjoy an immersive cinematic experience at Drive in Film Club's iconic site at Alexandra Palace. This weekend, there's a real mixture of movies – from family favourites to cult classics. On Saturday, the films are Jumanji: The Next Level, Jurassic Park and Friday. On Sunday, there's Matilda, True Romance and Quentin Tarantino's Pulp Fiction (pictured below).

You'll be able to social distance by being in your own vehicle, and parking will be assigned on arrival. Tickets start from

£27.50 per car and there are a limited number of NHS workers' tickets from just £5.

JUST BREATHE

Anxious about darkening days and winter blues? This Sunday at 11am, breathe away your worries with a free workshop. The virtual session will teach you how to use the Sudarshan Kriya breathing technique to soothe your spinning mind. Research has shown that this technique can significantly reduce cortisol, the stress hormone, and support the immune system.

Certified breath and meditation trainers will take you through the exercises. Search eventbrite.co.uk for 'Mind, Breath & Meditation – An Introduction'.



Staying safe when travelling

FACE coverings must be worn over your mouth and nose on public transport for the entire journey, unless you are exempt. This is to keep everyone safe.

Carry hand sanitiser with you and wash your hands before and after you travel.

The quiet times on public transport are between 8.15am and 4pm and after 5.30pm on weekdays, and before midday and after 6pm on weekends.

For the latest on travelling in London, visit tfl.gov.uk/coronavirus

Going through Kings Cross?

THIS weekend, there are no National Rail services travelling to or from Kings Cross or Moorgate, or between St Pancras and Cambridge/Peterborough via Finsbury Park. If you are travelling towards Peterborough and Cambridge, take a Thameslink service

to St Albans, where there are replacement bus services. If you are going north of Peterborough, travel to Bedford and change for replacement bus services. For full details and information to help plan your journey, visit www.nationalrail.co.uk



Reduced night services

THIS weekend, there is no Night Tube or Night Overground service, and limited Night Bus services. This includes tonight's night services.

For the latest news and help planning your journey, visit tfl.gov.uk