

**PoliMonitor Briefing**

New MP Parliamentary Activity Report -  
2025



## PoliMonitor Briefing:

### PoliMonitor's leaderboard is back

Another edition and this time we're taking a full-year view of 2025 to reveal those all-important leaderboards.

Using Parliament UK and Hansard data from 1st January to 31st December 2025, we have ranked all Members of Parliament elected for the first time at the 2024 General Election on hard figures alone. For this exercise, we have focused on two metrics:

- **Spoken Contributions** - covering interventions in the Commons Chamber, Westminster Hall, Public Bill Committees and General Committees, as recorded on [Hansard](#).
- **Written Questions** - for non-ministerial MPs, the total number submitted between 1st January and 31st December 2025. For ministers, the total submitted from 1st January 2025 up to the date of their first ministerial appointment. All figures are taken directly from individual profiles on [Parliament.UK](#).

It's becoming one of our favourite annual research tasks here at PoliMonitor.

### The 2025 Overall leaderboard

[Last year](#), **Ben Obese-Jecty MP** topped the PoliMonitor activity rankings. In 2025, he does so again. Obese-Jecty records an extraordinary **3,013 written questions**, which do much of the heavy lifting in his combined total of **3,256 contributions** (written and spoken). It is, by any measure, a remarkable volume.

Second place goes to fellow Conservative MP **Andrew Snowden**, with **1,734 total contributions** - 1,670 written and 64 spoken.

Taking bronze is Liberal Democrat MP **Martin Wrigley**, with **1,572 combined contributions**, made up of 1,426 written questions and 146 spoken contributions. His Liberal Democrat colleague **Edward Morello** follows in fourth place with **1,482 total contributions** (1,285 written; 197 spoken).

Rounding out the top five is Independent MP **Rupert Lowe**, with **1,441 combined contributions** - 1,378 written and 63 spoken.

Congratulations again, Ben.

But the more telling story at the top may be who isn't there. Nigel Farage, the leader of Reform UK and arguably for some one of the most prominent politicians in the country, sits in the bottom ten, with just 39 combined contributions across the year.

**PoliMonitor Briefing:**

For a politician who has built his brand on holding the establishment to account, it is a striking absence from the parliamentary record.

**PoliMonitor 2025 Leaderboard: Top 10 MPs by Combined Written and Spoken Parliamentary Contributions**

Rank	Name	Party	Written Questions (No.)	Spoken Contributions (No.)	TOTAL
1	Ben Obese-Jecty	Conservative	3,013	243	3,256
2	Andrew Snowden	Conservative	1,670	64	1,734
3	Martin Wrigley	Liberal Democrats	1,426	146	1,572
4	Edward Morello	Liberal Democrats	1,285	197	1,482
5	Rupert Lowe	Independent	1,378	63	1,441
6	James McMurdock	Independent	1,340	27	1,367
7	Blake Stephenson	Conservative	1,235	126	1,361
8	Helen Maguire	Liberal Democrats	802	180	982
9	Joe Robertson	Conservative	626	316	942
10	Gregory Stafford	Conservative	416	430	846
			<b>13,191</b>	<b>1,792</b>	<b>14,983</b>

**The overall leaderboard: familiar faces, familiar questions**

Ben Obese-Jecty tops the combined leaderboard for the second year running, with a staggering 3,013 written questions and 3,256 total contributions. That volume is remarkable and it has clearly established him as a thorn in the government's side.

He's followed by his Conservative colleague Andrew Snowden on 1,734 total contributions, with Liberal Democrat Martin Wrigley taking bronze on 1,572. Edward Morello (Lib Dem) and Rupert Lowe (Independent) round out the top five.

But the combined leaderboard, for all its simplicity, masks as much as it reveals because written questions and spoken contributions are not the same kind of work. One is visible, immediate, and confrontational. The other is detailed, time-intensive, and often invisible to the public. And the parties and the MPs within them, are dividing that labour in telling ways.

**The party divide: who does what kind of work?**

The party breakdown tells a stark story.

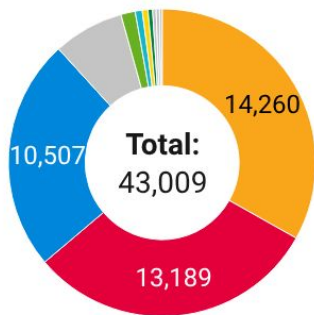
The Liberal Democrats asked 14,260 written questions in 2025, more than Labour, the party of government. This is not noise; it's strategy.

For a third party with limited speaking time in the Chamber, written questions are a weapon.

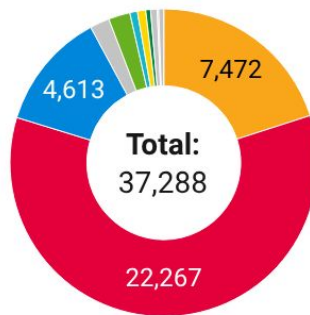
**PoliMonitor Briefing:**

## Parliamentary activity of 2024 intake MPs for the year January to December of 2025

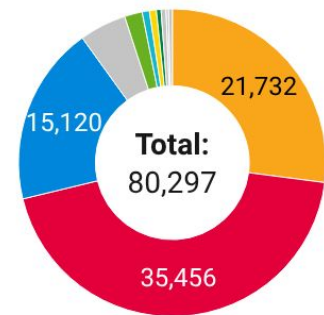
■ Liberal Democrats 
 ■ Labour 
 ■ Conservative 
 ■ Independent 
 ■ Green 
 ■ Reform UK 
 ■ SNP  
■ Plaid Cymru 
 ■ TUV 
 ■ Alliance 
 ■ UUP



Written Questions



Spoken Contributions



Total

All figures cover the 2024 intake only, tracking activity from 1st January to 31st December 2025. For ministers, written questions totals reflect activity prior to their first ministerial appointment. Data sourced from Parliament.uk and Hansard.

Chart: PoliMonitor • Source: PoliMonitor • Created with Datawrapper

## Proportion of activity of 2024 intake MPs by party for the year January to December of 2025

■ % of new MPs 
 ■ % of Written Questions 
 ■ % of Spoken Contributions 
 ■ % of Total

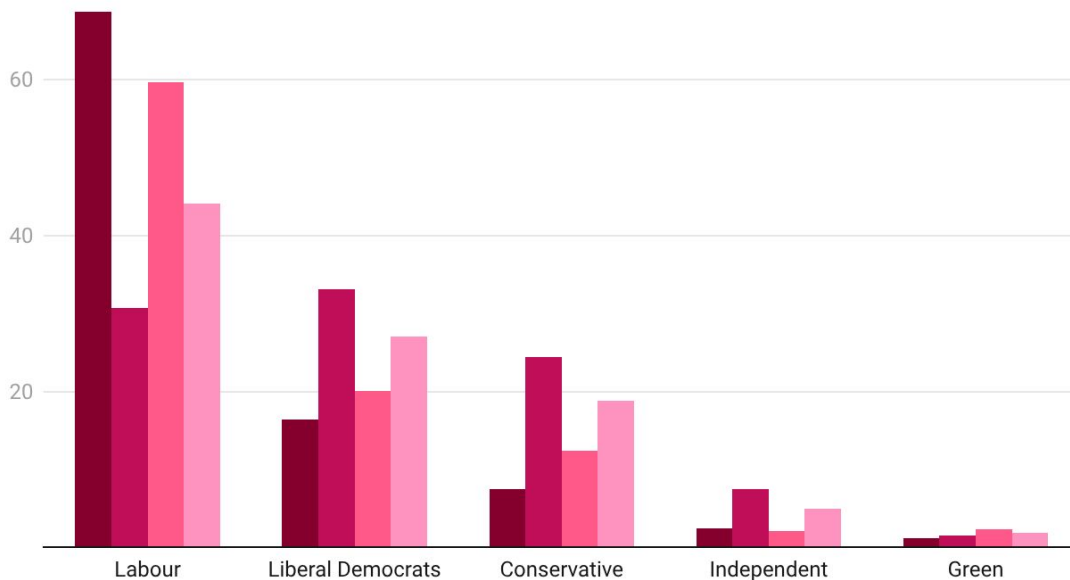


Chart: PoliMonitor • Source: PoliMonitor • Created with Datawrapper

**PoliMonitor Briefing:**

Liberal Democrat written questions should be treated as a due diligence service. They are asking the questions the government doesn't want asked, and the answers are public record. It's good to know that PoliMonitor is always tracking them, collating them, and delivering the insights to you. They force paper trails, expose departmental thinking, and generate intelligence that many will use to inform their own engagement.

Labour, by contrast, dominates spoken contributions with 22,267, more than triple any other party. That's the work of the government: defending policy, answering challenges, and progressing legislation. But it's also the work of a more diverse parliamentary party being deployed to carry that message.

The Conservatives sit in the middle, balancing 10,507 written questions with 4,613 spoken contributions, the classic profile of an official opposition that must both scrutinise and attack.

**The Fahnbulleh factor: who speaks for the government?**

And that brings us to the most striking individual story in this year's data.

Miatta Fahnbulleh, the Labour MP for Peckham and a Parliamentary Under-Secretary of State, recorded 708 spoken contributions in 2025, more than any other 2024 intake MP, minister or otherwise. She is followed by her colleague and fellow minister Torsten Bell on 594, with Conservative MP Gregory Stafford in third on 430.

On one hand, this is a story of representation.

**PoliMonitor 2025 Leaderboard: Top 10 MPs by Total Spoken Parliamentary Contributions (Including Ministers)**

Rank	Name	Party	Spoken Contributions (No.)
1	Miatta Fahnbulleh	Labour	708
2	Torsten Bell	Labour	594
3	Gregory Stafford	Conservative	430
4	Dr Ellie Chowns	Green	384
5	Gideon Amos	Liberal Democrats	369
6	Chris Vince	Labour	367
7	Tom Hayes	Labour	353
8	Rebecca Paul	Conservative	318
9	Joe Robertson	Conservative	316
10	Sarah Sackman	Labour	305
			<b>4,144</b>

## PoliMonitor Briefing:

*I am grateful to PoliMonitor for this recognition, having made the highest number of spoken contributions (by any non-minister) in 2025. For me, this is not about statistics - it is about ensuring that the voices of people across Farnham and Bordon are heard clearly in Parliament. That is the core of the job: to be a persistent and effective advocate for our constituency. As an Opposition MP, speaking in debates, questions and statements is one of the ways I hold the Government to account. But more importantly, it is how I raise the issues that matter locally - and I will continue to do so with energy and focus*

**Gregory Stafford MP, Conservative, Farnham and Bordon**

A woman of colour is not just present in government but is its most active new voice in the Chamber; trusted to defend its agenda across dozens of debates. That visibility matters. But it also raises a more uncomfortable question: is this visibility also a burden? At a time when the government faces intense scrutiny, the task of showing up, debate after debate, to take the hits and make the case has fallen disproportionately to Fahnbulleh amongst the 2024 intake.

Among the top ten spoken contributors overall, four are women: Miatta Fahnbulleh (708), Dr Ellie Chowns (384), Rebecca Paul (318), and Sarah Sackman (305).

Look at the non-ministerial list and the pattern holds, five of the top ten are women, with Chowns and Paul joined by Vikki Slade (303), Siân Berry (286), and Rebecca Smith (271). Ministerial and backbencher, government and opposition, Labour and Green and Liberal Democrat, women are doing the visible, high-stakes work of parliamentary engagement across the board, whether defending the government, leading for the opposition, or holding power to account from the green benches.

Elsewhere, the Independents are a story in their own right too.

Former Reform UK MP Rupert Lowe sits fifth overall with 1,441 combined contributions, 1,378 of them written questions, with James McMurdock close behind on 1,367, with 1,340 written questions of his own. What the Independents lack in party machinery, they make up for in freedom. Unburdened by whips or frontbench responsibilities, they can pursue inquiries wherever they lead and the data suggests several of them are doing exactly that.

For those tracking government messaging, the question is not just who speaks, but who is made to speak.

When the heat is on, whose voice does the government deploy? Fahnbulleh's dominance of this leaderboard is not just a data point, it's a window into the often-unequal distribution of parliamentary labour.

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Rank	Name	Party	Spoken Contributions (No.)
1	Gregory Stafford	Conservative	430
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5	Joe Robertson	Conservative	316
6	Vikki Slade	Liberal Democrats	303
7	Lincoln Jopp	Conservative	303
8	Siân Berry	Green	286
9	Steve Darling	Liberal Democrats	281
10	Rebecca Smith	Conservative	271
			<b>3,261</b>

**The Green ceiling: punching above their weight**

At the other end of the political spectrum, the Green Party offers a different lesson in efficiency.

In 2025, with just four MPs, the Greens recorded 649 written questions and 847 spoken contributions. Their average spoken contributions per MP (211.75) was higher than the Conservative opposition's. Dr Ellie Chowns and Siân Berry both sit in the top ten for spoken contributions excluding ministers. Since this data was compiled, the Greens have grown to five MPs following Hannah Spencer's victory in Gorton and Denton, a number that will only make next year's analysis more interesting.

With three of their four MPs women in 2025, and Dr Ellie Chowns leading for the Greens in Westminster, this was a parliamentary group dominated by women and the leaderboard reflects it. On these measures alone, they outperformed the official opposition on spoken contributions per MP, with far fewer resources. Based on this data, ignoring the Greens means ignoring a source of relentless, high-quality opposition that punches far above its weight.

PoliMonitor reached out to Dr Ellie Chowns MP for a comment on the report and she said *“when I was elected to represent North Herefordshire, I promised my constituents I would work my socks off to build a better, greener future for us all. I’d like to think I’ve kept that promise, from speaking up in the Commons and writing to Ministers to visiting local groups in every corner of North Herefordshire and answering thousands of emails and letters from constituents. But there is still so much more to do. I know my fellow Green MPs feel the same – and it’s clear from our surging membership figures and recent by-election win that we’re cutting through.*

## PoliMonitor Briefing:

*It's great to be recognised as the leading contributor in Parliament amongst the new MPs for the second year running. I hope my constituents are pleased to see me working as hard as possible to ensure that Huntingdon is represented in Parliament and that the Government is held to account. It will be a big ask to make it a hat-trick next year!*

**Ben Obese-Jecty MP, Conservative, Huntingdon**

*The public know when they vote for the Green Party, they're voting for representatives truly dedicated to public service, who deeply care about the issues affecting our communities and will show up every day ready to make hope normal again. With our brilliant new MP Hannah Spencer joining our ranks, I feel more confident than ever about the Green Party's growing impact on Parliament - we're only just getting started".*

### **The written question machine: Liberal Democrat intelligence**

The Liberal Democrats' 14,260 written questions deserve their own attention. This is not busywork; it's intelligence-gathering. Every question forces a departmental response, every response reveals a sliver of government thinking, and every sliver is available to anyone paying attention.

By convention, ministers do not ask questions. Their work happens in the Chamber, in Committee, and behind closed doors. This is the most important lesson in the entire dataset. If you are only tracking the leaderboard, you are missing the most powerful people in the room. Influence is not always loud.

Our job at PoliMonitor is to find the quiet power and tell you where it sits.

### **The bottom ten: a trap for the unwary**

And a word on the bottom of the leaderboard.

The MPs with the lowest combined totals include Imogen Walker, Michelle Scrogam, Gordon McKee, and Alan Gemmell, all Labour, all with single-digit written questions and modest spoken contributions.

On raw numbers alone, they might appear inactive. But investigate further...

## PoliMonitor Briefing:

Walker is an Assistant Whip. This is a job of party discipline, organisation, and the invisible labour of keeping the government's legislative programme on track, none of which generates questions or speeches. McKee and Gemmell are Parliamentary Private Secretaries, working behind the scenes as the link between ministers and backbenchers.

And then there are the ministers themselves.

The list of MPs with zero written questions reads like a Who's Who of the government: Miatta Fahnbulleh, Sarah Sackman, Georgia Gould, Al Carns, Kirsty McNeill, Kate Dearden, Martin McCluskey, Josh Simons.

### PoliMonitor 2025 Leaderboard: 12 MPs with the Lowest Combined Written and Spoken Parliamentary Contributions

Name	Party (December 2025)	Written Questions (No.)	Spoken Contributions (No.)	TOTAL
Michael Payne	Labour	17	23	40
Jonathan Hinder	Labour	10	30	40
Lee Barron	Labour	8	32	40
Elaine Stewart	Labour	5	35	40
Chris Kane	Labour	0	40	40
Dr Zubir Ahmed	Labour	0	40	40
Claire Hazelgrove	Labour	15	24	39
Nigel Farage	Reform UK	3	36	39
Alan Gemmell	Labour	2	35	37
Gordon McKee	Labour	2	30	32
Michelle Scroggham	Labour	1	30	31
Imogen Walker	Labour	0	11	11
		<b>63</b>	<b>366</b>	<b>429</b>

### The Written Questions Question

As much as we enjoy seeing familiar names at the top (and were delighted to join **Matt Chorley** on [BBC Radio 5 Live alongside Ben](#) last year), a figure of 3,013 written questions inevitably invites scrutiny.

In January 2026, **Sam Coates** at Sky News [published research](#) demonstrating that written questions to government departments had doubled year-on-year. Key Whitehall departments were reportedly answering almost twice as many questions from MPs and Peers in 2025 as in the previous year.

## PoliMonitor Briefing:

Multiple government sources suggested in Coates' research that the increase may be linked to the use of artificial intelligence tools to generate questions. Obese-Jecty, interviewed as part of the investigation, stated that he did not use AI and suggested instead that poor-quality answers from departments were driving higher volumes.

This debate has not been confined to Westminster.

In February 2025, **Douglas Lumsden**, a Conservative MSP, was [accused of using AI](#) to "bombard" the Scottish Parliament with "frivolous" questions after submitting 987 parliamentary questions in January alone. Speaking to Sky News, Lumsden responded: "I will continue to ask questions to hold this rotten government to account."

Under current Commons rules, MPs may submit up to 20 written questions electronically each day. The **House of Commons Procedure Committee** is currently conducting an inquiry into the system of written parliamentary questions. Its Chair, Labour MP **Cat Eccles**, [has stated that](#) while the Committee routinely monitors departmental performance, it now wishes to examine specifically "the effect of increasing volumes in WPQs".

All of this sits within a broader parliamentary conversation about artificial intelligence (AI).

In August 2025, journalist **Zoe Crowther** [reported in PoliticsHome](#) on divisions among MPs regarding AI usage. Crowther reported on Labour MP **Mark Swards**' launch of an AI version of himself to respond to constituent queries, arguing that safeguards could be built in. Meanwhile, **Mike Reader MP** was photographed using ChatGPT on a train, later telling PoliticsHome that he and his team even play "ChatGPT Bingo" as AI-influenced language begins to seep into Commons speech patterns.

Conservative MP **Tom Tugendhat** has also [drawn comparisons in the Chamber](#) between AI-generated and personally written material. In contrast, Obese-Jecty was clear in the same [PoliticsHome article](#) that using ChatGPT for constituency correspondence was unacceptable.

Beyond Parliament, **Eliot Wilson**, Senior Fellow at the Coalition for Global Prosperity and a former House of Commons clerk, wrote in [The Telegraph in early 2026](#) that an increasing reliance on AI risks undermining democratic accountability.

### And the cost?

On 14th January 2025, [Obese-Jecty asked in a written question](#) for an estimate of the average cost to the public purse of answering a written parliamentary question.

## PoliMonitor Briefing:

Responding, Lucy Powell, then Leader of the House of Commons, stated that the information was not held centrally and that costs vary depending on team size, volume and complexity. What the [Cabinet Office's Guide to Parliamentary Work](#) does set out is an advisory disproportionate cost threshold of £850, the level above which departments may decide not to answer a question at all.

Andrew Snowden raised a [similar question on 16th July 2025](#). Powell replied that it is for individual departments to determine how to respond, reiterating that ministers should be as open as possible. Where information is refused on cost grounds, she confirmed, there is a presumption that readily available material should still be provided.

### What the data tells us

So here's what the 2025 leaderboard reveals.

That written questions are a weapon of choice for opposition parties, and the Liberal Democrats are wielding them more than anyone.

That spoken contributions are the domain of government, and women across parties, led by Miatta Fahnbulleh, are doing a disproportionate share of the visible, high-stakes work of parliamentary engagement.

That the Greens, a five-MP group four of whom are women and operating with far fewer resources than the official opposition, outperformed larger parties on spoken contributions per MP - a result that reflects both the quality of their parliamentary work and the fact that women are leading it."

That the bottom of the leaderboard is dominated by ministers and whips, MPs whose influence operates through entirely different channels, none of which show up in Hansard.

And that, for you reader, the raw numbers are only the starting point. The real value is in understanding what the numbers mean: who holds power, who does the work, and who is worth watching.

That's what PoliMonitor delivers. Not just data. Context.

Over the page, you'll find the complete picture, every 2024 intake MP and their numbers of written questions, spoken contributions and combined total.

Until next year, thanks, as always, for using PoliMonitor.

PoliMonitor Briefing:

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9	Joe Robertson	Conservative	626	316	942
10	Gregory Stafford	Conservative	416	430	846
11	Nick Timothy	Conservative	587	214	801
12	Neil Duncan-Jordan	Labour	640	101	741
13	Adam Jogee	Labour	505	225	730
14	Miatta Fahnbulleh	Labour	0	708	708
15	Dr Ellie Chowns	Green	289	384	673
16	Victoria Collins	Liberal Democrats	508	164	672
17	James Naish	Labour	497	169	666
18	Callum Anderson	Labour	593	57	650
19	Angus MacDonald	Liberal Democrats	581	60	641
20	Steve Darling	Liberal Democrats	347	281	628
21	Lisa Smart	Liberal Democrats	413	200	613
22	Torsten Bell	Labour	1	594	595
23	Charlie Dewhirst	Conservative	470	103	573
24	Tom Hayes	Labour	206	353	559
25	Max Wilkinson	Liberal Democrats	296	230	526
26	Clive Jones	Liberal Democrats	316	204	520
27	Vikki Slade	Liberal Democrats	210	303	513
28	Freddie Van Mierlo	Liberal Democrats	395	99	494
29	Pippa Heylings	Liberal Democrats	370	118	488
30	Tom Morrison	Liberal Democrats	446	40	486

PoliMonitor Briefing:

Rank	Name	Party (December 2025)	Written Questions (No.)	Spoken Contributions (No.)	TOTAL
31	Siân Berry	Green	199	286	485
32	Gideon Amos	Liberal Democrats	108	369	477
33	Dr Scott Arthur	Labour	334	142	476
34	Manuela Perteghella	Liberal Democrats	271	202	473
35	Rebecca Paul	Conservative	152	318	470
36	Ben Maguire	Liberal Democrats	333	109	442
37	Peter Bedford	Conservative	357	69	426
38	Lewis Cocking	Conservative	184	233	417
39	Luke Taylor	Liberal Democrats	198	217	415
40	Jim Allister	TUV	158	257	415
41	Bradley Thomas	Conservative	205	201	406
42	David Chadwick	Liberal Democrats	282	117	399
43	Laurence Turner	Labour	197	198	395
44	Liz Jarvis	Liberal Democrats	296	98	394
45	Joe Morris	Labour	275	119	394
46	Sarah Bool	Conservative	204	189	393
47	Graeme Downie	Labour	244	147	391
48	Jess Brown-Fuller	Liberal Democrats	201	190	391
49	Harriet Cross	Conservative	161	229	390
50	Sarah Gibson	Liberal Democrats	351	36	387
51	Perran Moon	Labour	187	194	381
52	Sir Ashley Fox	Conservative	122	256	378
53	Charlotte Cane	Liberal Democrats	297	78	375
54	Chris Vince	Labour	6	367	373
55	Alex Mayer	Labour	292	64	356
56	Adam Dance	Liberal Democrats	283	72	355
57	Lincoln Jopp	Conservative	52	303	355
58	Euan Stainbank	Labour	196	155	351
59	Jack Rankin	Conservative	118	230	348
60	Rebecca Smith	Conservative	72	271	343

PoliMonitor Briefing:

Rank	Name	Party (December 2025)	Written Questions (No.)	Spoken Contributions (No.)	TOTAL
61	Cameron Thomas	Liberal Democrats	204	138	342
62	Alison Bennett	Liberal Democrats	155	187	342
63	Lee Dillon	Liberal Democrats	288	46	334
64	Seamus Logan	SNP	119	214	333
65	Jayne Kirkham	Labour	191	136	327
66	John Milne	Liberal Democrats	132	191	323
67	James MacCleary	Liberal Democrats	225	96	321
68	Tom Gordon	Liberal Democrats	61	259	320
69	Josh Babarinde	Liberal Democrats	153	165	318
70	Robin Swann	UUP	116	200	316
71	Neil Shastri-Hurst	Conservative	232	82	314
72	Sarah Sackman	Labour	0	305	305
73	Richard Tice	Reform UK	106	197	303
74	Anna Gelderd	Labour	251	49	300
75	Paul Davies	Labour	213	85	298
76	Calum Miller	Liberal Democrats	127	166	293
77	Anna Dixon	Labour	61	231	292
78	Ayoub Khan	Independent	165	124	289
79	Will Forster	Liberal Democrats	198	90	288
80	Dr Simon Opher	Labour	218	68	286
81	Rachel Gilmour	Liberal Democrats	159	127	286
82	Caroline Voaden	Liberal Democrats	59	226	285
83	Josh Fenton-Glynn	Labour	133	145	278
84	Shockat Adam	Independent	93	183	276
85	Olly Glover	Liberal Democrats	129	145	274
86	Shaun Davies	Labour	202	69	271
87	Joshua Reynolds	Liberal Democrats	195	76	271
88	Sarah Pochin	Reform UK	209	61	270
89	Katie Lam	Conservative	86	183	269
90	John Slinger	Labour	10	255	265

**PoliMonitor Briefing:**

Rank	Name	Party (December 2025)	Written Questions (No.)	Spoken Contributions (No.)	TOTAL
91	Chris McDonald	Labour	5	254	259
92	Charles Maynard	Liberal Democrats	111	147	258
93	Iqbal Mohamed	Independent	53	203	256
94	Dr Roz Savage	Liberal Democrats	207	47	254
95	Zoe Franklin	Liberal Democrats	155	99	254
96	Alex Ballinger	Labour	119	134	253
97	Amanda Martin	Labour	45	206	251
98	Graham Leadbitter	SNP	138	112	250
99	Mike Martin	Liberal Democrats	138	112	250
100	Steff Aquarone	Liberal Democrats	82	165	247
101	Sarah Hall	Labour	184	58	242
102	Phil Brickell	Labour	110	132	242
103	Ian Sollom	Liberal Democrats	142	97	239
104	Jake Richards	Labour	13	223	236
105	Al Pinkerton	Liberal Democrats	129	106	235
106	Alex Brewer	Liberal Democrats	176	57	233
107	Georgia Gould	Labour	0	233	233
108	Ben Goldsborough	Labour	151	81	232
109	Ian Roome	Liberal Democrats	182	49	231
110	Al Carns	Labour	0	230	230
111	Terry Jermy	Labour	158	71	229
112	Luke Murphy	Labour	90	139	229
113	Samantha Niblett	Labour	153	74	227
114	John Cooper	Conservative	77	149	226
115	Lewis Atkinson	Labour	8	211	219
116	Aphra Brandreth	Conservative	96	122	218
117	Monica Harding	Liberal Democrats	70	148	218
118	Daniel Francis	Labour	33	184	217
119	Luke Akehurst	Labour	105	111	216
120	Peter Swallow	Labour	7	208	215

PoliMonitor Briefing:

Rank	Name	Party (December 2025)	Written Questions (No.)	Spoken Contributions (No.)	TOTAL
121	Chris Bloore	Labour	92	122	214
122	Lizzi Collinge	Labour	60	153	213
123	Danny Beales	Labour	116	94	210
124	Luke Myer	Labour	62	148	210
125	Sorcha Eastwood	Alliance	154	55	209
126	Josh Newbury	Labour	63	146	209
127	Elsie Blundell	Labour	176	32	208
128	Peter Fortune	Conservative	141	67	208
129	Sojan Joseph	Labour	59	149	208
130	Jim Dickson	Labour	24	184	208
131	Anna Sabine	Liberal Democrats	108	99	207
132	Bobby Dean	Liberal Democrats	101	106	207
133	Paul Kohler	Liberal Democrats	116	90	206
134	Warinder Juss	Labour	26	180	206
135	Jas Athwal	Labour	105	98	203
136	Llinos Medi	Plaid Cymru	117	85	202
137	Noah Law	Labour	103	98	201
138	Patricia Ferguson	Labour	70	130	200
139	Chris Hinchliff	Labour	103	93	196
140	Alison Griffiths	Conservative	66	130	196
141	Peter Prinsley	Labour	69	124	193
142	Ann Davies	Plaid Cymru	88	104	192
143	Dan Tomlinson	Labour	16	176	192
144	David Smith	Labour	101	88	189
145	Rachel Taylor	Labour	34	154	188
146	Carla Denyer	Green	85	102	187
147	Johanna Baxter	Labour	43	144	187
148	Chris Coghlan	Liberal Democrats	134	52	186
149	Brian Leishman	Labour	63	119	182
150	Leigh Ingham	Labour	59	121	180

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Rank	Name	Party (December 2025)	Written Questions (No.)	Spoken Contributions (No.)	TOTAL
151	Jenny Riddell-Carpenter	Labour	105	74	179
152	Ben Coleman	Labour	82	96	178
153	Harpreet Uppal	Labour	75	103	178
154	Rachel Blake	Labour	68	110	178
155	Alison Hume	Labour	51	126	177
156	Jessica Toale	Labour	87	86	173
157	Darren Paffey	Labour	74	98	172
158	Jonathan Davies	Labour	103	68	171
159	Tony Vaughan	Labour	53	117	170
160	Louise Sandher-Jones	Labour	2	168	170
161	Anneliese Midgley	Labour	111	58	169
162	Andrew Cooper	Labour	62	106	168
163	Catherine Atkinson	Labour	14	154	168
164	Alex Easton	Independent	103	64	167
165	Sam Rushworth	Labour	9	156	165
166	Mark Sowards	Labour	39	124	163
167	Susan Murray	Liberal Democrats	79	83	162
168	Amanda Hack	Labour	73	89	162
169	Connor Naismith	Labour	84	77	161
170	Brian Mathew	Liberal Democrats	76	85	161
171	Calvin Bailey	Labour	72	88	160
172	Blair McDougall	Labour	54	104	158
173	Danny Chambers	Liberal Democrats	48	109	157
174	Melanie Ward	Labour	33	124	157
175	Jen Craft	Labour	27	130	157
176	Juliet Campbell	Labour	92	62	154
177	Marie Goldman	Liberal Democrats	75	79	154
178	Jess Asato	Labour	96	56	152
179	Tristan Osborne	Labour	66	86	152
180	Adrian Ramsay	Green	76	75	151

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Rank	Name	Party (December 2025)	Written Questions (No.)	Spoken Contributions (No.)	TOTAL
181	Claire Young	Liberal Democrats	31	120	151
182	Abtisam Mohamed	Labour	102	48	150
183	Adam Thompson	Labour	44	106	150
184	Liam Conlon	Labour	81	68	149
185	Laura Kyrke-Smith	Labour	39	109	148
186	Andy MacNae	Labour	57	90	147
187	Paul Waugh	Labour	4	142	146
188	Alice Macdonald	Labour	30	113	143
189	Michael Wheeler	Labour	78	62	140
190	Sonia Kumar	Labour	47	93	140
191	Chris Murray	Labour	6	134	140
192	Tracy Gilbert	Labour	65	74	139
193	Sarah Coombes	Labour	77	61	138
194	Kirsteen Sullivan	Labour	47	90	137
195	Antonia Bance	Labour	31	106	137
196	Shivani Raja	Conservative	131	3	134
197	Patrick Hurley	Labour	73	61	134
198	Steve Race	Labour	59	75	134
199	Sean Woodcock	Labour	4	129	133
200	Lee Pitcher	Labour	29	103	132
201	Deirdre Costigan	Labour	3	128	131
202	Jack Abbott	Labour	2	129	131
203	Maya Ellis	Labour	74	56	130
204	Sadik Al-Hassan	Labour	44	86	130
205	Jo White	Labour	27	103	130
206	Kanishka Narayan	Labour	68	61	129
207	John Grady	Labour	8	121	129
208	Jacob Collier	Labour	12	115	127
209	Steve Witherden	Labour	67	59	126
210	Dr Allison Gardner	Labour	64	62	126

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Rank	Name	Party (December 2025)	Written Questions (No.)	Spoken Contributions (No.)	TOTAL
211	Gregor Poynton	Labour	50	76	126
212	Joe Powell	Labour	5	121	126
213	Cat Eccles	Labour	78	47	125
214	David Taylor	Labour	59	66	125
215	Kirsty McNeill	Labour	0	125	125
216	John Whitby	Labour	74	49	123
217	Josh MacAlister	Labour	22	101	123
218	Steve Yemm	Labour	22	101	123
219	Mark Ferguson	Labour	6	117	123
220	Matt Bishop	Labour	79	43	122
221	Dave Robertson	Labour	22	100	122
222	Uma Kumaran	Labour	48	73	121
223	Catherine Fookes	Labour	29	92	121
224	Jonathan Brash	Labour	13	107	120
225	Emily Darlington	Labour	4	116	120
226	Emma Foody	Labour	28	91	119
227	Martin Rhodes	Labour	26	91	117
228	Irene Campbell	Labour	20	97	117
229	David Reed	Conservative	34	82	116
230	Kevin Bonavia	Labour	30	84	114
231	Julie Minns	Labour	13	101	114
232	Mike Tapp	Labour	7	105	112
233	Polly Billington	Labour	32	78	110
234	Sally Jameson	Labour	27	83	110
235	Alex McIntyre	Labour	54	55	109
236	Andrew Pakes	Labour	11	98	109
237	Yuan Yang	Labour	30	78	108
238	Dan Aldridge	Labour	61	46	107
239	Patrick Spencer	Independent	64	41	105
240	Julia Buckley	Labour	49	56	105

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Rank	Name	Party (December 2025)	Written Questions (No.)	Spoken Contributions (No.)	TOTAL
241	Douglas McAllister	Labour	8	97	105
242	Will Stone	Labour	50	54	104
243	Sam Carling	Labour	13	90	103
244	Torcuil Crichton	Labour	9	94	103
245	David Williams	Labour	14	88	102
246	Sarah Russell	Labour	4	98	102
247	Mike Reader	Labour	26	75	101
248	Richard Baker	Labour	27	71	98
249	Lola McEvoy	Labour	25	73	98
250	Katrina Murray	Labour	3	95	98
251	Luke Charters	Labour	41	56	97
252	Nesil Caliskan	Labour	24	73	97
253	David Burton-Sampson	Labour	12	85	97
254	Chris Ward	Labour	17	78	95
255	Helena Dollimore	Labour	31	63	94
256	Kirith Entwistle	Labour	60	33	93
257	Sureena Brackenridge	Labour	20	73	93
258	Peter Lamb	Labour	39	53	92
259	Katie White	Labour	51	39	90
260	Andrew Lewin	Labour	18	72	90
261	Olivia Bailey	Labour	1	89	90
262	Tim Roca	Labour	31	58	89
263	Natalie Fleet	Labour	59	28	87
264	Linsey Farnsworth	Labour	10	76	86
265	Natasha Irons	Labour	19	66	85
266	Baggy Shanker	Labour	1	83	84
267	Fred Thomas	Labour	51	32	83
268	Oliver Ryan	Labour	13	70	83
269	Josh Dean	Labour	5	78	83
270	Tom Collins	Labour	16	66	82

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Rank	Name	Party (December 2025)	Written Questions (No.)	Spoken Contributions (No.)	TOTAL
271	Kate Dearden	Labour	0	82	82
272	Martin McCluskey	Labour	0	82	82
273	Matthew Patrick	Labour	7	71	78
274	David Pinto-Duschinsky	Labour	1	77	78
275	Alison Taylor	Labour	35	41	76
276	Dr Lauren Sullivan	Labour	12	64	76
277	Jon Pearce	Labour	4	72	76
278	Dr Beccy Cooper	Labour	37	37	74
279	Michelle Welsh	Labour	24	49	73
280	Josh Simons	Labour	0	73	73
281	Lloyd Hatton	Labour	21	50	71
282	Pam Cox	Labour	9	62	71
283	Dr Jeevun Sandher	Labour	12	58	70
284	Andrew Ranger	Labour	32	37	69
285	Markus Campbell-Savours	Labour	20	49	69
286	Alex Barros-Curtis	Labour	15	54	69
287	Dr Marie Tidball	Labour	7	61	68
288	Margaret Mullane	Labour	46	19	65
289	James Asser	Labour	18	47	65
290	Tom Rutland	Labour	26	38	64
291	Adnan Hussain	Independent	0	63	63
292	Henry Tufnell	Labour	33	28	61
293	Satvir Kaur	Labour	53	7	60
294	Chris Curtis	Labour	6	54	60
295	Sarah Smith	Labour	4	56	60
296	Richard Quigley	Labour	20	39	59
297	Gurinder Josan	Labour	6	53	59
298	Hamish Falconer	Labour	0	59	59
299	Lauren Edwards	Labour	30	27	57
300	Lorraine Beavers	Labour	21	36	57

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Rank	Name	Party (December 2025)	Written Questions (No.)	Spoken Contributions (No.)	TOTAL
301	Kevin McKenna	Labour	11	46	57
302	Claire Hughes	Labour	10	45	55
303	Lucy Rigby	Labour	0	55	55
304	Rosie Wrighting	Labour	0	55	55
305	Joani Reid	Labour	6	48	54
306	Lillian Jones	Labour	6	48	54
307	Connor Rand	Labour	11	41	52
308	Alex Baker	Labour	6	46	52
309	Matt Turmaine	Labour	5	47	52
310	David Baines	Labour	13	37	50
311	Bayo Alaba	Labour	7	43	50
312	Frank McNally	Labour	3	47	50
313	Jade Botterill	Labour	26	23	49
314	Becky Gittins	Labour	5	44	49
315	Alan Strickland	Labour	1	47	48
316	Jodie Gosling	Labour	14	33	47
317	Gill German	Labour	11	36	47
318	Kenneth Stevenson	Labour	5	41	46
319	Maureen Burke	Labour	15	30	45
320	Paul Foster	Labour	23	21	44
321	Naushabah Khan	Labour	4	37	41
322	Michael Payne	Labour	17	23	40
323	Jonathan Hinder	Labour	10	30	40
324	Lee Barron	Labour	8	32	40
325	Elaine Stewart	Labour	5	35	40
326	Chris Kane	Labour	0	40	40
327	Dr Zubir Ahmed	Labour	0	40	40
328	Claire Hazelgrove	Labour	15	24	39
329	Nigel Farage	Reform UK	3	36	39
330	Alan Gemmell	Labour	2	35	37

**PoliMonitor Briefing:**

Rank	Name	Party (December 2025)	Written Questions (No.)	Spoken Contributions (No.)	TOTAL
331	Gordon McKee	Labour	2	30	32
332	Michelle Scrogam	Labour	1	30	31
333	Imogen Walker	Labour	0	11	11

Please contact the PoliMonitor team at [info@polimonitor.com](mailto:info@polimonitor.com) for more information.