Alicia Kearns

MP
Rutland & Stamford

About Alicia

Alicia Alexandra Martha Kearns (born 11 November 1987) is a British Conservative politician serving as MP for Rutland and Stamford since 2019. She currently holds the roles of Shadow Minister for Home Affairs and Opposition Whip (Commons).

Born and raised in a small Cambridgeshire village, Kearns attended Impington Village College and was active in youth politics, including the UK Youth Parliament and Amnesty International. She graduated from Fitzwilliam College, Cambridge in 2009 with a degree in Social and Political Sciences.

After university, Kearns joined the Civil Service, working in crisis communications across several departments. At the Ministry of Defence, she led communications during the 2014 Scottish independence referendum. She later worked at the Foreign and Commonwealth Office, managing campaigns related to Syria and Iraq, advising governments on countering ISIS and Russian disinformation. Kearns also served as press secretary to the Victims Minister at the Ministry of Justice.

In 2016, she moved to the private sector as Client Services Director at Global Influence, a strategic communications consultancy advising governments and NGOs on counter-extremism and disinformation.

Kearns first stood for Parliament in 2017, contesting Labour-held Mitcham and Morden, where she finished second. She was also shortlisted for the safe Conservative seat of Chelmsford but lost the selection to Vicky Ford.

In November 2019, Kearns was selected as the Conservative candidate for Rutland and Melton, previously held by Sir Alan Duncan. She won the seat in the 2019 general election with a majority of 26,924.

An active MP, Kearns served on the Foreign Affairs Select Committee from March 2020 to May 2024, becoming the committee's first female Chair and youngest ever female Chair in October 2022. In July 2024, she was appointed Shadow Minister for Foreign Affairs. After the 2024 general election, she became Shadow Minister for Home Affairs and Opposition Whip.

Kearns has been a vocal advocate on national security and foreign policy. She chaired the All-Party Parliamentary Group on Hostage Affairs, campaigning for a UK special envoy modeled on the US. She has worked on refugee safety, counter-terrorism, and disinformation efforts internationally.

Kearns lives in Langham, Rutland with her husband and three children. She has spoken openly about health challenges during her third pregnancy, which led to a hysterectomy after complications.