

Every cap is **a step** for me.



My story and how you can help me.

my story

Hi, I'm Martim.

I spent 40 weeks and 6 days growing safe in my mum's tummy, healthy and happy. Everything changed at birth, which did not go as expected: I was born in cardiorespiratory arrest and needed immediate resuscitation.

A few days later, the doctors told my parents I had suffered hypoxic-ischaemic injury. I was diagnosed with **Cerebral Palsy – Dystonic Tetraparesis**, a condition that challenges every movement I make.

Since I was 15 days old I have had physiotherapy at the public hospital in Faro, the city where I was born. At 4 months I started at APPC Faro, where I keep making progress every day.

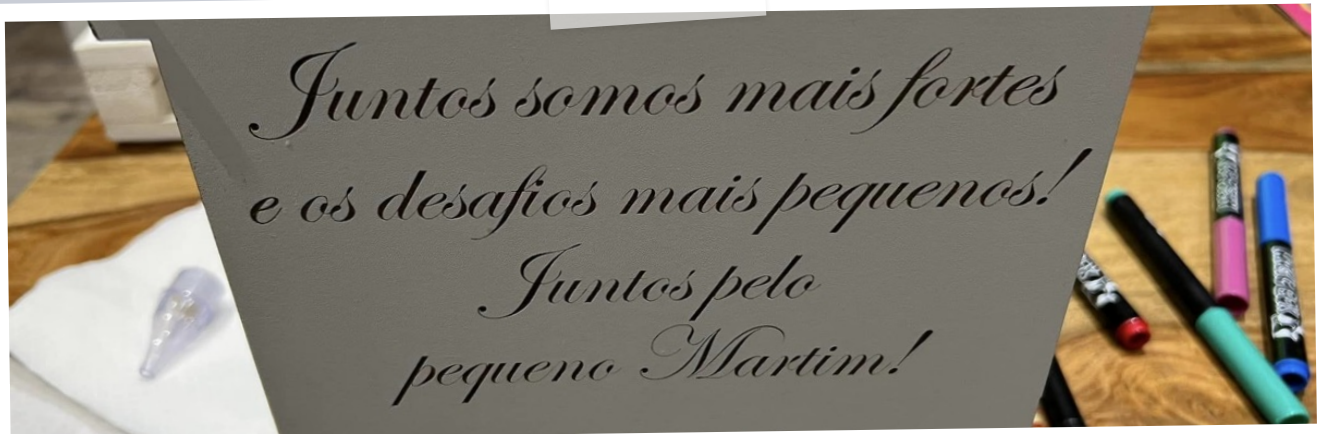
“Every step I take towards independence is a sign of the love and support I receive.”



my family



in Boliqueime



together we are stronger

The month that makes me stronger.

Whenever my parents manage to raise the funds, my mum takes me to spend a month at Clínica Kinésio in Espinho. That is where I take my biggest steps.

€6,740

each month of treatment (2024 quote)

3 to 4

months of treatment a year

Each month combines

- ✓ Physiotherapy (Therasuit method)
- ✓ Padovan method
- ✓ Speech therapy
- ✓ Occupational therapy
- ✓ Transcranial stimulation (TDCS)



With mum, at Kinésio



every step counts!

"The more treatment I get, the more independent I become. And every cap you keep helps pay for it."

From your hands to the clinic.

Our partner companies weigh what we collect and pay Clínica Kinésio directly. No money passes through my family's hands.

MATERIAL	WHO PAYS	PER TONNE	1 BIGBAG ≈
Plastic caps	Resialentejo, Beja	€411.60	€123
Metal caps	Resialentejo, Beja	€465.60	€140
100% cork stoppers	Amorim, Silves	€500.00	—

Problem: a BigBag holds about 300 kg of plastic caps. How many make one month of treatment?

$300\text{ kg} \times \text{€}0.41/\text{kg} = \text{€}123 \text{ per BigBag}$

$\text{€}6,740 \div \text{€}123 \approx \text{55 BigBags}$

55 BigBags give me a whole month of getting stronger.



our BigBags, marked no. 167

the most important step

Sort like my dad.

A BigBag must hold one material only and at least 250 kg. If anything is mixed in, the whole bag can be rejected. If in doubt, leave it out.



Plastic

- ✓ Water and juice bottle caps
- ✓ Milk carton caps
- ✓ Shampoo and fabric softener
- ✓ Detergent
- ✓ Toothpaste
- ✓ Water-jug handles



Metal caps

- ✓ Beer caps
- ✓ Soft-drink caps
- ✓ In a bag of their own



Cork

- ✓ 100% cork stoppers
- ✗ Stoppers with a plastic top
- ✗ Stoppers with a wooden top



Not accepted

- ✗ Spray caps
- ✗ Pumps
- ✗ Plastic stoppers
- ✗ Food-container lids
- ✗ Paint lids
- ✗ Syringes
- ✗ Whole water jugs



Bottles with the VOLTA symbol? Each bottle returned at a Volta point gives you 10 cents, and the machines accept it without the cap. You keep your 10 cents and the cap comes to me! Always check on screen that the deposit counted.

the drop-off points

Where to drop off your caps.

My dad visits these 14 points to collect the full containers. Drop off during each place's opening hours.

Boliqueime 8

CD Boliqueime

EB1 Benfarras

Junta de Freguesia de Boliqueime

Centro Comunitário de Vale Silves

EB 2,3 Prof. Dr. Aníbal Cavaco Silva

Lar da Santa Casa da Misericórdia

Centro de Saúde de Boliqueime

Agrupamento de Escuteiros 1174

Olhos de Água 1

Symbiosis Pub & Bar

Albufeira 3

EB1/JI de Vale Pedras

EB 2,3 Profª Diamantina Negrão

EB1 de Vale Carro

Paderne 2

Centro Paroquial de Paderne

Centro de Saúde de Paderne



see the map and the point closest to you
demaosdadaspelomartim.pt/mapa

No collection point near you? Your school, club or café could be next. Talk to my parents: we take care of the pick-up.

more ways to help

Join my team.

Make a donation

Charity account in the name of Martim Silva Cruz:

PT50 0045 7214 4036 8604 7382 1

Prefer to give straight to the clinic? Call Clínica Kinésio (+351 914 032 345) and you get a receipt with your tax number.

Got a van?

Getting the BigBags to Beja, at 300 to 350 kg each, is our biggest challenge. A single trip helps a lot.

Run a collection point

At your school, club, business or café. You collect the caps, my dad picks them up.

Run an event

A walk, a tournament, a concert, a cake sale. We help spread the word.

€576

Together we already did this: BFF Solidário 2026.

About 80 people sorted 600 kg of metal caps, 600 kg of plastic and 100 kg of cork in one afternoon.



BFF Solidário, in Boliqueime

Thank you for every bottle cap.

DAD

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collections and transport

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MUM

Marisa Silva

treatments and events

CLINIC

Clínica Kinésio

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read my story

demaosdadaspelomartim.pt



AMORIM

