



Poster Competition Entries

The [Men's Health Forum in Ireland](#) (MHFI) and the [Irish Cancer Society](#) (ICS) invited men to mark [Men's Health Week 2011](#) by taking part in an Ireland-wide poster competition. The aim of this competition was to find out what males are thinking about at this time - especially in relation to their own health and well-being.

A special version of the [MHW 2011 poster](#) was produced. This version had 'thought bubbles' coming from the heads of the two main characters. Entrants were asked to come up with an idea for what each of these men might be thinking about - in these 'challenging times'.

A panel of judges reviewed all the entries on Thursday 28th July 2011, and selected three which, they felt, best represent men's lives / issues / concerns ... in Ireland today.

The three winning entries were Number 8 (from Cavan), Number 19, (from Belfast) and Number 21 (from Cork).

These three winners will each receive a pair of tickets for the launch of the '[Movember](#)' celebrations in Autumn 2011 (which will include travel expenses to and overnight accommodation in Dublin).

This document gives you a chance to see all of the entries that were submitted. These came from men of all ages, living throughout the whole island of Ireland.

THESE ARE CHALLENGING TIMES. IT'S NO JOKE. LET'S TALK MEN'S HEALTH WEEK

And I figured it would be harder to talk about losing my job than my worries about my health...

He hasn't been himself lately, I hope everything's ok at work!



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MEN'S HEALTH WEEK

If only my Dad had 10 minutes to listen to me. I don't know who else to talk to. My mates will all just take the piss if I tell them.

I wish he would cheer up! I'm exhausted running around trying to make sure we have enough money to do all the things that make him happy!



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I hate my job. My family hate me. I am overweight and over the hill. In short, my life is a mess.

You think you've got problems? I am Ryan Giggs's divorce lawyer.



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.....I'm not as tough
as you think.....

.....Damn.....thinking
is tough.....



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Volunteer? ...
I thought you said
come over and bring
the beer!

Alcohol. The
answer to and
cause of all life's
problems!



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Separated dad or
terrorist?

Both treated the
same!



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The reason the Greeks are on the streets and the Irish are not, is that they have the weather for it! We'd probably get pneumonia!

For sure! At the last protest, I'm marching down O'Connell Street when the heavens open up, and I'm there thinking, "enough of this craic, I'm off to the pub!"



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MEN'S HEALTH WEEK

I'm sick, tired, and broke!

Any chance of a job?

I'd like to help you out!

Which way did you come in?



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When I had a job I hadn't time to be unwell, but could afford it! Now I'm unemployed, I have loads of time to be sick, but can't afford it!

Don't get sick then!



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He looks so stressed. He should talk to someone. Thank God I'm OK.

He looks so depressed. He should get help. Thank God I'm OK.



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Father; brother; son;
uncle; mentor;
friend... If only he
knew!

Strong; courageous;
brave; intelligent;
mentor; friend... If
only he knew!



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MEN'S HEALTH WEEK

He's talking balls!!!
Thinking of balls,
where do I find out
how to check mine?

He's talking balls!!!
Thinking of balls, I'm
glad I know how to
check mine!



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I have to see the consultant tomorrow about my test results. What excuse am I going to use this time to explain where I am going?

I would love to tell him about my weak kidneys, but I am afraid he will only laugh! Lucky bugger, he never has any problems!



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Is he thinking what I'm thinking?
You really should go to your GP and get checked out. You don't want to leave it too late and end up like me!

Is he thinking what I'm thinking?
You really should go to your GP and get checked out. You don't want to leave it too late and end up like me!



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It's really no joke.

Undiagnosed conditions are no laughing matter.



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It's annoying how
your short-term
memory becomes
less active when you
have more things to
remember - reading
glasses, mobile...
Viagra

Fathers work hard on
a family holiday.
We're walking down
the street, my
daughter whines -
"Daddy carry me on
your shoulders". I go,
"Ah c'mon, you're 14"



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Mikey, I'm drinking
and smoking more.
And I've piled on the
weight. This hole in
the chest feeling is
dragging me down
big-time!

At least you're talking
about it Jim!

Been to see your
doctor?



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MEN'S HEALTH WEEK

Our son was on a soother for so long, the only way we could get him off it was to swap it for a mobile phone.

My wife and I are at that stage in the relationship where we're starting to finish each other's ... penalty points.



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It took ages to quit smoking by using the patch - and it cost me a small fortune. In the end, it took twenty of them to cover my mouth.

I'm glad that I started that new keep fit programme yesterday. I reckon I'm doing well - I've only missed one day so far.



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Did I tell you? ...

I'm not OK.

Yeah. Really. I'm
scared.

Tell me what?

Really?

Talk to me.



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Did you say that I
look a state?

No - I said you have
a prostate.



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Did you say you had
a problem?

No. I don't. But my
body does for some
reason.



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He told me I should check myself 'down there' every month.

He what?
... Jaysus!



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I need help!

Not you again.

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No job!
No money!!
Nagging wife!!!

Have you tried
Arklow Men's Shed?
It's great for a chat or
to learn a new skill.



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What the hell am I
doing here?

I don't know.
I'm wondering the
same thing.



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What's up?
Have you a problem?

I'm here to help or
solve things with you.



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I have a pain in my
arse.

Maybe you need a
colostomy.



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Talk? ...
What's that?

I'm tired listening.



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Well ...

I am a man!
Maybe ...

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Are we watching
Desperate
Housewives or
Grey's Anatomy
tonight?

Neither.
How about we stop
looking at how others
live and start living
ourselves?



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I'm going to drama school for next year's performance.

My timing was way out. I didn't even get an applause to milk.



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What the feck is all
this health thing
about?

I'm going for a 'Full
Irish' anyway.



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That will be three
'Hail Marys' and two
'Our Fathers'.

Thanks for listening.



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I shouldn't have ignored the signs. I should've got to the doctor earlier.

It's not too late. Make an appointment now - not later.



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What do you think?

I'm not thinking.
I'm looking.



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How's your men's health?

I wouldn't know.
I'm a woman.



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How do you feel today?

Are you having a laugh?



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Bored of the same
old thing.

You must have read
my mind.



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A 'joint' is good for you.

Feck off junkie!



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Oh man. I'm fair bored just sitting here looking at you.

Ha. How do you think I feel?



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How about a bit of
arm wrestling?

Done.
And then we'll have a
game of pool.



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A Men's Health Week?!?

Yes.
We are important too
you know.



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I have an issue I
want to talk to you
about.

What is it?



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Are you thinking
what I'm thinking?

Don't know.
What are you
thinking?



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Ye know, they don't seem to understand us.

They won't until they've walked in our shoes.



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Are you going to the
Villa match on
Saturday?

How do I get through
today first?



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Inside I'm dancing!

Salsa?

Yeah, me too.

No! Old Time Waltz.



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Lower.

No, I'm lower.

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What do I have to do to look after my health, and what is it anyway?

I don't know man. You tell me!



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I'm fed up. No work.
Feeling angry and
lonely. I'm
depressed ... Can
you help me mate or
listen to me?

Sure my friend!
I'll listen to you and,
just maybe, I can
help to give you
some hope.



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I'm better at arm wrestling than the staring game.

I bet you say that to all the boys!



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Is he really going
out with her?

Did he check his
testicles today?



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What's up?

How long have you had it?

How do you feel about it?

Cancer.

Two weeks.

Scared!



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You reckon I need
sorting out?

Big time!



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What's 'that' all about?

That male species, I suppose!



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Men's Health Week ...
wouldn't that be a
bore?

Maybe I can get
something out of this!



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MEN'S HEALTH WEEK

They're having a
Men's Health Week?
Now, that sounds like
a great idea.

I bet they only got us
for this picture
because Mel Smith
and Griff Rhys Jones
cost too much!



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