

Inside a Prison Regime

Criminal Justice

What a prison organises beyond holding people, and what disrupts it.

The regime is what a sentence actually consists of.

Regime elements

Security categorisation and allocation

Purposeful activity: work, education, training

Healthcare and substance treatment

Family contact and visits

Discipline, adjudication and incentives

Pressures on it

Crowding reduces time out of cell

Staff shortages cancel activity

Drugs and debt shape internal order

Transfers break programme continuity

Short sentences leave no time to act

Educational reference. Categorisation and regime standards are national; independent inspection reports are the usual evidence.