

UK Polyamory Association: polyamory resources

A curated list of polyamory and ethical non-monogamy resources, put together by the [UK Polyamory Association \(UKPA\)](#). UK resources are listed first where we have them.

Know something we've missed, or spotted a broken link? Please [email info@ukpolyamory.org](mailto:info@ukpolyamory.org). This list is looking for a curator. If you'd like to help look after it, we'd love to hear from you.

The UKPA doesn't specifically endorse anything on this list. Please use your own judgement.

Start here: the UKPA

- [UKPA website](#): who we are, membership, volunteering and our newsletter.
- **UKPA Community page** (ukpolyamory.org/community): the best place to find poly people near you. It includes:
 - [Community events calendar](#): UK poly meet-ups and events.
 - [UK polyamory groups directory](#): local groups across the UK.
 - [Groups with pages on the UKPA site](#).
 - [Polyamory organisations in other countries](#).
- [UKPA newsletter](#) and [UKPA blog](#).
- [UKPA resources folder](#): documents produced by the UKPA.
- The UKPA is the UK member of the [International Poly Alliance \(IPA\)](#), a global alliance of national polyamory organisations.

New to polyamory?

- [Non-monogamy 101](#) (OPEN): a clear, well-sourced introduction.
- [Polyamory basics](#) (More Than Two).
- [Polyamory resources and FAQ](#) by Leanne Yau (Poly Philia), a UK-based educator.
- [Polyamory UK](#): long-running UK guide and FAQ.
- [Polyamory 101](#): introductory talk from Polyday London (video).
- [The many types of ethical non-monogamy](#) (InsideHook).
- [Off the relationship escalator](#): what the "relationship escalator" is and alternatives to it.
- [The short instructional manifesto for relationship anarchy](#) (Andie Nordgren).
- [The relationship anarchy smorgasbord](#): a tool for working out what you want from each relationship.
- [Non-monogamy for men: the big picture](#) (Freaksexual).

Community and events

In the UK

- Start with the [UKPA Community page](#) for the full UK groups directory and events calendar.
- [UK Polyamory Discord](#): online community open to anyone in the UK.
- [Polyday](#): the UK's long-running one-day polyamory conference, held in London.
- [London Polyamory Meetup Group](#).
- [ENM Fam London calendar](#).

International

- [International Poly Alliance \(IPA\)](#): alliance of national polyamory organisations. The UKPA is a member.
- [UKPA directory of polyamory organisations around the world](#).
- [OPEN \(Organization for Polyamory and Ethical Non-monogamy\)](#): US organisation with lots of free resources (several are listed below).
- [OPEN free online peer support circles](#).
- [Alan's list of polyamory events](#): conferences and retreats worldwide.

Social media

- [Polyamory Bluesky starter pack](#).
- [More polyamory Bluesky starter packs](#).

Support and services

Therapy and counselling

- [Pink Therapy](#): UK directory of therapists specialising in gender, sex and relationship diversity, including polyamory.
- [Kink Aware Professionals: UK listings](#): practitioners who state their poly and kink awareness.
- [Poly-Friendly Professionals Directory](#) (international).
- Individual UK therapists:
 - [Eunice Hung, E.H. Counselling](#).
 - [Jeli Rose Therapy](#) (Gainsborough).

Celebrants (commitment ceremonies and weddings)

- [Alternative Ceremonies UK](#) (Yorkshire).
- [Jess May's Special Days](#) (London, Brighton and Sussex).
- [The Radical Celebrant](#).

Practical guides

- [End-of-life planning guide](#) (OPEN): financial, healthcare and legal planning for non-monogamous families. US-focused, but many of the ideas apply in the UK.
- [Open Workplaces toolkit](#) (OPEN): guidance and template policy wording for inclusive workplaces.
- [Meetup hosting guide](#) (OPEN): how to start and run a local poly group.

Tools

- [polycul.es](#): map your polycule.
- [PYE](#): calendar app for polyamorous scheduling.
- [Make your own relationship user guide](#) (Meg-John & Justin): free zine.
- [50 non-monogamy conversation prompts](#) (OPEN).
- [Polyamory conversation cards](#) (Odder Being).

Books

Book lists

- [Non-monogamy non-fiction](#) (Bookshop.org list).
- [OPEN's non-monogamy bookshop](#).
- [Book recommendations from Dr Liz Powell](#) (not all poly-specific).
- [19 polyamory books and resources](#) (Cosmopolitan).
- [Polyamory in fiction](#) (Ready for Polyamory).
- [Children's books featuring polyamorous families](#) (Sex Ed Rescue).

Getting started and practical guides

- [The Ethical Slut](#) by Janet W. Hardy and Dossie Easton.
- [Opening Up](#) by Tristan Taormino.
- [The Smart Girl's Guide to Polyamory](#) by Dedeker Winston.
- [A World Beyond Monogamy](#) by Jonathan Kent and Meg-John Barker.
- [Rewriting the Rules](#) by Meg-John Barker (plus the companion [Rewriting the Rules website](#)).
- [Polysecure](#) by Jessica Fern.
- [Polywise](#) by Jessica Fern and David Cooley.
- [The Anxious Person's Guide to Non-Monogamy](#) by Lola Phoenix.
- [The Jealousy Workbook](#) by Kathy Labriola.
- [Ask Me About Polyamory](#): the best of the Kimchi Cuddles comics by Tikva Wolf.

For family and friends

- [Supporting Someone Polyamorous](#) (Jessica Kingsley Publishers).
- [Stories From the Polycule: Real Life in Polyamorous Families](#), edited by Elisabeth Sheff.

Race and representation

- [Love's Not Color Blind](#) by Kevin A. Patterson.

History and background

- [Sex at Dawn](#) by Christopher Ryan and Cacilda Jethá.
- [The Origins of Sex](#) by Faramerz Dabhoiwala.

General relationship skills

- [Nonviolent Communication](#) by Marshall B. Rosenberg.
- [The Five Love Languages](#) by Gary Chapman: quality time, words of affirmation, gifts, acts of service and physical touch.

For therapists

- [The Handbook of Consensual Non-Monogamy](#): affirming mental health practice.
- [Polyamory: A Clinical Toolkit for Therapists \(and Their Clients\)](#) by Martha Kauppi.

Podcasts

- [Multiamory](#): try the [mono/poly paradox episode](#). Multiamory also has a [resources page](#).
- [Polyamory Weekly](#).
- [Poly Pocket Podcast](#): a UK poly couple with children.
- [The Poly \(Pod\)Cast](#) with Siobhan Kenna and Richard Lewis.
- [Normalizing Non-Monogamy](#): personal stories.

Blogs, websites and creators

UK

- [The UK Poly Blog](#).
- [Poly Philia](#): Leanne Yau, UK-based polyamory educator.
- [Rewriting the Rules](#): Meg-John Barker's blog on relationships.

Elsewhere

- [More Than Two](#).
- [Ready for Polyamory](#).
- [Polyamory in the News](#): long-running roundup of poly in the media.
- [Unicorns-R-Us](#).
- [Kimchi Cuddles](#): polyamory comics by Tikva Wolf.

- [Poly4Paly speaker list](#): non-monogamy creators and the topics they cover, compiled for an online event.

Video, film and TV

- [Polyamory 101](#) (Polyday London).
- [Is monogamy a social construct?](#) (Rowan Ellis).
- [Why US laws must expand beyond the nuclear family](#) (Diana Adams, TED).
- [30 years of polyamory in sitcoms](#) and [25 years of polyamory in cartoons](#) (Chill Polyamory).
- [Poly-ish Movie Reviews](#), including a [list of poly-ish films](#).

Research and academia

Researchers

- [Dr Elisabeth Sheff](#): research on polyamorous families.
- [Daniel Cardoso](#).
- [Meg-John Barker](#): UK writer and former academic on relationships and non-monogamy.

Research resources

- [Polyamory researchers mailing list](#).
- [Consensual non-monogamies literature list](#) (Zotero).
- [CNM-MOVES](#): research project on consensual non-monogamies and social movements (Manchester Metropolitan University).
- [Google Scholar search for "polyamory"](#): for finding academic papers.
- Example paper: [Desire, familiarity, and engagement in polyamory: results from a national sample](#).

Facts, surveys and advocacy

- [Non-monogamy fact sheet](#) (OPEN): sourced facts for journalists and advocates.
- [Non-monogamy media guide](#) (OPEN): for journalists and content creators.
- [OPEN annual community survey](#): data on the global non-monogamous community.
- [APA Division 44 Consensual Non-monogamy Task Force](#) (US).
- [Polyamory Legal Advocacy Coalition](#) (US).
- [OPEN: ENM / sex-positive directory](#): spreadsheet of organisations, mostly US.

Last tidied: 29 October 2026.