

PoliMonitor Briefing

Behind the Benches: What New 2024 MPs' Commons Activity Reveals

August 2025



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Overview

The 2024 General Election did more than change the Government, it reshaped the Commons. Returning **335 first-time MPs**, the largest turnover since 1945, that number has since risen to 336, following Reform MP Sarah Pochin's by election win in Runcorn and Helsby.

The scale of renewal is striking. [As PoliticsHome noted](#), **only one in ten Labour MPs** were in the House the last time the Party held power. In 2010, by contrast, **one in five Conservative MPs** had served before their return to government in 1997. This is, by any measure, a fresher-faced Parliament.

One year on, the question is how these new MPs are contributing. Parliamentary work is broad, from constituency casework to committee work, but contribution to proceedings on the record remains a key signal of where MPs are focusing their efforts.

PoliMonitor analysed **three metrics of activity** for every new MP: Written Questions, spoken contributions (covering the Commons Chamber, Westminster Hall, and Public Bill Committees), and Early Day Motion signatures. [Data was collected from Parliament.uk twice](#) in 2025: during the February recess (covering activity from 4th July 2024 to 17th February 2025) and during the summer recess (covering 18th February 2025 to 31st July 2025). While the number of sitting days differs between these periods, the two snapshots provide a meaningful basis for comparison.

The results show that **party averages can obscure as much as they reveal**. Labour MPs, in terms of the number of recorded contributions, boast the highest activity levels, expected given their majority, though **an average Labour MP is one of the least active of any party**. Liberal Democrats stand out for their prolific use of Written Questions and Early Day Motions, while Conservatives have kept pace relative to their smaller intake. Most strikingly, variation within parties shows that individual MPs often exceed, or fall short of, party norms, offering early insights into personal approaches and party strategy.

In this PoliMonitor briefing, we set out those findings in detail: how the new 2024 MPs have approached its first year, where activity has shifted between the first and second six months, and which individual MPs are helping to shape the parliamentary record. These patterns highlight more than parliamentary activity alone, they reveal how individual MPs are testing different routes to influence, how parties are shaping their approaches to scrutiny, and how a fresher-faced Commons is beginning to define the tone of this Parliament.

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New MPs on the record

In total, PoliMonitor recorded **72,270 parliamentary contributions** from the MPs elected in 2024. These include **36,157 Written Questions**, **21,323 spoken contributions** (across the Commons Chamber, Westminster Hall and Public Bill Committees), and **14,790 Early Day Motion signatures**.

The most visible of these metrics is the spoken contributions. These capture the pointed questions backbenchers often pose to the Prime Minister at PMQs, the impassioned speeches they make during Westminster Hall debates, and the soundbites that sometimes makes the evening news. A number of new MPs have been keen to establish themselves in the Commons: seven new 2024 MPs have spoken more than 150 times, with many more reaching the three figures. Labour's Chris Vince has made 233 spoken contributions, 63 more than any other new MP.

That said, these figures pale in comparison to government ministers, who sit largely outside the scope of this research but dominate parliamentary time. According to Hansard, Prime Minister Sir Keir Starmer has made **1,586 spoken contributions** since the last election. Health and Social Care Secretary Wes Streeting has spoken **659 times**, while the Minister for Water and Flooding Emma Hardy has spoken 328 times. Seen in this context, it becomes clear that new 2024 MPs are far from dominating time on the Commons Chamber.

That said, some patterns stand out, particularly the dominance of Labour MPs. They account for **60.69%** of the spoken contributions among the new 2024 MPs, compared to **20.48%** for the Liberal Democrats and **9.96%** for the Conservatives. This is the only activity category where Labour only slightly under-index relative to their share of new MPs (**67.56%**), as opposed to the other metrics where they fall well short. Interestingly, this seems less a case of Labour MPs dominating debate and more from a reflection in Party numbers: **only six** of the top 20 most frequent speakers from the new 2024 MPs are Labour MPs. Public Bill Committees, structured to reflect the party balance of Parliament, may be doing much of the heavy lifting here.

Where new MPs have made a more consistent mark is in Written Questions. Of the **70,003 questions** that have been asked so far in this Parliament, just over half, **36,157**, have come from newly elected MPs. Labour leads on volume, submitting **12,459** (or **34.46%**) but once again, proportionality shifts the picture.

New Conservative MPs, who make up just **7.7%** of the new 2024 MPs, asked **7,744 Written Questions**, accounting for **21.42%** of the total. The Liberal Democrats, with 16% of the new MPs, submitted **10,973**, just **1,471** fewer than Labour.

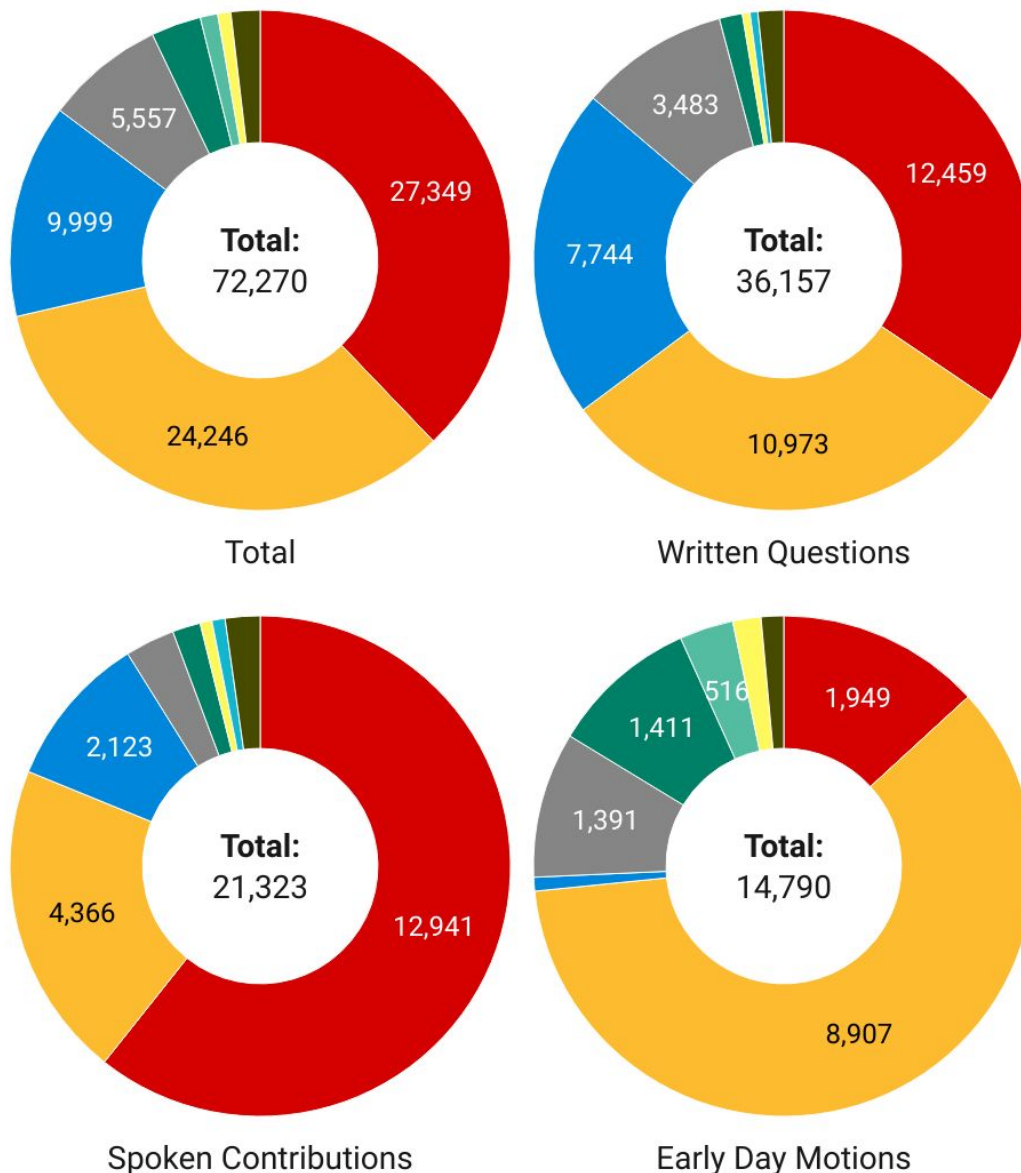
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For opposition MPs, the numbers suggest a clear instinct: in the absence of ministerial roles and with limited speaking slot, Written Questions remain a primary tool for scrutiny and for staying visible.

Parliamentary Activity of New 2024 MPs (As of August 2025)

■ Labour
 ■ Liberal Democrat
 ■ Conservative
 ■ Independent
 ■ Green
 ■ Plaid Cymru
 ■ SNP
 ■ Reform UK
 ■ Other



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Early Day Motions and a shift in pace

If there's one area where the Liberal Democrats have left their mark, it's Early Day Motions (EDMs). In our previous analysis ([“Early Day Going Through The Motions: How new MPs are using EDMs”](#) published on 20th August 2025), PoliMonitor highlighted the Liberal Democrat dominance in EDMs, using them not just to raise issues but to signal policy positions and organise around their spokespersons interventions. This latest data shows that pattern has not only held, it's intensified.

Between July 2024 and July 2025, Liberal Democrats accounted for **60.22%** of all EDM signatures from the new 2024 MPs, compared to **13.18%** for Labour and just **0.89%** for Conservatives. Notably, 5,447 of those 8,907 signatures came after February, suggesting continued strategic use of EDMs into their second half-year. That increase reflects a wider trend: opposition MPs have ramped up their overall activity since the start of 2025. From the 2024 General Election to 17th February, new MPs from the Conservatives and Liberal Democrats made **3,803** and **9,058** contributions respectively. From February through to summer recess, those figures rose sharply to **6,196** for the Conservatives and **15,188** for the Liberal Democrats, making the latter **the most active party** in Parliament over that period.

Much of that increase came through Written Question, where both opposition parties expanded their use significantly. The Liberal Democrats more than doubled their output from the earlier period, while Conservative MPs also stepped up their scrutiny via questions to ministers. By contrast, new Labour MPs only modestly increased their activity, contributing **13,769** times post-February, down from **13,580** in the preceding period. For a governing party focused on delivery, this isn't surprising, but the divergence is still notable.

Reform, Greens, and the edges of the Chamber

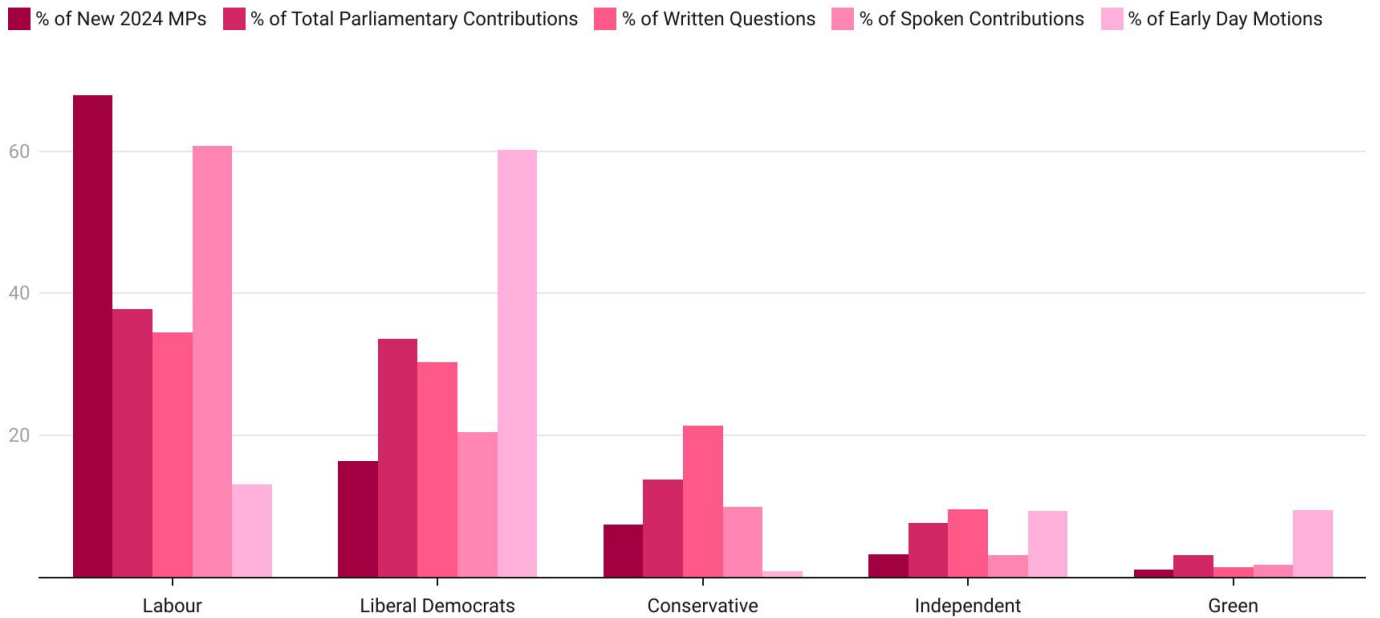
Outside the major parties, Independent MPs have also made their presence felt. Following a stronger than expected electoral showing, receiving **2%** of the vote in 2024 compared to **0.6%** in 2019, Independents have so far contributed **5,557** times to Parliament. Of those, **3,483** have come via Written Questions. However, that figure deserves context.

As PoliMonitor previously reported in our [analysis](#) in March on Written Questions, two former Reform UK MPs Rupert Lowe and James McMurdock, account for a large share tabling **2,281** Written Questions between them. Lowe has continued to press a range of government departments since losing the whip in March, while almost all of McMurdock's activity came during his time in Reform UK. A further 554 questions came from former Labour MP Neil Duncan-Jordan, who lost the whip ahead of the summer recess.

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Proportional Parliamentary Activity of New 2024 MPs (As of August 2025)



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Independents have also signed **1,391** Early Day Motions, although the former Reform MPs account for just **21** of those. As with other categories, this activity is not evenly distributed. Some coordination has emerged with the members of the Independent Alliance but crucially this is not a political party. Without a whip or shared platform, Independent MPs remain individual operators and their contributions to Parliament reflect their personal and constituency priorities, not a unified strategy.

That stands in contrast to Reform UK, where a clear strategic identity might be expected. Yet, since February, its parliamentary activity has noticeably declined. Following the loss of Lowe and McMurdock, the Party's three remaining new MPs are Nigel Farage, Richard Tice, and Sarah Pochin, elected on 1st May 2025 in the Runcorn and Helsby by-election. Activity from both Tice and Farage has dropped off. Tice, previously one of the most active new MPs in the Chamber before February, has since tailed off. Farage has spoken just nine times in the Commons since February. Pochin, arriving in May, has had little opportunity to contribute comparatively.

Reform UK is now the only party whose new MPs have not exceeded their proportional share of parliamentary activity in any category. Both Farage and Tice appeared eager to project themselves as parliamentary heavyweights early on but with the local elections on the horizons and surging popularity in the polls, attention seems to have shifted to the campaign trail.

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Written Parliamentary Questions have been a far more effective tool in gaining updates from Ministers

Ben Obese-Jecty MP

At the opposite end of the political spectrum, the Green Party's cohort of four new MPs have taken a more consistent approach. Co-leadership hopeful **Ellie Chowns, ranks 5th overall** among the new 2024 MPs. She leads on EDM signatures (554) and has submitted 248 Written Questions and made 161 Spoken Contributions. Her partner in that co-leadership bid, **Adrian Ramsay, sits 63rd overall**, with 346 contributions, still well above the median but the lowest of the Green MPs. For the Greens, whose Parliamentary footprint remains small, the approach is clear: make every intervention count.

Top of the class: Five standouts from the new 2024 MPs

Five MPs from the new 2024 MPs stand out for the volume of their parliamentary contributions, though they've not all taken the same route to get there. Ben Obese-Jecty (Conservative) leads with 1,712 contributions over the year, followed by Rupert Lowe (Independent, formerly Reform UK) on 1,492, and Liberal Democrats Martin Wrigley (1,378) and Edward Morello (1,262). Ellie Chowns (Green) takes fifth place, with a more balanced portfolio of activity.

For the top four, the route to the top runs through Written Questions, each submitting over 1,000 in the past year, but what sets them apart is when they ramped up. When PoliMonitor first gathered data in February, Lowe was well ahead, having already tabled 862 questions. Since leaving Reform UK in March, his pace has slowed with 568 further questions added before the summer recess. The others took off later. Between February and July, **Obese-Jecty submitted 1,233 Written Questions**, followed by **Wrigley (822)** and **Morello (682)**, each stepping up their output significantly in the second half of the year. **Chowns**, meanwhile, took a more rounded route: 248 Written Questions, 161 Spoken Contributions, and 554 EDM signatures, most added post-February. While the others leaned on volume, Chowns opted for range, a reminder that in a system built on procedure, impact often comes from knowing which levers to pull.

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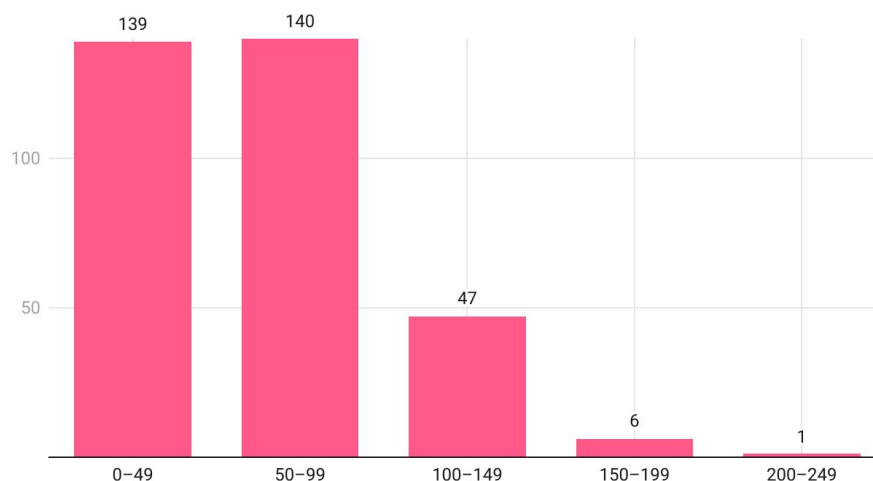
Averages and outliers: A Labour gap?

Away from these high fliers, the party-wide average tell a different story and it's not Labour who come out ahead. Of the **15 most active MPs** from the new 2024 MPs, **just one is Labour: Adam Jogee**. Even then, he wasn't the most active MP elected for Labour; that title goes to Neil Duncan-Jordan, who lost the Labour whip shortly before summer recess but recorded substantially higher figures.

Zooming out, the contrast is more stark. Labour MPs elected for the first time in 2024 average **120 total contributions**, the lowest of any major party, with only Sinn Féin lower (due to their policy of abstention). That compares with an average of **400 for Conservatives** and **441 for the Lib Dems**. On spoken contributions, **Labour's average is 57**, compared to **85 for the Conservatives** and **79 for the Lib Dems** despite Labour MPs making up two-thirds of the new 2024 MPs. The imbalance isn't simply about choice. Among the five least active Labour MPs, four of them hold either an assistant whip or PPS role, positions that demand restraint rather than backbench activism. Whips don't flood the system with Written Questions to departments, or by using debates to apply pressure.

Even so, a handful of Labour MPs do stand out. Chris Vince and John Slinger, MPs for Harlow and Rugby respectively, lead the pack on spoken contributions, with **233** and **170** respectively. Three other MPs, Adam Jogee, Alex Meyer and Tom Hayes, have asked more than **400 Written Questions**. But overall, the pattern holds: the party with the most new MPs has not, on average, been the most active. In fact, the histograms below shows something else entirely, most MPs, regardless of party, cluster in a similar contribution range. It suggests that for many, especially in Government, parliamentary activity is steady but unspectacular and that the most visible figures are the exception, not the rule.

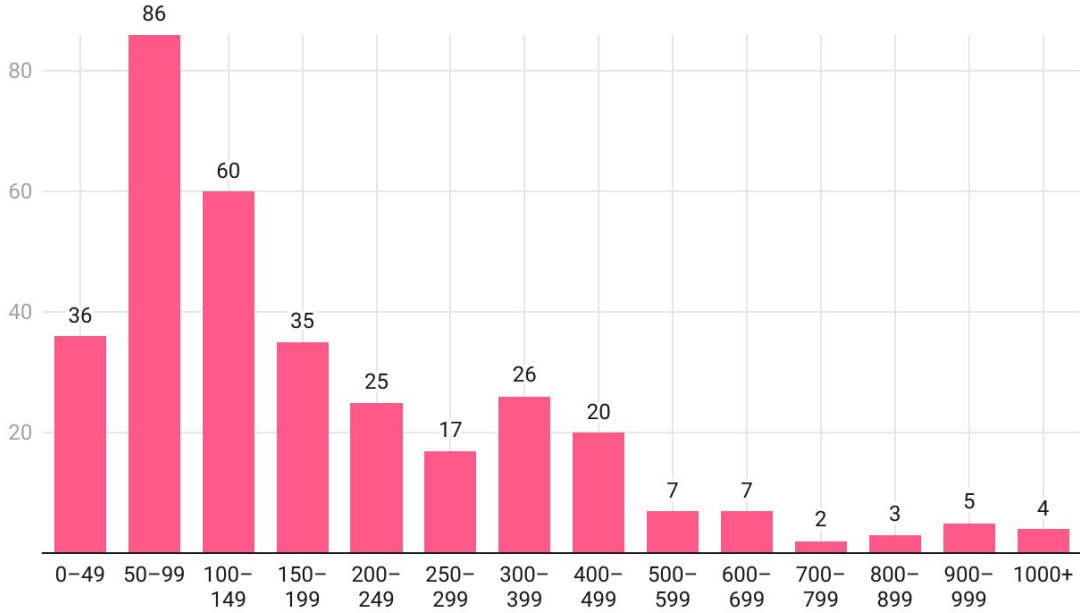
Number of Spoken Contributions by New 2024 MPs (Histogram)



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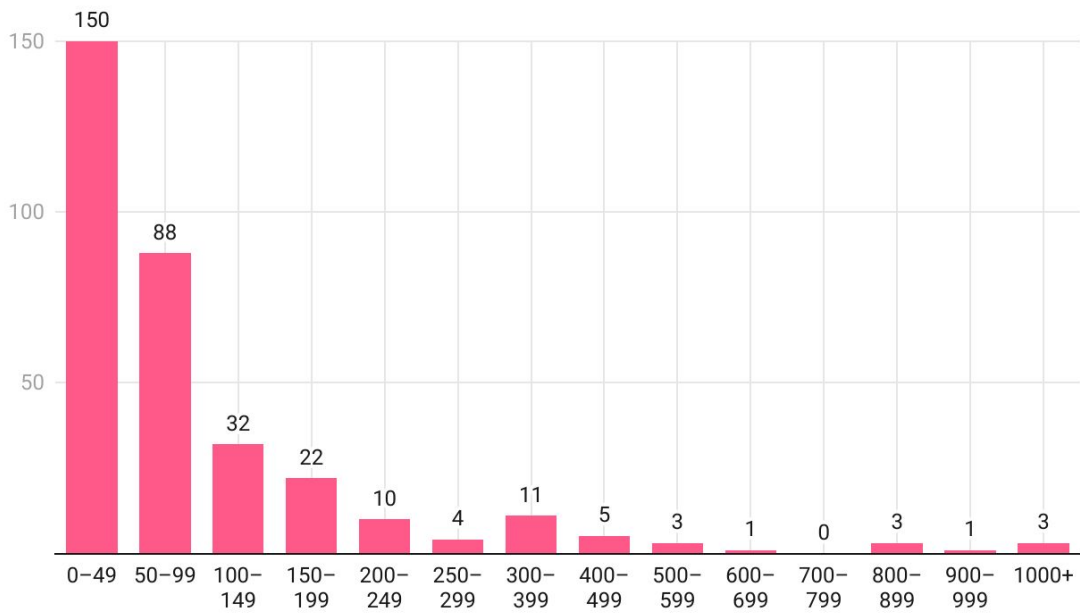
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Total Parliamentary Contributions by New 2024 MPs (Histogram)



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Number of Written Questions by New 2024 MPs (Histogram)



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“As a new MP the first six months is a very steep learning curve, working out the processes and testing what enables me to be the most effective advocate I can for my constituents. It became very clear to me that Labour Ministers avoid answering questions in the Chamber, and I have therefore taken to submitting more written questions to counter this. These have focused on issues I am raising on behalf of constituents or policy areas of particular relevance and interest. It has enabled me to more effectively hold the government to account and get answers for the people I represent.”

Andrew Snowden - Conservative MP

“Written Parliamentary Questions have been a far more effective tool in gaining updates from Ministers on a variety of issues, including local time-sensitive issues. The shuffle system of submitting an Oral Parliamentary Question to be asked at Departmental questions simply does not work. Having applied for 195 Oral Questions only 11 have ever made it onto the Order Paper, and having not had a substantive question on the order paper since March it’s become a real challenge to find opportunities to ask questions to ministers.”



Ben Obese-Jecty - Conservative MP

Written Questions and rising profiles

On an individual level, one of the most striking findings in the data is the sharp rise in activity from a number of MPs since the February recess. Whether prompted by procedural dead ends or a sharper sense of opportunity, some MPs have significantly ramped up their use of parliamentary tools. **Ben Obese-Jecty** leads the way submitting **1,233 Written Questions** between February and July, a jump that put him at the top of the overall rankings. **Andrew Snowden** and **Blake Stephenson** (Conservatives), alongside **Martin Wrigley** and **Edward Morello** (Liberal Democrats), followed a similar path, shifting into higher gear after recess. On the Labour benches, **Callum Anderson**, **James Naish**, and **Anna Gelderd** each submitted **150 more Written Questions** after February than before it. In all seven cases, **over 70% of their total contributions** in the past year came in just the last six months.

PoliMonitor reached out to several MPs showing the steepest post-recess rise. Andrew Snowden pointed to accountability gaps, arguing that *“Labour Ministers avoid answering questions in the Chamber”*, making Written Questions a more effective route to get answers on record. Ben Obese-Jecty raised systemic issues, pointing to the **drawn-ballot format of Oral Questions**, which limits regular opportunities for scrutiny. Whether it’s frustration with format or a conscious strategic pivot, the result is clear: Written Questions are becoming the quiet engine of parliamentary activity.

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Snowden's remarks reflect a familiar frustration that has surfaced throughout Labour's first year in office: that Ministers often avoid direct answers in the Chamber. At PMQs, Sir Keir Starmer regularly faces claims from Leader of the Opposition and Leader of the Conservative Party Kemi Badenoch that he's evading her questions. Snowden's experience suggests that perception extends beyond the despatch box to departmental ministers too.

It also speaks to something frequently observed and quietly tracked, by some political insiders. **A small cluster of phrases now features heavily** across Labour frontbench responses: "fourteen years of Tory failure," "we won't take lectures," and the "£22bn black hole" are among the most well-worn. Some in the political monitoring space including at PoliMonitor, half-joke about rounds of top-line bingo and pre-guessing what ministers will respond. Message discipline has its place but for MPs trying to secure direct answers or define their own voice, that repetition can frustrate as much as it reinforces.

Snowden's comments also point to a **more procedural reality**. New MPs rarely hit the ground running, they build momentum. Offices must be set up, staff hired, and procedures navigated. Even the best-prepared MPs face a steep learning curve. It's no surprise that some only begin to make their mark several months in. That's particularly clear when you look at the timing of activity. **24 MPs elected in 2024 have carried out 75%** or more of their recorded contributions since the February recess. Of those, **13 are from Labour**, a group that includes both prolific scrutineers and MPs testing different tools.

Take Anna Gelderd, who submitted **165 Written Questions after February**, up from just 11 prior. Or Callum Anderson, who asked 276 Written Questions in the last six months compared to 69 before. Others show a different pattern: Josh Dean added just two further Written Questions after February, but made **33 additional spoken contributions** in the Chamber. A similar boost in spoken contributions came from Leigh Ingham, who has made 42 more speeches since February than he had in the months prior. It's worth noting that an increase in activity does not always equate to high visibility. For example, Gurinder Josan has made 75% of his activity since February, though this comes to 25 contributions in total.

It's also worth noting that this shift isn't limited to critics of the Government. Of those 13 Labour MPs, just four voted for Dame Meg Hillier's opposition motion on Personal Independence Payments, one of the few coordinated parliamentary efforts to push back on a government policy. In that context, the increase in contributions looks less like dissent and more like definition, a growing sense of how to work the system, and when to speak up.

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Final reflections

One year in, the new 2024 MPs is beginning to divide not by party, but by pace and purpose. Some MPs have treated Parliament as a platform, others as a proving ground. The most active backbenchers, particularly from the Conservatives, Lib Dems, and Greens, have leaned heavily on Written Questions to stay visible, while Labour's cohort, despite its size, remains more cautious and uneven. For a party in government, that's not unexpected, scrutiny is often left to the opposition, but the gap is still striking.

More revealing is the timing of activity. For many MPs, the post-February jump wasn't just procedural, it was strategic. As frustrations with ministerial answers grew, so did the use of Written Questions as a workaround. That uptick tells us something simple but significant: MPs are learning where the levers are and how to pull them.

And for all the talk of a "fresher-faced" Parliament, some of the oldest instincts remain. Backbenchers are still searching for visibility, Ministers still sticking to the script, and EDMs still offering a stage for mischief and message. The difference now is who's using them and how. That's what PoliMonitor will keep tracking and monitoring.

In the following pages, you can find further data and information on MP activity. For further information or to discuss how PoliMonitor can work with you, reach out to us at info@polimonitor.com

Thanks, as always, for using PoliMonitor.

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Parliamentary Contributions by New 2024 MPs by Party

	Party	Total Parliamentary Contributions	Written Questions	Spoken Contributions	Early Day Motions
1	Labour	27,349	12,459	12,941	1,949
2	Liberal Democrat	24,246	10,973	4,366	8,907
3	Conservative	9,999	7,744	2,123	132
4	Independent	5,557	3,483	683	1,391
5	Green	2,336	538	387	1,411
6	Plaid Cymru	816	170	130	516
7	SNP	610	178	163	269
8	TUV	388	144	152	92
9	Reform UK	376	184	181	11
10	UUP	318	121	159	38
11	Alliance	275	163	38	74
12	Sinn Féin	0	0	0	0

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Top 20 New 2024 MPs by Parliamentary Contributions

	Name	Party	Total Parliamentary Contributions	Written Questions	Spoken Contributions	Early Day Motions
1	Ben Obese-Jecty	Conservative	1,712	1,562	146	4
2	Rupert Lowe	Independent	1,492	1,430	44	18
3	Martin Wrigley	Liberal Democrats	1,378	1,086	49	243
4	Edward Morello	Liberal Democrats	1,262	1,000	100	162
5	Ellie Chowns	Green	963	248	161	554
6	Blake Stephenson	Conservative	960	877	81	2
7	Clive Jones	Liberal Democrats	935	446	155	334
8	Helen Maguire	Liberal Democrats	935	349	136	450
9	Andrew Snowden	Conservative	908	845	58	5
10	James McMurdock	Independent	878	851	24	3
11	Neil Duncan-Jordan	Independent	832	554	51	227
12	Angus MacDonald	Liberal Democrats	823	289	43	491
13	Nick Timothy	Conservative	764	601	161	2
14	Steve Darling	Liberal Democrats	749	381	117	251
15	Adam Jogee	Labour	693	481	134	78
16	Lisa Smart	Liberal Democrats	653	350	150	153
17	Adam Dance	Liberal Democrats	631	224	35	372
18	Joe Robertson	Conservative	630	518	108	4
19	Victoria Collins	Liberal Democrats	617	403	90	124
20	Ben Maguire	Liberal Democrats	611	386	79	146

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20 New 2024 MPs by fewest Parliamentary Contributions*

	Name	Party	Total Parliamentary Contributions	Written Questions	Spoken Contributions	Early Day Motions
314	Al Carns	Labour	39	0	39	0
314	Zubir Ahmed	Labour	39	1	36	2
314	Jade Botterill	Labour	39	24	15	0
317	Linsey Farnsworth	Labour	38	5	31	2
318	Gordon McKee	Labour	37	7	25	5
319	Georgia Gould	Labour	36	0	36	0
319	Gill German	Labour	36	1	34	1
321	Matt Turmaine	Labour	35	5	30	0
322	Michelle Scrogam	Labour	34	2	25	7
323	Gurinder Josan	Labour	33	2	31	0
324	Pam Cox	Labour	32	3	29	0
324	Naushabah Khan	Labour	32	4	27	1
326	Jonathan Hinder	Labour	31	8	22	1
327	Kirsty McNeill	Labour	30	0	30	0
327	Sarah Pochin**	Reform	30	16	12	2
329	Kenneth Stevenson	Labour	29	6	19	4
330	Alan Strickland	Labour	26	3	23	0
331	Martin McCluskey	Labour	19	6	13	0
332	Imogen Walker	Labour	15	6	9	0
333	Kate Dearden	Labour	9	7	2	0

* Excluding MPs from Sinn Féin ** Sarah Pochin was elected in the Runcorn and Helsby by-election on 1st May 2025

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Please contact the PoliMonitor team at info@polimonitor.com for more information.

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